**Participating Teams:**

Brandywine (B)

Commonwealth (CSC)

Fairfax Club Estates (FCE)

Kings Ridge (KR)

Ravensworth Farm (R)

Sideburn Run (SR)

Sully Station 2 (SS2)

Lakeview (LV)

The goal of the FAST Developmental meets is to provide competitive swim meets to those swimmers who have not had the opportunity to swim or to swim and be successful in the Saturday NVSL meets. Ideally, swimmers should have the opportunity to compete in at least two events per week, either on Saturday or on Monday.

Meets are not scored, and times are not official NVSL times; however, these are refereed meets designed to provide competitive conditions which are similar to the NVSL Saturday meets. Ribbons are awarded. FAST also hosts an Individual Medley (IM) meet.

**EVENTS**: Freestyle, backstroke, breaststroke, butterfly, and Individual Medley. *(Note: at the second FAST meet of each season, the teams will begin with Individual Medley and then swim freestyle, backstroke, breaststroke and butterfly)*

**ELIGIBILITY:**

1. The eligibility of a swimmer to compete in a particular age group shall be determined by the Northern Virginia Swimming League rule 2.b from the current season handbook.
2. All swimmers are limited to a maximum of three events (**two** from free, back, breast, & fly events) plus the IM.
3. An NVSL 1st, 2nd, or 3rd place winner in a particular stroke in the last seven days is not eligible to compete in that stroke in the current B meet. If the 1st, 2nd, or 3rd place was won by default or disqualification (DQ), then the swimmer may compete in that stroke. A swimmer does not become eligible by swimming up an age group.

**DATES:** Meets take place on Monday evenings, starting the Monday prior to the first NVSL Saturday meet.

**TIME:** Meets begins at 6:00 PM

 Home Team Warm-ups 5:05 PM

 Visitor Warm-ups 5:25 PM

 Officials Arrive 5:30 PM

**Officials**: see below.

**Weather Problems:** We swim rain or shine. If lightning occurs, swimmers should wait in cars until a decision has been made by the Team Reps for a delay, postponement, or cancellation. Meets can be delayed up until 7:30 PM. We will try make up meets as soon as possible (ideally the next evening) depending upon the host pool availability and mutual agreement of the Team Reps.

**Ribbons**: 1st through 6th place ribbons are awarded. Each team provides its own 1st through 6th place and competitor ribbons if they choose to use them. Ribbons will be given to 1st through 6th place finishers in each event. 6 and unders may be given 6 and under Star ribbons. Heat winner ribbons may be given at the conclusion of each heat.

**Time Cards**: Time cards must be available to the Clerks of Course for event seeding, and should be presented by the swimmer to the timers in the lane assigned to that swimmer. For 2021, a psych sheet will be created prior to the meet and lanes seeded with like swimmers. No deck entries will be authorized for all meets. They will be used as back up seeding in the event a psych sheet was not created prior to the meet.

**Clerks of Course**: The Clerks of Course will use the psych sheet or seeded meet sheet to place swimmers in the appropriate lanes. Swimmer will be placed from fastest to slowest, in the lane order of 3, 4, 2, 5, 1, 6, with the fastest overall heat last. Each team will stage their swimmers in separate areas to ensure proper distancing.

**Rules Update**: These rules were reviewed and unanimously approved by the representatives from each FAST team on May 10, 2021.

**OFFICIALS:** DUAL MEETS

Home Team

1 Referee

1 Starter

2 Stroke & Turns

1 Chief Timer

6 minimum/ 9 maximum Timers

1 Assistant Time Recorder

2 Clerk of Course

2 Walkers

1/2 Awards (optional)

1 Runner for Chief Timer to Time Recorder (Take Cards)

1 Runner from Clerk of Course to Announcer (# Heats)

1 Runner from Clerk of Course to Referee for (# Heats)

1 Distributor of Heat Winner Ribbons

Visiting Team - (Bring Starter System as backup)

1 Administrative Referee

2 Stroke & Turns

1 Assistant Chief Timer

6 minimum/ 9 maximum Timers

1 Time Recorder

2 Clerk of Course

2 Walkers

1/2 Awards (optional)

FAST Dual or Tri B-Meets

|  |  |  |
| --- | --- | --- |
| Boys | Freestyle | Girls |
| 1A | 6 & U | 25M | 2A |
| 1 | 7-8 | 25M | 2 |
| 3 | 9-10 | 50M | 4 |
| 5 | 11-12 | 50M | 6 |
| 7 | 13-14 | 50M | 8 |
| 9 | 15-18 | 50M | 10 |
| Boys | Backstroke | Girls |
| 11A | 6 & U | 25M | 12A |
| 11 | 7-8 | 25M | 12 |
| 13 | 9-10 | 50M | 14 |
| 15 | 11-12 | 50M | 16 |
| 17 | 13-14 | 50M | 18 |
| 19 | 15-18 | 50M | 20 |
| Boys | Breaststroke | Girls |
| 21A | 6 & U | 25M | 22A |
| 21 | 7-8 | 25M | 22 |
| 23 | 9-10 | 50M | 24 |
| 25 | 11-12 | 50M | 26 |
| 27 | 13-14 | 50M | 28 |
| 29 | 15-18 | 50M | 30 |
| Boys | Butterfly | Girls |
| 31A | 6 & U | 25M | 32A |
| 31 | 7-8 | 25M | 32 |
| 33 | 9-10 | 25M | 34 |
| 35 | 11-12 | 50M | 36 |
| 37 | 13-14 | 50M | 38 |
| 39 | 15-18 | 50M | 40 |
| Boys | Individual Medley\*  | Girls |
| 41 | 10 & U | 100M | 42 |
| 43 | 11-12 | 100M | 44 |
| 45 | 13-14 | 100M | 46 |
| 47 | 15-18 | 100M | 48 |

**\*Second FAST Meet of each season will start with IM swum first**

**Max Entries (All Swimmers) : 3**

**2 entries from free, back, breast, or fly AND 1 entry in the IM**

FAST IM Carnival Meet

|  |  |  |
| --- | --- | --- |
| Boys | Individual Medley | Girls |
| 9 | 15-18 | 100M | 10 |
| 7 | 13-14 | 100M | 8 |
| 5 | 11-12 | 100M | 6 |
| 3 | 9-10 | 100M | 4 |
| 1 | 8&U | 100M | 2 |

**Max Entries: 1**

**Note: Order of IM Carnival events changed per team rep vote on February 17, 2020**

Event numbers and eligibility approved on April 23, 2017 by team reps from B, CSC, FCE, KR, LV, R, SR, & SS2.