METRO EAST TITANS SWIMMING
2022 Long Course Kickoff
April 22.23.24 2022

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	Brian Perkins	E-Mail: btpqa@aol.com	PHONE: (314) 799-5685
ENTRY CHAIR	Trish Grant	E-Mail: metsswiminfo@gmail.com	PHONE: (618) 570-6117
MEET REFEREE	Brian Perkins	E-Mail: btpqa@aol.com	PHONE: (314) 799-5685
ADMIN OFFICIAL	Trish Grant	E-Mail: metsswiminfo@gmail.com	PHONE: (618) 570-6117
SAFETY MARSHALL	Brooke Osborn	E-Mail: brookelowerly@yahoo.com	PHONE: (618) 972-3885
FACILITY ADDRESS	Chuck Fruit Aquatic Center-6168 Center Grove Road, Edwardsville, IL 62025		
FACILITY DESCRIPTION	The Chuck Fruit Aquatic Center pool is an indoor 8 lane 50-meter pool with 2 movable bulkheads and spectator seating capacity of 499, as well as floor coach/team pool deck seating. Parking is located outside the Aquatic Center with additional parking in the adjacent EHS Sports Complex.		
CERTIFICATIONS	This competition course with bulkhead in position has been certified in accordance with 104.2.2 (C). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.		
WATER DEPTH	The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth dimensions at start end = 7', turn end = 12.5'.		
FORMAT	This meet will be conducted in accordance with the attached schedule of events. All the meet sessions are timed finals, Long Course Meters.		
ENTRY OPEN	METS will accept entries beginning, March 17, 2022.		
ENTRY DEADLINE	METS will accept entries up until the entry deadline: **April 15th, 2022, 11:59 PM,** or until meet is filled, as determined by the meet director and meet referee.		
ENTRY LIMIT	A swimmer may enter a maximum of five events per 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 the over-entry occurs.		

SCHEDULE

	Friday Evening	Sat/Sun Mornings	Sat/Sun Afternoon*	Saturday Evening
1st Warmup	4:00-4:25 pm	6:30-6:55 am	1:00-1:25 pm	TBD by the Meet Referee and Coaches
2nd Warmup	4:25-4:50 pm	6:55-7:20 am	1:25-1:50 pm	
Session Start	5:00 pm	7:30 am	2:00 pm	

*Sat/Sun Afternoon start times are estimated for planning purposes. Actual start times, along with specific warmup assignments will be posted and distributed once the meet has been seeded and timelines are set.

ENTRY PROCEDURES	Teams are required to send an entry file that is compatible with Hy-Tek Meet Manager. All entries should be submitted by email to metsswim@gmail.com. Email entries will receive a confirmation that their email was received. Teams will be notified of acceptance no later than April 16th, 2021. .	Payment should be mailed to: METS Swim c/o Bob Rettle 6696 Center Grove Road #235 Edwardsville, IL 62025 $20.00 surcharge per swimmer $5.00 per individual event $16.00 per relay event There will be no refunds for illness or weather-related absences
ELIGIBILITY	This meet is open all athletes registered with USA Swimming for 2022. "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. Additionally, a $100 fine will be imposed. On deck registration will not be available. A swimmer's age for this meet is their age on Friday, April 22, 2022.	

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SEEDING	Please submit entry times according to the time swum – DO NOT SUBMIT CONVERTED TIMES. (Example: If the time was swum in long course meters, submit the long course time.) Non-conforming meter times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. Seeding of all heats will be in the following order: LCM, SCY, SCM. No times are allowed and should be designated NT. All events will be seeded slowest to fastest. This meet will be run using chase starts. The meet will be pre-seeded. PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.
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.
LIMITED EVENTS	All of Friday's events (200 Free and 200 IM) and the 400 IMs and 400 Frees and will be limited to the fastest twenty-four (24) swimmers, which the exception of the 12&U 400 Frees. This event will allow as many swimmers as the timeline permits, as decided by the Meet Referee. Any swimmers not making the cuts in all limited events will be notified on Saturday, April 16th and be allowed to choose another event. The deadline for choosing another event is Monday, April 18th. If you entered a limited event and do not make the cut, you will be charged for that event, unless you scratch that event by the deadline of April 19th.
PROOF OF TIMES	Any entry times for limited events not found in SWIMS must be proven by other means; meet results or TM proof of times from USA sanctioned meets are sufficient.
POSITIVE CHECKIN	There will be a positive check-in for all limited events. Swimmers who have not checked in 30 minutes prior to the start of the session will not be seeded in those events. **Any swimmer who misses an event they have positive checked in will be scratched from their next event**.
DECK ENTRIES	Deck entries will not be accepted.
AWARDS/SCORING	Awards: Individuals: Medals: 1st – 8th place Relays: Medals: 1st-3rd Ribbons: 9th-16th place Ribbons: 4th-8th Scoring: Individual: 8&U, 9-10, 11-12, 13-14, 15&O, except 12&U 400 Free Relays: 12& Under, 13& Over
TIMERS	Participating teams may be asked to provide volunteer timers.
RULES	2022 USA Swimming Rules and Regulations will govern the conduct of the meet. All the technical and administrative rules of USA Swimming will apply. All applicable adults participating in or associated with this meet acknowledge 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 is a condition of participation in the conduct of this competition. In accordance with USA Swimming rule 202.4.9J, unless approved in writing in advance of the competition by the Vice President of Program Operations, operation of a drone, or any other flyingapparatus, 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 102.9 1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee. 2. No zipper or other fastening devices are allowed except for a waist tie on a brief or jammer, and suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene. 3. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate. 4. No swimmer is permitted to wear or use any device, substance of swimsuit to help their speed, pace, buoyancy, or endurance during a race. Goggles may be worn. 5. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee. 6. No technical suits shall be worn by any 12&U USA Swimming athlete member.
DECK PRIVILEGES	Only currently 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 Swimming as a Coach member of a participating team, to act in a coaching capacity at the meet.

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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 desir 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.
PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations, the use of audio or visual recordingdevices, 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 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, 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 202.4.9(I), Deck changes are prohibited.
TOTAL NUMBER SWIMMERS/SESSION	Each session will be limited to 300 swimmers.
ATTESTATION STATEMENT	The 2022 Long Course Kickoff will be run in accordance with all local jurisdictional guidelines.
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.
RESTRICTIONS	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. The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods. *Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. *No glass containers are allowed in the meet venue. *The doors leading into the spectator area must remain closed at all times, per Fire Marshal order.
OTHER INFORMATION	Heat Sheets and warmup assignments will be posted and emailed to coaches by Wednesday, April 20 Results will be emailed to coaches and posted on metsswim.com and ozarkswimming.com Concessions will be available during the meet. Two locker rooms and an on-deck family changing room, as well as lobby restrooms will be available. B&B Aquatics will be available. Spectators will be allowed.

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Friday Evening

Girls	Event	Boys
101	13-14 200 IM*	102
103	15 & O 200 IM *	104
105	10 & U 200 IM*	106
107	11-12 200 IM*	108
109	13-14 200 Free*	110
111	15 & O 200 Free*	112
113	10 & U 200 Free*	114
115	11-12 200 Free*	116

Saturday Morning

Girls	Event	Boys
201	13 & O 100 Fly	202
203	13 & O 200 Breast	204
205	13 & O 100 Free	206
207	13 & O 100 Back	208
209	13 & O 200 Free Relay	210
211	13-14 400 IM*	212
213	15 & O 400 IM*	214

Saturday Afternoon

Girls	Event	Boys
301	12 & U 100 Breast	302
303	12 & U 50 Back	304
305	12 & U 50 Fly	306
307	12 & U 100 Free	308
309	12 & U 200 Free Relay	310

Saturday Evening

401	12 & U 400 Free*	402

Sunday Morning

Girls	Event	Boys
501	13 & O 100 Breast	502
503	13 & O 200 Fly	504
505	13 & O 50 Free	506
507	13 & O 200 Back	508
509	13 & O 200 Medley Relay	510
511	13-14 400 Free*	512
513	15 & O 400 Free*	514

Sunday Afternoon

Girls	Event	Boys
601	12 & U 100 Fly	602
603	12 & U 50 Breast	604
605	12 & U 50 Free	606
607	12 & U 100 Back	608
609	12 & U 200 Medley Relay	610

**** These events are limited to top 24 swimmers.***
Positive check-in required.

10-minute warm up/down breaks will be after events: 108, 204, 208, 304, 308, 504, 508, 604, and 608