



SWIM YOUR OWN AGE

October 19, 2013

Shea Natatorium

Student Recreation Center

Southern Illinois University, Carbondale, Illinois

Held under sanction of USA Swimming/Ozark LSC #5638

FACILITY

The *Dr. Edward J. Shea Natatorium* in the Student Recreation Center, Southern Illinois University at Carbondale. Indoor, 8-lane, 25 yard pool with non-turbulent lane markers and fully automatic timing system.

PLEASE REFER TO THE ATTACHED REC CENTER RULES AND POLICIES. Please inform all your swim families of these rules and policies. Thank you for your cooperation.

Overhead seating for 500 spectators is available as well as generous on-deck areas for swimmers and coaches. Smoking is not permitted anywhere in the Recreation Center. Food is not permitted in the pool balcony or on the pool deck. Only swimming coaches, athletes, and meet workers will be allowed on deck during the meet. Spectators can view the meet from the spectator area above the pool. As per USA Swimming policy no video recording devices or cell phone cameras are allowed in locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited by Ozark.

ELIGIBILITY

All swimmers must be athlete members of USA Swimming. "Applied for..." will not be accepted. On deck registration is not available. Swimmers who do not hold current USA Swimming membership will be dropped from the meet. There is a \$100 fine for entering nonregistered athletes in an Ozark meet. Coaches must be registered with USA Swimming as 'Coach' members. Athletes attending the meet unaccompanied by a USA Swimming coach must report to the meet referee or meet director prior to warming up for each session. The athlete will be assigned to a coach on deck for each session of the meet that he is entered.

“Any swimmers 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.”

FORMAT

Current USA Swimming rules apply. All events are timed finals.

AGE GROUPS

This is a swim your own age competition. Athletes will race in the age categories noted on the meet program.

AWARDS

Ribbons will be awarded for 1st through 8th place in each event. 15 & older events will be scored separately as 15, 16, and 17 & older.

ENTRY FEE

There is an entry fee of \$2.50 per event and a \$5.00 surcharge per athlete. **All entries are due by Tuesday, October 8.** Entries will be accepted in the order they are received.

LIMITS

Athletes are limited to 4 events. The total number of entries will be limited to assure a reasonable time line.

SEND ENTRIES TO: jamesnewton47@hotmail.com

(attach your entry file to the email)

DEADLINE: All entries must be received by Tuesday, October 8

CONTACTS

Meet Director/

Entry Info/Help: Jay Newton

618-457-1103

Jamesnewton47@hotmail.com

Meet Referee: Lori Metz - lorinmetz@gmail.com

Officials interested in working the meet should contact Lori at the above email address.

Marshal: Leo Robinson

MEET PROGRAM

Warm-up: 9:15am-

Start: 10:00am

Girls	Event	Boys
1	25 Fly 7 & under	2
3	25 Fly 8 years old	4
5	50 Fly 9 years old	6
7	50 Fly 10 years old	8
9	50 Fly 11 years old	10
11	50 Fly 12 years old	12
13	100 Fly 13 years old	14
15	100 Fly 14 years old	16
17	100 Fly 15 & older	18
19	25 Back 7 & under	20
21	25 Back 8 years old	22
23	50 Back 9 years old	24
25	50 Back 10 years old	26
27	50 Back 11 years old	28
29	50 Back 12 years old	30
31	100 Back 13 years old	32
33	100 Back 14 years old	34
35	100 Back 15 & older	36
37	25 Breast 7 & under	38
39	25 Breast 8 years old	40
41	50 Breast 9 years old	42
43	50 Breast 10 years old	44
45	50 Breast 11 years old	46
47	50 Breast 12 years old	48
49	100 Breast 13 years old	50
51	100 Breast 14 years old	52
53	100 Breast 15 & older	54
55	25 Free 7 & under	56
57	25 Free 8 years old	58
59	50 Free 9 years old	60
61	50 Free 10 years old	62
63	50 Free 11 years old	64
65	50 Free 12 years old	66
67	100 Free 13 years old	68
69	100 Free 14 years old	70
71	100 Free 15 & older	72

All events are timed finals.

2013 Saluki Swim Your Own Age Entry Summary and Release Form

Club: _____ Code: _____ LSC: _____

Address:

City: _____ State: _____

Zip: _____

Head Coach: _____

Phone: _____

Entry contact: _____

Phone: _____

Email:

Number of Coaches attending this Meet _____

ENTRY SUMMARY

Number of athletes entered _____ x \$5.00 = _____

Number of individual events entered _____ x \$2.50 = _____

Total amount enclosed: = _____

MAKE YOUR CHECK PAYABLE TO SALUKI SWIM CLUB AND MAIL TO:

PO Box 3293

Carbondale, IL 62902

RELEASE

Saluki Swim Club, Inc., Southern Illinois University, USA Swimming, and Ozark Swimming shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of the meet. I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming, and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: _____ Title: _____

Date: _____

This form is part of your entry and must be signed and returned for your entry to be accepted. **Entry deadline is October 8, 2013**

SIU Student Recreation Center

Rules and Policies

The following are the rules and policies for the use of the SIU Student Recreation Center during swimming competitions. These policies are in place for the safety of all swimmers, guests, students, and Rec Center members. We appreciate your help in abiding by these rules. Please make sure all your swimmers and families are informed of these rules. Thank You!

Parent Spectators

*Parking is open in the Rec Center lot on Saturday's and Sunday's. Please do not park in the Student Health Center parking spots.

*Parent spectators are not allowed in the lower portion of the SIU Rec Center. Once entering the building, parent spectators will be directed upstairs to spectator area. Parents will not be allowed into the lower level of the Rec Center. Your swimmers will be allowed to go upstairs to the spectator to see you or get drinks, etc.

* You are welcome to bring your own chairs to use in the 2nd floor hallway observation areas, but you must take your chairs with you when you leave the building. Please DO NOT leave your chairs overnight or between sessions. The SIU Student Rec Center is not responsible for any items left in the building. Any chairs or items left overnight or between sessions will be removed.

*Parent volunteers should check in at the front. All parent volunteers listed on the worker sign-up sheet will be given volunteer credentials and will be allowed access to the lower level. Parent volunteers should immediately report to the pool deck, entering through the locker rooms.

Swimmers, Coaches, and Officials

*Swimmers, Coaches, and Officials will be admitted to the lower level of the Rec Center. Swimmers should identify themselves as swimmers and Coaches and Officials should show their USA Swimming Coaches Registration card at the gate.

* If young swimmers need an escort to the locker room area, there will be staff there to escort swimmers to the locker room. Parents will not be allowed to escort swimmers to the locker room or pool deck.

*Swimmers, Coaches, and Officials should enter and exit the pool area through the locker room. Please use only the locker rooms to enter and exit the pool area.

*When downstairs, swimmers should only be in the pool area or the locker room. Swimmers are welcome to go upstairs to the spectator area, but they must be dry and wearing shirt, shoes, and clothes and exit through the locker room area.