



The December Meet

Hosted By:
FST

Date(s): 12/12/2025 - 12/14/2025

Sanction #: GA25-125/STT

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| Meet Director: Wes 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 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 7 feet.</div> <div>Meet host will ensure the required course dimensions.</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MEDICAL SUPERVISION: | Lifeguards and AED Device are 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>2025-12-12</td><td>Friday Timed Finals</td><td>5:00 PM</td><td>5:45 PM</td></tr><tr><td>2</td><td>2025-12-13</td><td>Saturday 11&O Prelims</td><td>8:00 AM</td><td>9:00 AM</td></tr><tr><td>3</td><td>2025-12-13</td><td>Saturday 10&U Timed Finals</td><td><i>not before</i> 12:15 PM</td><td><i>not before</i> 12:45 PM</td></tr><tr><td>4</td><td>2025-12-13</td><td>Saturday 11&O Finals</td><td>4:00 PM</td><td>5:00 PM</td></tr><tr><td>5</td><td>2025-12-14</td><td>Sunday 11&O Prelims</td><td>8:00 AM</td><td>9:00 AM</td></tr><tr><td>6</td><td>2025-12-14</td><td>Sunday 10&U Timed Finals</td><td><i>not before</i> 12:15 PM</td><td><i>not before</i> 12:45 PM</td></tr><tr><td>7</td><td>2025-12-14</td><td>Sunday 11&O Finals</td><td>4:00 PM</td><td>5:00 PM</td></tr></table> | | | | | Session # | Date | Name | Warmup | Start | 1 | 2025-12-12 | Friday Timed Finals | 5:00 PM | 5:45 PM | 2 | 2025-12-13 | Saturday 11&O Prelims | 8:00 AM | 9:00 AM | 3 | 2025-12-13 | Saturday 10&U Timed Finals | <i>not before</i> 12:15 PM | <i>not before</i> 12:45 PM | 4 | 2025-12-13 | Saturday 11&O Finals | 4:00 PM | 5:00 PM | 5 | 2025-12-14 | Sunday 11&O Prelims | 8:00 AM | 9:00 AM | 6 | 2025-12-14 | Sunday 10&U Timed Finals | <i>not before</i> 12:15 PM | <i>not before</i> 12:45 PM | 7 | 2025-12-14 | Sunday 11&O Finals | 4:00 PM | 5:00 PM |
| Session # | Date | Name | Warmup | Start | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 2025-12-12 | Friday Timed Finals | 5:00 PM | 5:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 2025-12-13 | Saturday 11&O Prelims | 8:00 AM | 9:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 2025-12-13 | Saturday 10&U Timed Finals | <i>not before</i> 12:15 PM | <i>not before</i> 12:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 2025-12-13 | Saturday 11&O Finals | 4:00 PM | 5:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | 2025-12-14 | Sunday 11&O Prelims | 8:00 AM | 9:00 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | 2025-12-14 | Sunday 10&U Timed Finals | <i>not before</i> 12:15 PM | <i>not before</i> 12:45 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | 2025-12-14 | Sunday 11&O Finals | 4:00 PM | 5:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| MEET FORMAT: | <p>Course Type: Short Course Yards</p> <p>Event Format:</p> <ul style="list-style-type: none"> • All Friday events will be swum fast to slow, with the 400 IM and 500 Free alternating heats by gender. On Saturday and Sunday, all events will be swum slow to fast. • All events will be pre-seeded, except the 400 IM and 500 Free, which will require positive check-in. • Meet host reserves the right to add breaks as needed for timeline management. <p>Distance Events Format:</p> <ul style="list-style-type: none"> • 400 IM and 500 Free will be swum fast to slow, alternating heats by gender. • 500 Free - Swimmers will need to provide their own Counter and Timer(s) <p>Finals Type: Combined</p> <ul style="list-style-type: none"> • 10&U events will be timed finals. <p>11&O: All Friday events will be timed finals. Saturday and Sunday events will be prelim/final, except relays which will be timed finals.</p> <p>Finals Format: A and B finals by event age (11-12, 11-14, 13-14, 15&O), swum B then A</p> <p>Lanes for Competition: up to 10 Lanes for Finals: 10</p> <p>Warmup Lanes: Up to 8 lanes and a separate 3 lane pool may be available for warm-up/cool-down.</p> |
| ENTRY FEES: | <ul style="list-style-type: none"> • IND. EVENT FEE: \$10.00/Preliminary Event and \$8/Timed Final Event • LATE IND. ENTRIES: \$20.00 / Event • RELAYS: - \$20.00 / Event • LATE RELAY ENTRIES: \$40.00 / Event • TIME TRIALS: \$20.00 / 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: | <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> |

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| ENTRIES: | <p>Daily Limits:</p> <p>Friday: All swimmers may swim a maximum of 3 events.</p> <p>Saturday & Sunday: 10&U swimmers may swim a maximum of 5 events each day. 11&O swimmers may swim a maximum of 3 events each day.</p> <p>Deck Entries: Deck entries can be made with the clerk of course up to 30 minutes before the start of the session.</p> <p>Time Trials: Time trials may be offered at the discretion of the meet referee. Time trials will close 2 hours after the start of each session.</p> <p>Time Trials WILL count towards daily event limits.</p> |
| CHECK IN: | Swimmers in the 400 IM and 500 Free must check in at the clerk of course no later than 30 minutes prior to the start of the session. |
| CLERK of COURSE: | 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. |
| ENTRY SUBMISSION: | <p>Submit one check payable to: FST Entries must be received on or before: 12/03/2025 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. • 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. |

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| 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. |
| GA. SCRATCH RULE: | The Georgia Swimming Scratch Rule will be in effect for this meet. |
| 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 be livestreamed on Youtube and broadcast on several screens throughout the facility.</p> <p>https://www.youtube.com/@swimFST/streams</p> |

Event Schedule

Friday, December 12th
Timed Finals
Warm up-5:00 pm / Start-5:45pm

| Girls | ORDER OF EVENTS | Boys |
|--------------|------------------------|-------------|
| 1 | Open 400 IM* | 2 |
| 3 | Open 200 IM | 4 |
| 5 | Open 50 Back | 6 |
| 7 | Open 50 Breast | 8 |
| 9 | Open 50 Fly | 10 |
| 11 | Open 500 Free*+ | 12 |

***Positive Check-In Required. Will alternate by gender.**

+All swimmers participating in the 500 Free must provide their own timer and counter.

Saturday, December 13th
11&O Prelims
Warm up-8:00am / Start-9:00am

| Girls | ORDER OF EVENTS | Boys |
|--------------|------------------------------------|-------------|
| 13 | 12&U 200 Free Relay – Prelims only | 14 |
| 15 | 14&U 200 Free Relay – Prelims only | 16 |
| 17 | Open 200 Free Relay – Prelims only | 18 |
| | 5 Minute Break | |
| 19 | 11-12 50 Free | 20 |
| 21 | 13-14 50 Free | 22 |
| 23 | 15&O 50 Free | 24 |
| 25 | 11-12 50 Fly** | 26 |
| 27 | 11-14 200 Fly** | 28 |
| 29 | 15&O 200 Fly | 30 |
| 31 | 11-12 100 Breast | 32 |
| 33 | 13-14 100 Breast | 34 |
| 35 | 15&O 100 Breast | 36 |
| 37 | 11-12 200 Free | 38 |
| 39 | 13-14 200 Free | 40 |
| 41 | 15&O 200 Free | 42 |
| 43 | 11-12 100 Back | 44 |
| 45 | 13-14 100 Back | 46 |
| 47 | 15&O 100 Back | 48 |

*****11-12 swimmers may swim either 50 Fly (event 27/28) or 200 Fly (event 29/30), but not both distances.***

Saturday, December 13th
10&U Timed Finals
Warm up *not before* 12:15pm / Start *not before* 12:45pm

| Girls | ORDER OF EVENTS | Boys |
|--------------|------------------------|-------------|
| 49 | 10&U 200 Free Relay | 50 |
| | 5 Minute Break | |
| 51 | 10&U 50 Free | 52 |
| 53 | 10&U 50 Fly | 54 |
| 55 | 10&U 100 Breast | 56 |
| 57 | 8&U 25 Breast | 58 |
| 59 | 10&U 200 Free | 60 |
| 61 | 8&U 100 Free | 62 |
| 63 | 10&U 100 Back | 64 |
| 65 | 8&U 25 Back | 66 |

Saturday, December 13th
11&Over Finals
Warm up-4:00pm / Start-5:00pm

| Girls | ORDER OF EVENTS | Boys |
|--------------|------------------------|-------------|
| 19 | 11-12 50 Free | 20 |
| 21 | 13-14 50 Free | 22 |
| 23 | 15&O 50 Free | 24 |
| 25 | 11-12 50 Fly | 26 |
| 27 | 11-14 200 Fly | 28 |
| 29 | 15&O 200 Fly | 30 |
| 31 | 11-12 100 Breast | 32 |
| 33 | 13-14 100 Breast | 34 |
| 35 | 15&O 100 Breast | 36 |
| 37 | 11-12 200 Free | 38 |
| 39 | 13-14 200 Free | 40 |
| 41 | 15&O 200 Free | 42 |
| 43 | 11-12 100 Back | 44 |
| 45 | 13-14 100 Back | 46 |
| 47 | 15&O 100 Back | 48 |

Sunday, December 14th
11&O Prelims
Warm up-8:00am / Start-9:00am

| Girls | ORDER OF EVENTS | Boys |
|--------------|--------------------------------------|-------------|
| 67 | 12&U 200 Medley Relay – Prelims only | 68 |
| 69 | 14&U 200 Medley Relay – Prelims only | 70 |
| 71 | Open 200 Medley Relay – Prelims only | 72 |
| | 5 Minute Break* | |
| 73 | 11-12 100 IM | 74 |
| 75 | 13-14 100 IM | 76 |
| 77 | 15&O 100 IM | 78 |
| 79 | 11-12 50 Breast** | 80 |
| 81 | 11-14 200 Breast** | 82 |
| 83 | 15&O 200 Breast | 84 |
| 85 | 11-12 100 Fly | 86 |
| 87 | 13-14 100 Fly | 88 |
| 89 | 15&O 100 Fly | 90 |
| 91 | 11-12 50 Back** | 92 |
| 93 | 11-14 200 Back** | 94 |
| 95 | 15&O 200 Back | 96 |
| 97 | 11-12 100 Free | 98 |
| 99 | 13-14 100 Free | 100 |
| 101 | 15&O 100 Free | 102 |

*****11-12 swimmers may swim either 50 Breast (event 87/88) or 200 Breast (event 89/90), and they may swim either 50 Back (99/100) or 200 Back (101-102), but not both distances.***

Sunday, December 15th
10&U Timed Finals
Warm up *not before* 12:00pm / Start *not before* 1:00pm

| Girls | ORDER OF EVENTS | Boys |
|--------------|------------------------|-------------|
| 103 | 10&U 200 Medley Relay | 104 |
| | 5 Minute Break* | |
| 105 | 10&U 100 IM | 106 |
| 107 | 10&U 100 Free | 108 |
| 109 | 8&U 25 Free | 110 |
| 111 | 10&U 50 Breast | 112 |
| 113 | 10&U 100 Fly | 114 |
| 115 | 8&U 25 Fly | 116 |
| 117 | 10&U 50 Back | 118 |

Sunday, December 14th
11&Over Finals
Warm up-4:00pm / Start-5:00pm

| Girls | ORDER OF EVENTS | Boys |
|--------------|------------------------|-------------|
| 73 | 11-12 100 IM | 74 |
| 75 | 13-14 100 IM | 76 |
| 77 | 15&O 100 IM | 78 |
| 79 | 11-12 50 Breast | 80 |
| 81 | 11-14 200 Breast | 82 |
| 83 | 15&O 200 Breast | 84 |
| 85 | 11-12 100 Fly | 86 |
| 87 | 13-14 100 Fly | 88 |
| 89 | 15&O 100 Fly | 90 |
| 91 | 11-12 50 Back | 92 |
| 93 | 11-14 200 Back | 94 |
| 95 | 15&O 200 Back | 96 |
| 97 | 11-12 100 Free | 98 |
| 99 | 13-14 100 Free | 100 |
| 101 | 15&O 100 Free | 102 |

The December Meet: 12/12/2025 - 12/14/2025

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 _____

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|---|--|---------|
| Individual Event Fee (Prelims events) | \$10.00 x (number of preliminary events) | = _____ |
| Individual Event Fee (Timed Final events) | \$8.00 x (number of timed final events) | = _____ |
| Relays | \$20.00 x (number of relays) | = _____ |
| 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 **12/03/2025 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