# 2023 Saluki Frozen Solid

**February 4, 2023**

Hosted by

SALUKI SWIM CLUB

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| **SPONSOR/HOST** | **Saluki Swim Club** |
| **SANCTION:** | • Held under the sanction of USA Swimming/Ozark Swimming, Inc., **SANCTION NO: OZ-**<br>• USA Swimming, Inc., Ozark Swimming, Inc., and Shea Natatorium 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.<br>• Saluki Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Ozark Swimming, the State of Illinois and local jurisdictions.<br>• 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.<br>• ***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 SWIMMINGAND 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 CLIAMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKONWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.*** |
| **LOCATION:** | • Dr. Edward J. Shea Natatorium in the Student Recreation Center 300 East Grand Avenue on the SIU campus, Carbondale, Illinois<br>• Parking: Please see the attached map for parking information. |
| **FACILITY:** | • The Dr. Edward J. Shea Natatorium, an indoor 50 meter by 25-yard pool with non- turbulent lane markers and fully automatic timing system. The competition will be held in 8 lanes and additional lanes will be available for continuous warm-up/warm-down throughout the meet. Overhead seating for 500 spectators is available as well as generous on-deck areas for swimmers and coaches. |

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| | • The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool depth at the start end of the pool is 5 feet and the pool depth at the turn end of the pool is 5 feet. | | |
| **MEET DIRECTOR** | Kate Fakhoury | Email: kandafak@yahoo.com | Phone:(618) 319-0883 |
| **ADMIN OFFICIAL** | Wan Nei Lin | Email: ao.salukiswimclub@gmail.com | Phone:(618) 513-1111 |
| **MEET REFEREE** | Shawn Rees | Email: sjrees25@gmail.com | Phone: (618) 841-8635 |
| **MEET MARSHALS (MALE)** | Elwin Zubiri | Email: elwin.zubiri@gmail.com | Phone:(571) 970-8454 |
| **MEET MARSHALS (FEMALE)** | Jill Funk | Email: jillmariefunk@gmail.com | Phone: (618) 559-8324 |
| **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.<br>• 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.<br>• 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.<br>• All technical and administrative rules of USA Swimming will apply.<br>• Age on February 4, 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.<br>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. | | |
| **FORMAT AND SEEDING** | • Current USA Swimming rules apply.<br>• Athletes will be seeded according to submitted times (Converted to SCY if needed).<br>• Events will be swum as 8 & under, 11 and over, and open events.<br>• The meet will not be scored. | | |
| **SCHEDULE:** | Warm-up – 9:00 a.m.<br>Meet Starts – 10:00 a.m. | | |

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| **ENTRIES:** | • DEADLINE FOR THE RECEIPT OF ENTRIES: **5p.m. on January 26, 2023.**<br>• Entries will be accepted starting on January 18, 2022.<br>• Teams must submit entries using Hy-Tek compatible format via email. Please Send all electronic entries to: **ao.salukiswimclub@gmail.com.**<br>• Teams will receive a confirmation of entry receipt within 24 hours. If verification is not received within 24 hours, please contact Winnie Lin (ao.salukiswimclub@gmail.com, (618) 513-1111) immediately. This receipt does not indicate or assure entry into the meet.<br>• Saluki will consider all entries and accept entries such that a balanced athlete roster and a viable timeline are established. Teams will be notified of acceptance by January 28th. Team entries will not be split.<br>• Any changes after reviewing your entry reports must be made by 5 p.m. on Jan 30, 2023<br>• Late entries will be accepted if the meet is not full. Entries made after January 30 will be considered deck entries and will be charged $8.00 per event.<br>• Deck entries will only be made to open lanes. Extra heats will not be created.<br>• All entries will close 30 minutes before the start of the meet. All entry fees and the signed waivers must be turned in to the Admin Official 30 minutes before the start of competition, or those entries will be scratched. |
| **ENTRIES LIMITS** | • Athletes are limited to 4 individual events and may not enter more than one event of the same stroke.<br>• Deck entries will be accepted, if the meet is not full, at an additional charge of $3.00 per event (for a total of $8.00 per event) and must show proof of USA Membership.<br>• The total number of entries will be limited to assure a reasonable timeline and compliance with USA Swimming guidelines for session length.<br>• No team entries will be split. The athlete count will be limited to 200 swimmers. |
| **TIME TRIAL:** | • Time trial will be held at the end of the session of the meet for events 200 yards and less if time permits.<br>• All swimmers enter in the meet can time trial.<br>• Time trial fee is $ 15 per splash.<br>• Time trial will be deck seeded.<br>• Entries and fees must be provided to the Admin Official by the announced deadline. |
| **FEES:** | • Individual Events - $5.00 per event<br>• Swimmer Surcharge - $8.00 |

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| | • All checks should be made payable to Saluki Swim Club. There will be no refunds.<br>• All checks and signed release forms must be mailed to:<br>• Saluki Swim Club<br>PO Box 3293<br>Carbondale, IL 62902 |
| **AWARDS:** | • In lieu of awards, every swimmer who donates 3 or more food items as part of the Frozen Solid Food Drive will be given a commemorative bag tag.<br>• **2023 Saluki Froze Solid Food drive**: please refer to the attached flyer for details. |
| **SAFETY** | • In accordance with the recommendations of USA Swimming and Ozark LSC, Saluki 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. |
| **RULES:** | • The current USA Swimming Rules and Regulations will apply.<br>• 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.<br>• 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.<br>• **Changing Policy**: Deck changes are prohibited.<br>Changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited by Ozark Swimming. Shea Natatorium provides male and female locker rooms with private changing booths as well as a private family changing room. Changing into or out of swimsuits is prohibited in any area except these locations. Athletes violating this policy will be ejected from the remainder of the meet.<br>• 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.<br>o 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<br>o Coaches with expired or non-current credentials will be required to leave the deck area. |

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| | • 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.<br><br>• 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.<br><br>• 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.<br>• Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Saluki Swim Club Officials Coordinator: Shawn Rees, sjrees25@gmail.com or (618) 841-8635.<br>• Uniforms for officials will be white shirt and khaki shorts, slacks, or skirt. |
| **GENERAL:** | Concession will be available, subject to change without notice. |
| **FACILITY RULES:** | Please refer to SIU Student Recreation Center Rules and Policies |

# EVENT SCHEDULE
*Timed Finals*

**Warmups begin at 9:00 a.m.**
**Meet start at 10 a.m.**

| Girls | Events | Boys |
|---|---|---|
| 1 | Open 100 IM | 2 |
| 3 | Open 200 IM | 4 |
| 5 | 8 & Under 25 Butterfly | 6 |
| 7 | Open 50 Butterfly | 8 |
| 9 | Open 100 Butterfly | 10 |
| 11 | 11 & Over 200 Butterfly | 12 |
| 13 | 8 & Under 25 Backstroke | 14 |
| 15 | Open 50 Backstroke | 16 |
| 17 | Open 100 Backstroke | 18 |
| 19 | 11 & Over 200 Backstroke | 20 |
| 21 | 8 & Under 25 Breaststroke | 22 |
| 23 | Open 50 Breaststroke | 24 |
| 25 | Open 100 Breaststroke | 26 |
| 27 | 11 & Over 200 Breaststroke | 28 |
| 29 | 8 & Under 25 Freestyle | 30 |
| 31 | Open 50 Freestyle | 32 |
| 33 | Open 100 Freestyle | 34 |
| 35 | 11 & Over 200 Freestyle | 36 |

# SIU Student Recreation Center
# Rules and Policies

The following are the rules and policies for the use of the SIU Student Recreation Center during swimming competitions. These policies are in place for the safety of all swimmers, guests, students, and Rec Center members. We appreciate your help in abiding by these rules.

## Parent & Spectators

Please see the attached parking map. Please do not park in the Student Health Center parking spots or the REC member only parking spots.

Parent spectators are not allowed in the lower portion of the SIU Rec Center. Once entering the building, parent spectators will be directed upstairs to spectator area. Only swimmers will be allowed into the lower level of the Rec Center. Swimmers will be allowed to go upstairs to the spectator area, but must be dry and wearing clothes and shoes.

You are welcome to bring your own chairs to use in the 2nd floor hallway observation areas, but you must take your chairs with you when you leave the building. Please DO NOT leave your chairs overnight or between sessions. The SIU Student Rec Center is not responsible for any items left in the building. Any chairs or items left overnight or between sessions will be removed.

Parent volunteers should check in at the front. All parent volunteers listed on the worker sign-up sheet will be given volunteer credentials and will be allowed access to the lower level. Parent volunteers should immediately report to the pool deck.

## Swimmers, Coaches, and Officials

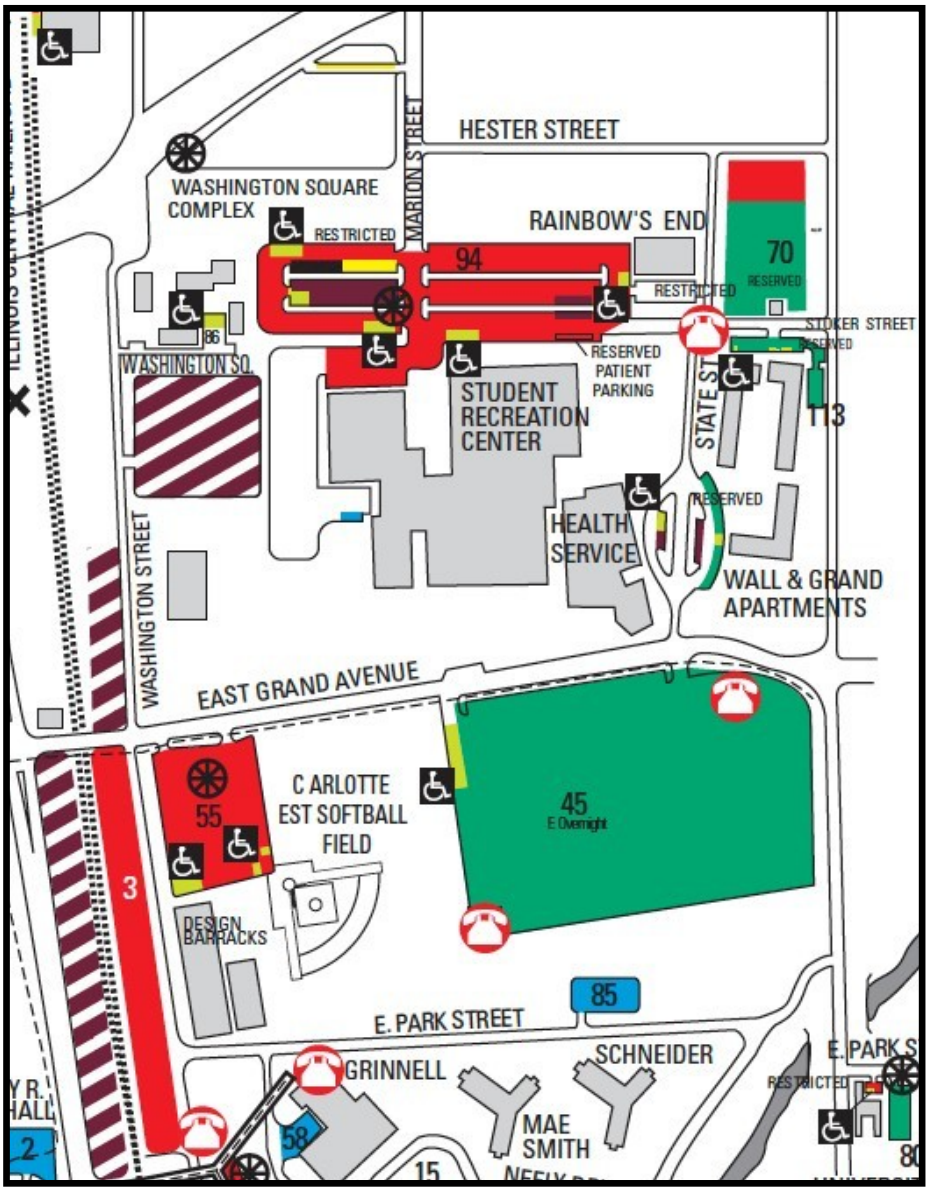
Swimmers, Coaches, and Officials will be admitted to the lower level of the Rec Center. Swimmers should identify themselves as swimmers and Coaches and Officials should show their USA Swimming Coaches Registration card at the gate.

If young swimmers need an escort to the locker room area, there will be staff there to escort swimmers to the locker room. Parents will not be allowed to escort swimmers to the locker room or pool deck.

When downstairs, swimmers should only be in the pool area or the locker room. Swimmers are welcome to go upstairs to the spectator area, but they must be dry and wearing shirt, shoes, and clothes and exit through the locker room area.

# Parking Information

Parking for the meet on the grounds of Southern Illinois University is spacious and convenient. Parking lots 94, 45, 55, and 3 have been made available for our (mostly) unrestricted use during the meet. Meters and other payment requirements in these lots have been suspended. The only restrictions that remain in place are handicapped usage rules and spaces marked “Reserved Patient Parking” and “Restricted” in lot 94. If you require disability access, please note that there is a drop off loop on the South side of the Rec with ground level entrance to the upper viewing area.



# 2023 Saluki Frozen Solid

# Summary and Release Form

Team: _____ Code: _____ LSC: _____

Address: _____

City: _____ State Zip code: _____

Head Coach: _____

Phone#: _____ Email: _____

Entry Contact: _____Phone#:

_____ Email: _____

Entry Summary:

Number of Athletes Entered: _____ x $8.00 = _____

Number of Individual Events Entered: _____ x $5.00 = _____

Total amount enclosed: _____

Please make your check payable to:

Saluki Swim Club
PO Box 3293
Carbondale, IL 62902

Release

It is understood and agreed that Saluki Swim Club Inc., Southern Illinois University, USA Swimming, and Ozark Swimming shall be free and held harmless for any liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of the event. I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: _____

Title: _____

Date: _____