

SEAHAWKS SPRINT PENTATHLON/ SEPTATHLON

January 31st and February 1st, 2020



Sanction: Ozark Swimming #

Host: Seahawks Swim Club

Location: McKendree MetroRecPlex
205 Rec Plex Drive
O'Fallon, IL 62269
(618) 589-3800

Facility: The competition pool is 25 yards with ten lanes. All lanes are 8 feet wide and have 6" Competitor non-turbulent lane lines. The minimum depth of the competition pool at the start end is 8' and at the turn end is 14'. "Fast" pool technology which allows splash-back water to flow easily over lane lines and pool gutters. 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 Daktronics timing system will be used with a 10-line scoreboard. A separate four lane pool is available for cool down. There is permanent seating for 400 spectators.

Meet Director: Lisa Brede (618) 593-6532 or SeahawksSwimMeet@gmail.com

Safety Marshal: Eric Liebmann (618) 971-8575 or ericliebmann@hotmail.com

Admin. Official: Lisa Brede (618) 593-6532 or SeahawksSwimMeet@gmail.com

Officials Contact: Dave Berthe (202) 251-4919 or daveberthe@yahoo.com

Meet Referee: Jeff Junker (618)550-8351 or jmarkjunker10@gmail.com

Teams participating in the meet should provide officials. Please contact Jeff Junker if you are able to work.

Directions: From I-64, take the O'Fallon exit (#19B) and head North on 158. Turn left (west) onto Highway 50 and travel .2 miles. The McKendree MetroRecPlex is on the right.

Schedule:

	Warm-up 1	Warm-up 2	Session Start
Friday PM	4:30 – 4:55 pm	4:55 – 5:20 pm	5:30 pm
Saturday AM	6:30 – 6:55 am	7:00 – 7:20 am	7:30 am

* Teams will be assigned warm-up lanes and times and will be notified prior to the day of the meet.

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 31, 2020 determines their age group for the meet.

Events: All events are Timed Finals. The 400 IM, 500 Free, and 1650/1000 will be swum fastest to slowest. This will be a mixed event meet with boys and girls seeded together in some events based on age group and entry time only. However, boys and girls will be scored separately. A swimmer may enter six 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/session 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. For Friday events only, a late entry or deck entry may be accepted if 30 swimmers are not in an event. NO DECK ENTRIES WILL BE ALLOWED for Saturday events.

Limited Events: All Friday evening events will be limited to the fastest 30 girls and 30 boys in each event. Up to ten 12 & Under swimmers will be included in the 30 swimmer limit even if their times are not the fastest. Swimmers must provide their own lap counters and timers for the 1650/1000. The 500 Free and 400 IM will be limited to the fastest 30 entries. Swimmers must provide their own lap counter for the 500 Free.

Meet Duration: In compliance with the USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits. Proof of time may be required if events are limited. If swimmers are cut out of an event due to limitations, the entry fee will be refunded for said event or placed in a shorter one.

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.

Deck Changes: Deck changes are prohibited per USA Swimming Rule 202.4.9(I)

Entry Fees: \$4.50 per individual event
\$10.00 per relay
\$12.00 Ozark Swimming Surcharge

Entries: Entries will be accepted starting January 20, 2020 at 9:00 a.m. and accepted through January 23, 2020 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. If you do not receive a confirmation, please contact Lisa Brede at (618) 593-6532. 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 Seahawks swim team has the sole discretion to determine which entries to accept. In exercising this discretion, the Seahawks 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 Limit: Entries may be limited to 350 swimmers plus the host club. Team entries will not be split.

Conforming Times: Swimmers should be entered at their actual time in short course yards. No Times are allowed and should be designated NT.

Entry deadline: January 23, 2020

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

Make checks payable to: Seahawks Swim Club

Mail to: Lisa Brede
Meet Entry Chair c/o Seahawks Swim Club
1891 J Rock Rd
Trenton, IL 62293

Timers: Timers will be provided by the host team for all events except the 1650/1000.

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

Awards:

- ❖ The King of the Mountain Award (1st place Septathlon) will be awarded to the 13-14 and 15 & over girl and boy with the fastest combined time for the 1650 free, 500 free, 400IM, 50 Fly, 50 Back, 50 Breast, and 50 Free and the 12 & under girl and boy with the fastest combined time for the 1000 free, 500 free, 200 IM, 50 Fly, 50 Back, 50 Breast, and 50 Free. Second and Third place Septathlon awards will also be awarded.
- ❖ Sprint Pentathlon Awards will be given to the top 3 fastest combined times in each of the following:
 - ❖ Girls and Boys 8&U: 25 Fly, 25 Back, 25 Breast, 25 Free and 100 IM
 - ❖ Girls and Boys 9-10: 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM
 - ❖ Girls and Boys 11-12: 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM
 - ❖ Girls and Boys 13-14: 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM
 - ❖ Girls and Boys 15 and over: 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM
- ❖ Individual awards: Individual ribbons will be awarded for places one through eight for each event.
- ❖ Heat Awards: Heat awards will be given to swimmers upon completion of their races.

Heat Sheets: Heat sheets will be available prior to the meet at www.theseahawks.com and on Meet Mobile.

Meet Safety: In accordance with the recommendations of USA Swimming and Ozark LSC, the Seahawks Swim Club 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 within the roped in pool deck area 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. 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.

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: Ice Rink, Weight Room and second floor workout area/track.
3. No food or drink is permitted in the roped in pool deck area. "No Smoking" laws are in effect, and smokers are required to smoke outside of the building.
4. 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 lobby.

FRIDAY EVENING

EVENT	
1	Mixed Open 200 Butterfly
2	Mixed Open 200 Freestyle
3	Mixed Open 200 Breaststroke
4	Mixed Open 200 Backstroke
5	Mixed Open 1650/1000
6	Mixed Open 100 Butterfly
7	Mixed Open 100 Backstroke
8	Mixed Open 100 Breaststroke
9	Mixed Open 100 Freestyle

SATURDAY MORNING

EVENT	
10	Mixed 8&U 25 Butterfly
11	Mixed 9-12 50 Butterfly
12	Mixed 13&over 50 Butterfly
13	Mixed 12&U 500 Freestyle
14	Mixed 13&over 500 Freestyle
15	Mixed 8&U 25 Backstroke
16	Mixed 9-12 50 Backstroke
17	Mixed 13&over 50 Backstroke
18	Mixed 8&U 25 Breaststroke
19	Mixed 9-12 50 Breaststroke
20	Mixed 13&over 50 Breaststroke
21	Mixed 12&U 200 IM
22	Mixed 13&over 400 IM
23	Mixed 8&U 25 Freestyle
24	Mixed 9-12 50 Freestyle
25	Mixed 13&over 50 Freestyle
26	Mixed 12&U 100 IM
27	Mixed 13&over 100 IM

