



2022 MLK Celebration Invitational
January 14-16, 2022



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 available for purchase. 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 December 1, 2021.		
ENTRY DEADLINE	METS will accept entries up until the entry deadline: Monday, January 10, 2022 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.		
ENTRY LIMIT	Swimmers in the 11-12, 13-14, and Open age groups will be limited to three (3) individual events per day, plus relays. 10&Under swimmers are limited to five (5) individual events per day, plus relays. If an entry is submitted with an individual entered in more events than allowed, the entry will be made by order of events starting with Event #1 until the limit is satisfied. There will be NO refunds for over- entered events. There is no limit on the number of relays a team may enter. No more than 300 swimmers will be allowed to enter the meet per each session.		
CONFORMING TIMES	Swimmers should be entered at their actual time in Short Course Yards (SCY). No Times are allowed and should be designated NT.		
FORMAT	All of the technical and administrative rules of USA Swimming will apply. All Friday events are timed final events. All 10-under events will be swum as timed finals on Saturday and Sunday. Preliminaries will be conducted on Saturday and Sunday AM for the 11-12, 13-14, and Open age groups. There will be consolation and championship finals heats (top-16) on Saturday and Sunday for the 11-12, 13-14, and Open age groups. The 1000 Freestyle events will be swum as timed finals, with all heat being contested and swum fastest to slowest. Swimmers must provide own timers (at least 1) and counter. We reserve the right to use "flyover" starts for all events." If a swimmer misses their event, they will be declared a "no show" and will not be placed in any other heat to make up the swim.		
SCHEDULE	FRIDAY: (10&Under, 11-12, 13-14, & Open): Warm-ups-4:00 PM, Meet Start-5:00 PM SATURDAY&SUNDAY AM Prelims: (11-12, 13-14, & Open): Warm-ups-6:30 AM, Prelims Start-8:00 AM SATURDAY&SUNDAY PM TIMED FINALS: (8&Under, 10&Under): Warm-ups-Not before 12:00 PM, Meet Start-Not before 1:00 PM SATURDAY&SUNDAY FINALS: (11-12, 13-14, & Open): Warm-ups-Not before 3:30 PM, Meet Start-Not before 4:30 PM		



ENTRY PROCEDURES	There is a \$20.00 surcharge per swimmer. Individual events are \$5.00 each. Relays are \$20 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, Monday, January 10, 2022. 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 Short Course Yards (SCY) times. Email Entries to: metsswim@gmail.com Mail Payment to: Bob Rettle/METS 17 Junction Dr. #235 Glen Carbon, IL 62034 Accepted team entries may be updated through Noon, Wednesday, January 12, 2022.
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. 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. Teams will be notified by email of swimmers who are by such limits. Proof of times may be required if events are limited.
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 1000 Freestyle event. Check-in deadline is 9:00 AM, Saturday and Sunday. 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. There will be no positive check-in for Saturday and Sunday finals sessions.
DECK ENTRIES	Deck entries will not be accepted.
WARM-UP INFORMATION	Warm-up assignment specifics will be emailed on Tuesday, January 11, 2022, as well as posted on metsswim.com Friday warm-up: 4:00 PM Sat/Sun AM (Prelim) warm-up: 6:30 AM Sat/Sun PM (Timed Finals) warm-up: Not before 12:00 PM (Noon) Sat/Sun Finals: Not before 3:30 PM
AWARDS/SCORING	Individual Events: Custom medals awarded for 1st through 3rd place in all individual prelim/final events. Ribbons will be awarded in all 4th through 16th prelim/final events, 1st through 16th in all timed final events, and 1st through 8th in all relay events. High point award (winner & runner-up) will be awarded for 8&Unders and 9-10 age groups. AWARDS WILL NOT BE MAILED. Please ensure you make arrangements for picking your awards up after the conclusion of the meet!
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 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 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, made payable to Ozark Swimming. Age as of January 14, 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 any disability 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.
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 2022 MLK Celebration Invitational 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. Session heat sheets will be available for \$5 each. Final heat sheets will be free and posted on Meet Mobile. Concessions and additional vendors may be available. 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 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!

Friday Evening: Session 1 All Age Groups Warm-up: 4:00 pm Meet Starts: 5:00pm		
Event # Girls	Event	Event # Boys
1	10&U 200 IM	2
3	11-12 200 IM	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	10&U 200 Free	10
11	11-12 500 Free	12
13	13-14 500 Free	14
15	Open 500 Free	16

Saturday AM (Prelims): Session 2 11-12, 13-14, Open Warm-up: 6:30 am Meet Starts: 8:00am		
Event # Girls	Event	Event # Boys
17	11-12 200 Free	18
19	13-14 200 Free	20
21	Open 200 Free	22
23	11-12 50 Breast	24
25	13-14 200 Breast	26
27	Open 200 Breast	28
29	11-12 100 Back	30
31	13-14 100 Back	32
33	Open 100 Back	34
35	11-12 50 Fly	36
37	13-14 200 Fly	38
39	Open 200 Fly	40
41	11-12 50 Free	42
43	13-14 50 Free	44
45	Open 50 Free	46
47	11-12 200 Free Relay	48
49	13-14 200 Free Relay	50
51	Open 200 Free Relay	52
53	Open 1000 Free*	



Saturday PM (Timed Finals): Session 3

8&U, 10&U

Warm-up: Not Before 12:00 pm Meet Starts: Not Before 1:00 pm

Event # Girls	Event	Event # Boys
55	8&U 25 Free	56
57	10&U 50 Free	58
59	8&U 50 Breast	60
61	10&U 100 Breast	62
63	8&U 25 Back	64
65	10&U 50 Back	66
67	8&U 50 Fly	68
69	10&U 100 Fly	70
71	8&U 100 Free	72
73	10&U 200 Free Relay	74

Saturday Evening (Finals): Session 4

11-12, 13-14, Open

Warm-up: Not Before 3:30 pm Meet Starts: Not Before 4:30 pm

Event # Girls	Event	Event # Boys
17	11-12 200 Free	18
19	13-14 200 Free	20
21	Open 200 Free	22
23	11-12 50 Breast	24
25	13-14 200 Breast	26
27	Open 200 Breast	28
29	11-12 100 Back	30
31	13-14 Open 100 Back	32
33	Open 100 Back	34
35	11-12 50 Fly	36
37	13-14 200 Fly	38
39	Open 200 Fly	40
41	11-12 50 Fly	42
43	13-14 50 Free	44
45	Open 50 Free	46

Sunday AM (Prelims): Session 5

11-12, 13-14, Open

Warm-up: 6:30 am Meet Starts: 8:00am

Event # Girls	Event	Event # Boys
75	13-14 200 IM	76
77	Open 200 IM	78
79	11-12 100 Breast	80
81	13-14 100 Breast	82
83	Open 100 Breast	84
85	11-12 100 Fly	86
87	13-14 100 Fly	88
89	Open 100 Fly	80



91	11-12 100 Free	92
93	13-14 100 Free	94
95	Open 100 Free	96
97	11-12 50 Back	98
99	13-14 200 Back	100
101	Open 200 Back	102
103	11-12 200 Medley Relay	104
105	13-14 Medley Relay	106
107	Open Medley Relay	108
	Open 1000 Free*	110

Sunday PM (Timed Finals): Session 6		
8&U, 10&U		
Warm-up: Not Before 12:00 pm Meet Starts: Not Before 1:00 pm		
Event # Girls	Event	Event # Boys
111	10&U 100 Back	112
113	8&U 50 Back	114
115	10&U 50 Breast	116
117	8&U 25 Breast	118
119	10&U 100 Free	120
121	8&U 50 Free	122
123	10&U 50 Fly	124
125	8&U 25 Fly	126
127	10&U 200 Medley Relay	128
Sunday Evening (Finals): Session 7		
11-12, 13-14, Open		
Warm-up: Not Before 3:30 pm Meet Starts: Not Before 4:30 pm		
Event # Girls	Event	Event # Boys
75	13-14 200 IM	76
77	Open 200 IM	78
79	11-12 100 Breast	80
81	13-14 100 Breast	82
83	Open 100 Breast	84
85	11-12 100 Fly	86
87	13-14 100 Fly	88
89	Open 100 Fly	90
91	11-12 100 Free	92
93	13-14 100 Free	94
95	Open 100 Free	96
97	11-12 50 Back	98
99	13-14 200 Back	100
101	Open 200 Back	102

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