



# HEAT LIGHTNING



AND

## 8 & UNDER CHAMPIONSHIP SWIM MEET

**MARCH 16-17, 2019**

**Hosted By:** HEAT Swimming

**Sanction:** Held under the sanction of USA Swimming by Ozark Swimming #6005

**Location:** Pattonville High School  
2497 Creve Coeur Mill Rd.  
St. Louis, MO 63043

**Facility:** The pool is 10 lanes, 25 yards, equipped with Kiefer-McNeill starting blocks, Kiefer-McNeill wave eater non-turbulent lane markers and Daktronics Timing System. This is a **NON-SMOKING FACILITY**. The minimum depth of the competition pool at the start is 6' and at the turn end is 6'. The competition course has not been certified in accordance with 104.2.2C(4)".

**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 & Over Warm-Up: 12:40-1:15p.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:** All swimmers must be athlete members of USA Swimming. "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. If a swimmer swims and is not registered a \$100 fine per athlete will be imposed. The age of the swimmer on March 16, 2019 determines his/her age for the entire meet. All coaches must be coach members of USA Swimming. Entries with "No Time" will be accepted.

**Check In:** The host team reserves the right to pre-seed Saturday and Sunday events if the time line permits. If pre-seeding is not used, positive check-in will close 30 minutes before each session begins. Swimmers not checked in will be scratched from the session.

**Warm-Ups:** Warm-up sessions/lanes will be assigned. Warm-up procedures will be defined by Ozark LSC safety regulations. A swimmer attending the meet without a USA certified coach must report to the meet referee or meet director prior to warming up for each session in which he is swimming. The swimmer will then be assigned to a coach on

deck for each session of the meet that he has entered. 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 is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. **Cell phones with video and video recording devices are prohibited in all locker rooms!**

**Entries:** Swimmers may swim 4 individual events and one relay per day. All mixed relays must be a combination of 2 female and 2 male swimmers. Times should be entered in short course yard times. "No Time" entries are accepted. Coaches must list full first and last name on all relay cards. **NO DECK ENTRIES WILL BE ACCEPTED.** No telephone and/or fax entries will be accepted. All entries must be in Team Manger 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 Sally Stevens at (314)576-3028. 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. HEAT Swimming has the sole discretion to determine which entries to accept. In exercising this discretion, HEAT 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 name of those officials planning to work the meet.

**Entry Deadline:** Entries will be accepted beginning February 26, 2019 @ 9:00 a.m.  
Entries must be received by March 1, 2018 or until the meet fills

**Entry Fees:** \$4.50 per individual event  
\$10.00 per relay  
\$12.00 surcharge per swimmer  
**Please make checks payable to: HEAT Swimming**

**E-mail Entries To:** [heatentries@gmail.com](mailto:heatentries@gmail.com)

**Mail Payment To:** HEAT Swimming  
784 Coalport Dr.  
St. Louis, MO 63141

For questions regarding entries contact Sally Stevens @ (314)576-3028 or email [heatentries@gmail.com](mailto:heatentries@gmail.com)

**Results:** Results will be posted on the Ozark Swimming web site. Hard copies of the results will not be mailed.

**Awards:**

- \*1<sup>st</sup> through 8<sup>th</sup> place ribbons for 8&Unders, 9/10, 11/12.
- \*13 & Over events will have separate awards and scoring for 13/14 and 15&Over.
- \*200 yard events in the a.m. session will be swum as 12&Under, but with separate awards for 10&Under and 11/12.
- \*Trophies will be awarded to the top three scoring teams for 8&Under age group.
- \*Bobble-head trophies for individual high point will be awarded for 8&U, 9/10, 11/12, 13/14 and 15&O. 12&U high point winners will be awarded at the end of Sunday morning's events.

**Officials:** Meet Director: Sally Stevens (314)576-3028 - [heatentries@gmail.com](mailto:heatentries@gmail.com)  
Meet Referee: Andy Allman (314)724-2126 - [AAllman@amscontrols.com](mailto:AAllman@amscontrols.com)  
Safety Marshall: TJ Kuper (314)831-4065 – [t.kuper@sbcglobal.net](mailto:t.kuper@sbcglobal.net)  
Admin Official: Dave Stevens (314)576-3028 – [dstevensmo@sbcglobal.net](mailto:dstevensmo@sbcglobal.net)

*Teams participating in the meet should provide officials. USA Swimming officials interested in officiating please contact Andy Allman. All reasonable efforts will be made to provide apprentice sessions.*

**Rules:** All 2018 technical and administrative USA Swimming Official Rules and Ozark Rules shall govern the meet.

**\*102.9 SWIMWEAR.1 Design:**

A. Swimsuits worn for all 12& under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.

B. Swimsuits worn for competition must be non-transparent and conform to the current concept of all the appropriate.

C. The Referee shall have authority to bar offenders for the competition until they comply with the rule.

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 responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this request.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker room or other designated areas in not appropriate and is prohibited by Ozark.

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.

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

**Swim Vendor:** B&B Aquatics will be available to purchase 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 Saturday and Sunday events if the time line permits.

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SCHEDULE OF EVENTS

Sanction #6005

Saturday Morning

| Girls | Events                      | Boys |
|-------|-----------------------------|------|
| 1     | 12&Under 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   |
| 23    | 12&U Mixed 200 Medley Relay | 23   |

Saturday Afternoon

| Girls | Events                      | Boys |
|-------|-----------------------------|------|
| 25    | 8&U 100 Medley Relay        | 26   |
| 27    | 13&O 200 IM                 | 28   |
| 29    | 8&U 25 Fly                  | 30   |
| 31    | 13&O 100 Fly                | 32   |
| 33    | 8&U 50 Back                 | 34   |
| 35    | 13&O 200 Back               | 36   |
| 37    | 8&U 25 Free                 | 38   |
| 39    | 13&O 100 Free               | 40   |
| 41    | 8&U 50 Breast               | 42   |
| 43    | 13&O 100 Breast             | 44   |
| 45    | 8&U 100 Free                | 46   |
| 47    | 13&O Mixed 200 Medley Relay | 47   |

Sunday Morning

| Girls | Events                    | Boys |
|-------|---------------------------|------|
| 49    | 12&&Under 200 Free        | 50   |
| 51    | 9/10 100 Breast           | 52   |
| 53    | 11/12 100 Breast          | 54   |
| 55    | 9/10 50 Free              | 56   |
| 57    | 11/12 50 Free             | 58   |
| 59    | 12&U 200 Breast           | 60   |
| 61    | 9/10 100 IM               | 62   |
| 63    | 11/12 100 IM              | 64   |
| 65    | 9/10 100 Back             | 66   |
| 67    | 11/12 100 Back            | 68   |
| 69    | 9/10 50 Fly               | 70   |
| 71    | 11/12 50 Fly              | 72   |
| 73    | 12&U 200 Mixed Free Relay | 73   |

Sunday Afternoon

| Girls | Events                    | Boys |
|-------|---------------------------|------|
| 75    | 8&U 100 Free Relay        | 76   |
| 77    | 13&O 200 Free             | 78   |
| 79    | 8&U 50 Fly                | 80   |
| 81    | 13&O 200 Fly              | 82   |
| 83    | 8&U 25 Back               | 84   |
| 85    | 13&O 100 Back             | 86   |
| 87    | 25 Breast                 | 88   |
| 89    | 13&O 200 Breast           | 90   |
| 91    | 8&U Free                  | 92   |
| 93    | 13&O 50 Free              | 94   |
| 95    | 8&U 100 IM                | 96   |
| 97    | 13&O Mixed 200 Free Relay | 97   |

