SEAHAWKS
FALL INVITE

November 5-7, 2021

Sanction: Ozark Swimming # pending

Host: Seahawks Swim Club

Location: McKendree Metro Rec Plex
205 Rec Plex Drive
O'Fallon, IL 62269
(618) 589-3800

Facility: The competition pool is 25 yards with ten lanes. All lanes are 8 feet wide and have 6" Competitor non-turbulent lane lines. The minimum depth of the competition pool at the start end is 8' and at the turn end is 14'. "Fast" pool technology which allows splash-back water to flow easily over lane lines and pool gutters. The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4), and a copy of the certification is on file with USA Swimming. A Daktronics timing system will be used with a 10-line scoreboard. A separate four lane pool is available for cool down. There is permanent seating for 600 spectators.

Meet Director: Lisa Brede (618) 593-6532 or SeahawksSwimMeet@gmail.com

Safety Marshal: Eric Liebmann (618) 971-8575 or ericliebmann@hotmail.com

Admin. Official: Lisa Brede (618) 593-6532 or SeahawksSwimMeet@gmail.com

Officials Contact: Dave Berthe (202) 251-4919 or daveberthe@yahoo.com

Meet Referee: Jeff Junker (618) 550-8351 or jmarkjunker10@gmail.com

Teams participating in the meet should provide officials. Please contact Dave Berthe if you are able to work.

Directions: From I-64, take the O'Fallon exit (#19B) and head North on 158. Turn left (west) onto Highway 50 and travel 0.2 miles. The McKendree MetroRecPlex is on the right.

Schedule:

	Warm-up 1	Warm-up 2	Session Start
Friday	4:30 – 4:55 pm	4:55 – 5:20 pm	5:30 pm
Saturday & Sunday AM	7:30 – 7:55 am	7:55 – 8:20 am	8:30 am
Saturday & Sunday PM	*Not before 11:30 – 11:55 am	*Not before 11:55 – 12:20 pm	*Not before 12:30 pm

*** Saturday & Sunday times are an estimate for planning purposes. Actual times will be posted prior to the meet, once the meet has been seeded and the timelines are set.**

Eligibility: All swimmers must be 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. Swimmer's age on November 5, 2021 determines their age group for the meet.

MAAPP Policy: 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.

Events: All events are Timed Finals and will be swum slowest to fastest. All events are Timed Finals. This will be a mixed event meet with boys and girls seeded together in some events based on age group and entry time only. However, boys and girls will be scored separately. A swimmer may enter six (6) individual events per day, with a meet total event limit of fourteen (14) including relays. Any swimmer who enters more than the maximum number will be scratched down to the limit, starting with the highest event number on the day/session the over-entry occurs. We reserve the right to pre-seed the meet at our discretion, if timelines permit. We further reserve the right to limit events due to the timeline. Deck entries will be accepted if the meet is not filled and ONLY as NEW ADDITIONS; CHANGES WILL NOT BE ACCEPTED. Swimmers must provide their own lap counters for the 500 Free. Swimmers must provide their own timer and lap counter for the 1650 Freestyle.

Time Trials: Time trials may be conducted at the completion of each session. The limitation on the total number of individual events in which a swimmer may compete each day is 6 events (USA Swimming Rules and Regulations Article 102.2 & 102.3) and includes any events swum in time trials.

Meet Duration: In compliance with the 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. Teams will be notified by email of swimmers who are affected by such limits. Proof of time may be required if events are limited. If swimmers are cut out of an event due to limitations, the entry fee will be refunded for said event or switched to an available event.

Check In: There will be a positive check in for 400 IM, 500 Free, and 1650 Free. Swimmers who have not checked in 20 minutes prior to the start of the session will not be seeded in those events.

Deck Changes: Deck changes are prohibited per USA Swimming Rule 202.4.9(I)

Entry Fees: $4.50 per individual event
$10.00 per relay
$14.00 Ozark Swimming Surcharge

Entry fees will be due after the entries are finalized and timeline is set.
Make check out Seahawks Swim Club, due no later than at the start of Warm up Friday night.

Mail to: Lisa Brede
Meet Entry Chair c/o Seahawks Swim Club
1891 J Rock Rd
Trenton, IL 62293

Entries: Entries will be accepted starting **October 20, 9:00 AM**. and accepted through Saturday, October 27th, 12:00pm or until the meet is filled. Please note that the meet may be filled BEFORE THE DEADLINE DATE. Please submit entries in short course yard times. No time conversions are allowed for any of the limited events. Proof of time for all limited events must be sent in with entry. Team Manager proof of time is sufficient. Only e-mail entries will be accepted. All entries must be in Team Manager format. E-mail entries will receive confirmation that their e-mail was received. If you do not receive a confirmation, please contact Lisa Brede at (618) 593-6532. Confirmation does not mean that your entry has been accepted. The Seahawks swim team has the sole discretion to determine which entries to accept. In exercising this discretion, the Seahawks will consider: number of officials provided by the team, balance of age groups and gender in entries, level of competition, and geographic location. Teams should send with their entry the names of those officials planning to work the meet.

Entry Limit: Entries will be limited to **250 swimmers in sessions 1, 3, and 5 and 200 swimmers in sessions 2 and 4**. Number of coaches per team may be limited on pool deck to maintain Covid 19 Illinois youth sports restrictions. Team entries will not be split.

Conforming Times: Swimmers should be entered at their actual time in short course yards. No Times are allowed and should be designated NT.

Entry deadline: October 27, 2021 at 12:00pm

Timers: Timers will be provided by the host team for all events except the 1650/1000. Parents from teams other than the host team may volunteer to time and or officiate in order to be allowed on pool deck provided position is needed.

Meet Results: Meet results will be posted throughout the meet and on Meet Mobile. Live streaming of swim meet will be provided via zoom and/or Facebook, as well as on the video screen in the crash area.

Hospitality: A hospitality for coaches and officials will be provided for those coaches and officials attending 2 sessions or more in a row.

Awards:

- Individual Awards: Individual ribbons will be awarded for places one through sixteen for ages 12 and below.
- Heat Awards: Heat awards for heat winners will be given to swimmers upon completion of their races.

Heat Sheets: Heat sheets WILL NOT be sold at the meet. Heat sheets will be available prior to the meet at www.theseahawks.com and on Meet Mobile.

Meet Safety: In accordance with the recommendations of USA Swimming and Ozark LSC, the Seahawks Swim Club will operate this meet under the guidance of a meet Safety Marshal. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

Spectators: No spectators will be allowed at the meet. **All teams will be permitted one non-swimmer chaperone per 15 swimmers.** Live streaming of swim meet will be provided via zoom and/or Facebook, as well as on the video screen in the crash area.

Crash Area: Swimmers, coaches, officials and chaperones will enter the facility through the doors leading into the crash area. See facility map. A mask must be worn in the facility at all times and a Covid questionnaire must be filled out and temperatures taken for each swimmer/coach/parent/volunteer prior to entering the facility each day. Swimmers will need to arrive at the pool in their suits. Locker rooms and restrooms will be available for necessary use. Teams will be allocated to an area in which to sit Lawn chairs and/or blankets may be used in the crash area. Each team/swimmer will be responsible for keeping their area clean of trash and spills. Live streaming of swim meet will be provided on the video screen in the crash area.

Concessions: No concessions will be sold. Swimmers and parents are to bring their own drinks and snacks and are responsible for keeping the area in which they sit picked up and clean. Water fountains are not permitted to be used due to Covid regulations.

Bull Pen: A bull pen/clerk of course will be run for this meet to limit the number of swimmers on pool deck per Covid 19 Illinois youth sports restrictions. Swimmers must report to the bull pen and stay there in order to swim. Swimmers may not just report behind the blocks. Swimmers will wear their mask until they get behind the blocks and then remove it before stepping up to the block.

Rules: This meet is being held under the sanction of USA Swimming and Ozark Swimming, and all technical and administrative rules of USA Swimming shall apply. In granting this approval, 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. All swimmers who are not accompanied by a USA Swimming certified coach must report to the meet referee or meet director prior to warming up before each session in which he/she is swimming. The swimmer will be assigned to a coach on deck. Credentials must be displayed at all times while on the pool deck. All coaches must have a current USA Swimming Coaches Card. Coach assistants will not be permitted on the pool deck without the same credentials required of the coaches (this will be strictly enforced). No parents are permitted inside the roped off areas on the pool deck unless they are volunteers assigned to work that session. The only swimsuits permitted are those in compliance with FINA and USA Swimming rules. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. 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 a 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. 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.

Facility Rules:

1. Illinois social distancing guidelines in effect on the days of the meet will be enforced while in the facility.
2. Keep all trash picked up and do not block exit doors or aisles.
3. Swimmers, parents, and spectators are not permitted in any unauthorized areas. The following areas are off limits: Gymnasium and Weight Room.
4. No food or drink is permitted on the pool deck. "No Smoking" laws are in effect, and smokers are required to smoke outside of the building.
5. A clear path to all emergency exits must be maintained with no obstructions.
6. Cell phones with video and video recording devices are prohibited in all locker rooms and restrooms.

COVID Risk Alert:

"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, OZARK SWIMMING, THE SEAHAWKS SWIM CLUB, THE MCKENDREE METRO REC PLEX 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."**

Vendor: B&B Aquatics may be available throughout the meet.

Friday Evening

	Event
1	10 & Under Mixed 200 Freestyle
2	11-12 Mixed 200 Freestyle
3	13-14 Mixed 200 Freestyle
4	15 & Over Mixed 200 Freestyle
5	10 & Under Mixed 200 IM
6	11-12 Mixed 200 IM
7	13-14 Mixed 400 IM**
8	15 & Over Mixed 400 IM**
** Limited to top 30 entries and positive check-in required.	

Saturday Morning

	Event
9	10 & Under Mixed 50 Freestyle
10	11-12 Mixed 50 Freestyle
11	10 & Under Mixed 100 Butterfly
12	11-12 Mixed 100 Butterfly
13	10 & Under Mixed 100 Breaststroke
14	11-12 Mixed 100 Breaststroke
15	10 & Under Mixed 50 Backstroke
16	11-12 Mixed 50 Backstroke
17	10 & Under Girls 200 Medley Relay
18	10 & Under Boys 200 Medley Relay
19	11-12 Girls 200 Medley Relay
20	11-12 Boys 200 Medley Relay
21	12 & Under Mixed 500 Freestyle**

Saturday Afternoon

	Event
22	13-14 Mixed 200 IM
23	15 & Over Mixed 200 IM
24	13-14 Mixed 50 Freestyle
25	15 & Over Mixed 50 Freestyle
26	13-14 Mixed 200 Butterfly
27	15 & Over Mixed 200 Butterfly
28	13-14 Mixed 100 Breaststroke
29	15 & Over Mixed 100 Breaststroke
30	13-14 Mixed 100 Backstroke
31	15 & Over Mixed 100 Backstroke
32	13-14 Girls 200 Medley Relay
33	13-14 Boys 200 Medley Relay
34	15 & Over Girls 200 Medley Relay
35	15 & Over Boys 200 Medley Relay
36	13-14 Mixed 500 Freestyle**
37	15 & Older Mixed 500 Freestyle**

Sunday Morning

	Event
38	10 & Under Mixed 100 IM
39	11-12 Mixed 100 IM
40	10 & Under Mixed 50 Butterfly
41	11-12 Mixed 50 Butterfly
42	10 & Under Mixed 50 Breaststroke
43	11-12 Mixed 50 Breaststroke
44	10 & Under Mixed 100 Freestyle
45	11-12 Mixed 100 Freestyle
46	10 & Under Mixed 100 Backstroke
47	11-12 Mixed 100 Backstroke
48	10 & Under Girls 200 Freestyle Relay
49	10 & Under Boys 200 Freestyle Relay
50	11-12 Girls 200 Freestyle Relay
51	11-12 Boys 200 Freestyle Relay

Sunday Afternoon

	Event
52	13-14 Mixed 100 IM
53	15 & Over Mixed 100 IM
54	13-14 Mixed 100 Butterfly
55	15 & Over Mixed 100 Butterfly
56	13-14 Mixed 200 Breaststroke
57	15 & Over Mixed 200 Breaststroke
58	13-14 Mixed 100 Freestyle
59	15 & Over Mixed 100 Freestyle
60	13-14 Mixed 200 Backstroke
61	15 & Over Mixed 200 Backstroke
62	13-14 Girls 200 Freestyle Relay
63	13-14 Boys 200 Freestyle Relay
64	15 & Over Girls 200 Freestyle Relay
65	15 & Over Boys 200 Freestyle Relay
66	13 & Over Mixed 1650 Freestyle **

** Limited to top 16 entries in each gender and age group and positive check-in required.