

THE REC-PLEX SHARKS SWIM TEAM

Presents

# Winter Warm-Up

January 20-22, 2017



**Sanction:** Ozark Swimming # 5869

**Host:** St. Peters Rec-Plex Sharks

**Location:** City of St. Peters Rec-Plex  
5200 Mexico Road  
St. Peters, MO 63376  
(636) 939-2386



**Facility:** The pool is 50 meters with a movable bulkhead to divide it into two 8-lane, 25-yard pools. All lanes are 9 feet wide & have 6" Competitor non-turbulent lane lines. The minimum depth of the competition pool at the start end is 12' 10" and at the turn end is 11' 7". The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4), and a copy of the certification is on file with USA Swimming. A Colorado System 6 timing system will be used with an 8-line scoreboard. There is permanent seating for 1300 spectators.

**Meet Directors:** Darcy Cearley (417) 719-8262 or [dmcearley@gmail.com](mailto:dmcearley@gmail.com)  
Rebecca Ostrander (636) 922-3116 or [ostrander.rebecca@gmail.com](mailto:ostrander.rebecca@gmail.com)

**Safety Marshal:** Renea Medling (13&Overs) / Darris Price (12&Unders)

**Admin. Official:** Karen Butz (636) 688-1512 or [Sharkmeetentry@yahoo.com](mailto:Sharkmeetentry@yahoo.com)

**Meet Referee:** Steve Grimm (636) 233-7076 or [steve.grimm-swim@charter.net](mailto:steve.grimm-swim@charter.net)  
Teams participating in the meet should provide officials. Please contact Steve Grimm if you are able to work.

**Directions:** From I-70, take the Cave Springs exit (#225) and head south. Turn right (west) onto Mexico Road and travel 1.6 miles. The Rec-Plex is on the left just past Lutheran High School.

**Parking:** Prime parking is in front of the Rec-Plex. Additional parking is behind the Rec-Plex, on the other side of St. Peters City Hall, and next door at Lutheran High School.

**Schedule:**

|                      | <b>Friday PM</b> | <b>Saturday/Sunday AM</b> | <b>Saturday/Sunday PM*</b> |
|----------------------|------------------|---------------------------|----------------------------|
| <b>Warm-up 1</b>     | 4:30 – 4:55 pm   | 7:00 – 7:25 am            | 12:00 – 12:25 pm           |
| <b>Warm-up 2</b>     | 4:55 – 5:20 pm   | 7:25 – 7:50 am            | 12:25 – 12:50 pm           |
| <b>Session Start</b> | 5:30 pm          | 8:00 am                   | 1:00 pm                    |

\* Saturday and Sunday afternoon times are an estimate for planning purposes. Actual times will be posted one week prior to the meet, once the meet has been seeded and the timelines are set.

**Eligibility:** Open to all currently 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 January 20, 2017 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. We reserve the right to pre-seed the meet at our discretion, if timelines permit. We further reserve the right to limit events due to the timeline.

**NO DECK ENTRIES WILL BE ALLOWED.**

**Limited Events:** All Friday evening events will be limited to the fastest 16 for the 10 & Under events, and fastest 24 for all other events. Swimmers must provide their own lap counter for the 500 Free.

**Check In:** There will be a positive check in for all Friday evening events. Swimmers who have not checked in 30 minutes prior to the start of the session will not be seeded in those events. **If a swimmer positively checks in for a limited event and does not swim the event, they will be disqualified from their next event.**

**Entry Fees:** \$4.00 per individual event  
\$12.00 Ozark Swimming Surcharge

**Entries:** Entries will be accepted starting **December 13, 2016 at 9:00 a.m.** and accepted through **December 14, 2016**, or until the meet is filled. Please note that the meet may be filled **BEFORE THE DEADLINE DATE**. Please submit entries in short course yard times. No time conversions are allowed for any of the limited events. **Proof of time for all limited events must be sent in with entry.** Team Manager proof of time is sufficient. Refunds for those who do not make the cut in these limited events will be issued to the teams who request a refund within one week of the meet end. Only e-mail entries will be accepted. All entries must be in Team Manager format. E-mail entries will receive confirmation that their e-mail was received by automatic response. If you do not receive a confirmation, please contact Karen Butz at (636) 688-1512. Confirmation does not mean that your entry has been accepted. A check for fees and a hard copy of your team entry and team entry fees must be received within 7 business days of your acceptance. 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.*

**Entry deadline: DECEMBER 14, 2016**

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

Entry fees must accompany each entry.

Make checks payable to: **Rec-Plex Sharks Swim Team**

Mail to: Karen Butz, Meet Entry Chair  
c/o Rec-Plex Sharks Swim Team  
13 Arrowhead Circle  
St. Charles, MO 63301  
(636) 688-1512  
[Sharkmeetentry@yahoo.com](mailto:Sharkmeetentry@yahoo.com)

**Meet Results:** Meet results will be e-mailed to all participating teams.

**Awards:** Ribbons: 1<sup>st</sup> – 16<sup>th</sup> place  
(12&U events will be scored as 10&U and 11-12; 13&O events as 13-14 and 15&O)

**Meet Safety:** In accordance with the recommendations of USA Swimming and Ozark LSC, the Rec-Plex Sharks will operate this meet under the guidance of a meet Safety Marshal. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

**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.

Credentials must be 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 (this will be strictly enforced). No parents are permitted on the pool deck unless they are volunteers 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 prohibited.

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.

**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. **The following areas are off limits:** Gymnasium, Ice Rink, Weight Room, Jacuzzi & Sauna, Leisure Pool, and the rear hallway from the locker rooms to the emergency exit.
3. No outside chairs, food, drinks, or coolers are permitted in the Rec-Plex, per the City of St. Peters. Only items purchased from the concession stand are permitted in the spectator area. No food or drink is permitted on the pool deck. "No Smoking" laws are in effect, and smokers are required to smoke outside of the building.
4. Swimmers may rest in the spectator stands (including the far corner), but not under the pullout stands. A clear path to all emergency exits must be maintained with no obstructions.
5. Cell phones with video and video recording devices are prohibited in all locker rooms and restrooms.

**Concessions:** Food and drink will be available in the food court beginning at 7:00 am.

**Vendor:** **B&B Aquatics** will be available throughout the meet.

**Camping:** **St. Peters 370 Lakeside Park**

Please reference the **Rec-Plex Sharks** when making reservations.

<http://www.stpetersmo.net/rvpark.aspx>

(636) 387-LAKE (5253)

### Friday Evening

| Girls | Events          | Boys |
|-------|-----------------|------|
| 1     | 15&O 400 IM*    | 2    |
| 3     | 13-14 400 IM*   | 4    |
| 5     | 11-12 200 IM*   | 6    |
| 7     | 10&U 200 IM**   | 8    |
| 9     | 15&O 500 Free*  | 10   |
| 11    | 13-14 500 Free* | 12   |
| 13    | 11-12 200 Free* | 14   |
| 15    | 10&U 200 Free** | 16   |

*\* These events are limited to the top 24 swimmers*

*\*\* 10&U events are limited to the top 16 swimmers*

### Saturday Morning

| Girls | Events          | Boys |
|-------|-----------------|------|
| 17    | 13&O 200 IM     | 18   |
| 19    | 13&O 100 Back   | 20   |
| 21    | 13&O 200 Fly    | 22   |
| 23    | 13&O 50 Free    | 24   |
| 25    | 13&O 200 Breast | 26   |

### Saturday Afternoon

| Girls | Events         | Boys |
|-------|----------------|------|
| 27    | 12&U 50 Breast | 28   |
| 29    | 12&U 100 Back  | 30   |
| 31    | 12&U 100 Free  | 32   |
| 33    | 12&U 50 Fly    | 34   |

### Sunday Morning

| Girls | Events          | Boys |
|-------|-----------------|------|
| 35    | 13&O 200 Back   | 36   |
| 37    | 13&O 100 Free   | 38   |
| 39    | 13&O 100 Breast | 40   |
| 41    | 13&O 100 Fly    | 42   |
| 43    | 13&O 200 Free   | 44   |

### Sunday Afternoon

| Girls | Events          | Boys |
|-------|-----------------|------|
| 45    | 12&U 100 Fly    | 46   |
| 47    | 12&U 50 Back    | 48   |
| 49    | 12&U 100 Breast | 50   |
| 51    | 12&U 100 IM     | 52   |
| 53    | 12&U 50 Free    | 54   |