

	2024 MLK Celebration Invite January 12-14, 2024		Hosted by 
SPONSOR/HOST	Metro East Titans Swimming		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ- - 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/ ENTRY CHAIR	Name: Trish Grant	Email: granttna@yahoo.com	Phone: 618-570-6117
MEET REFEREE	Name: Dana LeVasseur	Email: dnalver@hotmail.com	Phone: 804-986-9591
MEET MARSHALLS	Names: Tim Samet & Angie Suhre		
ELIGIBILITY:	- No swimmer will be permitted to compete unless the swimmer is a member of USA-S as provided in Article 302. - No on deck 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. - Age on January 12, 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>Friday</u>: All ages swim; All events are timed finals. <u>Saturday AM/Sunday AM</u>: 11-12, 13-14, and Open ages will swim; The 1000 Free is a timed finals event, with girls swimming on Saturday and boys swimming on Sunday. Relays are timed final events. All other events are prelim/finals events, with the top 16 swimmers swimming in finals. <u>Saturday/Sunday Afternoon</u>: 8&U and 10&U ages swim; All events are timed finals. All 25-yard events will start from the turn end of the pool. <u>Saturday/Sunday Finals</u>: - All Prelim events will include an "A" (Championship) final and a "B" (Consolation) final for the Top 16 swimmers from the morning's preliminary heats (all AM events except the relays and 1000 Free) - Heats will be swum in the following order: "B", "A."

SCHEDULE:		Friday	Sat/Sun AM (Prelims)	Sat/Sun Afternoon	Sat/Sun Finals
	Warm-up Start	4:00 pm	6:30 am	Not before 11:00 am	Not before 3:30 pm
	Competition Start	5:00 pm	8:00 am	Not before 12:00 pm	Not before 4:00 pm
	• Lane assignment and warmup times for individual clubs will be 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. If the afternoon sessions run late, warm-ups for finals will begin immediately after the afternoon session ends. • Warm-up/cool down lanes will be available during the competition.				
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES: Monday, January 8th, 2024 by 8:00 pm. • Entries will be accepted beginning December 1, 2024. • Entries should be submitted in the course they were achieved using Hy-Tek compatible format. NT will be accepted for events in which a swimmer does not have a time of record. • Entries should be submitted to metsswim@gmail.com. • Entry limits: ○ 11-12, 13-14, Open ages: 3 individual events and 1 relay events per day ○ 8&U and 10&U ages: 5 individual events and 1 relay events per day • The Meet Director or Meet Referee reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events. Deck entries will be accepted for swimmers already entered in the meet, to the extent that open lanes are available. Deck entry fees are \$10 per individual event and \$25 per relay event.				
SEEDING/CHECK-IN:	• All events except for the 500 Free and 1000 Free will be pre-seeded. • The 500 Free and 1000 Free will have a positive check-in to swim. Positive check-in deadline: 6:00 pm for the 500 Free; 9:00 am for the 1000 Free. Swimmers failing to positively check-in by the deadline will be scratched from that event. • Swimmers in the 8&U events must report to the Clerk of Course, and they will be escorted to the blocks from there. Swimmers in all other events must report directly to the blocks. • All Friday events will be swum fast to slow. The 1000 Free will be swum fast to slow, alternating girls and boys heats. All timed final events will be seeded slow to fast. All prelim events will be circle seeded.				

	- Scratches/Penalties: - Any swimmer who qualifies for a consolation or championship final in an individual event who then fails to scratch during the 30-minute time window and fails to show up for said final event shall be barred from competing in their next event.
FEES:	- Individual Events: \$5.00 per timed final event; \$6 per prelim/final event - Relay Events: \$16.00 - Swimmer Surcharge: \$20 per athlete (\$2 of the surcharge is paid to Ozark Swimming. The remaining surcharge is retained by the host club). - Checks should be made payable to: METS, 6696 Center Grove Rd. #235, Edwardsville, IL 62025 - Payment must be received by the start of the meet.
AWARDS:	- Individual Events: Custom medals awarded for 1st – 3rd place in all individual prelim/final events. Ribbons will be awarded for all 4th through 16th prelim/final events. Ribbons will be awarded for 1st – 16th place for all timed final events. - High Point Awards: will be awarded for top 8&U Girl, 8&U Boy, 9-10 Girl, 9-10 Boy
SAFETY:	Lifeguards and first aid station will be available for the entire duration of the meet.
RULES:	- The current USA-S Rules & 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's 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, locker rooms, or <u>behind the blocks</u>. - Deck changes are prohibited. - Deck access is restricted to USA-S 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-S app is acceptable proof of USA-S membership. - Coaches who have valid USA-S 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:	- Teams should submit the names and session availability of certified officials to Susan Samet at susanesamet@gmail.com. - Officials' meetings will occur 30 minutes prior to session times in the hospitality room.

TIMERS:	• Participating clubs may be asked for assistance with timers. • Timers' meetings will occur 15 minutes prior to session times in the lobby. • For the 500 Free and 1000 Free, swimmers must provide their own timer and lap counter
GENERAL:	• Hospitality will be provided for all coaches and officials. Those who have special dietary concerns or needs must notify the Meet Director as soon as possible. • Concessions will be available during the meet. • Psych Sheets will be emailed to coaches and club contacts as soon as the meet is seeded and timelines are set. • Heat sheets will be emailed to the contact person of each individual club by Thursday, January 11 and will also be available on Meet Mobile. • Vendors: B&B Aquatics will be available. • Official results will be emailed to all coach contacts and posted on ozarkswimming.com after the conclusion of the meet. Unofficial results will be available on Meet Mobile and may be posted at the facility.
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.

2024 MLK CELEBRATION INVITE ORDER OF EVENTS

Friday, January 12								
Evening Session-All ages Warm-up-4:00 pm; Start-5:00 pm								
Girls			Event			Boys		
1			10&U 200 IM			2		
3			11-12 200 IM			4		
5			13-14 400 IM			6		
7			Open 400 IM			8		
9			10&U 200 Free			10		
11			11-12 500 Free*			12		
13			13-14 500 Free*			14		
15			Open 500 Free*			16		
Saturday, January 13								
Morning Prelim Session- 11-12, 13-14, Open Warm-up-6:30 am; Start-8:00 am			Afternoon Session-8&U, 10&U Warm-up-Not before 11:00 am; Start-Not before 12:00 pm			Finals Session-11-12, 13-14, Open Warm-up-Not before 3:00 pm; Start-Not before 4:00 pm		
Girls	Event	Boys	Girls	Event	Boys	Girls	Event	Boys
17	11-12 200 Free	18	51	8&U 25 Free	52	17	11-12 200 Free	18
19	13-14 200 Free	20	53	10&U 50 Free	54	19	13-14 200 Free	20
21	Open 200 Free	22	55	8&U 50 Breast	56	21	Open 200 Free	22
23	11-12 50 Breast	24	57	10&U 100 Breast	58	23	11-12 50 Breast	24
25	13-14 200 Breast	26	59	8&U 25 Back	60	25	13-14 200 Breast	26
27	Open 200 Breast	28	61	10&U 50 Back	62	27	Open 200 Breast	28
29	11-12 100 Back	30	63	8&U 50 Fly	64	29	11-12 100 Back	30
31	13-14 100 Back	32	65	10&U 100 Fly	66	31	13-14 100 Back	32
33	Open 100 Back	34	67	8&U 100 Free	68	33	Open 100 Back	34
35	11-12 50 Fly	36	69	10&U 200 Free Relay	70	35	11-12 50 Fly	36
37	13-14 200 Fly	38				37	13-14 200 Fly	38
39	Open 200 Fly	40				39	Open 200 Fly	40
41	11-12 50 Free	42				41	11-12 50 Free	42
43	13-14 50 Free	44				43	13-14 50 Free	44
45	Open 50 Free	46				45	Open 50 Free	46
47	Open 200 Free Relay	48						
49	11&O 1000 Free*	50						

Sunday, January 14								
Morning Prelim Session- 11-12, 13-14, Open Warm-up-6:30 am; Start-8:00 am			Afternoon Session-8&U, 10&U Warm-up-Not before 11:00 am; Start- Not before 12:00 pm			Finals Session-11-12, 13-14, Open Warm-up-Not before 3:00 pm; Start- Not before 4:00 pm		
Girls	Event	Boys	Girls	Event	Boys	Girls	Event	Boys
71	13-14 200 IM	72	103	10&U 100 Back	104	71	13-14 200 IM	72
73	Open 200 IM	74	105	8&U 50 Back	106	73	Open 200 IM	74
75	11-12 100 Breast	76	107	10&U 50 Breast	108	75	11-12 100 Breast	76
77	13-14 100 Breast	78	109	8&U 25 Breast	110	77	13-14 100 Breast	78
79	Open 100 Breast	80	111	10&U 100 Free	112	79	Open 100 Breast	80
81	11-12 100 Fly	82	113	8&U 50 Free	114	81	11-12 100 Fly	82
83	13-14 100 Fly	84	115	10&U 50 Fly	116	83	13-14 100 Fly	84
85	Open 100 Fly	86	117	8&U 25 Fly	118	85	Open 100 Fly	86
87	11-12 100 Free	88	119	10&U 200 Medley Relay	120	87	11-12 100 Free	88
89	13-14 100 Free	90				89	13-14 100 Free	90
91	Open 100 Free	92				91	Open 100 Free	92
93	11-12 50 Back	94				93	11-12 50 Back	94
95	13-14 200 Back	96				95	13-14 200 Back	96
97	Open 200 Back	98				97	Open 200 Back	98
99	Open 200 Medley Relay	100						
	Open 1000 Free*	102						

*Must provide own lap counter and timer