



Edwardsville Swimming

Presents

**LONG COURSE KICK OFF
& OLYMPIC TRIALS HOPEFUL TIME TRIAL**

April 22-24, 2016



Sanction: Ozark Swimming #

Host: Edwardsville

Location: Chuck Fruit Aquatic Center
6168 Center Grove Rd.
Edwardsville, IL 62025
618-655-7100

Facility

The pool is an 8 lane, 50 meters in length with 2 movable bulkheads with elevated spectator seating capacity of 499 as well as floor coach/team pool deck seating.

Meet Director – Tom May: (618)593-2030 thomas.may62@gmail.com

Safety Marshall – Brooke Osborn: (618) 972-3885

Meet Referee – Brian Perkins: (314)-799-5685 btpqa@aol.com

Directions

From I-255: Take the IL-162 exit, EXIT 29, toward Glen Carbon/Granite City. Merge onto IL-162 toward Glen Carbon. Turn left onto N Bluff Rd/IL-157/IL-162. Continue to follow N Bluff Rd/IL-157. Turn slight right onto S State Route 157/IL-157. Turn right onto Center Grove Rd. Destination is on your Right.

Parking

Parking is located in the EHS Sports Complex that houses The Chuck Fruit Aquatic Center.

Schedule

	Friday Evening	Saturday/ Sunday Mornings*	Saturday/Sunday Afternoons*
1st Warm-up	4:00 – 4:25 pm	6:30 – 6:55 am	1:00 – 1:25 pm
2nd Warm-up	4:25 – 4:50 pm	6:55 – 7:20 am	1:25 – 1:50 pm
Session Start	5:00 pm	7:30 am	2:00 pm

* Saturday and Sunday afternoon warm-up start times are an estimate for planning purposes. Actual warm-up start times, along with specific team warm up assignments will be posted one week prior to the meet, once the meet has been seeded and the timelines are set.

Eligibility

Open to all registered athlete members of USA Swimming. 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 the entry fees will not be refunded. Additionally, If a swimmer swims and is not registered, a \$100 fine will be imposed. Swimmer’s age on April 22, 2016 determines their age group for the meet.

Events

All events are timed finals. A swimmer may enter four individual events per day. Any swimmer who enters more than the maximum number will be scratched down to the limit, starting with the highest event number on the day the over-entry occurs. 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.

Limited Events

All of Friday evening events, Saturday's 400 Free, and Sunday's 400 IM will be limited as described in the meet packet event list. Swimmers not making the cut in the 400 Free or the 400 IM will be notified by e-mail by Friday, April 15th, 2016 and allowed to choose another event as described under "Entries". The deadline for choosing another event is Monday, April 18th 2016.

Check In

There will be a positive check in for all limited events. Swimmers who have not checked in 30 minutes prior to the start of the session will not be seeded in those events.

Entry Fees

\$4.50 per individual event with a \$12 Ozark Swimming Surcharge per swimmer.

Entries

Entries will be accepted starting immediately and accepted through Monday, April 13th, 2016 at 12 PM, or until the meet is filled. Please note that the meet may be filled **BEFORE THE DEADLINE DATE**. Please submit entries in long course meter times. Any entry times for limited events not found in SWIMS must be proven by other means; meet results or TM proof of times from USA Sanctioned meets are sufficient. Refunds for those who do not make the cut in these limited events will be issued to the teams who requested a refund within one week of the meet end. There will be no refunds for illness or weather related absences. Swimmers not making the cut in the 400 Free or the 400 IM will be notified by e-mail by Friday, April 15th, 2016 and allowed to choose another event as described under "Entries". The deadline for choosing another event is Monday, April 18th 2016. E-mail entries only will be accepted. All entries must be in Hy-Tek Team Manager Format. E-mail entries will receive a confirmation that their e-mail was received. If you do not receive a confirmation, please contact Coach Bob at (618) 407-7665. Confirmation does not mean that your entry has been accepted. Teams will be notified of acceptance no later than April 15th, 2016. A check for fees and a hard copy of your team entry fees must be received within 7 business days of your acceptance.

Entry Deadline – APRIL 13th, 2016

Entries may be accepted after the deadline if the meet is not full. Entry fees must accompany each entry.

Make Checks Payable to: ECUSD 7

Mail to

P.O. Box 866
Edwardsville, IL 62025

Awards

Ribbons: 1st – 16th place
(12&U events will be scored as 8&U, 9-10, and 11-12; 13&O events will be scored as 13-14 and 15&O)

Meet Safety

In accordance with the recommendations of USA Swimming and Ozark LSC, the CFAC will operate this meet under the guidance of a meet Safety Marshall. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks. NO deck changing is allowed and if caught, will be removed from the rest of the meet and requested to leave the facility.

Rules

- This meet is being held under the sanction of USA Swimming, and all technical and administrative rules of USA Swimming shall apply. In granting this approval, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- All swimmers who are not accompanied by a USA Swimming certified coach must report to the meet referee or meet director prior to warming up before each session in which he/she is swimming. The swimmer will be assigned to a coach on deck.
- Coaches must have their meet and USA credentials displayed at all times while on the pool deck. All coaches must have a current USA Swimming Coaches Card. Coach assistants will not be permitted on the pool deck without the same credentials required of the coaches.
- No parents are permitted on the pool deck unless they are volunteers with appropriate credentials assigned to work that session.
- The only swimsuits permitted are those in compliance with FINA and USA Swimming rules. Changing into or out of swimsuits other than in locker rooms or other designated areas is not permitted.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing racing start or must start each race from within the water. When unaccompanied by a member-coach, it is responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- **If a swimmer positively checks in for a limited event and does not swim the event, they will be disqualified from their next event.**

Facility Rules

1. Keep all trash picked up and do not block exit doors or aisles.
2. Swimmers, parents, and spectators are not permitted in any unauthorized areas. No Coolers are allowed on the pool deck or in spectator seating. We want to make sure all spectators have a place to sit.
3. "No Smoking" laws are in effect. No smoking or tobacco products are allowed on District 7 property.
4. Cell phones with video and video recording devices are prohibited in all locker rooms and restrooms, and in the starting block area.
5. No photography will be permitted from behind the starting blocks.

Concessions

Food and drink will be available for purchase throughout the meet.

Vendor

B&B Aquatics will be available throughout the meet.

Hotel Accommodations

Hotels below are within 15 minutes of the pool. Contact the hotels directly for rates and availability.

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

Friday Evening

Girls		Event	Boys	
1	Top 48	13-14 200 IM	Top 48	2
3	Top 48	15 & O 200 IM	Top 48	4
5	Top 16	10 & U 200 IM	Top 16	6
7	Top 32	11-12 200 IM	Top 32	8
9	Top48	13-14 200 Free	Top48	10
11	Top 48	15 & O 200 free	Top 48	12
13	Top 16	10 & U 200 Free	Top 16	14
15	Top 32	11-12 200 Free	Top 32	16

Saturday Morning

Girls	Event	Boys
17	13 & O 100 Fly	18
19	13 & O 200 Breast	20
21	13 & O 100 Free	22
23	13 & O 100 Back	24
25	13-14 400 IM *	26
27	15 & O 400 IM*	28

Saturday Afternoon

Girls	Event	Boys
29	12 & U 100 Breast	30
31	12 & U 50 Back	32
33	12 & U 50 Fly	34
35	12 & U 100 Free	36

Sunday Morning

Girls	Event	Boys
37	13 & O 100 Breast	38
39	13 & O 200 Fly	40
41	13 & O 50 Free	42
43	13 & O 200 Back	44
45	13-14 400 Free *	46
47	15 & O 400 Free*	48

Sunday Afternoon

Girls	Event	Boys
49	12 & U 100 Fly	50
51	12 & U 50 Breast	52
53	12 & U 50 Free	54
55	12 & U 100 Back	56
57	12 & U 400 Free*	58

** These events are limited to top 32 swimmers.
Positive check in*

10 minute warm up/down breaks will be after events; 8, 20, 24, 32, 40, 44, 52, and 56



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Schedule:

Friday: warm up not before 8:00pm, meet start 30 minutes after warm up begins.

Saturday: warm up not before 5:00pm, meet start 30 minutes after warm up begins.

Sunday: warm up not before 5:00pm, meet start 30 minutes after warm up begins.

Eligibility:

Open to all registered athlete members of USA Swimming. 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 the entry fees will not be refunded. If a swimmer swims and is not registered, a \$100 fine will be imposed. Swimmer's age on April 22, 2016 determines their age group for the meet.

Events:

All events are timed finals. A swimmer may enter two individual events per day. Time trial fee is \$10.00 per event.

Timeline Limits:

All events will be accepted on a first come/first served basis. The Friday evening session will be limited to one hour; Saturday and Sunday sessions will be limited to two hours.

Entries

Time trial entries are due to Meet Management Room by 6:00pm Friday for Friday time trials, 12:00pm Saturday and Sunday for Saturday and Sunday time trials.

Make Checks Payable to: ECUSD 7

Mail to:

ECUSD7

P.O. Box 866

Edwardsville, IL 62025

Time Trial List of Events & Olympic Trials Standard

***All events offered each day of time trials**

***Athletes must provide 2 timers and lap counters when necessary**

Women	Event	Men
26.19	50 Freestyle	23.29
56.49	100 Freestyle	50.69
2:02.39	200 Freestyle	1:51.89
4:17.99	400 Freestyle	3:58.69
8:49.99	800 Freestyle	x
X	1500 Freestyle	15:49.99
1:03.39	100 Backstroke	57.19
2:16.59	200 Backstroke	2:03.79
1:11.49	100 Breaststroke	1:03.69
2:34.99	200 Breaststroke	2:18.39
1:01.19	100 Butterfly	54.79
2:14.99	200 Butterfly	2:01.99
2:18.69	200 Individual Medley	2:05.09
4:54.99	400 Individual Medley	4:27.49

*******Olympic Trials Standard Times are Long Course Meters only*******

*******Qualifying Period is July 30, 2014, through the entry deadline*******