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2021 METS Winter Invite

December 18-19, 2021

SPONSOR/HOST	Metro East Titans Swimming		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: OZ-Pending		
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: grantnna@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: grantnna@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). Free 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 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. There is a men's locker room, a women's locker room, and a family locker room, as well as men's and women's bathrooms, and a guest locker room.		
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 on Meet Mobile, emailed to coaches before the meet, and posted on metsswim.com.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRY OPEN	METS will begin to accept entries immediately.		
ENTRY DEADLINE	METS will accept entries up until the entry deadline: December 13, 2021 at 8:00 PM. Late entries will only be accepted upon the meet director's discretion.		
ENTRY LIMIT	6 Individual events per day. 1 Relay event per day.		
CONFORMING TIMES	Swimmers may enter times in any course.		
FORMAT	All of the technical and administrative rules of USA Swimming will apply. All events will be contested as timed finals, swum slow to fast, except the 500/1650/1000 Free will be swum fast to slow.		
SCHEDULE	SATURDAY&SUNDAY AM (SCY): Pool opens at 7:30 AM for warm-ups. Meet starts: 9:00 AM SATURDAY PM (LCM): Pool Opens Not before 1:00 PM. Meet starts: Not before 3:00 PM		
ENTRY PROCEDURES	There is a $12.00 surcharge per swimmer. Individual events are $5.00 each. Relays are $20.00 per relay event All checks should be made payable to: METS. Payments must be received before the start of the first session that the team is entered in. Email entries (SDIF format) by 8:00 PM, December 13, 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. Email Entires to: metsswim@gmail.com Mail Payment to: Bob Rettle/METS 17 Junction Dr. #235 Glen Carbon, IL 62034		

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MEET DURATION	Events may be combined and/or the number of entries limited in one or more eventsin order to control the length of the meet. In compliance with USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), 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.
PROOF OF TIMES	No proof of time is required. NTs will be accepted.
POSITIVE CHECK-IN	There will be a positive check-in for the 1650/1000 Freestyle event. Check-in deadline is 10:00 AM. Positive check-in sheets will be located at the security tables in the entrance to the pool deck. Swimmers not checked in by the deadline will be scratched.
DECK ENTRIES	Deck entries will not be accepted.
WARM-UP INFORMATION	Warm-up assignment specifics will be emailed on December 14, 2021, and posted on metsswim.com. Sat/Sun AM: Pool open 7:30-8:50 AM Sat PM: Not before 1:00 PM
SCORING	Individual places and points will be divided into age groups: 10&U, 9-10, 11-12, 13-14, and 15&O
TIMERS/OFFICIALS	Participating teams may be asked to fill timer positions, if needed, 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 current 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 Swimming. All coaches acting in any coaching capacity in a sanctioned event must be coach membersof 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 current 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. Age as of December 18, 2022 will determine each swimmer's age for the meet.
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 anydisability prior to the competition.
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.

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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 Winter 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	Current 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: 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 allowed exemptions. 2. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. 3. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. 4. 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. 5. 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, regardless of vaccination status, with the exception of swimmers when they are in the water. Concessions and additional vendors may be available. Hospitality will be available for all officials and coaches.

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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 UNACCOMPANIED CHILDREN will be allowed to use the elevator. Please only use the elevator if you have a need to! ONLY coaches, swimmers, officials, and volunteers are allowed on deck. **No food or beverages are permitted on the pool deck, except water!**

Saturday AM (SCY) Warm-up: 7:30 am Meet Starts: 9:00 am		
Event # Girls	**Event**	**Event # Boys**
101	200 Free	102
103	100 Back	104
105	50 Fly	106
107	100 Breast	108
109	200 Fly	110
111	50 Free	112
113	100 Free Relay	114
115	500 Free*	116
117	1000 Free*	118
119	1650 Free*	120

Saturday PM (LCM) Warm-up: Not Before 1:00 pm Meet Starts: Not Before 3:00 pm		
Event # Girls	**Event**	**Event # Boys**
201	200 Free	202
203	100 Back	204
205	50 Fly	206
207	100 Breast	208
209	200 Fly	210
211	50 Free	212
213	400 Free	214
215	200 IM	216
217	100 Free	218
219	50 Breast	220
221	200 Back	222
223	200 Breast	224
225	50 Back	226
227	100 Fly	228
229	400 IM	230

Sunday AM (SCY) Warm-up: 7:30 am Meet Starts: 9:00 am		
Event # Girls	**Event**	**Event # Boys**
301	100 IM	302
303	200 IM	304
305	100 Free	306
307	50 Breast	308
309	200 Back	310
311	200 Breast	312
313	50 Back	314
315	100 Fly	316
317	100 Medley Relay	318
319	400 IM	320

***Must provide lap counter plus at least one (1) timer**