



Saluki Swim Your Own Age

October 1st, 2022

Location: Shea Natatorium in the Student Recreation Center on the Campus of Southern Illinois University - 300 East Grand, Carbondale, Illinois 62901

Sanction: This competition is held under USA Swimming / Ozark LSC sanction #xxxx

Facility: The Dr. Edward J. Shea Natatorium, located in the Student Recreation Center of the Southern Illinois University Carbondale Campus features eight 25-yard competition lanes with non-turbulent lane markers and a fully automatic timing system as well as multiple continuous warm-up & cool-down lanes.

Overhead seating for 500 spectators is available as well as generous on-deck space for swimmers and teams. Smoking is not permitted anywhere on campus. Food is not permitted in the pool balcony or on deck. This meet is operated as a "closed deck". Only participating, credentialed coaches, officials, athletes and designated meet workers will be allowed on deck. There are no exceptions. Spectators are welcome to view the competition from the overhead bleachers or the air-conditioned viewing lounges.

Attached are rules specific to the facility. Please ensure that all athletes, coaches, and family members are familiar with these rules so that everyone involved can have a safe and enjoyable swim meet.

The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4). The pool depth at the start end is 5' and the depth of the pool at the turn end is 5'.

Eligibility: Open to currently registered USA Swimming athletes only. "Applied for..." will not be accepted. On deck registration is not available. Swimmers who do not hold current USA Swimming membership will be dropped from the meet and their entry fees will not be refunded. If a swimmer swims and is not registered, a \$100 fine per athlete will be imposed, per Ozark Swimming rules. Coaches must be currently registered with USA Swimming as 'Coach' members.

Athletes attending the meet unaccompanied by a USA Swimming coach must report to the meet referee or meet director prior to warming up for each session. The athlete will be assigned to a coach on deck for each session of the meet that s/he is entered. Any swimmers 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.

Format: Current USA Swimming rules apply. All events are competed as timed finals. Events will be pre-seeded and swum slowest to fastest. The Meet Director may insert breaks between events and reduce lane configurations in order to maintain an appropriate timeline for the athletes.

Age Groups: This is a swim your own age competition. Athletes will race in the following age categories: 7 & under, 8, 9, 10, 11, 12, 13, 14, and 15 and over.

Facility Rules:

1. **Keep all trash picked up and do not block exit doors or aisles.**
2. **Swimmers, parents, and spectators are not permitted in any unauthorized areas or to use REC exercise equipment**
3. **"No Smoking" laws are in effect. SIU is a tobacco free campus**
4. **Cell phones with video and video recording devices are prohibited in all locker rooms and restrooms.**

Changing Policy: Changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited by Ozark Swimming. Shea Natatorium provides male and female locker rooms with private changing booths as well as a private family changing room. Changing into or out of swimsuits is prohibited in any area except these locations. **Athletes violating this policy will be ejected from the remainder of the meet.**

Camera Policy: Per USA Swimming guidelines, use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Violators will be reported to law enforcement or other government authorities and/or may be barred from the facility during this sanctioned event. This policy applies to athletes, as well as meet staff and spectators.

Drone Policy: 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.

COVID Risk Alert:

“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, OZARK SWIMMING, THE SALUKI SWIM CLUB, SOUTHERN ILLINOIS UNIVERSITY 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.”

Awards: Ribbons will be awarded for 1st through 8th place in 12 and under events.

Entry Fees: There is an entry fee of \$5.00 per event and \$8.00 surcharge per athlete (this includes a \$2 Ozark Swimming surcharge).

Limits: Athletes are limited to 4 events. The total number of entries will be limited to assure a reasonable timeline and compliance with USA Swimming guidelines for session length. No team entries will be split. The athlete count will be limited to 200.

Officials: Officials must wear white shirt, khaki, navy, or black shorts, pants, or skirts, and white shoes. Apprentice sessions may be available, but please get approval from Bill Rener: bill.renerswim@att.net and Shawn Rees: sjrees25@gmail.com

Entry Process: Entries will be accepted starting on September 15th, 2022. Teams must submit entries in electronic format to the email address below by noon September 25th. Teams will receive a confirmation of receipt within 24 hours of entry. This receipt does not indicate or assure entry into the meet.

Teams will be notified of acceptance by September 26th. Team entries will not be split. All entry times will be converted by Meet Manager to short-course yards. Deck entries will be accepted at the discretion of the meet director with a \$5.00 per event additional fee. All entries will close 1/2 hour prior to the start of the meet. **All entry fees and the signed waivers must be in the hands of the Admin Official 1/2 hour prior to the start of competition, or those entries will be scratched.**

Send entries to: winnie.lin@me.com

Deadline: All entries must be received by September 25th at 5:00 p.m. Late entries will be accepted if the meet is not full.

Contacts:

- Meet Director: Thomas Huggins salukiswimming@gmail.com (618) 559-5992
- Meet Referee: Jeff McCoskey jmack6r@hotmail.com (618) 889-1672
- Safety Marshal: Elwin Zubiri elwin.zubiri@gmail.com (571)970-8454
- Admin Official: Wan Nei Lin, Winnie winnie.lin@me.com (618) 513-1111
- Officials Coordinator: Shawn Rees: sjrees25@gmail.com (618) 841-8635

The psych sheet will be posted by September 28th. Heat sheets will be email to the coach on September 30th.

Meet Program

Warmups Begin at 9:15 am, competition Begins at 10:00 am

Girls	Event	Boys
1	7 & Under 25 Butterfly	2
3	8-year-old 25 Butterfly	4
5	9-year-old 50 Butterfly	6
7	10-year-old 50 Butterfly	8
9	11-year-old 50 Butterfly	10
11	12-year-old 100 Butterfly	12
13	13-year-old 100 Butterfly	14
15	14-year-old 100 Butterfly	16
17	15 & over 100 Butterfly	18
19	7 & Under 25 Back	20
21	8-year-old 25 Back	22
23	9-year-old 50 Back	24
25	10-year-old 50 Back	26
27	11-year-old 50 Back	28
29	12-year-old 100 Back	30
31	13-year-old 100 Back	32
33	14-year-old 100 Back	34
35	15 & over 100 Back	36

Girls	Event	Boys
37	7 & Under 25 Breast	38
39	8-year-old 25 Breast	40
41	9-year-old 50 Breast	42
43	10-year-old 50 Breast	44
45	11-year-old 50 Breast	46
47	12-year-old 100 Breast	48
49	13-year-old 100 Breast	50
51	14-year-old 100 Breast	52
53	15 & over 100 Breast	54
55	7 & Under 25 Free	56
57	8-year-old 25 Free	58
59	9-year-old 50 Free	60
61	10-year-old 50 Free	62
63	11-year-old 50 Free	64
65	12-year-old 100 Free	66
67	13-year-old 100 Free	68
69	14-year-old 100Free	70
71	15 & over 100 Free	72

All events will be competed as timed finals.

2022 Saluki Swim Your Own Age Entry Summary and Release Form

Team: _____ Code: _____ LSC: _____ Address: _____

City: _____
State: _____ Zip code: _____
Head Coach: _____ Phone#: _____
Email: _____ Entry _____
Contact: _____
Phone#: _____ Email: _____

Entry Summary:

Number of Athletes Entered: _____ x \$8.00 = _____ Number of
Individual Events Entered: _____ x \$5.00 = _____ Total amount
enclosed: _____

Please make your check payable to: Saluki Swim Club

PO Box 3293 Carbondale, IL 62902

Release

It is understood and agreed that Saluki Swim Club Inc., Southern Illinois University, USA Swimming, and Ozark Swimming shall be free and held harmless for any liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of the event. I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming, and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: _____ Title: _____
Date: _____

SIU Student Recreation Center Rules and Policies

The following are the rules and policies for the use of the SIU Student Recreation Center during swimming competitions. These policies are in place for the safety of all swimmers, guests, students, and Rec Center members. We appreciate your help in abiding by these rules.

Parent & Spectators

Parking is open in the Rec Center lot on Saturdays and Sundays. Please do not park in the Student Health Center parking spots. If you choose to park in a numbered spot, you must pay even on the weekend.

Parent spectators are not allowed in the lower portion of the SIU Rec Center. Once entering the building, parent spectators will be directed upstairs to spectator area. Only swimmers will be allowed into the lower level of the Rec Center. Swimmers will be allowed to go upstairs to the spectator area but must be dry and wearing clothes and shoes.

You are welcome to bring your own chairs to use in the 2nd floor hallway observation areas, but you must take your chairs with you when you leave the building. Please DO NOT leave your chairs overnight or between sessions. The SIU Student Rec Center is not responsible for any items left in the building. Any chairs or items left overnight or between sessions will be removed. Parent volunteers should check in at the front. All parent volunteers listed on the worker sign-up sheet will be given volunteer credentials and will be allowed access to the lower level. Parent volunteers should immediately report to the pool deck, entering through the locker rooms.

Swimmers, Coaches, and Officials

Swimmers, Coaches, and Officials will be admitted to the lower level of the Rec Center. Swimmers should identify themselves as swimmers and Coaches and Officials should show their USA Swimming Coaches Registration card at the gate.

If young swimmers need an escort to the locker room area, there will be staff there to escort swimmers to the locker room. Parents will not be allowed to escort swimmers to the locker room or pool deck.

Swimmers, Coaches, and Officials should enter and exit the pool area through the locker room. Please use only the locker rooms to enter and exit the pool area.

When downstairs, swimmers should only be in the pool area or the locker room. Swimmers are welcome to go upstairs to the spectator area, but they must be dry and wearing shirt, shoes, and clothes and exit through the locker room area.