

Holiday H2O Invitational

DECEMBER 4 - 6th, 2009

Sanction: Held under the Sanction of USA Swimming and Ozark # 5237
Host: Rec-Plex Sharks Parents Association

Meet Directors: Karen Baker 636-939-0296 or 636-399-6373 or rkbaker@charter.net
 Kay Hempen 636-926-9785 or knpaul.hempen@sbcglobal.net

Safety Marshall: Todd Fountain
Meet Referee: Tania Hillmer 636-447-9156 or thillmer@its.jnj.com

Location: City of St. Peters Rec-Plex
 5200 Mexico Road
 St. Peters, MO 63376

Directions: From I-70 west, take the Cave Springs exit (225), go left (south), turn right on Mexico Road. Travel 1.6 miles west on Mexico Rd. The Rec-Plex is on the left, just past Lutheran High School.

Facility: 50 meter 8 lane pool built in 1994 by Westport Pools. A Colorado Timing System will be used with an 8-line scoreboard(s). All lanes are 9 feet wide and have the Big 6 Competitor non-turbulent lane markers. There is permanent seating for 1300 spectators.

Parking: Prime parking is in front of the Rec-Plex. Additional parking is behind the Rec-Plex, at St. Peters City Hall, and at Lutheran High School.

<u>Warm-Ups:</u>	<u>Friday Evening (Timed Finals)</u>	<u>Sat./Sun. Mornings (Prelims)</u>
	Warm-Ups 4:30 p.m. Meet Starts 6:00 p.m.	Warm-ups 6:30 a.m. Meet Starts 8:00 a.m.
	<u>Sat./Sun Afternoons (Timed Finals)*</u>	<u>Sat./Sun Finals**</u>
	Warm-Ups 12:00 Noon Meet Starts 1:00 p.m.	Warm-ups 4:30 p.m. Meet starts 5:30 p.m.

* Sat./Sun afternoon warm-ups will begin immediately following the morning session, but no earlier than 12:00 Noon.

** Sat./Sun. finals will begin immediately following the afternoon session, but not earlier than 4:30 p.m.

Eligibility: Open to all **currently** registered USA swimmers. USA swimming memberships applied for will **not** be accepted. Swimmers age on December 4, 2009 determines the swimmers age for the meet. Swimmers entered in the meet who do not hold current membership will be dropped from the meet and their entry fees will **NOT** be refunded. Any swimmer found not having a current USA Swimming membership who swims in an Ozark sanctioned meet (and/or the team) is subject to a \$100.00 fine per swim.

Qualifying Times: Qualifying times listed on event schedule must be met. Swimmers who only have the long course meter or short course meter cut for an individual event must enter at the long course meter or short course meter time achieved. The meet will be seeded in the following order: a) SCY First seeding priority b) LCM Second seeding priority c) SCM Third seeding priority. We reserve the right to request "proof of time" if a swimmer appears to not meet the qualifying times. When checked, the swimmer will not be allowed to swim any event they do not qualify for. In this case, the swimmers entry fees will not be refunded. We reserve the right to enter swimmers from the host team who have not met the qualifying times.

Events: Prelim/Final - Swimmers limited to 3 individual events per day. Timed Finals - Swimmers limited to 4 individual events per day. All morning events will be swum prelims and finals except the 500, 1000, 1650, and relays. When finals are held, there will be a consolation (B) final and championship (A) final heat swum in that order. Friday evening, Saturday, and Sunday afternoons are timed finals.

Distance Events: The Girls 1000 Freestyle and Boys 1650 Freestyle will be limited to the fastest 16 swimmers. They will be swum as timed final events in the morning session and will be swum fastest to slowest.

**Swimmers must provide their own lap counters and 1 timer. Swimmers not providing a lap counter and timer will not be allowed to swim this event.*

The 500 free events will be limited to the fastest 16. It will be a timed final event with the fastest heat swimming in the evening finals. * Swimmers must provide their own lap counter for this event.

Proof of time for the distance limited events must be sent in with entry. Refunds for those who do not make the cut-off time in these limited events will be issued to the teams who request a refund within one week of the meet end. **We reserve the right to cancel these events due to time constraints. If this occurs, swimmers may enter another event if there are open lanes. No additional heats will be added.**

Relays: The Open 400 Free relays and Open 400 Medley relays will be swum at the conclusion of finals. Teams will be limited to 2 relays per event for all relays.

Entry Fees: \$3.50 per individual event
\$6.00 per relay
\$9.00 Ozark Swimming Surcharge

Check In: Swimmers must check in with the Clerk of Course for Friday evening, and Saturday and Sunday afternoons timed final events. Swimmers who have not checked in 30 minutes prior to the start of the session will not be seeded in that session. **We reserve the right to pre-seed the meet at our discretion if the time lines permit.** There will be a positive check in for the 500, 1000 and 1650 freestyle events. All morning prelim sessions will be pre-seeded.

Awards:

Individual events:	Medals	1 st - 3 rd places
	Double ribbons	4 th - 8 th places
	Ribbons	9 th - 16 th places
Relay events:	Ribbons	1 st - 3 rd places
Individual high point awards: 15 & Over, 13-14, 11-12, and 10 & under age groups Men and Women		

Scoring: Scoring will be to 16 places. Relays will not be scored.

Rules: Held under the sanction of USA Swimming.
The **National Starting Procedure** will be used, including the **No Recall False Start**. A swimmer attending this 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/she is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he/she is entered. Coaches must have a current USA SWIMMING Coaches Card. All technical and administrative rules of USA Swimming shall apply.

Ozark Swimming rules apply. Swimsuit regulation 102.9 effective October 1, 2009: Swimwear shall include only a swimsuit, cap and goggles. Armbands or leg bands shall not be regarded as part of the swimsuit and are not allowed. In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel or below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate. The Referee shall have authority to bar offenders from the competition until they comply with the rule.

No parents are permitted on the pool deck unless they are working. Coach assistants will not be permitted on the pool deck without the same credentials required of the coaches. This will be strictly enforced. Please be prepared to provide credentials.

Scratches: Any swimmer not reporting for or competing in a preliminary heat or an individual timed final event shall not be penalized except for limited events. **If a swimmer positively checks in for a limited event and does not swim the event, they will be disqualified from their next individual event.** For finals, swimmers must announce their intentions within 30 minutes of the posting of the preliminary results for their event. Swimmers may defer the final decision to scratch pending the outcome of a later swim if they inform the referee and the person at the scratch table. Failure to comply with the scratch regulations for this meet will result in a disqualification from the next individual event in which the swimmer is entered.

Entries: Entries will be accepted beginning November 3, 2009 at 9:00 a.m. through November 10, 2009 or until the meet is filled. No team entry will be split. **The meet may be filled before the deadline date.** Please submit entries in Short Course Yard Times. Teams may submit their entries using HY-TEK team

manager via e-mail or on a 3.5 magnetic disk. All entries must include a hard copy of the entries and a check. A confirmation e-mail will be sent following the receipt of e-mail entries. If confirmation is not received within 24 hours of your electronic submission, call Karen Butz at 636-688-1512. **Confirmation of receipt does not mean that your entry is accepted.** After acceptance, a hard copy and checks must be received within 7 days. Teams will be notified of their acceptance by November 12. Entries requiring a signature or postage will not be accepted. Please provide an email, phone, and fax contact.

Entry deadline: November 10, 2009.

Updated times will be accepted until NOON November 23, 2009.

NO ENTRIES WILL BE ACCEPTED BEFORE NOVEMBER 3, 2009

Entries will be accepted after the deadline if the meet is not full.

The Rec-Plex Sharks have the sole discretion to determine which entries to accept.

There will be no deck entries.

We reserve the right to limit any event due to time constraints. If an event is limited, swimmers will be given the opportunity to choose another event if there are open lanes. No additional heats will be added.

Please make checks payable to: **Rec-Plex Sharks Swim Club**

Mail to: Karen Butz, Meet Entry Chair
13 Arrowhead Circle
St. Charles, MO 63301
(636) 688-1512
Sharkmeetentry@yahoo.com

Officials: Teams participating in the meet should provide officials. Please contact Tania Hillmer.

Meet Safety: In accordance with the recommendations of USA Swimming and the Ozark LSC, the Rec-Plex Sharks will operate this meet under the guidance of a meet safety marshal. At no time will cell phones with video recording or video recording devices be permitted in the locker room area.

Concessions: Food and drink will be available in the food court beginning at 7:00 AM

Vendor: On The Blocks Aquatics will be available throughout the meet for all your swimming needs.

Please:

1. Keep all trash picked up.
2. Do not go, or let children go, in any **UNAUTHORIZED** areas.

The following areas are off limits:

Gymnasium, Ice Rink, Weight Room, Jacuzzi, Sauna, Leisure Pool

3. No outside food, drink, or coolers are permitted in the Rec-Plex, per the City of St. Peters. Items purchased from the concession stand are permitted in the spectator area only. No food or drink is permitted on the pool deck. No Smoking laws are in effect and smokers are required to smoke outside the building.
4. Swimmers may rest in the areas behind the spectator stands. Meet participants and non-swimmers may purchase a daily admission to use the facility.

Hotels: **Hampton Inn - The Sharks Preferred Hotel**
3720 West Clay Street
St. Charles, MO 63301
(636) 947-6800

Website: www.recplexsharks.org

**** Note: The Open 400 Free and Open 400 Medley Relays will be swam at the end of the evening final sessions**

<i>GIRLS</i>		Friday Events		<i>BOYS</i>
1	5:35.69	15 & Over 400 IM	5:11.79	2
3	5:44.29	13-14 400 IM	5:25.49	4
5	3:03.79	11-12 200 IM	3:03.09	6
7	3:42.69	10 & Under 200 IM	3:40.89	8

GIRLS**Saturday Morning Events****BOYS**

9	6:16.29	15 & Over 500 Free	5:51.29	10
11	6:22.39	13-14 500 Free	6:03.19	12
13	1:11.79	15 & Over 100 Fly	1:05.09	14
15	1:13.49	13-14 100 Fly	1:08.09	16
17	1:21.99	15 & Over 100 Breast	1:14.69	18
19	1:24.09	13-14 100 Breast	1:18.09	20
21	30.39	15 & Over 50 Free	27.39	22
23	30.99	13-14 50 Free	28.49	24
25	2:35.89	15 & Over 200 Back	2:23.39	26
27	2:39.59	13-14 200 Back	2:29.79	28
29	2:39.29	15 & Over 200 IM	2:26.39	30
31	2:42.99	13-14 200 IM	2:31.99	32
33	13:08.29	Girls 13 & Over 1000 Free*		
		10 Minute Break		
35		Open 400 Free Relay**		36

Saturday Afternoon Events

37	2:43.19	11-12 200 Free	2:38.89	38
39	3:20.19	10 & Under 200 Free	3:09.89	40
41	1:27.19	11-12 100 Fly	1:25.79	42
43	1:57.49	10 & Under 100 Fly	1:55.19	44
45	39.59	11-12 50 Back	39.49	46
47	48.79	10 & Under 50 Back	49.19	48
49	1:36.39	11-12 100 Breast	1:35.09	50
51	1:59.99	10&Under 100 Breast	1:55.69	52
53	34.29	11-12 50 Free	33.39	54
55	39.79	10 & Under 50 Free	38.89	56
57		11-12 200 Free Relay		58
59		10&U 200 Free Relay		60

Sunday Morning Events

61	1:05.79	15 & Over 100 Free	59.79	62
63	1:07.39	13-14 100 Free	1:02.19	64
65	2:56.39	15 & Over 200 Breast	2:42.59	66
67	3:00.69	13-14 200 Breast	2:49.39	68
69	2:36.49	15 & Over 200 Fly	2:24.49	70
71	2:40.99	13-14 200 Fly	2:31.99	72
73	2:21.19	15 & Over 200 Free	2:10.09	74
75	2:24.99	13-14 200 Free	2:15.69	76
77	1:12.09	15 & Over 100 Back	1:06.19	78
79	1:14.19	13-14 100 Back	1:09.59	80
		Boys 13 & Over 1650 Free*	20:51.99	34
		10 Min Break		
81		Open 400 Medley Relay**		82

Sunday Afternoon Events

83	1:13.59	11-12 100 Free	1:13.09	84
85	1:31.29	10 & Under 100 Free	1:29.19	86
87	44.09	11-12 50 Breast	44.29	88
89	53.59	10 & Under 50 Breast	53.59	90
91	1:26.29	11-12 100 IM	1:23.69	92
93	1:44.99	10 & Under 100 IM	1:41.29	94
95	37.79	11-12 50 Fly	38.19	96
97	48.79	10 & Under 50 Fly	47.29	98
99	1:27.99	11-12 100 Back	1:25.79	100
101	1:45.69	10 & Under 100 Back	1:42.89	102
103		11-12 200 Medley Relay		104
105		10&U 200 Med Relay		106