

Midwest Swim Conference Championship Meet

July 19, 2025



Hosted by: Trenton Torpedoes & KP StingRays Swim Club

MCKENDREE
METROREC
PLEX

205 Rec Plex Drive, O'Fallon, IL 62269
618.589.3800

Participating Teams

Dorchester Dolphins
Freeburg Waves
Highland Splash
Hilltoppers Gators

KP StingRays Swim Club
O'Fallon Breakers
St. Clair Country Club
Trenton Torpedoes

Midwest Swim Conference Board of Directors

President: Jeff King	
Vice President: Kevin McGinley	
Secretary: Mike Nolte	
Treasurer: Gail Oulvey	
Dorchester: Eric Liebmann	Freeburg: Alicia Reynolds
Highland: Kevin McGinley	Hilltoppers: Mike Nolte
O'Fallon: Gail Oulvey	St. Clair: Samantha Riley
Trenton: Amy Page	KP Stingrays: Paul Wuller

Meet Officials

Meet Director

Amy Page
Paul Wuller

Meet Referee & Chief Judge

Jeff King

Lead Scorer

Samantha Riley

Special Thanks

McKendree Metro Rec Plex
Seahawks Swim Club

General Information

PARKING -- See McKendree Metro Rec Plex map.

CRASH AREA -- See McKendree Metro Rec Plex map. Each team will be assigned a location outlined on the facility map.

CONCESSIONS -- The McKendree Metro Rec Plex concession stand is set up with breakfast and lunch food, Gatorade, soda, fruit, and other snack items - see facility map.

HEAT SHEETS -- Heat sheets will be available on the Midwest Swim Conference website:

midwestswimmingconference.org

<https://www.teamunify.com/Home.jsp?team=recmsc> and through team reps.

HOSPITALITY AREA -- The hospitality area is for coaches, officials, and team representatives only.

FIRST AID -- McKendree Metro Rec Plex will provide basic first aid services.

RESTROOMS -- Restrooms are located throughout the Rec Plex facility. Swimmers should not use public restrooms to change. Please use locker rooms. See facility map for locations.

RESULTS -- Results will be posted throughout the meet on the results board and announced throughout the meet.

Warm-Up Assignments

Competition Pool

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
7:00-7:25	Highland					O'Fallon				
7:25-7:50	Trenton		KP			St. Clair				
7:50-8:15	Hilltoppers				Dorchester		Freeburg			

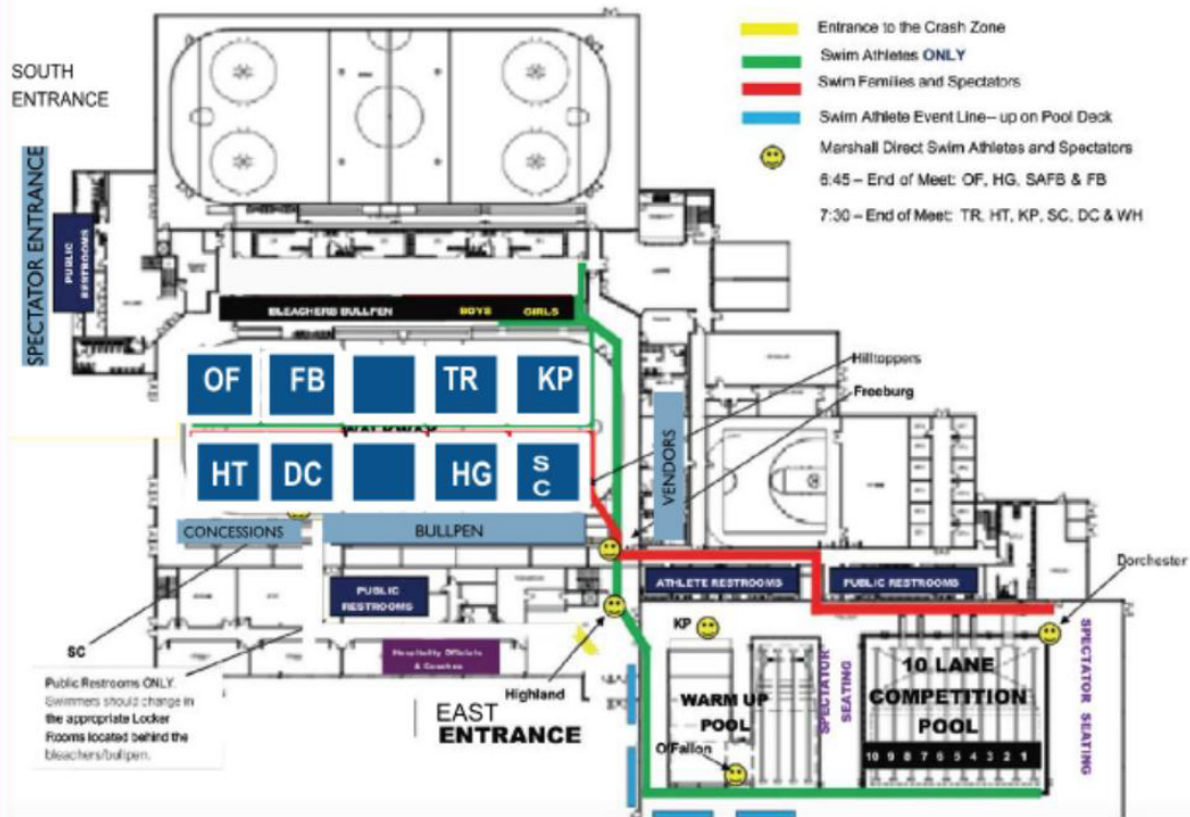
Recreation Pool

Time	Lane 1	Lane 2	Lane 3	Lane 4
7:00-7:25	Highland		O'Fallon	
7:25-7:50	St. Clair	KP	O'Fallon	Highland
7:50-8:15	Freeburg		Dorchester	Hilltoppers

Meet Schedule of Events

Time	Event	Location
7:00-8:15am	Warm-ups	Competition Pool & Recreation Pool
7:45am	Team Representatives Meeting	Hospitality Room
7:55am	Officials Meeting	Hospitality Room
7:55am	Clerk of Course & Bullpen Meeting	Bullpen
8:10am	Coaches Meeting	Hospitality Room
8:10am	Timers Meeting	Pool Deck
8:25am	National Anthem	Crash Area & Pool Deck
8:30am	Meet Begins	Competition Pool

Metro Rec Plex Facility Map



MORE THAN YOU EXPECT

- 4,000 ft² Weight Room
- 40+ Group Fitness Classes Offered Per Week
- Over 80 Pieces of Equipment
- 5,000 ft² Cardio Room
- Recreational & Competition Pools
- 2 NHL-Sized Hockey Rinks
- Childcare





Midwest Swim Conference Rules 2025



Meet Start Time: 8:30 a.m.

Meet rules have been approved by all teams and will follow USA Swim guidelines.

- Swimmers shall wear only a swimsuit, cap, and goggles
- No jewelry except for earring studs
- No watches
- No tie-back swimsuits
- No KT tape . . . unless approved by a doctor's note
- USA Swim Tech Swimsuit rules apply to the age group the swimmer is swimming in this meet. If a swimmer's age has changed during the summer season, they must follow the rules of the age group they are swimming in regardless of actual age. Please see the USA swim rules listed below for clarification.
- Spectators must be quiet at the start of every event
- No coaches or spectators behind the blocks
- No spectator chairs allowed on deck . . . coaches only.
- Relays with 25 yard distances may dive off both sides of the pool. They may also choose to start in the water. This is a swimmer/coach choice.
- Coaches should present any concerns to the meet or deck referee
- If any issues or concerns arise, please contact your own Team Representative and/or Coach.
- Spectators/Parents are not allowed to approach any officials during the meet. All concerns must go through your Coach or Team Representative.
- No playing around in the warm up pool.
- No deck entries.

102.8 SWIMWEAR

.1 Design

F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

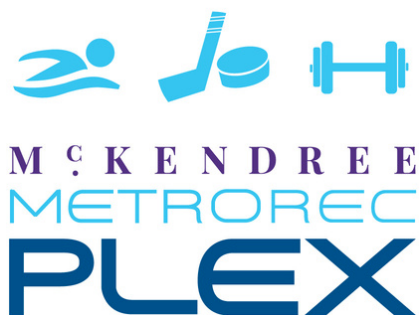
1) *A Technical Suit is one that has the following components:*

Any suit with any bonded or taped seams regardless of its fabric or silhouette; or b. Any suit with woven fabric extending past the hips. (Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.) This rule is in effect for all USA Swimming competitions in the United States, so any manufacturer or vendor selling a suit in the United States is subject to the above rule. No Technical Suits may be worn by any 12-Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

A Technical Suit is one that has the following components:

- Any male or female suit with any bonded or taped seams is defined as a technical suit regardless of its fabric or silhouette.
- Any male or female suit with woven fabric and to the knee or mid-thigh is defined as a technical suit regardless of the type seams: bonded, taped or sewn. (Note: A woven suit with sewn seams and in a male brief or female regular cut not to the knees is not defined as a technical suit and is not restricted).



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AMENITIES

- 2 NHL-Sized Ice Rinks
- 4000 Sq. Ft Weight Room
- 5000 Sq. Ft Cardio Center
- Elevated Track
- Group Fitness Classes
- 1/2 Court Basketball Gym
- Member Pricing on Programs
- Group Exercise Programs
- 25-Yard Competition Pool
- Zero Entry Recreation Pool
- Group & Private Swim Lessons
- Skate & Figure Skating Lessons
- Hockey Leagues

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