



Holiday H₂O Invitational

December 6-8, 2024



HOST:	St. Peters Rec-Plex Sharks		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-6274 - USA Swimming, Inc., Ozark Swimming, Inc., and the City of St. Peters 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 the City of St. Peters 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:	City of St. Peters Rec-Plex 5200 Mexico Rd., St. Peters, MO 63376, (636) 939-2386 Prime parking is in front of the Rec-Plex. Additional parking is behind the Rec-Plex, on the other side of St. Peters City Hall, and next door at Lutheran High School.		
FACILITY:	- The indoor pool is 50 meters with a movable bulkhead to divide it into two 8-lane, 25-yard pools. All lanes are 9 feet wide & have 6" Competitor non-turbulent lane lines. The minimum depth of the competition pool at the start end is 12' 10" and at the turn end is 11' 7". A Colorado System 6 timing system will be used with an 8-line scoreboard. There is permanent seating for 1300 spectators. - 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		
MEET DIRECTOR:	Rebecca Ostrander	rebajeff520@gmail.com	(636) 541-6124
ADMIN OFFICIAL:	Karen Butz	Sharkmeetentry@yahoo.com	(636) 688-1512
MEET REFEREE:	Steve Grimm	steve.grimm-swim@charter.net	(636) 233-7076
MEET MARSHALS:	Kristel & Sean Hagan Ashalyn & Jim Whitaker Scott Myers	kristel.hagan@gmail.com eashalyn@gmail.com scottlmyers78@gmail.com	(636) 541-7741 (314) 640-1441 (314) 374-4712
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 December 6, 2024 (first day of the meet) 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 Meet Referee of any disability prior to the competition.
FORMAT:	• All ages will swim in the Friday evening session. • All 12&Under swimmers will swim in the morning sessions. • All 13&Over swimmers will swim in the afternoon sessions. • All events will be timed finals.
SCHEDULE:	• Friday evening: Warm-up 1 at 4:30-4:55pm; Warm-up 2 at 4:55-5:20pm; competition starts at 5:30pm. • Sat & Sun morning sessions: Warm-up 1 at 7:00-7:25am; Warm-up 2 at 7:25-7:50am; competition starts at 8:00am • Sat & Sun afternoon sessions: Warm-up 1 at 11:30-11:55am; Warm-up 2 at 11:55am-12:20pm; competition starts at 12:30pm • The 1650 Freestyle will immediately follow the finish of the previous event. • Afternoon session times are an estimate for planning purposes. The approximate timelines for the meet will be emailed to the contact person of the participating clubs one week prior to the meet, once the meet has been seeded. • If a morning session runs late, afternoon warm-ups will begin after its conclusion. • Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating clubs.
ENTRIES:	• Entries will be accepted starting November 12, 2024 at 9:00am. • DEADLINE FOR THE RECEIPT OF ENTRIES IS November 13, 2024 at 5:00pm. Entries may be accepted after the deadline if the meet is not full. • Entries must be submitted in short course yard times using Hy-Tek compatible format. No time conversions are allowed for limited events. Proof of time for all limited events must be sent in with entry. Team Manager proof of time is sufficient. • Teams must submit entries via e-mail. E-mail entries will receive confirmation of receipt by automatic response. If you do not receive confirmation, please contact the meet's Admin Official. Confirmation of receipt does not mean that your entry into the meet has been accepted. The St. Peters Rec-Plex Sharks reserve the right to determine which entries to accept. In exercising this discretion, the Sharks will consider: number of officials provided by the team, balance of age groups and gender in entries, level of competition, and geographic location. Teams should send with their entry the names of those officials planning to work the meet. • "No Time" (NT) entries will be accepted for non-limited events in which a swimmer does not have a time of record. All entry times other than NT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of four individual events and one relay event per day. • Relay teams must be designated A, B, C, etc. if more than one per club is entered per event. • Entries will be accepted to the greatest extent possible without exceeding the 4-hour session timeline limit for 12&Under swimmers. The Sharks reserve the right to limit entries in events, to prevent too lengthy a session. • No deck entries will be allowed. • Email entries to: Karen Butz at Sharkmeetentry@yahoo.com
SEEDING:	• All events, except the limited events, will be pre-seeded. • There will be a positive check-in for all Friday evening events and the 1650 Freestyle. • Positive check-in deadlines will be announced during the session warm-ups.

	• SWIMMERS MUST POSITIVELY CHECK-IN TO BE SEEDED IN THE EVENT • All events will be swum slowest to fastest. • Friday evening events are limited to the fastest 24 swimmers for each event. The 1650 Freestyle event is limited to the fastest 16 swimmers of each gender (32 total). The Sharks reserve the right to pre-seed the limited events, if timelines permit. We further reserve the right to fill any unused lanes with Sharks swimmers.
FEES:	• Individual events: \$5.00 • Relay events: \$12.00 • Swimmer Surcharge: \$18.00 • \$2.00 of the Swimmer Surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the St. Peters Rec-Plex Sharks • Checks should be made payable to: Rec-Plex Sharks Swim Team. • Mail payment to: - Karen Butz, Meet Entry Chair - c/o Rec-Plex Sharks Swim Team 13 Arrowhead Circle - St. Charles, MO 63301 • Payment must be received within 7 business days of your acceptance into the meet. Failure to pay by this deadline could result in teams being dropped from the meet. • Refunds for those swimmers not making the cut in limited events will be issued to the teams who request a refund within one week of the meet end. No other refunds will be given.
AWARDS:	• Heat Winner prizes & "Hot Heats" prizes for each age group.
SCORING:	• Meet results will be e-mailed to all participating teams. • 12&Under events will be scored as 8&Under, 10&Under, and 11-12 • 13&Over events will be scored as 13-14 and 15&Over
SAFETY:	• In accordance with the recommendations of USA Swimming and Ozark Swimming, Inc., the St. Peters Rec-Plex Sharks will operate this meet under the guidance of Meet Marshals. In addition, lifeguards employed by the City of St. Peters will be present to provide medical assistance to athletes 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 will be used for all sessions. • 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 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 and apprentice officials to Steve Grimm (steve.grimm-swim@charter.net) by November 14, 2024. - Official briefings will be held in the Hospitality area, 45 minutes prior to each session.
TIMERS:	- Participating teams will be required to provide timers in proportion to the number of swimmers they have entered in each session. - Timing assignments will be posted on the RPLX website no later than November 30 and will also be emailed to the contact person of each of the individual clubs. - Timers should check in at the announcer's table on the pool deck at least 30 minutes prior to the session start time. Timer meetings will be held 15 minutes prior to the session starting time. Meetings will be in the corner on the pool deck by the announcer's table.
GENERAL:	- Food and drink will be available in the Rec-Plex concession stand beginning at 7:00am. - It is TBD whether B&B Aquatics will be available throughout the meet.
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. The following areas are off limits: Gymnasium, Ice Rink, Weight Room, Jacuzzi & Sauna, Leisure Pool, and the rear hallway from the locker rooms to the Emergency Exit. <u>No outside chairs, food, drinks, or coolers are permitted in the Rec-Plex</u>, per the City of St. Peters. Only items purchased from the concession stand are permitted in the spectator area. No food or drink is permitted on the pool deck. "No Smoking" laws are in effect, and smokers are required to smoke outside the building. - Swimmers may rest in the spectator stands (including the far corner), but not under the pullout stands. 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.
500 & 1650 FREESTYLE:	- Swimmers must provide their own lap counter for the 500 Freestyle. - Swimmers must provide their own lap counter and one timer for the 1650 Freestyle.

ORDER OF EVENTS

Friday, December 6, 2024

Girls	Events	Boys
1	11-12 200 IM*	2
3	10&U 200 IM*	4
5	15&O 400 IM*	6
7	13-14 400 IM*	8
9	11-12 200 Free*	10
11	10&U 200 Free*	12
13	15&O 500 Free*	14
15	13-14 500 Free*	16

*These events are limited to the fastest 24 swimmers

Saturday, December 7, 2024

Morning Session		
Girls	Events	Boys
17	12&U 200 Medley Relay	18
	5 Minute Break	
19	12&U 100 Fly	20
21	12&U 50 Back	22
23	12&U 100 Breast	24
25	12&U 50 Free	26

Afternoon Session		
Girls	Events	Boys
27	13&O 400 Medley Relay	28
	5 Minute Break	
29	13&O 200 IM	30
31	13&O 100 Breast	32
33	13&O 200 Back	34
35	13&O 100 Fly	36
37	13&O 50 Free	38
39	Mixed 13&O 1650 Free**	

**Limited to the fastest 16 Girls and fastest 16 Boys

Sunday, December 8, 2024

Morning Session		
Girls	Events	Boys
41	12&U 200 Free Relay	42
	5 Minute Break	
43	12&U 50 Breast	44
45	12&U 100 Back	46
47	12&U 100 IM	48
49	12&U 50 Fly	50
51	12&U 100 Free	52

Afternoon Session		
Girls	Events	Boys
53	13&O 400 Free Relay	54
	5 Minute Break	
55	13&O 200 Free	56
57	13&O 100 Back	58
59	13&O 200 Breast	60
61	13&O 200 Fly	62
63	13&O 100 Free	64