



October 26, 2024

SPONSOR/HOST	Metro East Titans Swimming		
SANCTION	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-6270 - USA Swimming, Inc., Ozark Swimming, 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 Road, Edwardsville IL 62025/618-407-7665		
FACILITY	- Indoor 50-meter pool; two 25-yard competition area with 8 swimming lanes and an 8 lane warmup area - The competition course has been certified in accordance with current USA Swimming Rules & Regulations, 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 and at the adjoining Sports Complex. - Overhead seating for 499 spectators available, as well as generous on-deck areas for swimmers and coaches.		
MEET DIRECTOR	Bob Rettle	E-Mail: metsswim@gmail.com	PHONE: (618) 407-7665
ENTRY CHAIR/ ADMIN OFFICIAL	Trish Grant	E-Mail: registrar@ozarkswimming.com	
MEET REFEREE	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591
MEET MARSHALS	Tim Samet & Angie Suhre		
ELIGIBILITY	- Open to all USA Swimming athletes registered before the first day of competition. No on deck USA Swimming registration will be permitted. - Age on October 26, 2024 will determine age for the entire meet. - 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.		
DISABILITY SWIMMERS	- Athletes with a disability are welcome 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 Morning</u>: 11-12 Boys, 13-14 boys and girls, and 15&O boys and girls will swim • <u>Saturday Afternoon</u>: 8&U boys and girls, 9-10 boys and girls, and 11-12 girls will swim • All events will be swum as timed finals, except for the 50 Freestyle, which will be swum as a prelim/semi-final/final event within the same session. • All 25-yard events in the 8&U age group will start from the turn end of the pool.
SCHEDULE	• Saturday AM Session 1: 11-12 Girls, 13-14 Girls & Boys, 15&O Girls & Boys -Warm-ups: 9:00 AM, Meet start: 10:00 AM • Saturday PM Session 2: 8&U Girls & Boys, 9-10 Girls & Boys, 11-12 Boys -Warm-ups: Not before 12:00 PM, Meet start: not before 1:00 PM • Lane assignment and warm-up times for individual clubs will be emailed to club contacts no later than October 23 • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES	• DEADLINE FOR THE RECEIPT OF ENTRIES: MONDAY, OCTOBER 21, 2024 • Entries must be submitted by email and be in Hy-Tek compatible format. • Please submit entries using actual SCY times. NT will be accepted. • Swimmers may be entered in up to 4 individual events and 1 relay for the entire meet. • Email entries to: metsswim@gmail.com. Email entries will receive an email confirmation. • Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
SEEDING	• A Clerk of Course will be provided for 8&U swimmers. All other swimmers should report behind the blocks for their events. • All events will be pre-seeded. • All events except the 50 Free will be swum slowest to fastest as timed finals. • The 50 Free will be circle seeded in the first round, with only the top 12 times from round one (Prelims) advancing to the second round. Round two will be three heats, four swimmers in each. The top four times from round two (semi-finals) will advance to Round 3 (championship final.) • There will be no positive check-in. • 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.
FEES	• \$40 per athlete (This includes a \$20 surcharge per athlete, of which \$2 per athlete is paid to Ozark Swimming.) • 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 before the start of the meet for all entries. • NOTE: Please ensure payments sent by mail do NOT require a signature for delivery.
AWARDS	• Individual Events: Ribbons for 1st through 16th events, excluding the freestyle events. Freestyle champions (1st place in the final round) will receive a personalized, embroidered commemorative warm- up jacket. 2nd through 4th place in the final freestyle round will receive custom beanies. 5th-12th places in the semi-final freestyle round will receive custom medals. • Relay Events: Ribbons for 1st through 4th place.
SAFETY	• In accordance with the recommendations of USA Swimming and Ozark Swimming, host club will operate this meet under the guidance of meet Marshals, as well as lifeguards. Medical assistance will be available to anyone participating in the meet.
RULES	• The current USA Swimming Rules and Regulations will apply. All the technical and administrative rules of USA Swimming 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 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 prohibited. • 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 with expired or non-current credentials will be required to leave the deck. - 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 US 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 US Center for SafeSport. - All swimmers must comply with USA Swimming Rule 102.8.1 regarding swimsuits and devices.
OFFICIALS	- Officials will be needed for all sessions of this meet. - Clubs should submit the names and session availability of all certified officials to: Susan Samet at susan samet@gmail.com
TIMERS	- Participating clubs may be asked to provide timers in proportion to the number of swimmers they have entered in each session. - Timing assignments will be emailed to the contact person of each of the individual clubs.
GENERAL	Hospitality will be provided for all coaches and officials. Concessions will be available. Heat Sheets will be available on Meet Mobile, posted at the facility, and emailed to club contacts by October 25. Results: Unofficial results will be posted to Meet Mobile and posted at the facility. Official results will be posted to the METS website and the Ozark Swimming website and will be emailed to the contact person of each of the individual clubs after the conclusion of the meet. - Spectators are permitted in the upper bleachers area only. - The upstairs doors leading into the spectator area must always remain closed. - All trash should be properly disposed of; exit doors and aisles should not be blocked. - No chairs or coolers are allowed in the spectator seating area. - Smoking and all tobacco products are prohibited on all ECUSD7 property , including the Chuck Fruit Aquatic Center.



Saturday AM Session I			Saturday PM Session 2		
11-12 Girls, 13-14 G/B, 15&O G/B Warm-up: 9:00 AM; Start: 10:00 AM			8&U G/B, 9-10 G/B, 11-12 Boys Warm-up: Not before 1:00 PM; Start: Not before 2:00 PM		
Girls	Events	Boys	Girls	Events	Boys
Prelims:			Prelims:		
1	11-12 50 Free-Round 1		101	8&U 25 Free-Round 1	102
3	13-14 50 Free-Round 1	4	103	9-10 50 Free-Round 1	104
5	15&O 50 Free-Round 1	6		11-12 50 Free-Round 1	106
Timed Finals:			Timed Finals:		
7	11-12 50 Fly		107	8&U 25 Fly	108
9	13-14 50 Fly	10	109	9-10 50 Fly	110
11	15&O 50 Fly	12		11-12 50 Fly	112
13	11-12 50 Back		113	8&U 25 Back	114
15	13-14 50 Back	16	115	9-10 50 Back	116
17	15&O 50 Back	18		11-12 50 Back	118
5 Minute Break			5 Minute Break		
Semi-Finals: Top 12 Swimmers from Prelims:			Semi-Finals: Top 12 Swimmers from Prelims:		
1	11-12 50 Free-Round 2		101	8&U 25 Free-Round 2	102
3	13-14 50 Free-Round 2	4	103	9-10 50 Free-Round 2	104
5	15&O 50 Free-Round 2	6		11-12 50 Free-Round 2	106
Timed Finals:			Timed Finals:		
19	11-12 50 Breast		119	8&U 25 Breast	120
21	13-14 50 Breast	22	121	9-10 50 Breast	122
23	15&O 50 Breast	24		11-12 50 Breast	124
25	11&O 200 Free Relay	26	125	8&U 100 Relay	126
			127	12&U 200 Free Relay	128
5 Minute Break			5 Minute Break		
Championship Finals: Top 4 Swimmers from Semis:			Championship Finals: Top 4 Swimmers from Semis:		
1	11-12 50 Free-Round 3		101	8&U 25 Free-Round 3	102
3	13-14 50 Free-Round 3	4	103	9-10 50 Free-Round 3	104
5	15&O 50 Free-Round 3	6		11-12 50 Free-Round 3	106