

2021 Ozark Long Course Champs



July 23-25, 2021

Chuck Fruit Aquatic Center

Edwardsville, IL

OZARK SWIMMING
LONG COURSE CHAMPIONSHIPS
JULY 23-25, 2021

Host(s): Metro East Titans Swimming

Sanction: Held under USA Swimming/Ozark Swimming Sanction #6133

Key Officials

- Meet Referee: Stephanie Petersen 314-307-6093 legos-lb@sbcglobal.net / Jeff McCoskey 618-889-1672 jmack6R@hotmail.com
- Admin Referee: Dana LeVasseur 804-986-9591/ dnalver@hotmail.com / Steve Grimm 636-233-7076 steve.grimm-swim@charter.net
- Meet Director: Bob Rettle 618-407-7665 metsswim@gmail.com
- Safety Marshall: Brooke Osborn 618-972-3885 brookelowery@yahoo.com
- Meet Entries: metsswim@gmail.com

Location:

Chuck Fruit Aquatic Center
6168 Center Grove Rd.
Edwardsville, IL 62025
618-407-7665

Deck Policy: Deck changes, changing into or out of swimsuits other than in the locker rooms or other designated areas, are prohibited.

Camera Policy: Per USA Swimming and Ozark Swimming guidelines, use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, 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 event. Flash photography is not authorized at any time during this meet.

Concessions: Limited concessions will be available during the competition.

Parking: Parking is in the EHS Sports Complex that houses The Chuck Fruit Aquatic Center.

COVID-19: 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Schedule:

10&U, 11-12 AM Sessions:

- 1st Warm-up: 7:30 AM 2nd Warm-up: 7:55AM
- Meet Start: 8:30 AM

13-14 Mid-Sessions:

- 1st Warm-up: 11:00 AM 2nd Warm-up: 11:25 AM
- Meet Start: 12:00 PM

15&O PM Sessions:

- 1st Warm-up: 3:00 PM 2nd Warm-up: 3:25 PM
- Meet Start: 4:00 PM

*** Warm-up and session start times may change based on final entry and timelines***

Meet Format: All events will be contested as timed finals.

Meet Safety: In accordance with the recommendations of USA Swimming and the Ozark LSC, this meet will operate this meet under the guidance of a Safety Marshall.

Scoring

Scoring will be to 16 places as follows:

Individual events = 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay events = 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

The 800 Free will be scored as 13-14 (Boys & Girls) and 15 and Over (Boys & Girls)

AWARDS

Individual events: Medals for 1st through 8th; Ribbons for 9th through 16th

Relay events: Medals for 1st through 3rd; Ribbons for 4th through 8th

The Penny Taylor Memorial Award: This award will be presented to the outstanding swimmer of the meet as voted on by the coaches and through the following point system: 1 point for an Ozark Record, 1 point for winning an individual event, and 1 point for each coach's vote.

Ozark Team Sportsmanship Award: This award is presented to the team, which displays the best sportsmanship, team support, positive attitudes, and has the best team appearance.

Individual High Point Trophies: The top 3 swimmers scoring the highest number of individual points in each age group & gender will be awarded a high point trophy.

Age Group Team Awards: The team scoring the most points in each age group & gender will be announced at the conclusion of the meet. No awards will be given for these categories.

Overall Team Awards (combined Gender and Age Groups): Trophies will be presented to 1st, 2nd, 3rd place teams.

General Conduct

Seeding and Swimmer Check-in:

All events (except for the 400 Free, 400 IM, and 800 Free which will be positive check-in events) will be pre-seeded. All relay events are timed final events and coaches must turn in relay cards by the announced deadlines. Turned in relay cards will be considered a positive check in. Any relays not turned in by the deadline will be scratched from the event.

The 400 Free, 400 IM and 800 Free will be deck seeded by positive check-in. It will be seeded fastest to slowest, alternating girl's and boy's heats. Positive check-in for the 400 IM is due 30 minutes before the session start time they are held in. Swimmers must positively check-in for the 400 Free and 800 Free by the conclusion of the first event of the session they are held in. Any scratch after positively checking in for the 400 Free, 400 IM and 800 Free will result in a \$50 fine payable to Ozark Swimming.

Swimmers must provide their own timers (2) and lap-counter for these events, as well.

Warm-up Procedures:

Warm-up procedures will be defined by the Ozark LSC safety regulations. A swimmer attending a meet without a USA-S certified coach must report to the meet referee or meet director prior to warming up for each session in which he is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he has entered. The referee or his designee shall instruct the swimmers in the safety rules and assign them to a lane.

Lanes will be assigned.

Scratches:

- Any swimmers NOT reporting for, or competing in an individual event (except the 800 Free, 400 Free, and 400 IM after positive check in) shall not be penalized.

Entry Procedures

Eligibility:

All swimmers must be 2021 athlete members of USA Swimming as provided in Article 302 of the USA Swimming Rule Book. 'Applied for' will not be accepted. On deck registration is not available. 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 \$100.00 fine per athlete will be imposed.** All swimmers must be a member of Ozark Swimming for this LSC championship. 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.

Swimmer's Age: Age of swimmer for pool competition shall be as of July 23, 2021, the first day of the pool competition.

Entry Limit:

Individual Events: Swimmers may enter a maximum of 7 individual events for the entire meet and can enter no more than 3 individual events per day. Any swimmer who enters more than the prescribed number of events will be scratched down to the event limit starting with the highest event number on that day the over-entry occurs.

Relay Events: Each team will be permitted to enter two (2) scoring relays for each relay event. "NT". You may enter "Relay Only" swimmers in the meet to swim on the relays, even if they do not have individual events, but those swimmers' names must be included with your team's entries and must pay the posted surcharge for entering the meet.

Time Trials: Time trials will be held at the end of each session Saturday and Sunday if timelines allow and at the discretion of the meet referee. Entries are due prior to the final event of each session. Time trials are \$10:00 per individual event and \$40 per relay event. Fees must be paid at the time of submission.

Qualifying Times:

Swimmers must have achieved the BB time standard in each event for which they are entered. Swimmers who only have the short course meter or short course yard cut for an individual event must enter at the short course meter or short course yard time achieved. The meet will be seeded in the following order:

- LCM first seeding priority
- SCM Second seeding priority
- SCY Third seeding priority.

The meet will be seeded in accordance to USA swimming rules (refer to rule 207.12.7).

Qualifying Period:

The qualifying swims must have occurred between January 1, 2020 and the entry deadline date of July 16, 2021.

Proof of Times:

The host club will confirm all entry times with the USA Swimming SWIMS database prior to the meet. Entry times must be validated by SWIMS to meet the standard of proof. Any entry time that is not found in SWIMS will be flagged and a report will be emailed to all entry contacts with flagged times prior to the meet. If a swimmer on the report chooses to compete and fails to achieve the BB time standard in a flagged event at the meet, a \$50 fine will be assessed, and the swimmer will be ejected from the remainder of the meet.

Entry Fees:

Individual events = \$5.00

Relay events = \$20.00

Swimmer Surcharge \$20.00

All entry fee checks should made payable to: METS and hand delivered to Bob Rettle, prior to the start of your team's first warm-up!!!!

Submitting:

Please submit entries in long course meter times. Any entry times for limited events not found in SWIMS must be proven by other means; meet results or TM proof of times from USA Sanctioned meets are sufficient. There will be no refunds due to illness or weather cancellations.

Please submit entries to: metsswim@gmail.com

****Entries must be received by 8:00 p.m. Friday July 16th, 2021****

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. No coolers are allowed on the pool deck or in spectator seating. We want to make sure all spectators have a place to sit. No chairs are permitted in the spectator area.

3. Upstairs doors leading into the spectator area must remain closed at all times, per Fire Marshall order.
4. “No Smoking” laws are in effect. No smoking or tobacco products are allowed on District 7 property.
5. Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms, or locker rooms at any time.
6. 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.

Event List

Warm-up/cool-down breaks will be inserted during each session. These breaks will be determined after entry counts and timelines are finalized.

Friday AM Session (10&U, 11-12)

Girls	Event	Boys
1	10&U 50 Breast	2
3	11-12 50 Breast	4
5	10&U 100 Free	6
7	11-12 100 Free	8
9	10&U 50 Fly	10
11	11-12 50 Fly	12
13	10&U 100 Back	14
15	11-12 100 Back	16
17	10&U 200 Free Relay	18
19	11-12 200 Free Relay	20

Friday Mid-Session (13-14)

Girls	Event	Boys
21	13-14 400 IM	22
23	13-14 100 Breast	24
25	13-14 200 Free	26
27	13-14 100 Fly	28
29	13-14 200 Free Relay	30

Friday PM Session (15&O)

Girls	Event	Boys
31	15&O 400 IM	32
33	15&O 100 Breast	34
35	15&O 200 Free	36
37	15&O 100 Fly	38
39	15&O 200 Free Relay	40

Saturday AM Session
(10&U, 11-12)

Girls	Event	Boys
41	10&U 200 IM	42
43	11-12 200 IM	44
45	10&U 100 Breast	46
47	11-12 100 Breast	48
49	10&U 50 Free	50
51	11-12 50 Free	52
53	11-12 400 Free	54

Saturday Mid-Session
(13-14)

Girls	Event	Boys
55	13-14 200 IM	56
57	13-14 50 Free	58
59	13-14 200 Breast	60
61	13-14 100 Back	62
63	13-14 400 Free	64
65	13-14 Medley Relay	66

Saturday PM Session
(15&O)

Girls	Event	Boys
67	15&O 200 IM	68
69	15&O 50 Free	70
71	15&O 200 Breast	72
73	15&O 100 Back	74
75	15&O 400 Free	76
77	15&O 200 Medley Relay	78

Sunday AM Session
(10&U, 11-12)

Girls	Event	Boys
79	10&U 200 Frees	80
81	11-12 200 Free	82
83	10&U 50 Back	84
85	11-12 50 Back	86
87	10&U 100 Fly	88
89	11-12 100 Fly	90
91	10&U 200 Medley Relay	92
92	11-12 200 Medley Relay	94

Sunday Mid-Session
(13-14)

Girls	Event	Boys
95	13-14 200 Back	96
97	13-14 100 Free	98
99	13-14 200 Fly	100
101	13-14 800 Free	102

Sunday Finals
(15&O)

Girls	Event	Boys
103	15&O 200 Back	104
105	15&O 100 Free	106
107	15&O 200 Fly	108
109	15&O 800 Free	110

Local Hotels Within 5 Minutes of Pool

Holiday Inn Express & Suites Edwardsville, IL



- Rooms with microwave, mini fridge and Keurig® brewer
- Complimentary hot breakfast
- Complimentary Wi-Fi
- Indoor pool & fitness center
- Nearby walking/biking trails



1000 Plummer Dr, Edwardsville, IL 62025
618-692-7255
hiexpress.com/edwardsvilleil
fb.me/HolidayInnExpressEdwardsvilleIL

Comfort Inn Edwardsville, IL



- Newly-renovated
- Re-opened April 2017
- Complimentary hot breakfast
- Complimentary Wi-Fi
- Indoor pool & fitness center
- Convenient access to SIU campus and downtown St. Louis with easy I-270 access



3080 S SR 157, Edwardsville, IL 62025
618-656-4900
choicehotels.com/il423
fb.me/ComfortInnEdwardsville

Holiday Inn Express Troy, IL



- Rooms with microwave, mini fridge and Keurig® brewer
- Complimentary hot breakfast
- Complimentary Wi-Fi
- Indoor pool & fitness center
- Brand new hotel



2011 Formosa Rd, Troy, IL 62294
618-667-2301
hiexpress/troyil
fb.me/HolidayInnExpressTroyIL

Towneplace Suites by Marriott Edwardsville, IL



- Spacious suites with full kitchens
- Complimentary hot breakfast
- Complimentary Wi-Fi
- Indoor pool & fitness center
- Extended stay rates

**TOWNEPLACE
SUITES®**
MARRIOTT

6160 Center Grove Rd, Edwardsville IL
Pre-Opening 618-692-5298
OPENING JANUARY 2019

For group rates and availability, please contact our Sales Coordinator, Jasmine Kumar
at 618-692-5296 or jkumar@genhotels.com