



SEAHAWKS FALL INVITE Nov. 1 & 2, 2025



SPONSOR/HOST	Seahawks Swim Club of O'Fallon, IL		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: <u>OZ-Pending</u> - USA Swimming, Inc., Ozark Swimming, Inc., Seahawks Swim Club, and McKendree Metro Rec Plex 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 Seahawks Swim Club 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:	McKendree Metro Rec Plex 205 Rec Plex Drive O'Fallon, IL 62269 (618) 589-3800		
FACILITY:	- The competition pool is 25 yards with ten lanes. A Daktronics timing system will be used with a scoreboard. - The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4), and a copy of the certification is on file with USA Swimming.		
MEET DIRECTOR	Nathan Stooke	nstooke@theseahawks.com	(618) 960-6141
ADMIN OFFICIALS	Wendy Light	SeahawksSwimMeet@gmail.com	(423) 963-0282
MEET REFEREES	Dave Berthe	daveberthe@yahoo.com	(202) 251-4919
MEET MARSHALS	Eric Liebmann Heather Dixon		
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 Nov. 1, 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:	- All 12 and under swimmers will swim in the 1st & 3rd sessions. - All 13 and over swimmers will swim in the 2nd & 4th sessions. - All events will be timed finals.																				
SCHEDULE:	<table><tr><td></td><td>Warm-up 1</td><td>Warm-up 2</td><td>Session Start</td></tr><tr><td>Saturday Morning</td><td>8:00 – 8:25 am</td><td>8:25 – 8:50 am</td><td>9:00 am</td></tr><tr><td>Saturday Afternoon *</td><td>1:00 – 1:25 pm</td><td>1:25 – 1:50 pm</td><td>2:00 pm</td></tr><tr><td>Sunday Morning</td><td>8:00 – 8:25 am</td><td>8:25 – 8:50 am</td><td>9:00 am</td></tr><tr><td>Sunday Afternoon *</td><td>1:00 – 1:25 pm</td><td>1:25 – 1:50 pm</td><td>2:00 pm</td></tr></table> * Saturday & Sunday afternoon times are an estimate for planning purposes. Actual times will be posted prior to the meet, once the meet has been seeded and the timelines are set. If morning and afternoon sessions are small, the afternoon sessions may be merged into the morning sessions. - Lane assignment and warm-up times for individual clubs will be posted on the Seahawks website no later than Wednesday, Oct. 29 and will also be emailed to the contact person of the participating clubs. - If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.		Warm-up 1	Warm-up 2	Session Start	Saturday Morning	8:00 – 8:25 am	8:25 – 8:50 am	9:00 am	Saturday Afternoon *	1:00 – 1:25 pm	1:25 – 1:50 pm	2:00 pm	Sunday Morning	8:00 – 8:25 am	8:25 – 8:50 am	9:00 am	Sunday Afternoon *	1:00 – 1:25 pm	1:25 – 1:50 pm	2:00 pm
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ENTRIES:	Entries will be accepted starting Thursday, Oct. 16, 9:00 AM DEADLINE FOR THE RECEIPT OF ENTRIES Thursday, Oct. 23, 2024 at 12:00 PM. - Entries must be submitted in short course yards times using Hy-Tek compatible format. - Teams must submit entries via email. “No Time” (NT) entries will be accepted. 12 and under swimmers may enter a maximum of 5 individual events per day.13 and over swimmers may enter a maximum of 6 individual events a per day. - Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for 12&u sessions. - 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. - 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. - Email entries to: SeahawksSwimMeet@gmail.com																				
SEEDING:	- All events, except #12, 25, 40, 41, 50 & 51 will be pre-seeded. 12 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there.																				

	- Events 12 (500 Free), 25 (1000 Free), 40 & 41 (400IM), and 50 & 51 (500 Free), will require a positive check-in to swim. - Positive check-in will close 20min prior to the start of the session for 400IM in session 4, and at the start of the first event in the corresponding session for all other positive check in events. SWIMMERS MUST POSITIVELY CHECK-IN TO BE SEEDED IN THE EVENT for events 12, 25, 40 & 41, 50 & 51. - All non positive check in events will be swum slow to fast, and positive check in events may be swum slowest to fastest if needed to necessitate enough rest for swimmers between the event immediately prior to the positive check in event, and the positive check in event, otherwise, event 12, 25, 40, 41, 50 & 51 will be swum fastest slowest. - Limited Events: Events 12 (500 Free), 25 (1000 Free), 40 & 41 (400IM), and 50 & 51 may be limited to the top 16/20- entries in each gender and age group depending on how many lanes are run for the meet. Clubs must request refund of swimmers not making limited events by Friday, Nov. 7, 2025 - If a swimmer that does not get into a limited event, the corresponding team will be notified by Wednesday, Oct. 29th to allow the swimmer time to enter another event.
FEES:	- Individual events: \$5.00 - Time Trials: \$7.00 - Swimmer Surcharge: \$20.00 \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club. - Checks should be made payable to: Seahawks Swim Club - Mail payment to: Kirsty Stooke 505 Amy Dr O'Fallon, IL 62269 - Payment must be received by the start of warm-ups on Friday evening. Failure to pay entry fees by this deadline could result in teams being barred from the meet. - A check may be brought to the meet and given to the AO before the start of the team's warmup.
TIME TRIALS:	- Time trials may be conducted at the completion of each session depending on timeline and at the discretion of the meet referee and meet director. - The limitation on the total number of individual events in which a swimmer may compete each day is 6 events (USA Swimming Rules and Regulations Article 102.2 & 102.3) and includes any events swum in time trials.
AWARDS:	- Individual Awards: Individual ribbons will be awarded for places one through sixteen for ages 12 and below. - Heat Awards: Heat awards for heat winners will be given to swimmers upon completion of their races. - High Point Award: Awards will be given to the top swimmer in each age group (10&U, 11-12, 13-14, 15 & Over) - boys and girls. High point scores will be the cumulative total points from (at most) a swimmer's 8 highest place individual event finishes. For purposes of high point scoring, the 1000 will not be counted in an individual's scoring results. In the event of a tie, the swimmer with the highest finish in the individual medley will be the winner. If that does not determine a winner, it be determined based upon the place of finish in the events in the individual medley order (50's for 10&under, 100's for 11-12, 13-14, and 15 & Over) until a winner is determined.
SCORING	Standard point scoring will be used for high point awards. (20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1)
SAFETY	A first aid kit, AED machine, and back board will be on the pool deck.
BULL PEN	A bull pen/clerk of course will be run for this meet for the 12 and under sessions. Swimmers must report to the bull pen and stay there in order to swim. Swimmers may not just report behind the blocks.

	Swimmers not adhering to workers instructions may be required to forfeit their participation in the event.
WARM-UP/COOL DOWN	- Two to three lanes will be available in the rec pool during the meet for warmup and cool down during the meet. - No Diving in the warm-up/cool down area. - No playing in the rec pool. 12 and under swimmers need to be supervised while in the rec pool.
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 will be used for the 1st, 3rd, and 5th sessions, and may be used for the 2nd and 4th 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 <u>not permitted</u>. - 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 in good standing and sign the sign-in sheet at the start of every session. USA Swimming app is acceptable proof of USA Swimming membership. - 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 the Seahawks officials chair Dave Berthe, daveberthe@yahoo.com or (202) 251-4919 no later than Monday, Oct. 27. - Official meetings will be held 45 minutes prior to the start of each session.
TIMERS:	- Timers will be provided by the host team for all events except the 500 Freestyle and 1000 freestyle. - Swimmers must provide their own timer and lap counters for the 500 Freestyle, and 1000 Freestyle.

GENERAL:	• A hospitality room for coaches and officials will be provided. • No concessions will be sold. Swimmers and parents are to bring their own drinks and snacks and are responsible for keeping the area in which they sit picked up and clean. • A crash area will be provided. Lawn chairs and/or blankets may be used in the crash area. Each team/swimmer will be responsible for keeping their area clean of trash and spills. • Heat sheets WILL NOT be sold at the meet. Heat sheets will be available prior to the meet at www.theseahawks.com and on Meet Mobile. • Meet results will be posted throughout the meet and on Meet Mobile.
FACILITY RULES:	• Keep all trash picked up and do not block exit doors or aisles. • Swimmers, parents, and spectators are not permitted in any unauthorized areas. • A clear path to all emergency exits must be maintained with no obstructions. • Cell phones with video and video recording devices are prohibited in all locker rooms and restrooms.

2025 SEAHAWKS FALL INVITE

SATURDAY MORNING SESSION 1

Event #	Event Description
1	10 & Under Mixed 200 IM **
2	11-12 Mixed 200 IM
3	10 & Under Mixed 50 Freestyle
4	11-12 Mixed 50 Freestyle
5	10 & Under Mixed 100 Butterfly
6	11-12 Mixed 100 Butterfly
7	10 & Under Mixed 50 Backstroke
8	11-12 Mixed 50 Backstroke
9	11-12 Mixed 200 Backstroke**
10	10 & Under Mixed 100 Breaststroke
11	11-12 Mixed 100 Breaststroke
12	12 & Under Mixed 500 Freestyle***
	**May be limited due to timeline

SATURDAY AFTERNOON SESSION 2

Event #	Event Description
13	13-14 Mixed 200 IM
14	15 & Over Mixed 200 IM
15	13-14 Mixed 50 Freestyle
16	15 & Over Mixed 50 Freestyle
17	13-14 Mixed 200 Butterfly
18	15 & Over Mixed 200 Butterfly
19	13-14 Mixed 100 Backstroke
20	15 & Over Mixed 100 Backstroke
21	13-14 Mixed 200 Freestyle
22	15 & Over Mixed 200 Freestyle
23	13-14 Mixed 100 Breaststroke
24	15 & Over Mixed 100 Breaststroke
25	13 & Over Mixed 1000 Freestyle***

*** May be limited to top 16 or 20 entries in each gender and age group depending on timeline and positive check in is required.

SUNDAY MORNING SESSION 3

Event #	Event Description
26	10 & Under Mixed 100 IM
27	11-12 Mixed 100 IM
28	10 & Under Mixed 50 Butterfly
29	11-12 Mixed 50 Butterfly
30	11-12 Mixed 200 Butterfly
31	10 & Under Mixed 100 Freestyle
32	11-12 Mixed 100 Freestyle
33	10 & Under Mixed 50 Breaststroke
34	11-12 Mixed 50 Breaststroke
35	11-12 Mixed 200 Breaststroke**
36	10 & Under Mixed 100 Backstroke
37	11-12 Mixed 100 Backstroke
38	10 & Under Mixed 200 Freestyle**
39	11-12 Mixed 200 Freestyle
	**May be limited due to timeline

SUNDAY AFTERNOON SESSION 4

Event #	Event Description
40	13-14 Mixed 400 IM**
41	15 & Over Mixed 400 IM**
42	13-14 Mixed 100 Freestyle
43	15 & Over Mixed 100 Freestyle
44	13-14 Mixed 200 Breaststroke
45	15 & Over Mixed 200 Breaststroke
46	13-14 Mixed 100 Butterfly
47	15 & Over Mixed 100 Butterfly
48	13-14 Mixed 200 Backstroke
49	15 & Over Mixed 200 Backstroke
50	13 & Over Mixed 500 Freestyle***
51	15 & Older Mixed 500 Freestyle***

*** May be limited to top 16 or 20 entries in each gender and age group depending on timeline and positive check in is required