

SEAHAWKS

DIVE BACK IN!

September 17th & 18th, 2022

Sanction: Ozark Swimming #

Host: Seahawks Swim Club

Location: McKendree MetroRecPlex
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 Liebmman (618) 971-8575 or ericliebmman@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 .2 miles. The McKendree MetroRecPlex is on the right.

Schedule:

	Warm-up 1	Warm-up 2	Session Start
Saturday & Sunday AM	7:30 – 7:55 am	7:55 – 8:20 am	8:30 am
Saturday & Sunday PM	12:30 – 12:55 pm	12:55 – 1:20 pm	1:30 pm

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

* If there are a small number of swimmers entered in the meet, the sessions may be combined into one session each day to help space out time between individual swims.

* Teams will be assigned warm-up lanes and times and will be notified prior to the day of the meet.

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 September 17, 2022 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. 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. Mixed relays must have 2 boys and 2 girls on a relay team.

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.

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

Entry Fees: \$4.50 per individual event
\$14.00 per relay
\$15.00 Ozark Swimming Surcharge

Entries: Entries will be accepted starting August 29, 2022 at 9:00 a.m. and accepted through September 8, 2022 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. 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. A check for fees and a hard copy of your team entry and team entry fees must be received within 7 business days of your acceptance. 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 may be limited to 350 swimmers per session. 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: September 8, 2022

Entries may be accepted after the deadline if the meet is not full. Entry fees must accompany each entry.

Make checks payable to: Seahawks Swim Club

Mail to: Lisa Brede
Meet Entry Chair c/o Seahawks Swim Club
563 W 3rd St
Trenton, IL 62293

Timers: Timers will be provided by the host team.

Meet Results: Meet results will be e-mailed to all participating teams.

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.
- ❖ 9-12 events will be scored as 9-10 and 11-12

Heat Sheets: Heat sheets will be available prior to the meet at www.theseahawks.com and on Meet Mobile.

Hospitality: A hospitality for coaches and officials will be provided for those coaches and officials.

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.

Live Broadcast: Live streaming of swim meet will be provided via Facebook.

Crash Area: Swimmers, coaches, officials and parents will enter the facility through the doors leading into the crash area. 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.

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 for the 12 and under sessions. Swimmers must report to the bull pen and stay there in order to swim. Swimmers may not just report behind the blocks.

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 basketstroke 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. Keep all trash picked up and do not block exit doors or aisles.
2. Swimmers, parents, and spectators are not permitted in any unauthorized areas. The following areas are off limits: Gymnasium and Weight Room.
3. "No Smoking" laws are in effect, and smokers are required to smoke outside of the building.
4. 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.
5. 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.

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

SATURDAY MORNING

EVENT	
1	Mixed 10&U 200 Medley Relay
2	Mixed 11-12 200 Medley Relay
	10 Minute Break
3	Mixed 10&u 100 IM
4	Mixed 11-12 100 IM
5	Mixed 8&u 25 Butterfly
6	Mixed 9-12 50 Butterfly
7	Mixed 8&u 50 Backstroke
8	Mixed 9-12 100 Backstroke
9	Mixed 8&u 25 Breaststroke
10	Mixed 9-12 50 Breaststroke
11	Mixed 8&u 50 Freestyle
12	Mixed 9-12 100 Freestyle

SATURDAY AFTERNOON

EVENT	
13	Mixed 13-14 200 Medley Relay
14	Mixed 15&over 200 Medley Relay
	10 Minute Break
15	Mixed 13-14 100 IM
16	Mixed 15&over 100 IM
17	Mixed 13-14 50 Butterfly
18	Mixed 15&over 50 Butterfly
19	Mixed 13&over 200 Butterfly
20	Mixed 13-14 100 Backstroke
21	Mixed 15&over 100 Backstroke
22	Mixed 13-14 50 Breaststroke
23	Mixed 15&over 50 Breaststroke
24	Mixed 13&over 200 Breaststroke
25	Mixed 13-14 100 Freestyle
26	Mixed 15&over 100 Freestyle

SUNDAY MORNING

EVENT	
27	Mixed 10&U 200 Freestyle Relay
28	Mixed 11-12 200 Freestyle Relay
	10 Minute Break
29	Mixed 8&u 50 Butterfly
30	Mixed 9-12 100 Butterfly
31	Mixed 8&u 25 Backstroke
32	Mixed 9-12 50 Backstroke
33	Mixed 8&u 50 Breaststroke
34	Mixed 9-12 100 Breaststroke
35	Mixed 8&u 25 Freestyle
36	Mixed 9-12 50 Freestyle

SUNDAY AFTERNOON

EVENT	
37	Mixed 13-14 200 Freestyle Relay
38	Mixed 15&over Freestyle Relay
	10 Minute Break
39	Mixed 13-14 100 Butterfly
40	Mixed 15&over 100 Butterfly
41	Mixed 13-14 50 Backstroke
42	Mixed 15&over 50 Backstroke
43	Mixed 13&over 200 Backstroke
44	Mixed 13-14 100 Breaststroke
45	Mixed 15&over 100 Breaststroke
46	Mixed 13-14 50 Freestyle
47	Mixed 15&over 50 Freestyle
48	Mixed 13&over 200 Freestyle