



METRO EAST TITANS SWIMMING
2021 Fall Sprint Invite
October 23, 2021



SPONSOR/HOST	Metro East Titans Swimming		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: OZ-		
MEET DIRECTOR	Bob Rettle	E-Mail: metsswim@gmail.com	PHONE: (618) 407-7665
OFFICIALS CONTACT	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591
ENTRY CHAIR	Trish Grant	E-Mail: granttna@yahoo.com	PHONE: (618) 570-6117
MEET REFEREE	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591
ADMIN OFFICIAL	Trish Grant	E-Mail: granttna@yahoo.com	PHONE: (618) 570-6117
FACILITY ADDRESS	Chuck Fruit Aquatic Center-6168 Center Grove Road, Edwardsville, IL 62025		
FACILITY DESCRIPTION	The Chuck Fruit Aquatic Center pool is an indoor 50-meter pool; two 25-yard competition area with eight (8) swimming lanes, and an eight (8) lane warm-up area. This competition course with bulkhead in position has been certified in accordance with 104.2.2C(4). Parking is available in the Chuck Fruit Aquatic Center lot and/or the adjoining Sports Complex lot. Overhead seating for 499 spectators is available, as well as a generous on-deck areas for swimmers and coaches. The pool depth at the start North end of the pool is 7 feet. The pool depth at the South end of the pool is 12 feet. Water temperature is 79 degrees F.		
MAAPP	All applicable adults participating in or associated with the 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.		
WATER DEPTH	The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. 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'.		
HEAT SHEETS/RESULTS	Heat sheets will be posted around the venue for swimmers and parents and distributed via email to all attendees. Heat sheets will also be posted on Meet Mobile. Results will be emailed to coaches, as well as posted on metsswim.com and ozarkswimming.com after the conclusion of the meet		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRY OPEN	METS will begin to accept entries on Sunday, September 5, 2021.		
ENTRY DEADLINE	METS will accept entries up until the entry deadline: Monday, October 18, at 8:00 PM. Late entries will only be accepted upon the meet director's discretion and if the meet has not been seeded already.		
ADDITIONAL ENTRY INFORMATION	Entries will be processed, and heat sheets will be emailed by Thursday, October 21.		
ENTRY LIMIT	Swimmers may be entered in up to 4 individual events, plus relays, for the meet. No more than 250 swimmers will be allowed to enter the meet per each session.		
CONFORMING TIMES	Swimmers should be entered at their actual time. No Times are allowed and should be designated NT.		
FORMAT	All of the technical and administrative rules of USA Swimming will apply.		
SCHEDULE	Saturday AM Session 1: 11/12 Boys/Girls, 13-14 Boys/Girls, 15-21 Boys: Warm-up: 9:00 PM, Meet Start: 10:00 AM Saturday PM Session 2: 8&U Boys/Girls, 9-10 Boys/Girls, 15-21 Girls: Warm-up: Not before 1:00 PM, Meet Start, Not before 2:00 PM		
ENTRY PROCEDURES	METS swimmers must sign-up and choose their entries on metsswim.com. There is a \$20.00 surcharge per swimmer. Individual events are \$5.00 each. Relays are free. All checks should be made payable to: METS. Payments must be received before the start of the session. Email entries (SDIF format) by 8:00 PM, Monday, October 18, 2021. All entries must be in Hy-Tek Team Manager format. Entries will receive confirmation that their entries were received. If you do not receive a confirmation, please contact Bob Rettle at 618-407-7665 or metsswim@gmail.com. No phone or fax entries will be accepted. Entries requiring a signature or postage will not be accepted. Times must be submitted in the course the time was achieved. Email Entries to: metsswim@gmail.com		



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	Mail Payment to: Bob Rettle/METS 17 Junction Dr. #235 Glen Carbon, IL 62034
MEET DURATION	Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Each session is expected to be three hours.
PROOF OF TIMES	No proof of time is required. NTs will be accepted.
SEEDING AND SPECIAL EVENTS	The 50 Free will be circle seeded in the first round, with only the top 12 times from round one advancing to the second round. Round two will be three heats, four swimmers in each. The top four times from round two will advance to the championship final. All other events are timed finals and will be seeded slow to fast. There is no positive check-in.
DECK ENTRIES	Deck entries will not be accepted.
WARM-UP INFORMATION	Warm-up assignment specifics will be emailed on Tuesday, October 19, 2021. 1st warm-up: 9:00 AM 2nd warm-up: Not before 1:00 PM
AWARDS/SCORING	Individual Events: Ribbons for 1st through 16th events, excluding the freestyle events. Freestyle champions (1st place in the final round) will receive a personalized, embroidered commemorative warm-up jacket. 2nd through 4th place in the final freestyle round will receive custom towels. 5th-12th places in the semi-final freestyle round will receive custom medals. Relay Events: Ribbons for 1st through 3rd place.
TIMERS/OFFICIALS	Participating teams will be asked to fill timer positions, based on entry numbers. METS welcomes and appreciates all volunteers for officials, as well. Please contact Dana LeVasseur at dnalver@hotmail.com or 804-986-9591, if you are available to officiate.
DECK PRIVILEGES	Only 2021 or 2022 registered USA Swimming athletes and non-athlete members and volunteers necessary to run the meet will be allowed on deck during the meet. Coaches must be currently registered with USA. All coaches acting in any coaching capacity in a sanction event must be coach members of USA Swimming. USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up. Coaches and officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credentials or Deck Pass and/or deny deck access if coach does not comply or is no longer valid/current.
ELIGIBILITY	All swimmers must be 2021 or 2022 athlete members of USA Swimming. Applied for will not be accepted. 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, made payable to Ozark Swimming.
RACING START CERTIFICATION	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.
MEET REFEREE	The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for any issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
SWIMMERS WITH DISABILITIES	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.



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PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Unless approved in advance by the Meet Director and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.
DECK CHANGING	Per USA Swimming Rule 202.4.11(I), Deck changes are prohibited.
COVID DISCLAIMER	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 Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 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 [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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.
LOCAL COVID PROTOCOLS	Swimmers must wear masks at any and all times they are not in the water. All other individuals must wear a mask inside the Chuck Fruit Aquatic Center at all times.
SPECTATORS	Currently, spectators will be allowed, but they must wear a mask at all times, regardless of vaccination status.
ATTESTATION STATEMENT	The 2021 METS Fall Sprint Invite will be run in accordance with all local jurisdictional guidelines.
WAIVER	It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. We have taken enhanced health and safety measures for everyone participating, working, volunteering, and attending the meet. Everyone must wear a mask while inside the Chuck Fruit Aquatic Center, unless they are in the water. An inherent risk of exposure to COVID-19 exists in any public place where people are present. According to the Centers for Disease Control and Prevention, those with underlying medical conditions are especially vulnerable. By visiting the Chuck Fruit Aquatic Center for this meet, you voluntarily assume all risks related to exposure to COVID-19.
RULES	USA Swimming Rules and Regulations will govern the conduct of this meet. In accordance with USA Swimming rule 202.4.9J, 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. In accordance with USA Swimming rule 102.8.1: the swimmer must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee, except for



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	allowed exemptions. - Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. - Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. - No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee. - No technical suits shall be worn by any 12&U USA swimming athlete member.
OTHER INFORMATION	All persons in the facility must wear a mask at all times, with the exception of swimmers when they are in the water. We will have concessions and other vendors at the facility during the meet. Hospitality will be available for all officials and coaches.
FACILITY RULES and CONDUCT	Keep all trash picked up and do not block exit doors or aisles. No chairs or coolers are allowed in the spectator seating area. Safety regulations require that the upstairs doors leading into the spectator area must always remain closed. Smoking and all tobacco products are prohibited on all ECUSD7 property, including the Chuck Fruit Aquatic Center. No glass containers are allowed in the Chuck Fruit Aquatic Center. Cell phones with video and recording devices are prohibited in all locker rooms and restrooms. No photography or cell phones will be permitted from behind the starting blocks. No food or beverages are permitted on the pool deck!!!



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Saturday AM: Session 1 11-12 Girls/Boys, 13-14 Girls/Boys, 15&O Boys Warm-up: 9:00 am Meet Starts: 10:00am		
Event # Girls	Event	Event # Boys
1	11-12 50 Free-Round 1	2
3	13-14 50 Free-Round 1	4
	15&O 50 Free-Round 1	6
Timed Finals		
7	11-12 50 Fly	8
9	13-14 50 Fly	10
	15-21 50 Fly	12
13	11-12 50 Back	14
15	13-14 50 Back	16
	15&O 50 Back	18
SEMI-FINALS: TOP 12 SWIMMERS FROM ROUND 1		
1	11-12 50 Free-Round 2	2
3	13-14 50 Free-Round2	4
	15&O 50 Free-Round 2	6
Timed Finals		
19	11-12 50 Breast	20
21	13-14 50 Breast	22
	15-21 50 Breast	24
25	11-12 200 Medley Relay	26
27	13-14 200 Medley Relay	28
	15&O 200 Medley Relay	30
CHAMPIONSHIP ROUND: TOP 4 SWIMMERS FROM ROUND 2		
1	11-12 50 Free-Round 3	2
3	13-14 50 Free-Round 3	4
	15&O 50 Free-Round 3	6



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Saturday PM: Session 2		
8&U Girls/Boys, 9-10 Girls/Boys, 15&O Girls		
Warm-up: Not Before 1:00 pm Meet Starts: Not Before 2:00 pm		
Event # Girls	Event	Event # Boys
101	8&U 25 Free-Round 1	102
103	9-10 50 Free-Round 1	104
105	15&O 50 Free-Round 1	
Timed Finals		
107	8&U 25 Fly	108
109	9-10 50 Fly	110
111	15-21 50 Fly	
113	8&U 25 Back	114
115	9-10 50 Back	116
117	15&O 50 Back	
SEMI-FINALS: TOP 12 SWIMMERS FROM ROUND 1		
101	8&U 25 Free-Round 2	102
103	9-10 50 Free-Round2	104
105	15&O 50 Free-Round 2	
Timed Finals		
119	8&U 25 Breast	120
121	9-10 50 Breast	122
123	15-21 50 Breast	
125	8&U 100 Medley Relay	126
127	9-10 200 Medley Relay	128
129	15&O 200 Medley Relay	
CHAMPIONSHIP ROUND: TOP 4 SWIMMERS FROM ROUND 2		
101	8&U 20 Free-Round 3	102
103	9-10 50 Free-Round 3	104
105	15&O 50 Free-Round 3	



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ADDENDUM: LOCAL COVID PROTOCOLS

- Swimming is considered to be a low risk sport
- Spectators, volunteers, coaches, and officials should wear face covering over their nose and mouth at all times.
- Swimmers should wear face covering over their nose and mouth at all times, except when they are swimming.
- Participants should bring their own water bottles and should not share equipment.
- Participants, staff, volunteers, officials, and spectators should keep 6 feet social distance at all times, if they are not a member of the same household.

Plan for spectator ingress and egress:

Spectators should enter the main doors and proceed up the stairs to the spectator seating area. Spectators should remain seated with members of their own family, at least 6 feet social distance from members of other families. Spectators should exit down the stairs and out the main doors. There shall be no congregating in the lobby.

Swimmers should sit on the bleachers on deck when they are not lined up for their heat or swimming, maintaining 6 feet social distancing. They should keep their belongings with them.