



FAST Winter Lights December 4-7, 2025

Sanctioned by: Arizona Swimming Inc.

Sanction # AZ26-8R

Liability: In granting this sanction/approval it is understood and agreed that USA Swimming, Arizona Swimming, FAST and all meet officials shall be free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Hosted by: Flying Fish Arizona Swim Team (FAST-AZ)

Location: Oro Valley Aquatic Center
23 West Calle Concordia
Oro Valley, AZ 85704
Phone (520) 297-7946

Meet Director: Anthony Ferrara: meets@fastswimteam.com
Meet Referee: Bobby Davidson: meetref@fastswimteam.com

Course: Outdoor, 25 yard, two 8 lane heated competition courses. Timed finals in Session I will be run in two courses including a boys' events course and a girls' events course. The preliminary sessions II, IV, and VI may be run in two courses, including a 13 & over events course and a 12 & under events course. The finals session will be run in one course with all age groups. At the discretion of the Meet Ref, the entire competition may be held in one course or split finals into two courses. Area for warm up/cool down available. Colorado Start & Timing.

Eligibility:

1. Open to any USA Swimming registered swimmer holding a valid USA Swimming registration card or to any foreign athletes formally invited by USA Swimming.
2. A valid USA Swimming registration must be presented at the Clerk of Course if requested.
3. This is an ABC Meet.
4. Relay and relay only swimmers must be entered in the meet before the entry deadline.

Rules Governing Sanctioned Meets

1. Age on the first day of the event will govern the competition age for the entire meet.
2. The conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules.
3. 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 participating in the conduct of this competition.
4. 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.
5. The competition course has been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 15 feet, 0 inches at the start end and 6 feet, 6 inches at the turn end.
7. Deck changes are prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be enforced.
9. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, behind the starting blocks, or other areas as may be designated by the Meet Director/Meet Referee.
11. All referees, starters, administrative officials, chief judges, and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
12. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition.
13. Coaches must sign in and present proof of current membership to the Clerk of Course prior to the start of each session of competition.
14. Meet Marshals shall wear their identifying attire, as provided by the club.
15. Swimmers with disabilities are welcome. The swimmer (or swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of any disability of the swimmer and the requested accommodation. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
16. 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.
17. The following medical supervision will be available to athletes participating in the meet: lifeguards, AED device, Emergency Oxygen, EMS 3-5 minutes away.

Meet Rules:

- Swimmers may enter a maximum of ten (10) individual events for the meet, with a limit of three (3) individual events per day with only 1 individual event maximum for Thursday's events. Failure to comply with this rule will result in the swimmer being dropped from the highest number event causing the infraction.
- Entry times will be seeded as follows: SCY, LCM, SCM, NT
- Meet seeding will be Fastest to Slowest for all events.
- 13-14 and 15 and over events will be swum together in Preliminaries, but separated out for finals.
- The 1650 Free, 1000 Free, 500 Free and 400 IM will be deck-seeded. Swimmers must positively check-in 30 minutes prior to the start of the preliminary session in which the event is held. The 400 IM, 500 free, 1000 free and 1650 free will be functionally seeded fastest to slowest alternating women and men. For the 13 and over 400 IM and 500 Free the top two (2) heats of Women will swim then the top two (2) heats of men then alternating women and men for the remainder of the prelims. These events will be separated by age group for scoring and awards. Swimmers must provide their own personnel to time and lap count. In Finals, the timers will be provided.
- The 400 IM and 500 Free will be a Prelim/Final event for 13-14 and 15 and Over with an A final only in finals. All 11-12 400 IMs will be timed final and swum in Prelims.
- Finals will be conducted as follows:
 - 10 & U: A Final
 - 11-12: A & B Final
 - 13-14: A & B Final [400 IM and 500 Free A Final Only] **
 - 15 & O: A & B & C Final [400 IM and 500 Free A Final Only]**
 - **Prelims for 13-14 and 15 and over athletes will be swum together in prelims and separated out at finals in the same event.**
- All athletes must scratch within 30 minutes after results have been announced for their respective individual events. The Age Group Scratch Rule for this meet will be enforced. The Age Group Scratch Rule states, "Any athlete qualifying for a consolation final or final competition in an individual event who fails to compete (no show) ("Failure to Compete") in either consolation final or final race shall be barred from the rest of that sessions events, including that sessions relays, and disqualified from their next individual event in the next day's preliminary events unless the Referee is notified in the event of illness or injury and accepts the proof thereof or it is determined by the Referee that failure to compete is caused by circumstances beyond the control of the athlete."
- There will be a \$25 penalty per event for failure to scratch on Sunday Finals. You will be required to pay this fine at the Clerk of Course by the end of the Finals Session on Sunday.**
- Time Trials at this meet will be held at the discretion of the Meet Referee.
- The Meet Referee and Meet Director reserve the right to put breaks in if needed or events are too close together.

Schedule:

Session I (Timed Finals)	Thursday, Dec. 4	Warm-up: 4:00 pm	Start: 5:00 pm
Session II (Prelims)	Friday, Dec. 5	Warm-up: 8:00am	Start: 9:30am
Session III (Finals)	Friday, Dec. 5	Warm-up: 4:00pm	Start: 5:00pm
Session IV (Prelims)	Saturday, Dec. 6	Warm-up: 8:00 am	Start: 9:30 am
Session V (Finals)	Saturday, Dec. 6	Warm-up 4:00 pm	Start: 5:00 pm
Session VI (Prelims)	Sunday, Dec. 7	Warm-up: 8:00 am	Start: 9:30 am
Session VII (Finals)	Sunday, Dec. 7	Warm-up: 3:00 pm	Start: 4:00 pm

Awards: Individual Events: Medals 1st through 3rd and ribbons 4th through 8th for male/female in the 10&U, 11-12, 13-14 and 15&O age groups will be awarded.
In addition, Achievement Certificates will be awarded to first time achievers of A and B Arizona Swimming time standards published on the Arizona Swimming web site under the Time Standards tab.

Scoring: A (final): 20-17-16-15-14-13-12-11; B (final) 9-7-6-5-4-3-2-1

Entry Fees: Individual events that are prelim/final: \$8.50/event; Individual events that are timed finals: \$6.00; and relays: \$12.00. LSC surcharge \$10.00 /swimmer. Fees are non-refundable.
Entry fees are due prior to the beginning of the first session. Make all checks payable to: **FAST**.

Entries: All entries must be in a USA SDIF format file (Hy-Tek or Team Unify).
Coaches are encouraged to submit team entries in TM or TU file format by email. Email the entry file **with your team name in the subject line**, accompanied by a Hy-Tek meet entry report to meets@fastswimteam.com no later than 8:00 pm Wednesday, November 26, 2025. **No late entries or deck entries will be accepted.** Entries limited to 800 athletes per session.

Session I: Timed Finals Thursday, December 4, 2025		
Girl	Event	Boy
1	10 & under 500 Free*	2
3	11 & Over 1000 Free*	4
5	11 & over 1650 Free*	6

***500, 1000, and 1650 Free require positive check in 30 minutes prior to the start of the sessions; swimmers must provide their own timers (2) and personnel to count laps.**

Session II: Preliminary 12 & under Friday, December 5, 2025		
Girl	Event	Boy
7	12 & under 200 Free Relay	8
9	10 & under Free Relay	10
11	11-12 50 Back	12
13	10 & under 50 Back	14
15	11-12 100 Fly	16
17	10 & under 100 Fly	18
19	11-12 200 Free	20
21	10 & under 200 Free	22
23	11-12 100 Breast	24
25	10 & under 100 Breast	26
27	11-12 400 IM	28

Session II: Preliminary 13 & over Friday, December 5, 2025		
Girl	Event	Boy
101	13 & over 200 Free Relay	102
103	13 & over 50 Back	104
105	13 & over 100 Fly	106
107	13 & over 200 Free	108
109	13 & over 100 Breast	110
111	13 & over 400 IM	112

***400 IM requires positive check in 30 minutes prior to the start of the session; swimmers must provide their own timers (2). All 400IMs are in PRELIMS. 13-14 and 15 and Overs will have an A Final for the 400 IM in Finals.**

Session III: Finals Friday, December 5, 2025		
Girl	Event	Boy
103	13 & over 50 Back	104
11	11-12 50 Back	12
13	10 & under 50 Back	14
105	13 & over 100 Fly	106
15	11-12 100 Fly	16
17	10 & under 100 Fly	18
107	13 & over 200 Free	108
19	11-12 200 Free	20
21	10 & under 200 Free	22
109	13 & over 100 Breast	110
23	11-12 100 Breast	24
25	10 & under 100 Breast	26
111	13 & over 400 IM	112

Session IV: Preliminary 12 & under Saturday, December 6, 2025		
Girl	Event	Boy
29	12 & under 200 Medley Relay	30
31	10 & under 200 Medley Relay	32
33	11-12 50 Free	34
35	10 & under 50 Free	36
37	11-12 200 Breast	38
39	11-12 100 IM	40
41	10 & under 100 IM	42
43	11-12 200 Back	44
45	11-12 50 Breast	46
47	10 & under 50 Breast	48
49	11-12 500 Free	50

Session IV: Preliminary 13 & over Saturday, December 6, 2025		
Girl	Event	Boy
113	13 & over 200 Medley Relay	114
115	13 & over 50 Free	116
117	13 & over 200 Breast	118
119	13 & Over 100 IM	120
121	13 & over 200 Back	122
123	13 & over 50 Breast	124
125	13 & over 500 Free	126

***500 Free requires positive check in 30 minutes prior to the start of the sessions; swimmers must provide their own timers (2) and personnel to count laps. All 500s are in PRELIMS. 13-14 and 15 and Overs will have an A Final for the 500 Free in Finals.**

Session V: Finals Saturday, December 6, 2025		
Girl	Event	Boy
115	13 & over 50 Free	116
33	11-12 50 Free	34
35	10 & under 50 Free	36
117	13 & over 200 Breast	118
37	11-12 200 Breast	38
119	13 & over 100 IM	120
39	11-12 100 IM	40
41	10 & under 100 IM	42
121	13 & over 200 Back	122
43	11-12 200 Back	44
123	13 & over 50 Breast	124
45	11-12 50 Breast	46
47	10 & under 50 Breast	48
125	13 & over 500 Free	126

Session VI: Preliminary 12 & under Sunday, December 7, 2025		
Girl	Event	Boy
51	11-12 200 Fly	52
53	10 & under 100 Free	54
55	11-12 100 Free	56
57	10 & under 50 Fly	58
59	11-12 50 Fly	60
61	10 & under 100 Back	62
63	11-12 100 Back	64
65	10 & under 200 IM	66
67	11-12 200 IM	68

Session VI: Preliminary 13 & over Sunday, December 7, 2025		
Girl	Event	Boy
127	13 & over 200 Fly	128
129	13 & over 100 Free	130
131	13 & over 50 Fly	132
133	13 & over 100 Back	134
135	13 & over 200 IM	136

Session VII: Finals Sunday, December 7, 2025		
Girl	Event	Boy
51	11-12 200 Fly	52
127	13 & over 200 Fly	128
53	10 & under 100 Free	54
55	11-12 100 Free	56
129	13 & over 100 Free	130
57	10 & under 50 Fly	58
59	11-12 50 Fly	60
131	13 & over 50 Fly	132
61	10 & under 100 Back	62
63	11-12 100 Back	64
133	13 & over 100 Back	134
65	10 & under 200 IM	66
67	11-12 200 IM	68
135	13 & over 200 IM	136