

2009 St. Louis YMCA District Swim Championships
February 27- March 1, 2009
Hosted by CRCY Barracudas
Centralia Recreation Complex
Centralia, IL
YMCA Sanction CAQ 08-09 5101
USA Swimming Sanction _____

Hosted By: Centralia Recreation Complex YMCA Swim Team

Location: Centralia Recreation Complex, 115 E. 2nd Street, Centralia, IL 62801

Directions: The Centralia Recreation Complex is located in Centralia, IL. From St. Louis area, take I-64 east to exit 61 (US 51). Turn left onto US 51 North. Follow US 51 eight miles into Centralia. After crossing the tracks, continue straight until you reach the 2nd traffic light. At the light turn left and continue two blocks. The Centralia Recreation Complex will be on your left. You can find a Google map at www.crcycudas.com under the "Pool Locations" tab.

Please allow ample time when going through Centralia as railroad crossings generally last 10 minutes or longer. The train crossings from US 51 have no bypass.

Facility: The facility features a six-lane, 25 yard pool with non-turbulent lane lines. A full six line Colorado Timing System will be utilized with 2 manual timers per lane serving as a backup. There will be a hospitality room for coaches and meet officials only. Seating is available for spectators in the pool area. No spectators will be allowed on the pool deck (except on the raised platform on the northside of the pool). **No flash cameras may be used at any time during the meet. No food or drink will be allowed in the pool area.** Locker rooms will be available for changing. No shaving will be allowed on meet premises. No video recorders or cell phones with video cameras will be allowed in the locker rooms. Each team will be given a designated area in the gymnasium to be used as a team area. Space will be allotted as to number of District Swimmers. Lawn chairs may be brought into each team's designated area. No food, drink or coolers will be allowed in the team area. **No coolers may be brought into the team areas, however coolers may be brought into the concession area. No coolers will be allowed in the hallways.** Food concessions will be available during all sessions. Vendors will also be selling merchandise in the team area. No smoking is allowed in any area of the building. Medical personnel will be on duty on the pool deck at all times during the meet.

Coaches: Per Illinois/Missouri Area rules, only certified coaches and meet officials will be permitted on the main pool deck during the meet. Coaches must receive coaches' clearance of certifications from Jeanette Mix. **Deck passes will only be issued to qualified coaches that meet all certification requirements.**

Swimming Schedule: Championship Meet Format, with prelims being swam Saturday and Finals Sunday. **The exception to this will be events 57-60, the 500 freestyle events which will be swum as timed finals on Friday night.** Prelims will consist of championship seeding using 6 lanes for all swimmers. Swimmers who place in the top 12 of each event on

Saturday will qualify for finals or consolation finals on Sunday. To ensure six finalists, two alternate qualifiers will be specified for the finals, i.e. 1st, 2nd qualifiers in the consolation heat. In the event that an alternate advances to the finals, there will not be alternates moved up for the consolation heat. Alternates shall not be penalized for a “no show” if called upon to participate in finals.

Time trials, for qualification for YMCA Nationals, will be held Friday night 30 minutes after the end of the session. Swimmers in these events must provide their own timer and lap counter (if needed). See attached information related to time trials.

If a high school boy participating in the IHSA state meet is unable to swim in their prelim session, then a time trial opportunity will be made available for them on Sunday following the finals; with qualifying times from the trials being used to qualify and seed these swimmers in the preliminaries for the Illinois-Missouri Area Championship Meet. Coaches should go ahead and enter them as normal in the meet file, but make it known to the host when submitting the entries. **This time trial is available only to IHSA state meet participants.**

Entries:

The entries, entry fees, room parent list, time trials form, summary of fees form and officials list must be received by Wednesday, February 18, 2009. The entries must be submitted electronically and may be provided on computer disk or electronically via e-mail to the Meet Director. Submission format is Hytek Commlink file, as per district rules. A printed copy may also be sent, but the electronic file is the official team entry. It is the responsibility of each team to check their entries for errors. There will be no additions or changes once the entry deadline has passed.

Per the district by-laws, all entry fees and required forms must accompany the official entry. A late fee of \$100 will be assessed to any team that does not meet the entry deadline. The late fee will be made payable to the St. Louis District Swim Committee.

Exhibition swimming is prohibited. Swimmers may compete in four events, only three of which may be individual events. Each association may enter two (2) relay teams per relay event. Only the “A” relay is eligible to advance to the Area Meet. There is no limit on the number of swimmers that may be entered in each individual event per team, but coaches must designate area entry by fastest times only. Time Trial events do not count against the number of official events a swimmer may compete in.

A swimmer’s age as of **December 1, 2008** determines the age group for competition. Swimmers must meet all Area eligibility requirements including YMCA full privilege membership in good standing, required meet participation, and amateur status rules. In individual events, a swimmer may only swim in one competitive age group. In relay events, a swimmer may swim up one age group (or two age groups for 11-12’s only). The 8 & under and 9-10 age groups can not swim up 2 age groups. No swimmer may compete in more than one relay event per relay cluster (e.g. only one free or medley relay).

Official scratch sheets will be provided at the meet and must be turned in regardless of whether or not a team has scratches for that session. Scratch sheets must be turned in to the Meet Referee 30 minutes before the start of the session. A no-show for an event removes the swimmer from the balance of the meet. Declared false starts may only be used in prelims and swim offs. The declared false start must be in writing to the Meet Referee or Deck Referee before the heat for which the declaration is being made is called to the blocks.

This will be a USA Swimming approved meet (USA swimming, Ozark Swimming sanction number _____). Those teams that want their swimmers swims observed and times recorded in the USA Swimming data base (SWIMS) must provide the name (first, middle, last), date of birth, and USA Swimming athlete registration number with their Invitational entries. Please do not build and ID in Team Manager if the swimmers are not registered with USA Swimming as this will delay the process of getting times submitted into SWIMS.

Entry Fees:

Entry fees are \$3.00 per individual event and \$12.00 per relay. There is also a \$5.00 swimmer surcharge. Entry fees must accompany entry file. Please turn in the team entry fee sheet with check made out to “Centralia Recreation Complex”. Entries must arrive by Wednesday, **February 18, 2009**. Entries may be hand-delivered to the Centralia Recreation Complex, 115 E. 2nd Street, Centralia, IL no later than 7:30 p.m. Wednesday, **February 18, 2009** Coach’s hand-delivering entries should contact Larry Jukes (c) 618-315-1475 (w) 618-532-3214 to make arrangements for receipt of hand-delivered entries.

Entry Submission:

Mail check, summary of fees form, time trials form as well as an email contact to:

Larry Jukes
c/o Centralia Recreation Complex
115 E. 2nd Street
Centralia, IL 62801
618-314-1475 cell
618-532-3214 work
swimcudas@dishmail.net

The Meet Entry Hytek file may also be submitted by e-mail at the address shown above. Note that entry submission will not be considered complete until all materials, including payment, are received.

Officials:

Meet Referee:	Ron Marion
Meet Director:	Bret Cude
Safety Marshall:	Rick Shaw

Each team is required to supply certified officials for the District Swim Championships. A separate form related to officials is attached and must be sent to:

Ron Marion
210 Molly CT
O’Fallon, IL 62269
618-632-1723 (home)
314-853-5682 (cell)

E-mail submissions for officials will be accepted in lieu of the paper form. Officials’ submissions via e-mail should be made to ronmarion25@aol.com.

The officials form must be received by Ron Marion, no later than **February 18, 2009** or your team will be subject to the \$100 late fee for the District Meet. Failure to return this form will result in your team not being entered in the District Meet.

Timers:

Timers will be supplied by the Centralia Recreation Complex YMCA Swim Team and assigned volunteers from the other teams. The number of timers required from each team will be based on entries. Each team will be contacted the week before the meet with the number of timers required, and the sessions they will be required. Coaches or team representatives will acknowledge the request and report back to Larry Jukes that they have their timing slots covered. Timers will report to the blocks when the first event is called to the staging area at the start of each day. We will have two shifts of timers for each session on Saturday, and three sessions of timers for Sunday's finals. The 500 freestyle, events 57-60, will be swum as a timed finals on Friday night. Please advise spectators and parents attending that we will require timers, and they will be asked to volunteer. Swimmers competing in the 500 freestyle events will need to provide their own lap counters.

Swimmers Conduct: It is expected that all coaches, swimmers, parents and spectators alike will exhibit courteous sportsmanship at all times. Running, ball-throwing, horseplay and vandalism will not be permitted in any area of the facility. PLEASE SEE THE ATTACHED RECREATION COMPLEX RULES. Radios, CD/cassette, etc. will be permitted with **HEADPHONES ONLY**. The Meet Director and District Committee shall have final authority to determine disruptive conduct.

These rules will be strictly enforced. Any violation of these rules or codes of conduct may result in the disqualification of a swimmer or an entire team by the district committee.

Awards & Scoring: Points and awards will be rewarded to the top 12 finishers in each event on Sunday.

Scoring:

Individual Events: 16-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 32-28-26-24-22-18-14-12-10-8-6-4

Awards:

Individual & Relays

1st-6th place Championship Medals

7th-12th place Consolation Medals

Age Group Awards:

1st-3rd place Team Trophies, separate boys/girls

Team Awards:

1st-6th place Team Trophies, boys/girls combined

1st-3rd place Team Trophies, boys/girls separate

All age group and team trophies will be presented after the conclusion of finals on Sunday. Coaches or a pre-designated parent only may pick up individual awards following the completion of finals.

All teams will receive one copy of total meet results on Sunday. Teams may bring 1 disk for computer results of the meet to pick up Sunday with awards.

During the meet, results of each event will be posted in the team area for spectators and swimmers and on deck for coaches.

Rules: District and Area Championships shall be governed by current Illinois/Missouri Area YMCA Bylaws, St. Louis YMCA District Bylaws, National YMCA “Rules that Govern Competitive Sports,” and the current USA Swimming Technical Rules..

Liability: The CRCY Swim Team, Centralia Recreation Complex, Fayette County Family YMCA and the St. Louis District Swim Committee do not assume any responsibility for injury or lost or stolen articles.

Hospitality: A Hospitality Room will be available for coaches and meet officials only. Meet officials will also need to register in the Hospitality room.

Heat Sheets: Heat Sheets will be available at the meet:
Complete Prelims \$7.00
Complete Finals \$5.00

If you would like to have an ad in the heat sheet encouraging your swimmer or team, submit the copy in black & white with your team’s entries. The cost is \$100.00 - full page; \$50.00 - half page; and \$25.00 - quarter page; Make checks payable to: “Centralia Recreation Complex”. Ads are due on **February 18, 2009**

District T-Shirts: T-shirts commemorating the 2009 District Championships will be available for advance sale only. An order form will be available at www.crcycudas.com.

Swim Supplies: B&B Aquatics will be at the meet both Saturday and Sunday

Photography: **St. Louis Digital** Photography will be on site both Saturday and Sunday.

Lodging: The Holiday Inn in Mt. Vernon, Illinois, which is located approximately 25 minutes from the Centralia Recreation Complex, is offering a “Swim Team Rate.” The hotel is located at exit 95 of I-64/I-57 on IL Rt 15. **The rate is \$81.00 a night plus tax.** The Holiday Inn has three restaurants – Mr. F’s for breakfast, Krieger’s Sports Grill, and Stonewolf (The Place for Steaks) open in the evening. The hotel has an indoor pool, whirlpool, exercise room and game room. When calling for reservations please contact Diane Morris at 618-241-6957.

Concessions: Concessions will be available in Room 101 during both Prelims and Finals.

Additional Information: Visit the CRCY Barracudas Swim Team website at <http://www.crcycudas.com> for up-to-date information about districts, including meet information, meet results and related information.

Time Schedule:

Session 1 Friday, February 27, 2009

Ages 13-21, 500 Freestyle Timed Finals

5:15 P.M.	Facility Opens for Set Up
5:30-6:15 P.M.	Warm Up (all swimmers)
6:30 P.M.	Meet Begins, 500 frees
7:50 PM	Time Trials for Nationals. All events 101-114 (115-116 (if required) 1650's will be swam Sunday after final event)

Session 2 Prelims Sat., February 28, 2009

9-10 and 8 and under Age Groups

6:45 A.M.	Mandatory Coaches Meeting
7:00-8:10 A.M.	Warm Up (Schedule will be available after we receive entries)
7:45 A.M.	Officials Meeting
8:00 A.M.	Scratches Due
8:15 A.M.	1st Event Called
8:30 A.M.	Session 2 Events Begin

Session 3 Prelims Sat February 28, 2009

11-12, 13-14, and 15-21 Age Groups – Girls Only

12:40-1:30PM	Warm Up
12:45 PM	Officials Meeting
1:30PM	1 st Event Called
1:40PM	Session 3 Events Begin

Session 4 Prelims Sat February 28, 2009

11-12, 13-14, and 15-21 Age Groups – Boys Only

5:30-6:20PM	Warm Up
6:15 PM	Officials Meeting
6:20PM	1 st Event Called
6:30PM	Session 4 Events Begin

Finals Sunday, March 1, 2009

All Age Groups

8:00-10:00 A.M.	Warm Up
9:45 A.M.	Officials Meeting
10:00 A.M.	1st Event Called
10:15 A.M.	Meet Begins

Warm Up Schedule:

The lane distribution for warm up is based on the number of entered swimmers in each age group/session. Two officials will be on deck to monitor swimmers for safety. Per National YMCA rules, there will also be one lifeguard per 25 swimmers at all times.

Warm up schedules and lane assignments will be posted after entries are known.

Order of Events

Friday Time Finals and Saturday Prelims

FRIDAY

Round	Event #	Event
Finals	57	Girls 13-14 500 Freestyle
Finals	58	Boys 13-14 500 Freestyle
Finals	59	Girls 15-21 500 Freestyle
Finals	60	Boys 15-21 500 Freestyle

SESSION 2 - SATURDAY AM

Round	Event #	Event
Prelims	7	Girls 8 & under 100 MR
Prelims	8	Boys 8 & under 100 MR
Prelims	9	Girls 9-10 200 Medley Relay
Prelims	10	Boys 9-10 200 Medley Relay
Prelims	17	Girls 8 & under 100 IM
Prelims	18	Boys 8 & under 100 IM
Prelims	19	Girls 9-10 100 IM
Prelims	20	Boys 9-10 100 IM
Prelims	27	Girls 8 & under 25 Freestyle
Prelims	28	Boys 8 & under 25 Freestyle
Prelims	29	Girls 9-10 50 Freestyle
Prelims	30	Boys 9-10 50 Freestyle
Prelims	37	Girls 8 & under 25 Butterfly
Prelims	38	Boys 8 & under 25 Butterfly
Prelims	39	Girls 9-10 50 Butterfly
Prelims	40	Boys 9-10 50 Butterfly
Prelims	47	Girls 8 & under 50 Freestyle
Prelims	48	Boys 8 & under 50 Freestyle
Prelims	49	Girls 9-10 100 Freestyle
Prelims	50	Boys 9-10 100 Freestyle
Prelims	61	Girls 8 & under 25 Backstroke
Prelims	62	Boys 8 & under 25 Backstroke
Prelims	63	Girls 9-10 50 Backstroke
Prelims	64	Boys 9-10 50 Backstroke
Prelims	71	Girls 8 & under 25 Breaststroke
Prelims	72	Boys 8 & under 25 Breaststroke
Prelims	73	Girls 9-10 50 Breaststroke
Prelims	74	Boys 9-10 50 Breaststroke
Prelims	81	Girls 8 & under 200 FR
Prelims	82	Boys 8 & under 200 FR
Prelims	83	Girls 9-10 200 Freestyle Relay
Prelims	84	Boys 9-10 200 Freestyle Relay

SESSION 3 - SATURDAY PM

Round	Event #	Event
Prelims	1	Girls 11-12 200 Freestyle
Prelims	3	Girls 13-14 200 Freestyle
Prelims	5	Girls 15-21 200 Freestyle
Prelims	11	Girls 11-12 200 Medley Relay
Prelims	13	Girls 13-14 200 Medley Relay
Prelims	15	Girls 15-21 200 Medley Relay
Prelims	21	Girls 11-12 200 IM
Prelims	23	Girls 13-14 200 IM
Prelims	25	Girls 15-21 200 IM
Prelims	31	Girls 11-12 50 Freestyle
Prelims	33	Girls 13-14 50 Freestyle
Prelims	35	Girls 15-21 50 Freestyle
Prelims	41	Girls 11-12 50 Butterfly
Prelims	43	Girls 13-14 100 Butterfly
Prelims	45	Girls 15-21 100 Butterfly
Prelims	51	Girls 11-12 100 Freestyle
Prelims	53	Girls 13-14 100 Freestyle
Prelims	55	Girls 15-21 100 Freestyle
Prelims	65	Girls 11-12 50 Backstroke
Prelims	67	Girls 13-14 100 Backstroke
Prelims	69	Girls 15-21 100 Backstroke
Prelims	75	Girls 11-12 50 Breaststroke
Prelims	77	Girls 13-14 100 Breaststroke
Prelims	79	Girls 15-21 100 Breaststroke
Prelims	85	Girls 11-12 200 Freestyle Relay
Prelims	87	Girls 13-14 200 Freestyle Relay
Prelims	89	Girls 15-21 200 Freestyle Relay

SESSION 4 - SATURDAY PM

Round	Event #	Event
Prelims	2	Boys 11-12 200 Freestyle
Prelims	4	Boys 13-14 200 Freestyle
Prelims	6	Boys 15-21 200 Freestyle
Prelims	12	Boys 11-12 200 Medley Relay
Prelims	14	Boys 13-14 200 Medley Relay
Prelims	16	Boys 15-21 200 Medley Relay
Prelims	22	Boys 11-12 200 IM
Prelims	24	Boys 13-14 200 IM
Prelims	26	Boys 15-21 200 IM
Prelims	32	Boys 11-12 50 Freestyle
Prelims	34	Boys 13-14 50 Freestyle
Prelims	36	Boys 15-21 50 Freestyle
Prelims	42	Boys 11-12 50 Butterfly
Prelims	44	Boys 13-14 100 Butterfly
Prelims	46	Boys 15-21 100 Butterfly
Prelims	52	Boys 11-12 100 Freestyle
Prelims	54	Boys 13-14 100 Freestyle
Prelims	56	Boys 15-21 100 Freestyle
Prelims	66	Boys 11-12 50 Backstroke
Prelims	68	Boys 13-14 100 Backstroke
Prelims	70	Boys 15-21 100 Backstroke
Prelims	76	Boys 11-12 50 Breaststroke
Prelims	78	Boys 13-14 100 Breaststroke
Prelims	80	Boys 15-21 100 Breaststroke
Prelims	86	Boys 11-12 200 Freestyle Relay
Prelims	88	Boys 13-14 200 Freestyle Relay
Prelims	90	Boys 15-21 200 Freestyle Relay

Order of Events Sunday Finals

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1	11-12 200 Freestyle	2
3	13-14 200 Freestyle	4
5	15-21 200 Freestyle	6
7	8&Under 100 Medley Relay	8
9	9-10 200 Medley Relay	10
11	11-12 200 Medley Relay	12
13	13-14 200 Medley Relay	14
15	15-21 200 Medley Relay	16
17	8&Under 100 Individual Medley	18
19	9-10 100 Individual Medley	20
21	11-12 200 Individual Medley	22
23	13-14 200 Individual Medley	24
25	15-21 200 Individual Medley	26
27	8&Under 25 Freestyle	28
29	9-10 50 Freestyle	30
31	11-12 50 Freestyle	32
33	13-14 50 Freestyle	34
35	15-18 50 Freestyle	36
37	8&Under 25 Butterfly	38
39	9-10 50 Butterfly	40
41	11-12 50 Butterfly	42
43	13-14 100 Butterfly	44
45	15-21 100 Butterfly	46
47	8&Under 50 Freestyle	48
49	9-10 100 Freestyle	50
51	11-12 100 Freestyle	52
53	13-14 100 Freestyle	54
55	15-21 100 Freestyle	56
61	8&Under 25 Backstroke	62
63	9-10 50 Backstroke	64
65	11-12 50 Backstroke	66
67	13-14 100 Backstroke	68
69	15-21 100 Backstroke	70
71	8&Under 25 Breaststroke	72
73	9-10 50 Breaststroke	74
75	11-12 50 Breaststroke	76
77	13-14 100 Breaststroke	78
79	15-21 100 Breaststroke	80
81	8&Under 100 Freestyle Relay	82
83	9-10 200 Freestyle Relay	84
85	11-12 200 Freestyle Relay	86
87	13-14 200 Freestyle Relay	88
89	15-21 200 Freestyle Relay	90

St. Louis District Swimming Championships
 Officials for District Championships 2009

Each team is **required** to supply Certified Officials for the District Swim Championships. This completed form is part of your team's entry process. Without this form, your team is **NOT CONSIDERED ENTERED** into the District Championships and you are subject to the \$100 late fee for the District Meet.

TEAM NAME: _____

NAME OF OFFICIAL	CERTIFICATION LEVEL (Level I or Level II)	SESSION AVAILABILITY (Please check all that apply)				
		Session 1 Friday PM	Session 2 Saturday AM	Session 3 Saturday PM	Session 4 Saturday PM	Session 5 Sunday (Finals)
1. _____		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. _____		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. _____		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. _____		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. _____		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any of the above listed Level II-certified officials interested in starting, in addition to stroke and turn judging, please circle that name.

Thank you.

Please return this form to:
 Ron Marion
 210 Molly Ct.
 O'Fallon, IL 62269

E-mail submissions for officials will be accepted in lieu of the paper form. Officials' submissions via e-mail should be made to ronmarion25@aol.com.

**Either this paper form or the e-mail submission of your officials list must be received by
 February 18, 2009 to avoid a \$100 late fee**

St. Louis District YMCA Championships
February 27- March 1, 2009
 Centralia Recreation Complex, Centralia, IL

Complete this form and mail with your entry disk and fees with check made payable to "Centralia Recreation Complex" to:

Larry Jukes
 c/o Centralia Recreation Complex
 115 E. 2nd St.
 Centralia, IL 62801

Summary of Fees

Individual Entries _____ x \$3.00 = _____
 # Relay Entries _____ x \$12.00 = _____
 # Swimmers _____ x \$5.00 Surcharge = _____
 TOTAL _____

Name of Team: _____ Code _____

Head Coach: _____ Phone _____

Email Contact: _____

Certified Coaches Attending the Meet:

In consideration of this entry and its acceptance, I intending to be legally bound, hereby cosign, waive and release any and all rights and claims for damages which may occur against the St. Louis District Swim Committee, Fayette County Family YMCA, Centralia Recreation Complex, CRCY Barracudas Swim Team, their representatives, employees, volunteers, or successors for any and all injuries suffered by me or any contestants or spectators or representatives in said meet, as a representative of my club and/or association.

 Executive Director Date

 Head Coach Date

Centralia Recreation Complex Rules

Please inform all that will attend of the following rules:

1. Mechanical or artificial noisemakers, confetti, etc. will not be permitted in the pool area. No one is to bang on the bleachers with their feet.
2. There is to be no horseplay in the gym area. No throwing balls or other items anywhere in the complex.
3. Absolutely NO FOOD OR DRINKS IN THE GYM AT ANYTIME. COOLERS WILL NOT BE ALLOWED IN THE GYM, THEY WILL HAVE TO BE KEPT IN THE CONCESSION STAND AREA. The concession area is located in Room 101. Any coolers left unattended in the hallways, will be removed and taken to Room 101.
4. Absolutely NO OUTSIDE FOOD OR DRINK (IE. FAST FOOD RESTAURANTS) WILL BE ALLOWED IN THE COMPLEX.
5. NO FOOD OR DRINKS (EXCEPT WATER) IS ALLOWED IN THE POOL AREA.
6. No one is allowed on the running track or in the weight room.
7. No one is allowed in or on the hot tub.
8. The leisure pool is only open to those 11 years and older for warm-up and cool down.
9. Please respect the enforcement of these rules by the CRC staff. Any person who verbally abuses any CRC staff will be removed from the Complex.
10. Failure to adhere to these rules, you will be asked to leave the building.

The Centralia Recreation Complex, Fayette County Family YMCA and/or the St. Louis District Committee will not be responsible for accidents or injuries incurred during the duration of the District Championship Meet.

CONCESSIONS

Muffins	\$.75	Hot Dog	\$1.50
Donuts	\$.75	Chili	\$2.00
Bagels	\$.75	Chili Dog	\$2.00
Hard Boiled Egg	\$.50	Sloppy Joe	\$2.50
Nutri-Grain Bar	\$.75	Pizza Slice	\$2.00
Biscuits & Gravy	\$1.50	Buttered Noodles	\$2.00
(2 Biscuits)	\$2.50	Taco-in-a-Bag	\$2.00
Hostess Cake	\$.75	Italian Beef	\$3.00
Pretzel	\$1.50	Pickle	\$.50
w/ Chesse	\$1.75	Nachos	\$2.00
Chips	\$.75	Baked Potato	\$1.50
Fruit Snacks	\$.75	Veggies	\$2.00
Fruit Roll-up	\$.50	Banana	\$.75
Pudding	\$.75	Grapes	\$.75
Popcorn	\$.75	Orange	\$.75
Coffee	\$.50	Gatorade	\$1.50
		Soda	\$1.50