



Sunday Sprints

Hosted By:



Date(s): 09/27/2026 - 09/27/2026

Sanction #: **GA26-100/STT**

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 21 lane, 25 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 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>2026-09-27</td><td>Sunday</td><td>12:30 PM</td><td>1:15 PM</td></tr></table>					Session #	Date	Name	Warmup	Start	1	2026-09-27	Sunday	12:30 PM	1:15 PM
Session #	Date	Name	Warmup	Start											
1	2026-09-27	Sunday	12:30 PM	1:15 PM											
MEET FORMAT:	● Course Type: Short Course Yards ● Event Format: Slow to Fast ● Finals Type: Timed Finals ● Lanes for Competition: 10 ● Warmup Lanes: Up to 10 lanes will be used for warm-up/cool-down.														

ENTRY FEES:	● IND. EVENT FEE: \$8.00 / Event ● LATE IND. ENTRIES: \$16.00 / Event ● TIME TRIALS: \$16.00 / Event ● GA LSC Travel Fund \$3.00 / Georgia LSC registered athlete ● GA travel fee \$6.00 / non-Georgia LSC registered athlete
ELIGIBILITY:	MEET TYPE: 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.
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: Swimmers may compete in up to 6 events. Deck Entries: Deck entries can be made up to 30 minutes prior to 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 the session. Time Trials WILL count towards daily event limits.
CHECK IN:	Time trial check-in will close at 3:00
CLERK of COURSE:	Clerk of course will open at the start of the session and will close 15 minutes prior to the start of the session.
ENTRY SUBMISSION:	Submit one check payable to: FST Entries must be received on or before: 09/18/2026 11:59pm Entries should be emailed to entries@swimfst.com
RULES:	Current USA Swimming Rules will govern this meet. ● 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. ● No 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.
COACHES MEETING:	If needed, the coaches meeting will be held at 12:15
OFFICIALS:	FST welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting at 12:30. 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:	None
CONCESSIONS:	The facility has vending machines and bottle-fill stations.
GEORGIA WARM-UP POLICY:	The GA Swimming Warm Procedures and Safety Policies will be followed.
MISC. INFORMATION:	The facility has 299 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 in the lobby. https://www.youtube.com/@swimFST/streams

Event Schedule

Session 1: Sunday 2026-09-27 - Warmup: 12:30 PM Start: 1:15 PM

Event #	Gender	Age Group	Stroke
1	Mixed	Open	50 Freestyle
2	Mixed	Open	100 Freestyle
3	Mixed	Open	50 Breaststroke
4	Mixed	Open	100 Breaststroke
5	Mixed	Open	50 Backstroke
6	Mixed	Open	100 Backstroke
7	Mixed	Open	50 Butterfly
8	Mixed	Open	100 Butterfly
9	Mixed	Open	100 Individual Medley
10	Mixed	Open	200 Freestyle

Sunday Sprints: 09/27/2026 - 09/27/2026

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	\$8.00 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 **09/18/2026 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