

**THE 2017 MLK CELEBRATION/TOO FAST TO FREEZE MEET
PRELIMINARYS & FINALS JANUARY 13-15, 2017**

- SANCTION:** This meet is sanctioned by USA Swimming and Ozark Swimming. Sanction #_____
- HOST:** EHS Tigers Swimming and Flyers Aquatic Swim Team
- POOL:** Chuck Fruit Aquatic Center, 6168 Center Grove Rd. Edwardsville, IL 62025
- FACILITY:** The pool is 50 meters in length with 2 movable bulkheads. Elevated viewing seating capacity of 499 as well as floor coach/team seating capacity of 220 with excess capacity during meets events of an additional 100 seats 2- 8 lane Championship courses 2 dedicated men's and women's large size locker rooms.
- PARKING:** Parking is located in the EHS Sports Complex that houses The Chuck Fruit Aquatic Center. Additional parking can be found across the street at the High school student and staff parking lots. There is a walking tunnel from the high school to the complex located near the staff parking lot.
- RULES:** Current USA Swimming and Ozark Swimming rules will govern the meet. Please pay special attention to rule 202.5.3 that states, "At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet."
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- ELIGIBILITY:** Age as of January 13th, 2017, shall determine each swimmer's age for the meet. All swimmers must be registered with USA Swimming. These registration numbers must accompany entry. Coaches must constantly display their USA Swimming coach credential for deck access. The meet referee or meet director may ask for coach credentials and deny access if the coach does not comply.

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MEET FORMAT: All Friday events are timed finals events. All 10-Under and 8-Under events will be swum as timed finals on Saturday and Sunday. Preliminaries will be conducted on Saturday and Sunday mornings for the 11-12, 13-14 & Open groups. There will be consolation and championship finals heats (top-16) on Saturday and Sunday for the 11-12, 13-14 and OPEN age groups.

The 1000 Freestyle events will be swum as timed finals on Saturday. All heats will be contested in prelims and swum fastest to slowest.

If a swimmer misses their event, they will be declared a “no show” and will not be placed in any other heat to make-up the swim. The meet host reserves the right to use “fly-over” starts for all events.

POSITIVE CHECK-IN: Positive check-in means, “I am here and I intend to swim.” There will be check-in for the 1000 Freestyle Events. Check-in will at 9am. Positive check-in sheets will be located at the security tables in the natatorium lobby. Swimmers not checked in will be scratched. There is no positive check-in for Saturday and Sunday finals sessions.

ENTRIES: Each swimmer in the 11-12, 13-14 and Open age groups will be limited to three (3) Individual events per day. 8 & Under and 10 & Under swimmers are limited to four (4) individual events per day. If an entry is submitted with an individual entered in more events than allowed, the entry will be made by order of events starting with Event #1 until the limit is satisfied; there will be NO refunds.

Each team may enter no more than an “A” and “B” relay for each relay event.

The meet host reserves the right to determine which entries to accept. Among the items the meet host will consider when making these determinations are: teams will not be broken, number of officials and volunteers provided by the team, balance of age group and gender in entry, level of competition and geographic location.

The meet host reserves the right to limit the number of entries in all events to keep the time line manageable. There will be refunds for swimmers cut out of events.

ENTRY FEES: All entry fees must be paid by Friday, January 13th, 2017. Please make check payable to: FAST. Entry fees are \$5.00 per individual event. Relay events are \$10. There is also a \$10.00 per swimmer, per meet, Ozark Swimming surcharge which must accompany entry. No refunds will be made on entry fees.

DECK ENTRIES: Will be accepted if the meet is not filled on ONLY as NEW ADDITIONS; CHANGES WILL NOT BE ACCEPTED. Entry fee for deck entries are \$10.00 per prelim/final event and \$8.00 for timed final event.

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**ENTRY
PROCEDURE:**

Entries will be accepted beginning Monday January 2, 2017 at 9am CT.
The Entry Deadline for the meet will be Wednesday, January 4 at 5 pm CT.

The entry deadline will be extended if the meet is not full. E-mail confirmation of receipt will be returned. The meet will be run using Hy-Tek Meet Manager computer program. A psych sheet will be posted on www.edwyswim.org and fast-swimming.com after the close of entries.

Mail entries and fees to the Entry
Chairperson: Angie Dorsey
P.O. Box 8595.
St. Louis, MO 63126
314-852-5216
Email: entries@fast-swimming.com

The meet entry chair will contact each team by email no later than 5 pm CT on Thursday, January 5, 2017 to confirm acceptance into the meet.

AWARDS:

Awards will be given for first through third place in each individual event. Ribbons will be given for fourth through eighth place. There will be heat awards for selected events and/or heats. The top three teams of each relay event will receive awards. **AWARDS WILL NOT BE MAILED.**

SCHEDULE:

(All Times Are Central Standard Time)

Friday

10-Under, 11-12, 13-14 & Open Age Groups
Warm-Up @ NOT BEFORE 4:00 PM
Meet Starts @ NOT BEFORE 5:00 PM

Saturday & Sunday

11-12, 13-14 & Open Age Groups
Prelims Warm-Up @ Not Before 6:30 AM
Prelims Start @ Not Before 8:00 AM Finals
Warm-Up @ Not Before 4:30 PM (Sunday @ Not Before 4:00 PM)
Finals Start @ Not Before 5:30 PM (Sunday @ Not Before 5:00 PM)

8-Under & 10-Under Age Groups Prelims
Warm-Up @ Not Before 12:00 Noon
Start @ Not Before 1:00 PM

**CLERK OF
COURSE:**

There will be a Clerk of Course located on deck for all 8-Under events. Lane assignments will be posted around the pool. Coaches are encouraged to cover check-in, scratch and meet procedures with their new swimmers and parents. **NO PARENTS ARE ALLOWED ON THE POOL DECK.** This is an insurance requirement of USA Swimming.

CONCESSIONS:

Concessions will be available at the concession stand outside the pool.

MEET PROGRAMS: Meet Programs (Psych Sheets and/or Heat Sheets) will be available for

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purchase.

WARM-UPS: Lanes for warm-ups will be assigned and emailed to each team.

MEET DIRECTORS: Bob Rettle (edwyswim@yahoo.com) and Angie Dorsey (adorsey@fast-swimming.com)

MEET REFEREE: Jeff Heveroh (jeff@stonebridgefin.com)
Bruce Dreyer (cbdinvestments@yahoo.com)

SUIT RULES: All competitors must wear only one swimsuit in one or two pieces except as provided in USA Swimming Rule 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee

- FACILITY NOTE:**
- Keep all trash picked up (swimmers and teams in particular).
 - Do not go, or let children go, in any unauthorized areas. This means any place other than the lobby or seating areas.
 - Due to USA Swimming insurance requirements, **only** swimmers, coaches, officials and volunteers are allowed on deck.
 - NO SMOKING OR TOBACCO IS PERMITTED** on the campus.

The meet host will have security people patrolling the deck and locker room areas. Anyone caught abusing the building or facility, will be asked to leave the facility immediately and barred from further competition.

FRIDAY, JANUARY 13, 2017

Girls Event #	Evening Session	Boys Event #
	Warm-Up @ Not Before 4:00 PM Meet Starts @ Not Before 5:00 PM	
1	10-Under 200 Individual Medley	2
3	11-12 200 Individual Medley	4
5	13-14 400 Individual Medley	6
7	Open 400 Individual Medley	8
9	10-Under 200 Freestyle	10
11	11-12 500 Freestyle	12
13	13-14 500 Freestyle	14
15	Open 500 Freestyle	16

SATURDAY, JANUARY 14, 2017

Girls Event #	Morning Session	Boys Event #
	Warm-Up @ Not Before 6:30 AM Meet Starts @ Not Before 8:00 AM	
17	11-12 200 Freestyle	18
19	13-14 200 Freestyle	20
21	Open 200 Freestyle	22
23	11-12 50 Breaststroke	24

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Girls Event #	Morning Session Warm-Up @ Not Before 6:30 AM Meet Starts @ Not Before 8:00 AM	Boys Event #
25	13-14 200 Breaststroke	26
27	Open 200 Breaststroke	28
29	11-12 100 Backstroke	30
31	13-14 100 Backstroke	32
33	Open 100 Backstroke	24
35	11-12 50 Butterfly	36
37	13-14 200 Butterfly	38
39	Open 200 Butterfly	40
41	11-12 50 Freestyle	42
43	13-14 50 Freestyle	44
45	Open 50 Freestyle	46
47	11-12 200 Free Relay	48
49	13-14 200 Free Relay	50
51	Open 200 Free Relay	52
53	Open 1000 Yard Freestyle	54

Girls Event #	Afternoon Session Warm-Up @ Not Before 12:00 Noon Meet Starts @ Not Before 1:00 PM	Boys Event #
55	8-Under 25 Freestyle	56
57	10-Under 50 Freestyle	58
59	8-Under 50 Breaststroke	60
61	10-Under 100 Breaststroke	62
63	8-Under 25 Backstroke	64
65	10-Under 50 Backstroke	66
67	8-Under 50 Butterfly	68
69	10-Under 100 Butterfly	70
71	8-Under 100 Freestyle	72
73	9-10 200 Free Relay	74
75	8-Under 200 Free Relay	76

Girls Event #	Finals Session Warm-Up @ Not Before 4:30 PM Meet Starts @ Not Before 5:30 PM	Boys Event #
17	11-12 200 Freestyle	18
19	13-14 200 Freestyle	20
21	Open 200 Freestyle	22
23	11-12 50 Breaststroke	24
25	13-14 200 Breaststroke	26
27	Open 200 Breaststroke	28
29	11-12 100 Backstroke	30
31	13-14 100 Backstroke	32
33	Open 100 Backstroke	24
35	11-12 50 Butterfly	36
37	13-14 200 Butterfly	38
39	Open 200 Butterfly	40
41	11-12 50 Freestyle	42

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Girls Event #	Finals Session Warm-Up @ Not Before 4:30 PM Meet Starts @ Not Before 5:30 PM	Boys Event #
43	13-14 50 Freestyle	44
45	Open 50 Freestyle	46

SUNDAY, JANUARY 15, 2017

Girls Event #	Morning Session Warm-Up @ Not Before 6:30 AM Meet Starts @ Not Before 8:00 AM	Boys Event #
77	13-14 200 Individual Medley	78
79	Open 200 Individual Medley	80
81	11-12 100 Breaststroke	82
83	13-14 100 Breaststroke	84
85	Open 100 Breaststroke	86
87	11-12 100 Butterfly	88
89	13-14 100 Butterfly	90
91	Open 100 Butterfly	92
93	11-12 100 Freestyle	94
95	13-14 100 Freestyle	96
97	Open 100 Freestyle	98
99	11-12 50 Backstroke	100
101	13-14 200 Backstroke	102
103	Open 200 Backstroke	104
105	11-12 200 Med Relay	106
107	13-14 200 Med Relay	108
109	Open 200 Med Relay	110
111	Open 1000 Yard Freestyle	112

Girls Event #	Afternoon Session Warm-Up @ Not Before 12:00 Noon Meet Starts @ Not Before 1:00 PM	Boys Event #
113	10-Under 100 Backstroke	114
115	8-Under 50 Backstroke	116
117	10-Under 50 Breaststroke	118
119	8-Under 25 Breaststroke	120
121	10-Under 100 Freestyle	122
123	8-Under 50 Freestyle	124
125	10-Under 50 Butterfly	126
127	8-Under 25 Butterfly	128
129	9-10 200 Med Relay	130
131	11-12 200 Med Relay	132

Girls Event #	Finals Session Warm-Up @ Not Before 4:00 PM Meet Starts @ Not Before 5:00 PM	Boys Event #
77	13-14 200 Individual Medley	78

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Girls Event #	Finals Session Warm-Up @ Not Before 4:00 PM Meet Starts @ Not Before 5:00 PM	Boys Event #
79	Open 200 Individual Medley	80
81	11-12 100 Breaststroke	82
83	13-14 100 Breaststroke	84
85	Open 100 Breaststroke	86
87	11-12 100 Butterfly	88
89	13-14 100 Butterfly	90
91	Open 100 Butterfly	92
93	11-12 100 Freestyle	94
95	13-14 100 Freestyle	96
97	Open 100 Freestyle	98
99	11-12 50 Backstroke	100
101	13-14 200 Backstroke	102
103	Open 200 Backstroke	104

General Information:

1. Each team is responsible for its own valuables.
2. Each coach is responsible for the conduct of their team.
3. Only swimmers and coaches will be allowed in the deck area, except during the 1000 Free at which time a designated timer and counter will be allowed on deck to help with that event. There are two men's and two women's locker rooms on deck.

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Fee Summary

This summary form must be completed and returned with all entry fees by January 5th, 2017.
Please make certain to include all of the following:

1. Check for entries made payable to: **FAST**
2. This summary form, completed

Mail all of the above to:

Angie Dorsey
P.O. Box 8595.
St. Louis, MO 63126
314-852-5216
Email: entries@fast-swimming.com

Club _____ Club Code _____

Number of swimmers entered: Boys _____ + Girls _____ = Total _____

Number of swimmers entered: Ozark Swimming Surcharge _____ @ \$10.00 = \$ _____
Number of relays entered: _____ @ \$10.00 = \$ _____

Number of individual entries _____ @ \$5.00 = \$ _____

TOTAL AMOUNT ENCLOSED = \$ _____

Club official submitting entry:

Coaches Names:

Name: _____

Address: _____

City: _____

State, Zip: _____

Telephone: _____

Email: _____

Please indicate the preferred manner of receiving final results:

_____ Hard Copy

_____ Meet Manager Backup (Emailed)

_____ Team Manager .cl2 file (Emailed)

_____ All of the above

Email address to send above to: _____

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Visiting USA Swimming Officials Sign-Up

Please indicate the names of any officials who would be willing to help officiate at the meet and the session they would be willing to work:

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM__ Saturday AM__ Saturday PM__ Saturday 1000__ Sunday AM__ Sunday PM__

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM__ Saturday AM__ Saturday PM__ Saturday 1000__ Sunday AM__ Sunday PM__

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM__ Saturday AM__ Saturday PM__ Saturday 1000__ Sunday AM__ Sunday PM__

Name: _____

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Sessions: Friday PM__ Saturday AM__ Saturday PM__ Saturday 1000__ Sunday AM__ Sunday PM__

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM__ Saturday AM__ Saturday PM__ Saturday 1000__ Sunday AM__ Sunday PM__

Name: _____

Phone & Email (If Known): _____

Sessions: Friday PM__ Saturday AM__ Saturday PM__ Saturday 1000__ Sunday AM__ Sunday PM__

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Release & Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges EHS Tigers Swimming, and its' Board of Directors, USA Swimming, Edwardsville High School and each of their respective officers, agents, employees, members, successors and assigns, and all other persons in any way connected with this swim meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further the undersigned shall indemnify and hold harmless EHS Tigers Swimming, USA Swimming, and the Edwardsville High School and the officers, trustees, agents, employees and members of the foregoing and all other persons in any way connected with this event, from any and all other losses ,expenses, damages, demands and claims arising out of or in connection with any injury, including death or alleged injury or damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this _____ day of _____, 20__

Signature of Club Official or Coach _____

Printed Name of Club Official or Coach _____

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Edwardsville Area Hotel Information

The City of Edwardsville has a number of excellent hotels within 15 minutes from the pool. Contact the hotels for rates and availability.

Holiday Inn Express 1000 Plummer Dr, Edwardsville, IL <u>(618) 692-7255</u>	Country Hearth Inn and Suites 1013 Plummer Dr, Edwardsville, IL <u>(618) 656-7829</u>	Hampton Inn 5723 Heritage Crossing Glen Carbon, IL <u>(618) 589-5000</u>
Comfort Inn 3080 State 157, Edwardsville, IL <u>(618) 656-4900</u>		