

FBST Mini Meet

Saturday, January 26, 2018

Meet Director	Bill Sprague coachbillsprague@gmail.com
Meet Location	George Washington RECenter 8426 Old Mt. Vernon Rd. Alexandria, VA 22309 <ul style="list-style-type: none">• 8 lanes, 25 yards• Water depth ranges from 4.5' - 12' at both the starting and turning ends
Timing System	Manual timing (stopwatches only) will be used for this meet
Rules	<ul style="list-style-type: none">• Current USA Swimming rules shall govern the meet.• The Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform within the 4-hour provision for sessions that include 12&U events, per Rule 205.3.1F• All events are timed finals• This is a non-sanctioned meet. This event is designed to allow swimmers to gain experience in a swim meet environment. Times will not be recognized by USA Swimming• All events will be swum slowest to fastest. Athletes can enter no more than four (4) individual events.
Warm Up and Meet Schedule	Warm-up: 7:00-7:25 am Events: 7:30 am Meet completed by 9:00 am The meet manager reserves the right, time permitting, to take a small break between each change of strokes as needed.
Entry Fees	Fees for individual events: \$4.50 per event Individual swimmer surcharge: \$1.00
Supervision & Seating	Coaches are responsible for the conduct of their swimmers and families. Please clean up your team area after the meet
Entry Deadline	The entries must be received for this meet no later than: Thursday, January 24, 2018

FBST Mini Meet
Warm up: 7:00 – 7:25 am
1st Event starts at 7:30 am

Event Number	Event Description
1	8 & Under 25 Butterfly
2	10 & Under 50 Butterfly
3	8 & Under 25 Backstroke
4	10 & Under 50 Backstroke
5	8 & Under 25 Breaststroke
6	10 & Under 50 Breaststroke
7	8 & Under 25 Freestyle
8	10 & Under 50 Freestyle
9	10 & Under 100 IM
<i>All events are mixed (Girls & Boys); heats will be swum slowest to fastest.</i>	