



SEAHAWKS Dive Back In September 13&14, 2025



SPONSOR/HOST	<ul style="list-style-type: none"> Seahawks Swim Club of O'Fallon, IL 		
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-Pending 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 Lindbergh High School 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:	<ul style="list-style-type: none"> 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	Kirsty Stooke	kirsty@theseahawks.com	(618) 670-6141
ADMIN OFFICIAL	Wendy Light	seahawksswimmeet@gmail.com	(423) 963-0282
MEET REFEREE	Dave Berthe	daveberthe@yahoo.com	(202) 251-4919
MEET MARSHALS	Eric Liebmman Mindi Kunz		
ELIGIBILITY:	<ul style="list-style-type: none"> 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. 		

	<ul style="list-style-type: none">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 September 13, 2025 will determine age for the entire meet.															
DISABILITY SWIMMERS:	<ul style="list-style-type: none">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:	<ul style="list-style-type: none">All 12 and under swimmers will swim in the 1st and 3rd sessions.All 13 and over swimmers will swim in the 2nd and 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 & Sunday AM</td><td>8:30 am</td><td>8:55 – 9:20 am</td><td>9:30 am</td></tr><tr><td>Saturday & Sunday PM</td><td>1:30 – 1:55 pm</td><td>1:55 – 2:20 pm</td><td>2:30 pm</td></tr></table> <p>* 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.</p> <ul style="list-style-type: none">Lane assignment and warm-up times for individual clubs will be posted on the Seahawks website no later than Wednesday, September 10th 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 & Sunday AM	8:30 am	8:55 – 9:20 am	9:30 am	Saturday & Sunday PM	1:30 – 1:55 pm	1:55 – 2:20 pm	2:30 pm
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ENTRIES:	<p>Entries will be accepted starting Friday, August 29, 9:00 AM</p> <p>DEADLINE FOR THE RECEIPT OF ENTRIES Monday 8 September at 12:00 PM.</p> <ul style="list-style-type: none">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.Swimmers may enter a maximum of 6 individual events and 1 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 processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.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:	<ul style="list-style-type: none">All events will be pre-seeded.															

	<ul style="list-style-type: none"> • 12 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there. • All events will be swum slow to fast • Mixed relays must have 2 boys and 2 girls on a relay team.
FEES:	<ul style="list-style-type: none"> • Individual events: \$5.00 • Relay events: \$16.00 • Swimmer Surcharge: \$18.00 • Time Trials: \$7.00 • \$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 Saturday morning. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/UPS, etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
TIME TRIALS:	<ul style="list-style-type: none"> • Time trials may be conducted at the completion of each session. 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:	<ul style="list-style-type: none"> • Individual Awards: Individual ribbons will be awarded for places one through sixteen for ages 12 and below. • Heat Awards: Heat awards will be given to swimmers upon completion of their races.
SCORING	<ul style="list-style-type: none"> • No scoring for this meet.
SAFETY	<ul style="list-style-type: none"> • A first aid kit, AED machine, and back board will be on the pool deck.
BULL PEN	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Two lanes will be available in the rec pool during the meet for warmup and cool down during the meet. • 12 and under swimmers need to be supervised while in the rec pool.
RULES:	<ul style="list-style-type: none"> • 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 2nd and 4th sessions and may be used for the 1st and 3rd 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 or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership.

	<ul style="list-style-type: none"> ○ 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:	<ul style="list-style-type: none"> • 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, September 8th. • Official meetings will be held 45 minutes prior to the start of each session.
TIMERS:	<ul style="list-style-type: none"> • Timers will be provided by the host team for all events.
GENERAL:	<ul style="list-style-type: none"> • A hospitality for coaches and officials will be provided for those coaches and officials. • 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:	<ul style="list-style-type: none"> • 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 DIVE BACK IN MEET

SATURDAY MORNING

EVENT	
1	Mixed 10&U 200 Medley Relay
2	Mixed 11-12 200 Medley Relay
	10 Minute Break
3	Mixed 10&u 100 IM
4	Mixed 11-12 100 IM
5	Mixed 8&u 25 Butterfly
6	Mixed 9-12 50 Butterfly
7	Mixed 8&u 50 Backstroke
8	Mixed 9-12 100 Backstroke
9	Mixed 8&u 25 Breaststroke
10	Mixed 9-12 50 Breaststroke
11	Mixed 8&u 50 Freestyle
12	Mixed 9-12 100 Freestyle

SATURDAY AFTERNOON

EVENT	
13	Mixed 13-14 200 Medley Relay
14	Mixed 15&over 200 Medley Relay
	10 Minute Break
15	Mixed 13-14 100 IM
16	Mixed 15&over 100 IM
17	Mixed 13-14 50 Butterfly
18	Mixed 15&over 50 Butterfly
19	Mixed 13&over 200 Butterfly
20	Mixed 13-14 100 Backstroke
21	Mixed 15&over 100 Backstroke
22	Mixed 13-14 50 Breaststroke
23	Mixed 15&over 50 Breaststroke
24	Mixed 13&over 200 Breaststroke
25	Mixed 13-14 100 Freestyle
26	Mixed 15&over 100 Freestyle

SUNDAY MORNING

EVENT	
27	Mixed 10&U 200 Freestyle Relay
28	Mixed 11-12 200 Freestyle Relay
	10 Minute Break
29	Mixed 8&u 50 Butterfly
30	Mixed 9-12 100 Butterfly
31	Mixed 8&u 25 Backstroke
32	Mixed 9-12 50 Backstroke
33	Mixed 8&u 50 Breaststroke
34	Mixed 9-12 100 Breaststroke
35	Mixed 8&u 25 Freestyle
36	Mixed 9-12 50 Freestyle

SUNDAY AFTERNOON

EVENT	
37	Mixed 13-14 200 Freestyle Relay
38	Mixed 15&over Freestyle Relay
	10 Minute Break
39	Mixed 13-14 100 Butterfly
40	Mixed 15&over 100 Butterfly
41	Mixed 13-14 50 Backstroke
42	Mixed 15&over 50 Backstroke
43	Mixed 13&over 200 Backstroke
44	Mixed 13-14 100 Breaststroke
45	Mixed 15&over 100 Breaststroke
46	Mixed 13-14 50 Freestyle
47	Mixed 15&over 50 Freestyle
48	Mixed 13&over 200 Freestyle