

	2024 Independence Celebration July 13-14, 2024		Hosted by 
SPONSOR/HOST	Metro East Titans Swimming		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-6257 - 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 with eight (8) swimming lanes - 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: granttna@yahoo.com	Phone: 618-570-6117
MEET REFEREE:	Name: Dana LeVasseur	Email: dnalver@hotmail.com	Phone: 80-986-9591
MEET MARSHALLS:	Names: Tim Samet, Katie Hopkins		
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 July 13, 2024 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>Saturday/Sunday Morning</u>: 13&O swimmers. <u>Saturday/Sunday Afternoon</u>: 12&U swimmers. - All events will be timed final events.		
SCHEDULE:		Saturday/Sunday Morning	Saturday/Sunday Afternoon
	1 st Warmup	7:30-7:55 am	Not before 12:00-12:25 pm
	2 nd Warmup	7:55-8:20 am	Not before 12:25-12:50 pm
	Session Start	8:30 am	Not before 1:00 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: June 8th, 2024 by Noon - Entry times must be submitted in the course the time was achieved using Hy-Tek compatible format. Swimmers should be entered at their actual time. If entering with a non-conforming time, the swimmer must enter with the time achieved in the non-conforming course. - 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 & POSITIVE CHECK-IN	- All 400 Frees and 400 IMs will be seeded fastest to slowest, alternating girls and boys. 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: -Saturday Morning: Open 400 Free -Sunday Morning: Open 400 IM - Deadline for checking in for the 400 Free and 400 IM is after the conclusion of the Breaststroke events.		

FEES	- Individual events: \$5.00 per event - Relay events: \$16.00 per event - Surcharge: \$20 per swimmer - Checks should be made payable to: METS - Mail payment to: METS Swim c/o Bob Rettle, 6696 Center Grove Rd. #235, 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. - Deck entry fees: \$10 per individual event, \$32 per relay event, plus the \$20 surcharge if the swimmer is not already in the meet There will be no refunds for weather related cancellations or for changes made after the deadline for updates.
AWARDS:	- Individual Events: Custom Ribbons: 1st through 3rd place - Relay Events: Custom Ribbons: 1st through 8th place - Scoring: Individual Events: 8&U, 9-10, 11-12, 13-14, Open 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 or chase starts will be used for all sessions at the discretion of the Referee and according to timelines. - 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 <u>not permitted</u>. - Deck changes are prohibited. - Deck access is restricted to USA Swimming athletes, coaches, officials and 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, susanemet@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 July 10th 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.

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ORDER OF EVENTS

Saturday, July 13th

Morning Session 13&O Warm-up: 7:30 am Start: 8:30 am			Afternoon Session 12&U Warm-up: Not before 12:00 pm Start: Not before 1:00 pm		
Girls	Event	Boys	Girls	Event	Boys
1	13-14 200 IM	2	25	10&U 50 Free	26
3	Open 200 IM	4	27	11-12 50 Free	28
5	13-14 200 Back	6	29	10&U 50 Back	30
7	Open 200 Back	8	31	11-12 50 Back	32
9	13-14 100 Breast	10	33	10&U 100 Breast	34
11	Open 100 Breast	12	35	11-12 100 Breast	36
13	13-14 50 Free	14	37	10&U 50 Fly	38
15	Open 50 Free	16	39	11-12 50 Fly	40
17	13-14 200 Fly	18	41	10&U 200 Free	42
19	Open 200 Fly	20	43	11-12 200 Free	44
21	Open 200 Medley Relay	22	45	12&U 200 Medley Relay	46
23	Open 400 Free** Must provide own timer	24			

Sunday, July 14th

Morning Session 13&O Warm-up: 7:30 am Start: 8:30 am			Afternoon Session 12&U Warm-up: Not before 12:00 pm Start: Not before 1:00 pm		
Girls	Event	Boys	Girls	Event	Boys
47	13-14 100 Freestyle	48	71	10&U 200 IM	72
49	Open 100 Freestyle	50	73	11-12 200 IM	74
51	13-14 100 Backstroke	52	75	10&U 100 Back	76
53	Open 100 Backstroke	54	77	11-12 100 Back	78
55	13-14 200 Breaststroke	56	79	10&U 50 Breast	80
57	Open 200 Breaststroke	58	81	11-12 50 Breast	82
59	13-14 100 Butterfly	60	83	10&U 100 Fly	84
61	Open 100 Butterfly	62	85	11-12 100 Fly	86
63	13-14 200 Freestyle	64	87	10&U 100 Free	88
65	Open 200 Freestyle	66	89	11-12 100 Free	90
67	Open 200 Freestyle Relay	68	91	12&U 200 Free Relay	92
69	Open 400 IM** Must provide own timer	70			

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