



METRO EAST TITANS SWIMMING
2021 Independence Celebration Long Course Invitational
July 9.10.11 2021



HOST	Metro East Titans Swimming																		
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: OZ-6129																		
MEET DIRECTOR	Bob Rettle	E-Mail: metsswim@gmail.com	PHONE: (618) 407-7665																
OFFICIALS CONTACT	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591																
ENTRY CHAIR	Trish Grant	E-Mail: granttna@yahoo.com	PHONE: (618) 570-6117																
MEET REFEREE	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591																
ADMIN OFFICIAL	Trish Grant	E-Mail: granttna@yahoo.com	PHONE: (618) 570-6117																
FACILITY ADDRESS	Chuck Fruit Aquatic Center-6168 Center Grove Road, Edwardsville, IL 62025																		
FACILITY DESCRIPTION	The Chuck Fruit Aquatic Center pool is an indoor 8 land 50-meter pool. This competition course with bulkhead in position has been certified in accordance with 104.2.2 (C).																		
WATER DEPTH	The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth dimensions at start end = 7', turn end = 12.5'.																		
HEAT SHEETS	Heat sheets will be posted around the venue for swimmers and parents and distributed via email to all team entry chairs. Heat sheets will also be posted on Meet Mobile.																		
EVENTS	All events are Timed Finals. We reserve the right to pre-seed the meet at our discretion, if timelines permit. We further reserve the right to limit events due to timeline constraints. Friday's events and the 400 IM will be swum fastest to slowest, alternating boys and girls. Deck entries will not be accepted.																		
ENTRY OPEN	METS will begin to accept entries immediately.																		
ENTRY DEADLINE	METS will accept entries up until the entry deadline: Wednesday, June 30 th , 11:59 PM or until meet is filled (250 per session or at meet ref discretion).																		
ENTRY LIMIT	A swimmer may enter up to six (5) individual events per day with a meet total event limit of sixteen (15) not including relays. Any swimmer who enters more than the maximum number will be scratched down to the limit, starting with the highest event number on the day the over-entry occurs.																		
CONFORMING TIMES	Swimmers should be entered at their actual time. No Times are allowed and should be designated NT. If entering with a non-conforming time, (SCY or SCM), the swimmer must enter with the time achieved in the non-conforming course.																		
FORMAT	All of the technical and administrative rules of USA Swimming will apply. All the meet sessions are timed finals.																		
SCHEDULE/WARM-UPS	Schedule <table border="1"> <thead> <tr> <th></th><th>Friday Evening</th><th>Saturday/ Sunday Mornings*</th><th>Saturday/Sunday Afternoons*</th></tr> </thead> <tbody> <tr> <td>1st Warm-up</td><td>2:00 – 2:25 pm</td><td>7:30 – 7:55 am</td><td>Not before 12:30 – 12:55 pm</td></tr> <tr> <td>2nd Warm-up</td><td>2:25 – 2:50 pm</td><td>7:55 – 8:20 am</td><td>12:55 – 1:20 pm</td></tr> <tr> <td>Session Start</td><td>3:00 pm</td><td>8:30 am</td><td>1:30 pm</td></tr> </tbody> </table> * Saturday and Sunday afternoon times are an estimate for planning purposes. Published times may change, based on timelines, once entries have been closed. Specific team warm up assignments and session start times will be posted by July 6, 2021.				Friday Evening	Saturday/ Sunday Mornings*	Saturday/Sunday Afternoons*	1st Warm-up	2:00 – 2:25 pm	7:30 – 7:55 am	Not before 12:30 – 12:55 pm	2nd Warm-up	2:25 – 2:50 pm	7:55 – 8:20 am	12:55 – 1:20 pm	Session Start	3:00 pm	8:30 am	1:30 pm
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ENTRY PROCEDURES	Teams are required to send an entry file that is compatible with Hy-Tek Meet Manager. All entries should be submitted by email to metsswim@gmail.com. Email entries will receive a confirmation that their email was received. Teams will be notified of acceptance no later than Friday, July 2, 2021. Entry Deadline: Wednesday, June 30, 11:59 Payment for team entry fees should be turned in to the meet director at the meet, prior to your first warmup session. \$20.00 surcharge per swimmer \$5.00 per individual event \$20.00 per relay event																		



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	PM Deadline for corrections and updated times: Wednesday, July 7, 12:00 PM	There will be no refunds for illness or weather-related absences
MEET DURATION	In compliance with the USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), 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.	
LIMITED EVENTS/PROOF OF TIMES	All limited events (except event 1 and 2) will be positive check in and seeded as described in the meet packet event list (see below). Events 1 and 2 will be pre-seeded with the top 24 entered. If you entered a limited event and do not make the cut, you will remain entered into that event and charged for it, unless you scratch that event by the deadline of Monday, July, 5th, 2021 . Swimmers not making the cut in Friday's events and the 400 IM will be allowed to choose another event by Monday, July 5th, 2021 .	
POSITIVE CHECK-IN	There will be a positive check in for all limited events (except event 1 and 2). Swimmers who have not checked in 20 minutes prior to the start of the session will not be seeded in those events.	
SEEDING AND PRESEEDING	All events are timed final. Seeding of all heats will be in the following order: LCM, SCY, SCM..	
DECK ENTRIES	Deck entries will not be accepted.	
AWARDS/SCORING	Ribbons: Individual Entries: 1 st -16 th Relays-1 st -8 th 12&U Events will be scored and awarded as 8&U, 9-10, 11-12 High Point Awards will be awarded to 8&U, 9-10, 11-12 13&O Events will be scored and awarded as 13-14, 15&O	
TIMERS	All participating teams will be asked to provide volunteer timers.	
RULES	2021 USA Swimming Rules and Regulations will govern the conduct of the meet.	
DECK PRIVILEGES	Only currently registered USA Swimming athletes and non-athlete members and volunteers necessary to run the meet will be allowed on deck during the meet. Coaches must be currently registered with USA Swimming as a Coach member of a participating team, to act in a coaching capacity at the meet.	
ELIGIBILITY	The meet is open to all athlete members registered with USA Swimming for 2021. "Applied for" will not be accepted. On deck registration will not be available. The host LSC may impose a \$100 fine to the individual athlete or club, per event, for entering nonregistered swimmers in an Ozark meet. A swimmer's age for this meet is their age on Friday, June 9, 2021.	
RACING START CERTIFICATION	Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this request.	
MEET REFEREE	The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for any issues that arise that day during the course of the meet.	
MAAPP	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, in accordance with 202.4.10(M).	
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions	
SWIMMERS WITH DISABILITIES	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.	



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PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Unless approved in advance by the Meet Director and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes
DECK CHANGING	Per USA Swimming Rule 202.4.9(I), Deck changes are prohibited.
SPECTATORS	At this time, no spectators will be permitted to attend unless COVID-19 protocols allow. A limited number of team chaperones will be allowed for 12 & U sessions.
TOTAL NUMBER OF SWIMMERS PER SESSION	Each session will have no more than 250 swimmers per session.
ATTESTATION STATEMENT	The 2021 Independence Celebration Long Course Invitational will be run in accordance with all local jurisdictional guidelines.
COVID DISCLAIMER	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 Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 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 [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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.
LOCAL COVID PROTOCOLS	Please see attached addendum.



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RESTRICTIONS	It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods. *Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. *No glass containers are allowed in the meet venue.
RULES	In accordance with USA Swimming rule 202.4.9J, unless approved in writing in advance of the competition by the Vice President of Program Operations, 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. In accordance with USA Swimming rule 102.9 1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee. 2. No zipper or other fastening devices are allowed except for a waist tie on a brief or jammer, and Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene. 3. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate. 4. No swimmer is permitted to wear or use any device, substance of swimsuit to help his/her speed, pace, buoyancy, or endurance during a race. Goggles may be worn. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee. 5. No technical suits shall be worn by any 12&U USA swimming athlete member.
OTHER INFORMATION	All persons on the pool deck must wear a mask at all times, with the exception of swimmers when they are in the water. All persons on the pool deck must keep a minimum 6 feet of distance from other persons to comply with Aquatic Center protocols. Limited concessions will be at the facility during the meet. Warm-up/cool down breaks will be inserted, as timelines allow, at the discretion of the Meet Referee. Host team reserves the right to implement chase starts to ensure timelines are met.



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FRIDAY EVENING

GIRLS		EVENT		BOYS
1	Top 24	10&U 200 IM	Top 24	2
3	Top 48	15&O 200 IM	Top 48	4
5	Top 48	13-14 200 IM	Top 48	6
7	Top 32	11-12 200 IM	Top 32	8
9	Top 32	15&O 400 Free	Top 32	10
11	Top 32	13-14 400 Free	Top 32	12
13	Top 24	11-12 400 Free	Top 24	14

SATURDAY AM

GIRLS	EVENT	BOYS
15	13&O 100 Fly	16
17	13&O 200 Breast	18
19	13&O 100 Free	20
21	13&O 100 Back	22
23	13-14 200 Medley Relay	24
25	15&O 200 Medley Relay	26
27	13-14 400 IM*	28
29	15&O 400 IM*	30

*These events are limited to the top 32 swimmers

SATURDAY PM

GIRLS	EVENT	BOYS
31	12&U 100 Breast	32
33	12&U 50 Back	34
35	12&U 50 Fly	36
37	12&U 100 Free	38
39	12&U 200 Free	40
41	10&U 200 Medley Relay	42
43	11-12 200 Medley Relay	44

SUNDAY AM

GIRLS	EVENT	BOYS
45	13&O 100 Breast	46
47	13&O 200 Fly	48
49	13&O 50 Free	50
51	13&O 200 Back	52
53	13&O 200 Free	54
55	13-14 200 Free Relay	56
57	15&O Free Relay	58

SUNDAY PM

GIRLS	EVENT	BOYS
59	12&U 100 Fly	60
61	12&U 50 Breast	62
63	12&U 50 Free	64
65	12&U 100 Back	66
67	10&U 200 Free Relay	68
69	11-12 200 Free Relay	70



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ADDENDUM: LOCAL COVID PROTOCOLS

- Swimming is considered to be a low-risk sport
- Spectators, volunteers, coaches, and officials should wear face covering over their nose and mouth at all times.
- Swimmers should wear face covering over their nose and mouth at all times, except when they are swimming.
- Participants should bring their own water bottles and should not share equipment.
- 60% of facility capacity with distanced groups.

Plan for spectator ingress and egress:

Swimmers should sit on the bleachers on deck when they are not lined up for their heat or swimming, maintaining 6 feet social distancing. They should keep their belongings with them.

Planned number of individuals gathering in the spaces (Pool, deck, spectator seating):

No spectators will be allowed, unless COVID protocols allow. Each session will have no more than 250 swimmers on the pool deck or warm-up area.

Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child:

Meet will be live-streamed.