

	2025 METS Winter invite December 13-14, 2025		Hosted by 
SPONSOR/HOST	Metro East Titans Swimming		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-2613 - 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; can be split to two 25-yard competition area with eight (8) swimming lanes in each. - 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: 25-yard competition course-North start end-7', turn end-7'; 50 meter competition course: North start end-7', turn end-12.5. - 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		
MEET REFEREE	Name: Dana LeVasseur	Email: dnalver_swim@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 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 December 13, 2025 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 AM</u>: All events are Open Short Course Yard events. <u>Saturday PM</u>: All events are Open Long Course Meter events. - All events are timed final events.		
SCHEDULE:		Saturday/Sunday AM	Saturday PM
	Warm-up Start	8:00 am	Not before 12:00 pm
	Competition Start	9:00 am	Not before 1:00 pm
	- All warm-ups will be open. - If morning sessions run late, afternoon warm-ups will begin immediately after the morning session ends.		
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES: Wednesday, December 10th, 2025 by 8:00 pm - 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: - Individual Events: 4 per session, 6 per day - Relay Events: 1 per day - The Meet Director or Meet Referee reserves the right to limit entries in any events, if necessary, to prevent a session being too lengthy. 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 400 IM, 500 Free, 1000 Free, and 1650 Free will be pre-seeded. - The 400 Free, 400 IM, 500 Free, 1000 Free, and 1650 Free will have a positive check-in to swim. Positive check-in deadline: 10:00 am for the 500 Free, 1000 Free, and 1650 Free; 1 hour after the meet start for the 400 Free (LCM) and 400 IM (LCM); 10:00 am for the 400 IM (SCY). Swimmers failing to positively check-in by the deadline will be scratched from that event. - The 400 Free, 400 IM, 500 Free, 1000 Free, and 1650 Free will be swum fast to slow, alternating girls and boys heats. All other events will be swum slow to fast.		
FEES:	- Individual Events: \$5.00 - 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, 3733 S State Rte 159 #235, Glen Carbon, IL 62034 - Payment must be received by the start of the meet.		
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. <u>All coaches must present proof of membership and sign the sign-in sheet at the start</u>		

	of every session. USA-S app is acceptable proof of USA-S membership. • 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 susan.esamet@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 events 400 and longer, 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 December 12 and will also be available on Meet Mobile. • 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 aisles should not be blocked. • No chairs or coolers are allowed in the spectator seating area.

2025 METS WINTER INVITE

ORDER OF EVENTS

Saturday, December 13

AM Session (Short Course Yards) Warm-up Start: 8:00 am Meet Start: 9:00 am			PM Session (Long Course Meters) Warm-up Start: Not before 12:00 pm Meet Start: Not before 1:00 pm		
Girls	Event	Boys	Girls	Event	Boys
101	200 Free	102	201	200 Free	202
103	100 Back	104	203	100 Back	204
105	50 Fly	106	205	50 Fly	206
107	100 Breast	108	207	100 Breast	208
109	200 Fly	110	209	200 Fly	210
111	50 Free	112	211	50 Free	212
113	100 Free Relay	114	213	400 Free	214
115	500 Free*	116	215	200 IM	216
117	1000 Free*	118	217	100 Free	218
119	1650 Free*	120	219	50 Breast	220
*Must provide own lane counter and timer			221	200 Back	222
			223	200 Breast	224
			225	50 Back	226
			227	100 Fly	228
			229	400 IM	230

Sunday, December 14

AM Session: Short Course Yards
Warm-up Start: 8:00 am
Meet Start: 9:00 am

Girls	Event	Boys
301	100 IM	302
303	200 IM	304
305	100 Free	306
307	50 Breast	308
309	200 Back	310
311	200 Breast	312
313	50 Back	314
315	100 Fly	316
317	100 Medley Relay	318
319	400 IM	320