

	2023 Long Course Kickoff April 14-16, 2023		Hosted by 
SPONSOR/HOST	Metro East Titans Swimming		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-6209 - USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. - 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 CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark 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/Ozark 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 OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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.		
LOCATION:	Chuck Fruit Aquatic Center, 6168 Center Grove Drive, Edwardsville IL 62025		
FACILITY:	- Indoor 50-meter pool; two 25-yard competition area with eight (8) swimming lanes and an eight (8) lane warm-up area. - The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming. - 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'. - Parking available in the CFAC lot at the adjoining Sports Complex. - Overhead seating for 499 spectators available, as well as generous on-deck areas for swimmers and coaches.		
MEET DIRECTOR	Name: Bob Rettle	Email: metsswim@gmail.com	Phone: 618-407-7665
ADMIN OFFICIAL	Name: Trish Grant	Email: granttnna@yahoo.com	Phone: 618-570-6117
MEET REFEREE	Name: Brian Perkins	Email: btpqa@aol.com	Phone: 314-799-5685
MEET MARSHALS	Names:	Emails:	Phones:
ELIGIBILITY:	- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. - No on deck Ozark Swimming athlete registration will be permitted. - 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 on the swimmer's club, made payable to Ozark		

	Swimming. • Open to all USA Swimming athletes registered before the first day of the meet. • Age on April 14, 2023 will determine age for the entire meet.				
DISABILITY SWIMMERS:	• 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.				
FORMAT:	• <u>Friday Evening</u>: All ages of swimmers will swim in the Friday evening session. All Friday events will be timed finals events limited to the top 24 swimmers. • <u>Saturday Morning</u>: 13&O swimmers will swim in the Saturday morning session. All events will be timed final events. The 13-14 400 IM and 15&O 400 IM will be limited to the top 24 swimmers. • <u>Saturday Afternoon</u>: 12&U swimmers will swim in the Saturday afternoon session. All events will be timed final events. • <u>Saturday Evening</u>: The 400 Free will be limited to as many swimmers as the timelines permits and per agreement with the Meet Referee and coaches. Warm-ups will begin immediately following the Saturday Afternoon session. • <u>Sunday Morning</u>: 13&O swimmers will swim in the Sunday morning session. All events will be timed final events limits. The 13-14 400 Free and 15&O 400 Free will be limited to the top 24 swimmers. • <u>Sunday Afternoon</u>: 12&U swimmers will swim in the Sunday afternoon session. All events will be timed finals. • This meet will be run using chase starts.				
SCHEDULE:		Friday Evening	Sat/Sun Morning	Sat/Sun Afternoon	Saturday Evening
	1 st Warmup	4:00-4:25 pm	6:30-6:55 am	Not before 1:00-1:25 pm	*TBD by Meet Referee & Coaches
	2 nd Warmup	4:25-4:50 pm	6:55-7:20 am	Not before 1:25-1:50 pm	
	Session Start	5:00 pm	7:30 am	Not before 2:00 pm	
	• Lane assignment and warmup times for individual clubs will be posted on metsswim.com and distributed to club contacts after the meet is seeded and timelines are set. • If morning sessions run late, afternoon warm-ups will begin immediately after the morning session ends.				
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES: Friday, April 7th, 2023 by 8:00 pm. • Entries will be accepted beginning Monday, March 6th, 2023. • Entry times must be submitted in the course the time was achieved using Hy-Tek compatible format. must be submitted in the using Hy-Tek compatible format. No converted times will be accepted. • NT are allowed and should be designated NT. • Teams must submit entries via email to metsswim@gmail.com. You will receive a confirmation of entries along with entry report by the deadline. If you do not receive confirmation by then, it is your responsibility to confirm receipt of entries. No phone, fax, or manual entries will be accepted. • Swimmers may enter a maximum of five individual events and one relay per day. Any swimmer who enters more than the maximum number will be scratched down to the limit. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the session timeline limit. • Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official, along with payment.				

	The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding.
SEEDING & LIMITED EVENTS	- All Friday events, all 400 Frees, and all 400 IMs will be seeded fastest to slowest. All other events will be seeded slowest to fastest. - Seeding of all heats will be in the following order: LCM, SCY, SCM. - The following limited events will require positive check-in before seeding: -All Friday Evening events -Saturday Morning: 13-14 400 IM, 15&O 400 IM -Saturday Evening: 12&U 400 Free -Sunday Morning: 13&O 400 Free, 15&O 400 Free - A psych sheet for all limited events will be emailed to all club contacts by Noon, Saturday April 8th. Swimmers not making the top 24 swimmers in these events may elect to scratch that event and choose another event by Noon, Monday, April 10th. Swimmers who do not scratch by that deadline will remain in that event and will be charged for it. - Any swimmer who has not positively checked in for any limited event by 30 minutes prior to the session start will not be seeded in those events. - Any swimmer who positively checks in for a limited events and fails to swim that event will be scratched from their next event.
FEES	- Individual events: \$5.00 per event - Relay events: \$16.00 - Swimmer Surcharge: \$20 per swimmer. \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club. - Checks should be made payable to: METS - Mail payment to: METS Swim c/o Bob Rettle, 6696 Center Grove Rd., Edwardsville IL 62025 - Payment must be received by the start of the meet. Failure to pay entry fees by this deadline could result in teams being barred from the meet. - IMPORTANT: If payment is sent via Express Mail/FedEx/UPS, etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries. - There will be no refunds, except for scratches made in limited events by the deadline.
AWARDS:	- Individual Events: Custom Medals-1st through 8th place Custom Ribbons-9th through 16th place - Relay Events: Custom Medals-1st through 3rd place Custom Ribbons-4th through 8th place - Scoring: Individual Events: 8&U, 9-10, 11-12, 13-14, 15&O Relay Events-12&U, 13&O Awards will not be mailed. Please ensure you make arrangements for picking your awards up after the conclusion of the meet!
SAFETY:	In accordance with the recommendations of USA Swimming and Ozark Swimming, Inc, host club will operate this meet under the guidance of Meet Marshals, as well as lifeguards employed by ECUSD7. Medical assistance will be available to anyone participating in the meet.
RULES:	- The current USA Swimming Rules and Regulations will apply. - Any swimmer entered in the meet 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 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. - The flyover start procedure will be used for the all sessions at the discretion of the Referee. - Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.

	• Deck changes are prohibited. • Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership. • Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director • Coaches with expired or non-current credentials will be required to leave the deck area. • 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. • 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 • A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
OFFICIALS:	• Officials will be needed for all positions and all sessions for this meet. • Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Susan Samet, susanesamet@gmail.com, 618-579-8177. • Officials' meetings will occur 30 minutes prior to session times. Location will be announced.
TIMERS:	• Participating clubs may be asked for assistance with timers. • Timers' meetings will occur 15 minutes prior to session times in the lobby.
GENERAL:	• Concessions will be available. • Hospitality will be provided for all coaches and officials. • Heat sheets will be posted on metsswim.com and emailed to the contact person of each individual club by Wednesday, April 12th and will also be available on Meet Mobile. • B&B Aquatics will be available. • Official results will be emailed to all coach contacts and posted on metsswim.com and ozarkswimming.com after the conclusion of the meet.
FACILITY RULES:	• Smoking and all tobacco products are prohibited on all ECUSD7 property, including the Chuck Fruit Aquatic Center. • Glass containers/bottles are prohibited. • The upstairs doors leading into the spectator area must always remain closed. • All trash should be properly disposed of, and exit doors and aisled should not be blocked. • No chairs or coolers are allowed in the spectator seating area.

**2023 MLK Celebration Invitational
ORDER OF EVENTS**

Friday, April 14

Evening Session

All Ages

Warm-up: 4:00 pm; Start: 5:00 pm

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, April 15

Morning Session

13&O

Warm-up: 6:30 am; Start: 7:30 am

Afternoon Session

12&U

Warm-up: Not before 1:00 pm; Start: Not before 2:00 pm

Girls	Event	Boys	Girls	Event	Boys
201	13&O 100 Fly	202	301	12&U 100 Breast	302
203	13&O 200 Breast	204	303	12&U 50 Back	304
205	13&O 100 Free	206	305	12&U 50 Fly	306
207	13&O 100 Back	208	307	12&U 100 Free	308
209	13&O 200 Free Relay	210	309	12&U 200 Free Relay	310
211	13-14 400 IM*	212			
213	15&O 400 IM*	214			
			Evening Session		
			12&U		
			Begins immediately following Afternoon Session		
			401	12&U 400 Free**	402

Sunday, April 16

Morning Session

13&O

Warm-up: 6:30 am; Start: 7:30 am

Afternoon Session

12&U

Warm-up: Not before 1:00 pm; Start: Not before 2:00 pm

Girls	Event	Boys	Girls	Event	Boys
501	13&O 100 Breast	502	601	12&U 100 Fly	602
503	13&O 200 Fly	504	603	12&U 50 Breast	604
505	13&O 50 Free	506	605	12&U 50 Free	606
507	13&O 200 Back	508	607	12&U 100 Back	608
509	13&O 200 Medley Relay	510	609	12&U 200 Medley Relay	610
511	13-14 400 Free*	512			
513	15&O 400 Free*	514			

*limited to top 24 swimmers; positive check-in required

**positive check-in required; may be limited depending on timelines.