

	2023 MLK Celebration Invitational January 13-15, 2023		Hosted by 
SPONSOR/HOST	Metro East Titans Swimming		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-6199 - USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. - An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Ozark Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. - BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.		
LOCATION:	Chuck Fruit Aquatic Center, 6696 Center Grove Drive, Edwardsville IL 62025		
FACILITY:	- Indoor 50-meter pool; two 25-yard competition area with eight (8) swimming lanes and an eight (8) lane warm-up area. - The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming. - Pool depth dimensions at the North start end=7', turn end=7'. Pool depth dimensions at the South start end=12.5', turn end=7'. - Parking available in the CFAC lot at the adjoining Sports Complex. - Overhead seating for 499 spectators available, as well as generous on-deck areas for swimmers and coaches.		
MEET DIRECTOR	Name: Bob Rettle	Email: metsswim@gmail.com	Phone: 618-407-7665
ADMIN OFFICIAL	Name: Trish Grant	Email: granttna@yahoo.com	Phone: 618-570-6117
MEET REFEREE	Name: Dana LeVasseur	Email: dnalver@hotmail.com	Phone: 804-986-9591
MEET MARSHALS	Names:	Emails	Phones
ELIGIBILITY:	- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. - No on deck Ozark Swimming athlete registration will be permitted. - Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered, a \$100 fine per athlete will be imposed on the swimmer's club, made payable to Ozark		

	Swimming. • Open to all USA Swimming athletes registered before the first day of the meet. • Age on January 13, 2023 will determine age for the entire meet.
DISABILITY SWIMMERS:	• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	• All ages of swimmers will swim in the Friday session. All Friday events will be timed finals. • All 11-12, 13-14, and Open swimmers will swim a preliminary session in the Saturday morning and Sunday morning sessions. The top 16 swimmers will swim the finals sessions each of these days in a consolation and championship final. • All 8&U and 10&U will swim in the Saturday and Sunday afternoon sessions. All 25-yard events will start from the turn end of the pool. • All relay events and the 1000 Free will be timed finals.
SCHEDULE:	• Friday session: Warm-ups at 4:00 pm; competition starts at 5:00 pm. • Saturday & Sunday morning Prelim sessions: Warm-ups at 6:30 am; competition starts 8:00 am. • Saturday & Sunday afternoon sessions: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm. • Saturday & Sunday Finals sessions: Warm-ups not before 3:30 pm; competition starts not before 4:30 pm. • Lane assignment and warm-up times for individual clubs will be posted on metsswim.com no later than Tuesday, January 10, and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES: Monday, January 9th, 2023 by 8:00 pm. • Entries must be submitted in short course times using Hy-Tek compatible format. • Teams must submit entries via email. • Coach Time (CT and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT <u>must be slower than an "A" time</u>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • 11-12, 13-14, and Open swimmers may enter a maximum of 3 individual events and 1 relay events per day. • 8&U and 10&U swimmers may enter a maximum of 5 individual events and 1 relay events per day. • Relay teams must be designated A, B, C, etc. if more than one per club is entered per event. • Specify any other restrictions on relay entries (optional) • If qualifying times are being used, specify requirements of any bonus events. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding. • Email entries to: metsswim@gmail.com
SEEDING:	• All events, except the 1000 Free will be pre-seeded. • The 1000 Free will require a positive check-in to swim. Positive check-in will close at 9:00

	am. Swimmers failing to positively check-in will be scratched from that event. • 8&U 10&U swimmers in the afternoon sessions must report to the Clerk of Course and they will be escorted to the blocks from there. • All Friday events will be swum fast to slow. The 1000 Free will be swum fast to slow. All other events will be swum slow to fast. • Scratch Procedures: If a swimmer misses a final event that they have qualified for and do not scratch during the 30-minute time window will be barred from competing in their next scheduled event.
FEES:	• Individual events: \$5.00 per timed final event; \$6 per prelim/final event. • Relay events: \$16.00 • Swimmer Surcharge: \$20 • \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club. • Checks should be made payable to: METS • Mail payment to: Bob Rettle, 6696 Center Grove Rd., Edwardsville IL 62025 • Payment must be received by the start of the meet. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/UPS, etc., please ensure that a signature is NOT required for delivery as this will <u>delay the acceptance of your entries</u>.
AWARDS:	• Individual events: Custom medals awarded for 1st through 3rd place in all individual prelim/final events. Ribbons will be awarded for all 4th through 16th prelim/final events. Ribbons will be awarded for 1st through 16th place in all timed final events. • Relay events: Ribbons will be awarded for 1st through 4th place. • High Point Awards: awarded for 8&U girl, 8&U boy, 9-10 girl, 9-10 boy • Awards will not be mailed. Please ensure you make arrangements for picking your awards up after the conclusion of the meet!
SAFETY	• Lifeguards and first aid station will be available for the entire duration of the meet
RULES:	• The current USA Swimming Rules and Regulations will apply. • Any swimmer entered in the meet must be certified by a USA-S 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. • The flyover start procedure will be used for the all sessions at the discretion of the Referee. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Deck changes are prohibited. • Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership. ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area. • 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. • All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

	• A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
OFFICIALS:	• Officials will be needed for all positions and all sessions for this meet. • Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Susan Samet, susaneramet@gmail.com, 618-579-8177. • Officials' meetings will occur 30 minutes prior to session times. Location will be announced.
TIMERS:	• Timers will be assigned to the host team and participating clubs. • The number of timers required per club and their lane assignments will be posted on metsswim@gmail.com no later than Tuesday, January 10th and will also be emailed to the contact person of each of the individual clubs. • Timers' meetings will occur 15 minutes prior to session times in the lobby.
GENERAL:	• Concessions will be available. • Hospitality will be provided for all coaches and officials. • Heat sheets will be posted on metsswim.com and emailed to the contact person of each individual club by Thursday, January 12th and will also be available on Meet Mobile.
FACILITY RULES:	• Smoking and all tobacco products are prohibited on all ECUSD7 property, including the Chuck Fruit Aquatic Center. • Glass containers/bottles are prohibited. • The upstairs doors leading into the spectator area must always remain closed. • All trash should be properly disposed of, and exit doors and aisled should not be blocked. • No chairs or coolers are allowed in the spectator seating area.

**2023 MLK Celebration Invitational
ORDER OF EVENTS**

Friday, January 13

Evening Session

All Ages

Warm-up: 4:00 pm; Start: 5:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	10&U 200 IM	2
3	11-12 200 IM	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10&U 200 Free	10
11	11-12 500 Free	12
13	13-14 500 Free	14
15	Open 500 Free	16

Saturday, January 14

Morning (Prelim) Session

11-12, 13-14, Open

Warm-up: 6:30 am; Start: 8:00 am

Afternoon Session

11-12, 13-14, Open

Warm-up: 12:00 pm; Start: 1:00 pm

(Times are approximate)

Finals Session

11-12, 13-14, Open

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

(Times are approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
17	11-12 200 Free	18	55	8&U 25 Free	56	17	11-12 200 Free	18
19	13-14 200 Free	20	57	10&U 50 Free	58	19	13-14 200 Free	20
21	Open 200 Free	22	59	8&U 50 Breast	60	21	Open 200 Free	22
23	11-12 50 Breast	24	61	10&U 100 Breast	62	23	11-12 50 Breast	24
25	13-14 200 Breast	26	63	8&U 25 Back	64	25	13-14 200 Breast	26
27	Open 200 Breast	28	65	10&U 50 Back	66	27	Open 200 Breast	28
29	11-12 100 Back	30	67	8&U 50 Fly	68	29	11-12 100 Back	30
31	13-14 100 Back	32	69	10&U 100 Fly	70	31	13-14 100 Back	32
33	Open 100 Back	34	71	8&U 100 Free	72	33	Open 100 Back	34
35	11-12 50 Fly	36	73	10&U 200 Free Relay	74	35	11-12 50 Fly	36
37	13-14 200 Fly	38				37	13-14 200 Fly	38
39	Open 200 Fly	40				39	Open 200 Fly	40
41	11-12 50 Free	42				41	11-12 50 Free	42
43	13-14 50 Free	44				43	13-14 50 Free	44
45	Open 50 Free	46				45	Open 50 Free	46
47	11-12 200 Free Relay	48						
49	13-14 200 Free Relay	50						
51	Open 200 Free Relay	52						
53	Open 1000 Free* *Must provide lap counter and 1 timer							

Sunday, January 15

Morning (Prelim) Session 11-12, 13-14, Open Warm-up: 6:30 am; Start: 8:00 am			Afternoon Session 11-12, 13-14, Open Warm-up: 12:00 pm; Start: 1:00 pm (Times are approximate)			Finals Session 11-12, 13-14, Open Warm-up: 3:30 pm; Start: 4:30 pm (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
75	13-14 200 IM	76	111	10&U 100 Back	112	75	13-14 200 IM	76
77	Open 200 IM	78	113	8&U 50 Back	114	77	Open 200 IM	78
79	11-12 100 Breast	80	115	10&U 50 Breast	116	79	11-12 100 Breast	80
81	13-14 100 Breast	82	117	8&U 25 Breast	118	81	13-14 100 Breast	82
83	Open 100 Breast	84	119	10&U 100 Free	120	83	Open 100 Breast	84
85	11-12 100 Fly	86	121	8&U 50 Free	122	85	11-12 100 Fly	86
87	13-14 100 Fly	88	123	10&U 50 Fly	124	87	13-14 100 Fly	88
89	Open 100 Fly	90	125	8&U 25 Fly	126	89	Open 100 Fly	90
91	11-12 100 Free	92	127	10&U 200 Medley Relay	128	91	11-12 100 Free	92
93	13-14 100 Free	94				93	13-14 100 Free	94
95	Open 100 Free	96				95	Open 100 Free	96
97	11-12 50 Back	98				97	11-12 50 Back	98
99	13-14 200 Back	100				99	13-14 200 Back	100
101	Open 200 Back	102				101	Open 200 Back	102
103	11-12 200 Medley Relay	104						
105	13-14 200 Medley Relay	106						
107	Open Medley Relay	108						
	Open 1000 Free* *Must provide lap counter and 1 timer	110						