



The October Meet

Hosted By:
FST

Date(s): 10/11/2025 - 10/12/2025

Sanction #: GA25-103/STT

Meet Director: Wes Hamborg coach@swimfst.com	Meet Referee: Amanda Hamborg admin@swimfst.com	Admin Official: Amanda McLain entries@swimfst.com
-----------------------------------------------------------------------------	-------------------------------------------------------------------------------	----------------------------------------------------------------------------------

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 FST, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.																			
FACILITY:	<div>Tommy Stalnaker Aquatic Center 210 Cohen Walker Dr Warner Robins, GA 31088</div> <div>The 21 lane, 25-yard pool with a depth at the start ends equal to 7 feet and turn end depth equal to 7 feet.</div> <div>Meet host will ensure the required course dimensions.</div>																			
MEDICAL SUPERVISION:	Lifeguards and AED Device available to athletes in the meet.																			
SESSION SCHEDULE:	<table><tr><th>Session #</th><th>Date</th><th>Name</th><th>Warmup</th><th>Start</th></tr><tr><td>1</td><td>2025-10-11</td><td>Saturday</td><td>8:30 AM</td><td>9:30 AM</td></tr><tr><td>2</td><td>2025-10-12</td><td>Sunday</td><td>8:30 AM</td><td>9:30 AM</td></tr></table>					Session #	Date	Name	Warmup	Start	1	2025-10-11	Saturday	8:30 AM	9:30 AM	2	2025-10-12	Sunday	8:30 AM	9:30 AM
Session #	Date	Name	Warmup	Start																
1	2025-10-11	Saturday	8:30 AM	9:30 AM																
2	2025-10-12	Sunday	8:30 AM	9:30 AM																
MEET FORMAT:	<ul style="list-style-type: none">● Course Type: Short Course Yards● All events will be swum slow to fast, except the 400 IM, 500 Free and 1000 Free, which will be swum fast to slow, and with the 500/1000 Free alternating.● All events will be pre-seeded, except the 400 IM, 500 Free and 1000 Free, which will require positive check-in.● Swimmers participating in the 500/1000 Free must provide their own timer and counter.● Meet host reserves the right to add breaks as needed for timeline management.																			

	<ul style="list-style-type: none"> • Finals Type: Timed Finals • Lanes for Competition: 10 • Warmup Lanes: Up to 8 lanes may be available for warm-up/cool-down.
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. 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:	<p>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.</p>
ENTRIES:	<p>Swimmers may swim a maximum of 5 events per day.</p> <p>Deck entries can be made with the clerk of course up to 30 minutes before the start of the session.</p> <p>Time trials may be offered at the discretion of the meet referee.</p> <p>Time trials will close at the start of each day's distance event.</p> <p>Time trials will NOT count towards daily event limits.</p>
CHECK IN:	<p>Swimmers in the 400 IM, 500 Free and 1000 Free must check in at the clerk of course no later than 30 minutes prior to the start of the session.</p>
CLERK of COURSE:	<p>Clerk of Course will open 15 minutes prior to the start of warm-ups and close 30 minutes prior to the start of the session.</p>
ENTRY SUBMISSION:	<p>Submit one check payable to: FST Entries must be received on or before: 10/02/2025 11:59pm Entries should be emailed to entries@swimfst.com</p> <p>Entries must be submitted via HY3 file.</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.

	<ul style="list-style-type: none"> ● 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:	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.
OFFICIALS:	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.
AWARDS:	No awards.
SCORING:	No scoring.
CONCESSIONS:	There are vending machines onsite and a water bottle-fill station
GEORGIA WARM-UP POLICY:	The GA Swimming Warm Procedures and Safety Policies will be followed.

Event Schedule

Saturday, October 11th

Warm-up: *not before 8:30* Start: *not before 9:30*

Event # (mixed)	Age Group	Event
1	Open	200 Free
2	10&U	25 Fly
3	12&U	100 Fly
4	Open	100 Fly
5	12&U	50 Breast
6	Open	50 Breast
7	11&O	200 Breast
8	10&U	25 Back
9	12&U	100 Back
10	Open	100 Back
11	12&U	50 Free
12	Open	100 Free
	10-minute break	
13	11&O	400 IM*

***Positive check-in required. Check in will close 30 minutes prior to the start of the session.**

Sunday, October 12th

Warm-up: *not before 8:30* Start: *not before 9:30*

Event # (Mixed)	Age Group	Event
14	12&U	100 Free
15	Open	50 Free
16	10&U	25 Free
17	12&U	50 Fly
18	Open	50 Fly
19	11&O	200 Fly
20	10&U	25 Breast
21	12&U	100 Breast
22	Open	100 Breast
23	12&U	50 Back
24	Open	50 Back
25	11&O	200 Back
26	12&U	100 IM
27	Open	200 IM
	10-minute break	
28	Open	500 Free*
29	10&O	1000 Free*

***Positive check-in required. Check in will close 30 minutes prior to the start of the session. Eligible swimmers may choose either the 500 or 1000, but not both. Heats will be swum fast to slow, alternating 1 heat of each distance. Swimmers competing in the 500/1000 must provide their own timer and counter.**

The October Meet: 10/11/2025 - 10/12/2025

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: FST

Entries must be received on or before **10/02/2025 11:59pm** 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