



2026 FST June Invite

Hosted By:

Date(s): 06/26/2026 - 06/28/2026



Sanction #: [GA26-070/STT](#)

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 , 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 Device are available to athletes in 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: 45%;">Name</th> <th style="width: 15%;">Warmup</th> <th style="width: 15%;">Start</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2026-06-26</td> <td style="text-align: center;">Friday <u>Timed Finals</u>, All Ages</td> <td style="text-align: center;">3:30 PM</td> <td style="text-align: center;">4:30 PM</td> </tr> <tr> <td style="text-align: center;">2</td> <td style="text-align: center;">2026-06-27</td> <td style="text-align: center;">Saturday 13&O Prelims</td> <td style="text-align: center;">7:00 AM</td> <td style="text-align: center;">8:30 AM</td> </tr> <tr> <td style="text-align: center;">3</td> <td style="text-align: center;">2026-06-27</td> <td style="text-align: center;">Saturday 11-12 Prelims, 10&U TF</td> <td style="text-align: center;"><i>Not before</i> 11:30 AM</td> <td style="text-align: center;"><i>Not before</i> 12:30 PM</td> </tr> <tr> <td style="text-align: center;">4</td> <td style="text-align: center;">2026-06-27</td> <td style="text-align: center;">Saturday 11&O <u>Finals</u></td> <td style="text-align: center;">4:00 PM</td> <td style="text-align: center;">5:00 PM</td> </tr> <tr> <td style="text-align: center;">5</td> <td style="text-align: center;">2026-06-28</td> <td style="text-align: center;">Sunday 13&O Prelims</td> <td style="text-align: center;">7:00 AM</td> <td style="text-align: center;">8:30 AM</td> </tr> <tr> <td style="text-align: center;">6</td> <td style="text-align: center;">2026-06-28</td> <td style="text-align: center;">Sunday 11-12 Prelims, 10&U TF</td> <td style="text-align: center;"><i>Not before</i> 11:30 AM</td> <td style="text-align: center;"><i>Not before</i> 12:30 PM</td> </tr> <tr> <td style="text-align: center;">7</td> <td style="text-align: center;">2026-06-28</td> <td style="text-align: center;">Sunday 11&O <u>Finals</u></td> <td style="text-align: center;">4:00 PM</td> <td style="text-align: center;">5:00 PM</td> </tr> </tbody> </table>	Session #	Date	Name	Warmup	Start	1	2026-06-26	Friday <u>Timed Finals</u> , All Ages	3:30 PM	4:30 PM	2	2026-06-27	Saturday 13&O Prelims	7:00 AM	8:30 AM	3	2026-06-27	Saturday 11-12 Prelims , 10&U TF	<i>Not before</i> 11:30 AM	<i>Not before</i> 12:30 PM	4	2026-06-27	Saturday 11&O <u>Finals</u>	4:00 PM	5:00 PM	5	2026-06-28	Sunday 13&O Prelims	7:00 AM	8:30 AM	6	2026-06-28	Sunday 11-12 Prelims , 10&U TF	<i>Not before</i> 11:30 AM	<i>Not before</i> 12:30 PM	7	2026-06-28	Sunday 11&O <u>Finals</u>	4:00 PM	5:00 PM
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<p>MEET FORMAT:</p>	<p>Course Type: Long Course Meters</p> <p>Event Format:</p> <ul style="list-style-type: none"> ● 10&U: All events will be timed finals. ● 11&O: All Friday events will be timed finals. Saturday and Sunday events will be prelim/final, except relays, which will be timed finals. ● All events will be swum slow to fast, except the Friday timed final events, which will all be swum fast to slow. <p>Distance Events Format:</p> <p>The 400 IM and 400 Free will alternate heats by gender.</p> <p>Finals Format:</p> <ul style="list-style-type: none"> ● 13&O events will have one Superfinal (Top 8 overall), one 13-14 final, and one 15&O final, swum 13-14, 15O, then Superfinal. ● 11-12 50m and 100m events will have A/B finals (swum B then A), and 200m events will have A finals only. <p>Lanes for Competition:</p> <ul style="list-style-type: none"> ● Up to 10 lanes will be used for Prelims. 8 lanes will be used for finals. <p>Warmup Lanes:</p> <p>3 short course lanes will be used for warm-up/cool-down throughout the meet. One long course lane may also be used.</p> <p>Potential adjustments:</p> <p>Meet host reserves the right to make any of the following adjustments as needed for timeline management:</p> <ul style="list-style-type: none"> ● Run chase starts (and seed fast-to-slow) ● Add or adjust breaks ● Change session start times ● Limit or eliminate relays ● Limit events of 400m or longer to four heats per gender ● Swim timed final events (Friday and/or all 10&U) as mixed gender ● Move 11-12 Prelims to the 13&O session (announced to all teams no later than Monday, June 22nd) ● Any other changes needed to ensure the meet is a success
<p>ENTRY FEES:</p>	<ul style="list-style-type: none"> ● IND. EVENT FEE: \$10.00 / 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:	MEET TYPE: Invitational Open to all registered USA Swimmers of invited teams. 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.
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:	Daily Limits: 11&O swimmers may swim a maximum of 3 individual events per day. 10& U swimmers may swim a maximum of 4 individual events per day on Saturday and Sunday, and 3 events on Friday. Swimmers may enter a maximum of 1 relay per day. Deck Entries: Deck entries can be made with the clerk of course up to 30 minutes before the start of the session. Time Trials: Time trials will be offered at the discretion of the meet referee. Time trial check-in will close two hours after the start of each session. Time Trials will NOT count towards daily event limits.
CHECK IN:	Check-in for the 400 IM and 400 Free will close at 4:00 on Friday.
CLERK of COURSE:	Clerk of course will open at the start of warm-ups and will close 30 minutes prior to the session start time.
ENTRY SUBMISSION:	Submit one check payable to: Fusion Swim Team Entries must be received on or before: 06/18/2026 Entries should be emailed to entries@swimfst.com
RULES:	Current USA Swimming Rules will govern this meet. <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 Minor Athlete Abuse Prevention Policy ("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.

	<ul style="list-style-type: none"> 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.
COACHES MEETING:	If needed, the coaches meeting will be held via zoom at 8:30pm on Wednesday, June 24th
OFFICIALS:	Fusion Swim Team 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:	N/A
SCORING:	N/A
CONCESSIONS:	Limited concessions available via vending machines.
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 and in the overflow event tents. The meet will be livestreamed on Youtube and broadcast on several screens throughout the facility and under the tents.</p> <p>https://www.youtube.com/@swimFST/streams</p>

Event Schedule

Friday, June 26th

All Ages - Timed Finals

Warm up-3:30 pm / Start-4:30pm

Girls	ORDER OF EVENTS	Boys
1	10&O 400 IM*	2
3	Open 50 Breast	4
5	Open 50 Back	6
7	Open 50 Fly	8
	5 Minute Break**	
9	9&O 400 Free*	10

***Positive Check-In Required**

Saturday, June 27th

13&O Prelims

Warm up-7:00am / Start-8:30am

Girls	ORDER OF EVENTS	Boys
11	14&U 200 Medley Relay	12
13	Open 200 Medley Relay	14
	5 Minute Break**	
15	13&O 50 Free	16
17	13&O 200 Fly	18
19	13&O 100 Breast	20
21	13&O 200 Free	22
23	13&O 50 Fly	24
25	13&O 100 Back	26

****Meet management reserves the right to add or adjust breaks as needed for timeline management**

Saturday, June 27th
11-12 Prelims, 10&U Timed Finals
Warm up *not before* 11:30am / Start *not before* 12:30pm

Girls	ORDER OF EVENTS	Boys
27	12&U 200 Medley Relay	28
	5 Minute Break**	
29	11-12 50 Free	30
31	10&U 50 Free	32
33	11-12 200 Fly	34
35	10&U 100 Breast	36
37	11-12 100 Breast	38
39	10&U 50 Back	40
41	11-12 200 Free	42
43	10&U 200 Free	44
45	11-12 50 Fly	46
47	10&U 50 Fly	48
49	11-12 100 Back	50
51	10&U 100 Back	52

*****Meet management reserves the right to add or adjust breaks as needed for timeline management***

Saturday, June 27th
11&Over Finals
Warm up-4:00pm / Start-5:00pm

Girls	ORDER OF EVENTS	Boys	Finals
29	11-12 50 Free	30	11-12 Top 16
15	13&O 50 Free	16	13-14 (8), 15&O (8) Overall Top 8
33	11-12 200 Fly	34	11-12 Top 8
17	13&O 200 Fly	18	13-14 (8), 15&O (8) Overall Top 8
37	11-12 100 Breast	38	11-12 Top 16
19	13&O 100 Breast	20	13-14 (8), 15&O (8) Overall Top 8
41	11-12 200 Free	42	11-12 Top 8
21	13&O 200 Free	22	13-14 (8), 15&O (8) Overall Top 8
45	11-12 50 Fly	46	11-12 Top 16
23	13&O 50 Fly	24	13-14 (8), 15&O (8) Overall Top 8
49	11-12 100 Back	50	11-12 Top 16
25	13&O 100 Back	26	13-14 (8), 15&O (8) Overall Top 8

Sunday, June 28th
13&O Prelims
Warm up-7:00am / Start-8:30am

Girls	ORDER OF EVENTS	Boys
53	14&U 200 Free Relay	54
55	Open 200 Free Relay	56
	5 Minute Break**	
57	13&O 50 Breast	58
59	13&O 200 IM	60
61	13&O 100 Free	62
63	13&O 200 Breast	64
65	13&O 50 Back	66
67	13&O 100 Fly	68
69	13&O 200 Back	70

****Meet management reserves the right to add or adjust breaks as needed for timeline management**

Sunday, June 28th
11-12 Prelims, 10&U Timed Finals
Warm up not before 11:30am / Start not before 12:30pm

Girls	ORDER OF EVENTS	Boys
71	12&U 200 Free Relay	72
	5 Minute Break**	
73	11-12 50 Breast	74
75	10&U 50 Breast	76
77	11-12 200 IM	78
79	10&U 200 IM	80
81	11-12 100 Free	82
83	10&U 100 Free	84
85	11-12 200 Breast	86
87	10&U 50 Free	88
89	11-12 50 Back	90
91	10&U 50 Back	92
93	11-12 100 Fly	94
95	10&U 100 Fly	96
97	11-12 200 Back	98

****Meet management reserves the right to add or adjust breaks as needed for timeline management**

Sunday, June 28th
11&Over Finals
Warm up-4:00pm / Start-5:00pm

Girls	ORDER OF EVENTS	Boys	Finals
73	11-12 50 Breast	74	11-12 Top 16
57	13&O 50 Breast	58	13-14 (8), 15&O (8) Overall Top 8
77	11-12 200 IM	78	11-12 Top 8
59	13&O 200 IM	60	13-14 (8), 15&O (8) Overall Top 8
81	11-12 100 Free	82	11-12 Top 16
61	13&O 100 Free	62	13-14 (8), 15&O (8) Overall Top 8
85	11-12 200 Breast	86	11-12 Top 8
63	13&O 200 Breast	64	13-14 (8), 15&O (8) Overall Top 8
89	11-12 50 Back	90	11-12 Top 16
65	13&O 50 Back	66	13-14 (8), 15&O (8) Overall Top 8
93	11-12 100 Fly	94	11-12 Top 16
67	13&O 100 Fly	68	13-14 (8), 15&O (8) Overall Top 8
97	11-12 200 Back	98	11-12 Top 8
69	13&O 200 Back	70	13-14 (8), 15&O (8) Overall Top 8

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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	\$10.00 x (number of 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: Fusion Swim Team

Entries must be received on or before **06/18/2026 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