

## Fairfax Area Swim Teams (FAST) Developmental Meet Rules and Procedures – 2022

### 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 but can be used for bid ins for Divisionals; 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 June 27th FAST meet, 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 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> 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 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> 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.

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

<b>TIME:</b>	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:** 1<sup>st</sup> through 6<sup>th</sup> place ribbons are awarded. Each team provides their own ribbons but the host team will print the labels and provide them to the visiting team. Heat winner ribbons may be given at the conclusion of each heat. For 2022, to adjust to mixed gender events, we are encouraging heat winner prizes, such as rubber duckies.

**Entries, Time Cards and Meet Sheets:** Entries must be submitted to the host team by 1pm on the day of the meet to allow time for the host to create time cards and meet sheets. Time cards will be printed by the host team and provided to each teams reps prior to the start of the meet. The time cards will contain heat and lane assignments. Time cards will be placed on lane clip boards. The host team will also provide the coaches, team reps, ref, starter, stroke and turn, announcer, clerk of course and tables a meet sheet to manage the meet. For 2022, deck entries will be authorized when an empty lane is available and does not create a new heat, unless agreed upon by both team reps.

**Clerks of Course:** The Clerks of Course will use a seeded meet sheet to place swimmers in the assigned 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.

**Rules Update:** These rules were reviewed and unanimously approved by the representatives from each FAST team on June 5, 2022.

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**OFFICIALS: DUAL MEETS**

Home Team

- 1 Referee
- 1 Starter
- 2 Stroke & Turns
- 1 Chief Timer
- 9 Timers
- 1 Assistant Time Recorder
- 2 Clerk of Course
- 1 Awards
  
- 1 Runner for Chief Timer to Time Recorder (Take Cards)
- 1 Distributor of Heat Winner Ribbons (encouraged)

Visiting Team - (Bring Starter System as backup)

- 1 Administrative Referee (Chief Judge)
- 2 Stroke & Turns
- 1 Assistant Chief Timer
- 9 Timers
- 1 Time Recorder
- 2 Clerk of Course

# Fairfax Area Swim Teams (FAST) Meet Events - 2022

## FAST Dual or Tri B-Meets

Mixed Gender	Freestyle	
1	6 & U	25M
2	7-8	25M
3	9-10	50M
4	11-12	50M
5	13-14	50M
6	15-18	50M
Mixed Gender	Backstroke	
7	6 & U	25M
8	7-8	25M
9	9-10	50M
10	11-12	50M
11	13-14	50M
12	15-18	50M
Mixed Gender	Breaststroke	
13	8 & U	25M
14	9-10	50M
15	11-12	50M
16	13-14	50M
17	15-18	50M
Mixed Gender	Butterfly	
18	8 & U	25M
19	9-10	25M
20	11-12	50M
21	13-14	50M
22	15-18	50M
Mixed Gender	Individual Medley*	
23	8 & U	100M
24	9-12	100M
25	13-18	100M

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

## 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 16, 2022 by team reps from B, CSC, FCE, KR, LV, R, SR, & SS2.

**Max Entries (All Swimmers) : 3**  
**2 entries from free, back, breast, or fly AND 1 entry in the IM**