

SEAHAWKS

Spring Spectacular

April 30 – May 2, 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 Referees: Jeff Junker (618) 550-8351 or jmarkjunker10@gmail.com

Directions: From I-64, take the O'Fallon exit (#19B) and head North on 158. Turn left (west) onto Highway 50 and travel .2 miles. The McKendree MetroRecPlex is on the right.

Schedule: ***** ALL TIMES SUBJECT TO CHANGE PENDING SIZE OF THE MEET *****

	Warm-up 1	Warm-up 2	Warm-up 3	Session Start
Friday 4/30 Session 1	4:35 – 5:00 pm	5:00 – 5:25 pm	5:25 – 5:50 pm	6:00 pm
Saturday 5/1 Session 2	7:35 – 8:00 am	8:00 – 8:25 am	8:25 – 8:50 am	9:00 am
Saturday 5/1 Session 3	1:35 – 2:00 pm	2:00 – 2:25 pm	2:25 – 2:50 pm	3:00 pm
Sunday 5/2 Session 4	6:35 – 7:00 am	7:00 – 7:25 am	7:25 – 7:50 am	8:00 am
Sunday 5/2 Session 5	12:35 – 1:00 pm	1:00 – 1:25 pm	1:25 – 1:50 pm	2:00 pm

Eligibility: Open to all currently registered athlete members of USA Swimming and Seahawks Swim Club. USA Swimming memberships applied for will not be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet, and the entry fees will not be refunded. If a swimmer swims and is not registered, a \$100 fine will be imposed. Swimmer's age on April 30, 2021 determines their age group for the meet.

Events: All events are Timed Finals. The 400 IM, 500 Free, and 1650 Free will be swum fastest to slowest. A swimmer may enter no more than six events per session/day. 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. For the 400 IM, 500 Free, and 1650 Free a late entry or deck entry may be accepted if 30 swimmers are not in an event. NO DECK ENTRIES WILL BE ALLOWED for swimmers not already entered in the meet. Swimmers must provide their own lap counters and timers for the 1650. Swimmers must provide their own lap counter for the 500 Free.

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 (USA Swimming Rules and Regulations Article 102.2 & 102.3) 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 placed in a shorter one.

Check In: There will be a positive check in for 400 IM, 500 Free, and 1650 Free. Swimmers who have not checked in 30 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
\$12.00 per relay
\$12.00 Swimmer Surcharge

Entries: Please submit entries in short course yard times. No time conversions are allowed for any of the limited events. Team Manager proof of time is sufficient.

Entry Limit: Entries may be limited to 350 swimmers per session.

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: April 21, 2021

Timers: Timers will be provided by the host team for all events except the 1650/1000.

Meet Results: Meet results will be posted throughout the meet and on Meet Mobile.

Seahawks Swim Meet Awards:

- ❖ Individual Awards: Individual ribbons will be awarded for places one through sixteen for ages 12 and below.
- ❖ Heat Awards: Heat awards 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 on pool deck. We ask that only 1 parent for each family be present in the crash area with their swimmer, or for teams to provide a chaperone/manager per 10 swimmers for the crash area. 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 parents 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 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. 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. Swimmers should not crash on the pool deck or bleachers. A separate crash area will be provided. 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."**

See facility map, and Covid questionnaire after event list.

Friday Evening Session 1

	Event
1	Mixed 10 & U 200 Freestyle
2	Mixed 11-12 200 Freestyle
3	Mixed 13-14 200 Freestyle
4	Mixed 15 & O 200 Freestyle
5	Mixed 10 & U 200 IM
6	Mixed 11-12 200 IM
7	Mixed 13-14 400 IM*
8	Mixed 15 & O 400 IM*

Saturday Morning Session 2

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

Saturday Afternoon Session 3

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

Sunday Morning Session 4

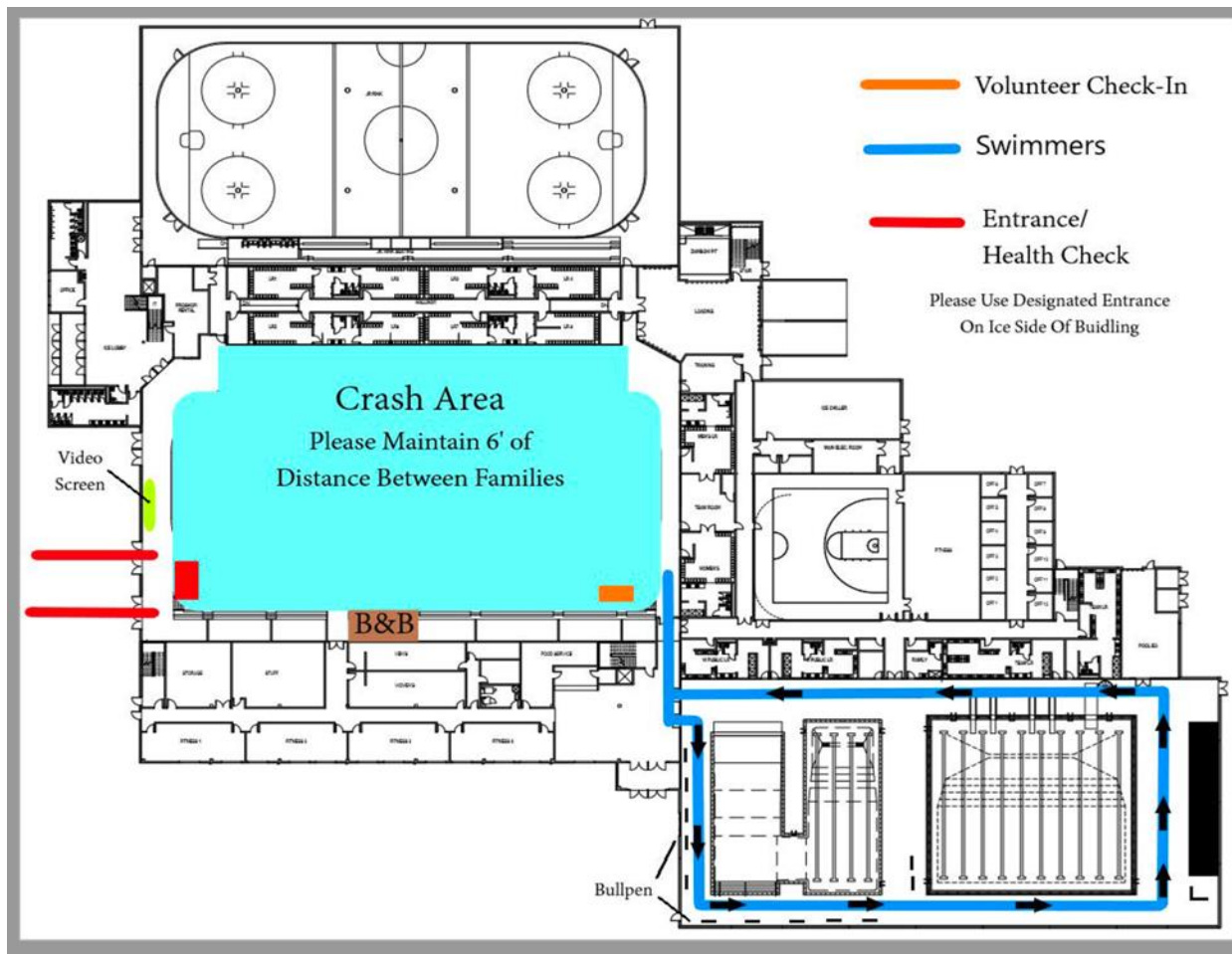
	Event
37	Mixed 10 & U 100 IM
38	Mixed 11-12 100 IM
39	Mixed 10 & U 50 Butterfly
40	Mixed 11-12 50 Butterfly
41	Mixed 10 & U 50 Breaststroke
42	Mixed 11-12 50 Breaststroke
43	Mixed 10 & U 100 Freestyle
44	Mixed 11-12 100 Freestyle
45	Mixed 10 & U 100 Backstroke
46	Mixed 11-12 100 Backstroke
47	Girls 10 & U 200 Freestyle Relay
48	Boys 10 & U 200 Freestyle Relay
49	Girls 11-12 200 Freestyle Relay
50	Boys 11-12 200 Freestyle Relay
51	Mixed 11-12 1650 Freestyle**

Sunday Afternoon Session 5

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

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

** Limited to top 8 entries for each gender and positive check-in required.



NAME								DATE ____/____/____		
Fever, Cough, Chills, and/or Muscle Aches		Sore Throat, Runny Nose, and/or Loss of Taste or Smell		Nausea, Vomiting, and/or Diarrhea		Shortness of Breath, and/or Headache		Close Contact, or Cared for Someone with COVID		Recorded Temperature
YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Parent/Guardian Signature										

NAME								DATE ____/____/____		
Fever, Cough, Chills, and/or Muscle Aches		Sore Throat, Runny Nose, and/or Loss of Taste or Smell		Nausea, Vomiting, and/or Diarrhea		Shortness of Breath, and/or Headache		Close Contact, or Cared for Someone with COVID		Recorded Temperature
YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Parent/Guardian Signature										

NAME								DATE ____/____/____		
Fever, Cough, Chills, and/or Muscle Aches		Sore Throat, Runny Nose, and/or Loss of Taste or Smell		Nausea, Vomiting, and/or Diarrhea		Shortness of Breath, and/or Headache		Close Contact, or Cared for Someone with COVID		Recorded Temperature
YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Parent/Guardian Signature										

NAME								DATE ____/____/____		
Fever, Cough, Chills, and/or Muscle Aches		Sore Throat, Runny Nose, and/or Loss of Taste or Smell		Nausea, Vomiting, and/or Diarrhea		Shortness of Breath, and/or Headache		Close Contact, or Cared for Someone with COVID		Recorded Temperature
YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Parent/Guardian Signature										