



HEAT LIGHTNING



And

8 & UNDER CHAMPIONSHIP SWIM MEET

MARCH 2 & 3, 2013

Hosted by: HEAT Swimming

Sanction: Held under the sanction of USA Swimming # 5570

Location: Rockwood's Lafayette High School
17050 Clayton Road
Wildwood, MO 63011

Directions: Lafayette High School is at Clayton Road and Route 109. From the North or from Chesterfield Valley, come South down 109. From the South or East, use either Manchester or Clayton. The pool entrance is on the Northeast corner of the school building.

Facility: 8-lane, 25-yard pool, non-turbulent lane lines, Colorado System 6 Timing System with fully automatic touch pads. 13 ft. depth at starting blocks, 3 1/2 ft. depth at turn end. Spectator balcony seating is available adjacent to the pool. Swimmer's bullpen and team areas will be located in the multi-purpose gym upstairs, adjacent to the pool balcony. Concessions will be in the hall.

Warm-Up

Schedule:

Saturday & Sunday Morning Sessions

First Warm-Up	7:00-7:25 A.M.
Second Warm-Up	7:25-7:50 A.M.
Meet Starts	8:00 A.M.

Saturday & Sunday Afternoon Sessions

8 & Under Warm-Up	12:00-12:20 P.M.**
8 & Under Warm-Up	12:20-12:40 P.M.
13 & Older Warm-up	12:40-1:15 P.M.
Meet Starts	1:25 P.M.

** Afternoon session warm-ups will begin immediately following morning session but no earlier than 12:00 P.M.

Eligibility: Open to all currently registered USA Swimming athlete members. USA Swimming memberships "applied for" will not be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet, and entry fees will NOT be refunded. The age of the swimmer on March 2, 2013 determines his/her age for the entire meet. All coaches must be coach members of USA Swimming. Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this request. Entries with "No Time" will be accepted. **Any swimmer found not to have a current USA Swimming membership who swims in an Ozark sanctioned meet (and/or the team) is subject to a \$100 fine per swim.**

Check In: The host team reserves the right to pre-seed the meet. If pre-seeding is used, positive check-in sheets will be distributed to coaches. Check-in will close 30 minutes before each session begins. Swimmers not checked in will be scratched from the meet.

Warm Ups: Warm up sessions/lanes will be assigned. Warm up procedures will be defined by Ozark LSC safety regulations. The meet referee's name will be announced prior to each session's warm-ups. A swimmer attending a meet without a USA-S certified coach must report to the meet referee or meet director prior to warming up for each session. The swimmer will then be assigned to a coach on deck for each session. The host team reserves the right to extend warm-up periods for safety considerations. During warm-ups, lane assignments will be given to teams based on the entry size of the session and each team.

Conduct: Loud radios, roughhousing and ball playing in the bullpen area prohibited. ***Any individual accused of throwing any objects off of balconies on to common areas below will be expelled from the meet.***

Entries: Swimmers may swim four individual events and one relay per day. Meet will be limited to 250 swimmers per session, with entries on a first come, first served basis. If the meet fills, team entries will be returned. Times should be entered in short course yard times. "No time" entries accepted. Coaches must list full first and last name on all relay cards. Deck entries WILL NOT be accepted. No Telephone and/or fax entries will be accepted. No team entries will be split. Updated times will be accepted by Feb. 22 ,2013.

Entry Deadline: Entries will be accepted beginning Wednesday February 6, 2013 @ 9:00 a.m..
Entries must be received by Friday Feb. 21, 2013.

Entry Fees: \$4.00 per individual event
\$8.00 per relay
\$8.00 surcharge per swimmer

Fees must be received via mail 7 days after your entry has been accepted. Please make checks payable to "HEAT Swimming"

Entries should be submitted via email. We will respond with an email that we have received your entries: and that payment must be received within 7 days in order for the entry to be officially accepted.

E-Mail Entries To: heatentries@gmail.com

Payment sent to:
HEAT Swimming
784 Coalport Dr.
St. Louis, MO. 63141

For questions, regarding entries contact Sally Cole at (314)576-3028 or E-mail heatentries@gmail.com

No cell phones with video or video recording equipment will be permitted in the locker rooms.

Results: Results will be posted on the Ozark Swimming website. Hard copies of results will not be mailed unless specifically requested by a team.

- Awards:** 1st through 8th Place Ribbons for 8 & Under, 9/10, 11/12, 13/14 and 15 & Over.
- 400 IM will have separate awards and scoring for 11/12, 13/14 & 15&O. 13&O 500 Free will have separate awards and scoring for 13/14 7 15&O.
 - 200-yard events in the A.M. sessions will be swum as 12 & Under, but with separate awards for 10 & U and 11/12 yr. olds.
 - Trophies awarded to top three scoring teams for 8 & Under age group
 - Bobble-head Swimmer trophies for Individual High Point winner in each age group- 8&U, 9/10, 11/12, 13/14 and 15 & Over. 12&U High Point winners will be awarded at the end of Sunday morning's events.
 - Heat winner prizes for all events.

Scoring: Standard scoring thru 16th place will be utilized for all events.

Results: Event results will be posted. Final results can be purchased for \$5.00.

Officials: Meet Director: Sally Cole (314) 576-3028
Meet Referee: Stephen Grimm (314) 910-8274
Stephen.b.grimm@boeing.com
Safety Marshall: Dave Stevens (314)576-3028

USA Swimming officials interested in officiating please contact: Stephen Grimm & (314) 910-8274

Rules: All 2013 technical and administrative USA Swimming Official Rules and Ozark Rules shall apply.

Swimwear: The only suits allowed are those permitted by FINA & in compliance with current USA Swimming rules. Swimsuits for men may not extend above the navel or below the knee & for women may not cover the neck or extend past the shoulders or below the knees.

Concessions: Full concessions will be available during the meet. All coolers, food and beverages must be left in the concession or bullpen areas. NO FOOD AND BEVERAGES ARE PERMITTED IN THE POOL AREA.

Swim Vendor: B & B Aquatics will be available with swim gear/apparel.

Hospitality: A Hospitality area will be available for Officials and Coaches.

Meet Format: All events will be timed finals. The first two events of each session will be pre-seeded. All other events will be deck-seeded once the check-in has closed. The host team reserves the right to pre-seed all events.

Sanction # 5570



HEAT LIGHTNING AND 8 & UNDER CHAMPIONSHIP SWIM MEET
SCHEDULE OF EVENTS

SATURDAY MORNING SESSION

<u>GIRLS EVENT #</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
1	12&U 200 Back	2
3	9/10 100 Free	4
5	11/12 100 Free	6
7	9/10 50 Breast	8
9	11/12 50 Breast	10
11	12&U 200 IM	12
13	9/10 100 Fly	14
15	11/12 100 Fly	16
17	9/10 50 Back	18
19	11/12 50 Back	20
21	12&U 200 Fly	22

SATURDAY AFTERNOON SESSION

23	8 &U 100 Free Relay	24
25	13/14 200 IM	26
27	15&O 200 IM	28
29	8&U 25 Fly	30
31	13/14 100 Fly	32
33	15&O 100 Fly	34
35	8&U 50 Back	36
37	13/14 200 Back	38
39	15&O 200 Back	40
41	8&U 25 Free	42
43	13/14 100 Free	44
45	15&O 100 Free	46
47	8&U 50 Breast	48
49	13/14 100 Breast	50
51	15&O 100 Breast	52
53	8&U 100 Free	54
55	13&O 500 Free	56

**** Swimmers in the 500 Free must provide their own counter and timer.**


HEAT LIGHTNING AND 8 & U CHAMPIONSHIP SWIM MEET


SCHEDULE OF EVENTS

<u>GIRLS EVENT #</u>	<u>SUNDAY MORNING SESSION</u>	<u>BOYS EVENT #</u>
57	12&U 200 Free	58
59	9/10 100 Breast	60
61	11/12 100 Breast	62
63	9/10 50 Free	64
65	11/12 50 Free	66
67	12&U 200 Breast	68
69	9/10 100 IM	70
71	11/12 100 IM	72
73	9/10 100 Back	74
75	11/12 100 Back	76
77	9/10 50 Fly	78
79	11/12 50 Fly	80
81	12&U 500 Free	82

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SUNDAY AFTERNOON SESSION

83	8&U 100 Medley Relay	84
85	13/14 200 Free	86
87	15&O 200 Free	88
89	8&U 50 Fly	90
91	13/14 200 Fly	92
93	15&O 200 Fly	94
95	8&U 25 Back	96
97	13/14 100 Back	98
99	15&O 100 Back	100
101	8&U 25 Breast	102
103	13/14 200 Breast	104
105	15&O 200 Breast	106
107	8&U 50 Free	108
109	13/14 50 Free	110
111	15&O 50 Free	112
113	8&U 100 IM	114

