

REC-PLEX SHARKS SWIM CLUB

Presents

MEET ME IN ST. LOUIS

Long Course Invitational Meet

June 3rd – 5th, 2011

Sanction: Ozark Swimming and USA Swimming # 5368

Host: St. Peters Rec-Plex Sharks

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

Facility: 50 meter 8 lane pool built in 1994 by Westport Pools. A Colorado System 5 timing system will be used with an 8-line scoreboard(s). All lanes are 9 feet wide & have the Big 6" Competitor non-turbulent lane markers. There is permanent seating for 1300 spectators.

Meet Director: Karen Baker (636) 939-0296 or rkrbaker@charter.net
Rebecca Ostrander (636) 922-3116 or rebajeff@sbcglobal.net

Safety Marshall: Todd Fountain

Meet Referee: Steve Grimm (314) 910-8274 or stephen.b.grimm@boeing.com
Officials: Teams participating in the meet should provide officials. Please contact Steve Grimm if you are able to work.

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

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

Schedule:

	Friday	Saturday/Sunday AM	Saturday/Sunday PM
Warm-ups			
Session A	4:00 – 4:25pm	6:30 – 6:55 am	12:30 – 12:55 pm
Session B	4:25 – 4:50pm	6:55 – 7:20 am	12:55 – 1:20 pm
Meet Starts	5:00 pm	7:30am	1:30 pm

Check In: Swimmers must check in with the Clerk-of-Course for the limited events. Swimmers or teams' representatives should highlight their names for each event being swum or cross out their names for events not being swum on sheets posted. Swimmers who have not checked in 30 min 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 time lines permit.**

Eligibility: Open to all **CURRENTLY** registered USA swimmers. USA swimming memberships applied for will **NOT** be accepted. Swimmers age on June 3, 2011 determines the swimmers age group for the meet. Swimmers who are entered and are found to be not registered will be dropped from the meet, will forfeit their meet entry fees and be subject to a \$100 fine. No team entry will be split.

Events: A swimmer may enter 3 individual events per day. **All Friday night events and the 400 Free and the 400 IM will be limited to the specified number of fastest swimmers.**

Note: "No Times" will not be accepted in limited events. Time Conversions are not allowed for any event. In events where a limited number of swimmers are allowed to swim, refunds may be requested and paid to the TEAM in one lump sum. The request **MUST** be made within one week of the meet's end.

Note: Positive check in will be required for all limited events. Please do not check in any swimmer that is not present and available to swim. **Due to the large number of swimmers who want to swim the limited events, Swimmers checked-in and seeded into the limited entry events who fail to appear will be barred from competing in their next event.** This will facilitate full heats and the alternates to swim if a swimmer making the cut is not present to swim. *Proof of time may be required and must be provided by the coach if the swimmers time is in question for the limited events. Swimmers not making the Top 24 for the 400 Free and the 400 IM will be allowed to choose another event if the time line permits. The host team reserves the right to add an additional heat of Girls and Boys limited events to be filled by swimmers from the host team.

Awards: INDIVIDUAL EVENTS: Ribbons 1st –16th places.
10 & Under events will be scored as 9 & 10 and 8 & Under.

Rules: This meet is being held under the sanction of USA Swimming and all technical and administrative rules of USA Swimming will apply. All swimmers who are not accompanied by a USA-S 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. 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. This will be strictly enforced. Please be prepared to provide credentials. No Parents are permitted on the pool deck unless they are volunteers assigned to work that session.

The only swimsuits allowed are those permitted by FINA and in compliance with current USA Swimming rules.

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 requirement.

Entry Fees: \$4.00 per individual event
\$8.00 Ozark Swimming Surcharge

Entries: Entries will be accepted starting **April 26th, 2011 at 9:00 a.m.** Please submit entries in Long Course Meter Times. NO TIME CONVERSIONS WILL BE ACCEPTED. Teams may submit their entries using HY-TEK team manager via e-mail or on a 3.5" magnetic disk as a comm-link file. A confirmation e-mail will be sent following the receipt of e-mail entries. If confirmation is not received call Karen Butz at 636-688-1512. **Confirmation of receipt does not mean that your entry is accepted.** Teams will be notified of acceptance by Friday, May 6th. All entries must include a hard copy of the entries and a check. After acceptance; the hard copy and checks must be received within 7 days. **Entries requiring a signature or postage will not be accepted.** Please provide an email, phone, and fax contact. The Rec-Plex Sharks swim team has the sole discretion to determine which entries to accept. In exercising this discretion, the Sharks will consider: number of officials provided by the team, balance of age groups and gender in entries, level of competition and geographic location. *Teams should send with their entry, the names of those officials planning to work the meet.* **There is a high probability that this meet will be full prior to the entry deadline.**

Entry deadline: APRIL 28th, 2011

NO ENTRIES WILL BE ACCEPTED BEFORE APRIL 26th, 2011 at 9:00 a.m.

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

Late entries will be accepted at the discretion of the meet entry chair.

NO DECK ENTRIES WILL BE ACCEPTED

Make checks payable to: Rec-Plex Sharks Swim Club
Mail to: Karen Butz, Meet Entry Chair
C/O Rec-Plex Sharks Swim Club
13 Arrowhead Circle
St. Charles, MO 63301
(636) 688-1512

Sharkmeetentry@yahoo.com

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 Marshall. At no time will cell phones with video or video recording devices be permitted in the locker room area.

Concessions: Food and drink will be available in the food court beginning at 6:30 am.

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

Hotels: Hampton Inn- The Sharks Preferred Hotel
Special Rate: Please call the hotel directly and reference the Rec-Plex Sharks when requesting room availability.

**3720 West Clay Street
St. Charles, MO 63301
636-947-6800**

Facility Rules:

- 1) All trash is to be picked up in each team area and in the stands prior to the end of each session.
- 2) All unauthorized area's are strictly off limits to swimmers, parents, and spectators. The following area's are off limits: Weight Room, Jacuzzi, Ice Rink, Sauna & the Leisure Pool.
- 3) Outside food, drinks, coolers, and chairs are not permitted in the facility. Items purchased from the Rec-Plex concession stand may be brought into the spectator area. No food or drink is permitted on deck.
- 4) The entire complex is designated **NON-SMOKING**.
- 5) Deck access is strictly limited to swimmers, coaches, officials and meet workers.
- 6) Swimmers are not permitted to conduct on-site shaving. Violators will be ejected from the meet.

- 7) There will be facility security present at all times. Any swimmers caught violating any of the above rules will be ejected from the facility and disqualified from the remainder of the meet.

Friday Evening

Girls	Event		Boys
1	Top 40	15 & Over 200 Free	Top 40 2
3	Top 40	13 & 14 200 Free	Top 40 4
5	Top 24	10 & under 200 Free	Top 24 6
7	Top 32	11 & 12 200 Free	Top 32 8
9	Top 40	15 & Over 200 IM	Top 40 10
11	Top 40	13 & 14 200 IM	Top 40 12
13	Top 24	10 & Under 200 IM	Top 24 14
15	Top 32	11 & 12 200 IM	Top 32 16

** The host team reserves the right to add an additional heat of each Girls and Boys limited events to be filled by swimmers from the host team.

Saturday Morning

Girls	Event		Boys
17		13 & 14 100 Fly	18
19		15 & Over 100 Fly	20
21		13 & 14 200 Breast	22
23		15 & Over 200 Breast	24
25		13 & 14 100 Free	26
27		15 & Over 100 Free	28
29		13 & 14 100 Back	30
31		15 & Over 100 Back	32
33	Top 24	13 & 14 400 Free *	Top 24 34
35	Top 24	15 & Over 400 Free *	Top 24 36

* Swimmers not making the Top 24 for the 400 Free will be allowed to choose another event if the time line permits.

** The host team reserves the right to add an additional heat of Girls and Boys 400 Free to be filled by swimmers from the host team.

Saturday Afternoon

Girls	Event		Boys
37		10 & under 100 Breast	38
39		11 & 12 100 Breast	40
41		10 & under 50 Back	42
43		11 & 12 50 Back	44
45		10 & under 50 Fly	46
47		11 & 12 50 Fly	48
49		10 & under 100 Free	50
51		11 & 12 100 Free	52

Sunday Morning

Girls		Event	Boys	
53		13 & 14 100 Breast		54
55		15 & Over 100 Breast		56
57		13 & 14 200 Fly		58
59		15 & Over 200 Fly		60
61		13 & 14 50 Free		62
63		15 & Over 50 Free		64
65		13 & 14 200 Back		66
67		15 & Over 200 Back		68
69	Top 24	13 & 14 400 IM *	Top 24	70
71	Top 24	15 & Over 400 IM *	Top 24	72

* Swimmers not making the Top 24 for the 400 IM will be allowed to choose another event if the time line permits.

** The host team reserves the right to add an additional heat of Girls and Boys 400 IM to be filled by swimmers from the host team.

Sunday Afternoon

Girls		Event	Boys	
73		10 & Under 100 Fly		74
75		11 & 12 100 Fly		76
77		10 & Under 50 Breast		78
79		11 & 12 50 Breast		80
81		10 & under 50 Free		82
83		11 & 12 50 Free		84
85		10 & under 100 Back		86
87		11 & 12 100 Back		88