



FST IMX/Sprint Series

Hosted By:
Fusion Swim Team

Date(s): 04/24/2026 - 04/26/2026

Sanction #:

Meet Director: Wesley Hamborg coach@swimfst.com	Meet Referee: Amanda Hamborg admin@swimfst.com	Admin Official: Amanda McLain entries@swimfst.com
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SANCTION:	Held under the sanction of USA Swimming, through Georgia Swimming Inc.																																			
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and , shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.																																			
FACILITY:	Tommy Stalnaker Aquatic Center 210 Cohen Walker Dr. Warner Robins, GA 31088 The 10 lane, 50 meter pool with a depth at the start ends equal to 7 feet and turn end depth equal 7 feet. Meet host will ensure the required course dimensions.																																			
MEDICAL SUPERVISION:	Lifeguards and AED are available to athletes at the meet.																																			
SESSION SCHEDULE:	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Session #</th> <th style="width: 15%;">Date</th> <th style="width: 50%;">Name</th> <th style="width: 10%;">Warmup</th> <th style="width: 15%;">Start</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2026-04-24</td> <td style="text-align: center;">Friday Knockouts</td> <td style="text-align: center;">4:00 PM</td> <td style="text-align: center;">5:15 PM</td> </tr> <tr> <td style="text-align: center;">2</td> <td style="text-align: center;">2026-04-25</td> <td style="text-align: center;">Saturday 13&O</td> <td style="text-align: center;">7:30 AM</td> <td style="text-align: center;">8:45 AM</td> </tr> <tr> <td style="text-align: center;">3</td> <td style="text-align: center;">2026-04-25</td> <td style="text-align: center;">Saturday 12&U</td> <td style="text-align: center;">12:00 PM</td> <td style="text-align: center;">1:00 PM</td> </tr> <tr> <td style="text-align: center;">4</td> <td style="text-align: center;">2026-04-25</td> <td style="text-align: center;">Saturday 13&O</td> <td style="text-align: center;">4:00 PM</td> <td style="text-align: center;">5:15 PM</td> </tr> <tr> <td style="text-align: center;">5</td> <td style="text-align: center;">2026-04-26</td> <td style="text-align: center;">Sunday 13&O</td> <td style="text-align: center;">7:30 AM</td> <td style="text-align: center;">8:45 AM</td> </tr> <tr> <td style="text-align: center;">6</td> <td style="text-align: center;">2026-04-26</td> <td style="text-align: center;">Sunday 12&U</td> <td style="text-align: center;">12:00 PM</td> <td style="text-align: center;">1:00 PM</td> </tr> </tbody> </table>	Session #	Date	Name	Warmup	Start	1	2026-04-24	Friday Knockouts	4:00 PM	5:15 PM	2	2026-04-25	Saturday 13&O	7:30 AM	8:45 AM	3	2026-04-25	Saturday 12&U	12:00 PM	1:00 PM	4	2026-04-25	Saturday 13&O	4:00 PM	5:15 PM	5	2026-04-26	Sunday 13&O	7:30 AM	8:45 AM	6	2026-04-26	Sunday 12&U	12:00 PM	1:00 PM
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MEET FORMAT:	<ul style="list-style-type: none"> • Course Type: Long Course Meters • Event Seeding: Knockouts will be slow to fast. All other events will be fast to slow, with 400/800m events alternating by gender. • Friday Format: The 50 Fly on Friday is a knockout-style format. All swimmers will complete in the Preliminary Round, with the top 16 advancing to round 2, the top 8 to round 3, top 6 to round 4, top 4 to round 5, and top 2 to round 6. Heats will run as soon as the new round is seeded, with ~5-8 minutes between rounds. 																																			

	<ul style="list-style-type: none"> ● Saturday & Sunday Format: Timed Finals. Events will be swum 12&U and 13&O, with results by age group (10&U, 11-12, 13-14, 15&O). ● Lanes for Competition: 8 ● Warmup Lanes: 3 short course warm-up/warm-down lanes will be available throughout the meet, with the possibility of an additional long-course warm-up lane. ● Timeline Adjustments: Meet host reserves the right to add breaks or combine heats as needed for timeline management.
ENTRY FEES:	<ul style="list-style-type: none"> ● IND. EVENT FEE: \$9.00 / Event ● LATE IND. ENTRIES: \$18.00 / Event ● TIME TRIALS: \$18.00 / Event ● GA LSC Travel Fund \$3.00 / Georgia LSC registered athlete ● GA travel fee \$6.00 / non-Georgia LSC registered athlete
ELIGIBILITY:	<p>MEET TYPE: Open Open to all registered USA Swimmers.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.</p>
SWIMMERS WITH A DISABILITY:	Athletes with a disability are welcomed, but advance notice of desired accommodation must be provided to the Meet Referee via, the NECESSARY ACCOMODATIONS FORM , which should be submitted by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
ENTRIES:	<p>Daily Limits: Swimmers may swim a maximum of 1 event on Friday, 6 events on Saturday, and 5 events on Sunday.</p> <p>Time Trials: Time trials may be offered at the discretion of the Meet Referee and WILL count towards daily event limits.</p>
CHECK IN:	The 400 IM, 800 Free, and 400 Free are positive check-in events and will be deck-seeded. Positive check-in for the 400 IM, 400 Free, and 800 Free will close 30 minutes prior to the start of their respective sessions.
CLERK of COURSE:	Clerk of course will open 15 minutes prior to the start of warm-ups: Late entries will close 30 minutes prior to the start of the session Time trials will close at the start of each day's 400+ meter event
ENTRY SUBMISSION:	<p>Submit one check payable to: Fusion Swim Team Entries must be received on or before: 04/16/2026 05:00pm Entries should be emailed to entries@swimfst.com</p> <p>Submit entries using Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer's USA Swimming number, first and last name, age, and seeding time for each event entered.</p>

RULES:	<p>Current USA Swimming Rules will govern this meet.</p> <ul style="list-style-type: none"> • All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <u>Minor Athlete Abuse Prevention Policy</u> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. • On Deck USA-S registration will be permitted at the discretion of the Meet Director and/or Meet Referee. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, restrooms, or locker rooms. Per GA Swimming policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
CREDENTIALS:	<p>Only athletes, USA Swimming certified coaches, and USA Swimming officials, in good standing, will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. Parents not working the meet as a volunteer or other position are not permitted on deck.</p>
COACHES MEETING:	<p>If needed, the Coaches Meeting will be held via zoom on Thursday, April 23rd, at 8:30pm. Otherwise, all pertinent details will be communicated via email.</p>
OFFICIALS:	<p>FST welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting 1 hour prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and white shoes. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.</p>
AWARDS:	<p>Awards will be given for each Knockout Session champion by event age.</p> <p>Additional awards will be given for the following:</p> <p>Triple-Distance winner - 50-100-200 of a single stroke, in each age group 13&O Super Distance winner - 400 IM/800 Free/400 Free IMX High Point by Age Group</p> <p>IMX: 10&U: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 11-12: 400 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 13-14, 15&O: 400 Free, 200 Back, 200 Breast, 200 Fly, 200 400 IM</p>
SCORING:	<p>Scoring for the meet will be based on USA Swimming Power Points.</p>

CONCESSIONS:	Limited concessions are available via facility vending machines
GEORGIA WARM-UP POLICY:	The GA Swimming Warm Procedures and Safety Policies will be followed.
MISC. INFORMATION:	<p>This facility has 299 on-deck spectator seats. Folding chairs are not permitted on the pool deck, however they are welcome in the lobby. The meet will also be livestreamed on Youtube and broadcast on the large screen in the lobby and in the athlete lounge.</p> <p>Livestream: https://www.youtube.com/@swimFST/streams Meet updates: https://www.swimfst.com/fst-imx-sprint-series</p>

Event Schedule

Friday: / Warm up: 4:00 pm, Start: 5:15 pm

Girls	ORDER OF EVENTS	Boys
1	12&U Knockout Fly	2
3	13-14 Knockout Fly	4
5	15&O Knockout Fly	6

Saturday 13&O: / Warm up: 7:30am, Start: 8:45am

Girls	ORDER OF EVENTS	Boys
7	13&O 200 IM	8
9	13&O 50 Back	10
11	13&O 100 Free	12
13	13&O 200 Breast	14
15	13&O 400 Free*	16

**positive check-in required Check in will close 30 minutes prior to the start of the session. Heats will be swum fast to slow, alternating 1 heat of each gender. Swimmers competing in the 400 Free must provide their own timer.*

Saturday 12&U: / Warm up: noon, Start: 1:00pm

Girls	ORDER OF EVENTS	Boys
17	12&U 50 Back	18
19	12&U 200 Free	20
21	12&U 100 Fly	22
23	12&U 100 Breast	24
25	12&U 200 Back	26
27	12&U 50 Free	28
29	12&U 400 IM*	30

Saturday 13&O: / Warm up: 4:00pm, Start: 5:15pm

Girls	ORDER OF EVENTS	Boys
31	13&O 200 Fly	32
33	13&O 50 Breast	34
35	13&O 200 Back	36
37	13&O 50 Free	38
39	13&O 800 Free*	40

**positive check-in required Check in will close 30 minutes prior to the start of the session. Heats will be swum fast to slow, alternating 1 heat of each gender. Swimmers competing in the 400 IM must provide their own timer, and swimmers in the 800 Free must provide their own timer and counter.*

Sunday 13&O: / Warm up: 7:30am, Start: 8:45am

Girls	ORDER OF EVENTS	Boys
41	13&O 200 Free	42
43	13&O 100 Breast	44
45	13&O 100 Back	46
47	13&O 100 Fly	48
49	13&O 400 IM*	50

Sunday 12&U: / Warm up: noon, Start: 1:00pm

Girls	ORDER OF EVENTS	Boys
51	12&U 200 Breast	52
53	12&U 100 Free	54
55	12&U 200 IM	56
57	12&U 100 Back	58
59	12&U 200 Fly	60
61	12&U 50 Breast	62
63	12&U 400 Free*	64

**positive check-in required Check in will close 30 minutes prior to the start of the session. Heats will be swum fast to slow, alternating 1 heat of each gender. Swimmers competing in the 400 IM or 400 Free must provide their own timer.*

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Team Name _____ Team abbreviation _____

Team Address _____

City _____ State _____ Zip _____

Head Coach _____

Head Coach E-mail _____ Head Coach Cell _____

All coaches from your team must be listed and have valid USA Swimming credentials.

1st Coach _____ 2nd Coach _____

3rd Coach _____ 4th Coach _____

Individual Event Fee	\$9.00 x (number of events)	= _____
GA LSC Travel Fund	\$3.00 x (number of athletes)	= _____
Non-GA LSC registered athletes	\$6.00 x (number of athletes)	= _____
	TOTAL	= _____

Submit one check payable to: Fusion Swim Team

Entries must be received on or before **04/16/2026 05:00pm** Email entries to: **entries@swimfst.com**

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

Signature/Title

Date