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| HOST | Metro East Titans Swimming |
| SANCTION | Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: OZ- |
| MEET DIRECTOR | Bob Rettle | E-Mail: metsswim@gmail.com | PHONE: (618) 407-7665 |
| OFFICIALS CONTACT | Brian Perkins | E-Mail: btpqa@aol.com | PHONE: (314) 799-5685 |
| ENTRY CHAIR | Trish Grant | E-Mail: grantnna@yahoo.com | PHONE: (618) 570-6117 |
| MEET REFEREE | Brian Perkins | E-Mail: btpqa@aol.com | PHONE: (314) 799-5685 |
| ADMIN OFFICIAL | Trish Grant | E-Mail: grantnna@yahoo.com | PHONE: (618) 570-6117 |
| FACILITY ADDRESS | Chuck Fruit Aquatic Center-6168 Center Grove Road, Edwardsville, IL 62025 |
| FACILITY DESCRIPTION | The Chuck Fruit Aquatic Center pool is an indoor 8 land 50-meter pool. This competition course with bulkhead in position has been certified in accordance with 104.2.2 (C). |
| WATER DEPTH | The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth dimensions at start end = 7’, turn end = 12.5’. |
| HEAT SHEETS | Heat sheets will be posted around the venue for swimmers and parents and distributed via email to all attendees. Heat sheets will also be posted on Meet Mobile. |
| EVENTS | This meet will be conducted in accordance with the attached schedule of events. |
| ENTRY OPEN | METS will begin to accept entries immediately for invited teams. |
| ENTRY DEADLINE | METS will accept entries up until the entry deadline: **April 15th, 2021, 11:59 PM,** or until meet is filled, as determined by the meet director and meet referee. |
| ADDITIONAL ENTRY INFORMATION | Heat sheets and results will be emailed to coaches and posted on Meet Mobile.  |
| ENTRY LIMIT | A swimmer may enter a maximum of five 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.  |
| CONFORMING TIMES | Swimmers should be entered at their actual time. No Times are allowed and should be designated NT. If entering with a non-conforming time, (SCY or SCM), the swimmer must enter with the time achieved in the non-conforming course. |
| FORMAT | All of the technical and administrative rules of USA Swimming will apply. All the meet sessions are timed finals. |
| SCHEDULE/WARM-UPS | See attached schedule. After entries are closed and timelines are established, periodic 10 minute warm-up/cool down breaks will be inserted into the session event list. |
| ENTRY PROCEDURES | Teams are required to send an entry file that is compatible with Hy-Tek Meet Manager. All entries should be submitted by email to metsswim@gmail.com. Email entries will receive a confirmation that their email was received. Teams will be notified of acceptance no later than April 16th, 2021. . | Payment for team entry fees should be turned in to the meet director at the meet, prior to your first warmup session.$18.00 surcharge per swimmer$5.00 per individual event$20.00 per relay eventThere will be no refunds for illness or weather-related absences |
| 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 eventsin order to control the length of the meet. |
| LIMITED EVENTS | All of Friday’s events (400 Free and 400 IM) and will be limited to the fastest twenty (20) 13-14 year old swimmers and the fastest twenty (20) 15 & older year old. Saturday and Sunday’s AM 13-14 1500 or 800 Free will be limited to the fastest 16 swimmers. Entry Times may not be converted for all limited events! Swimmers not making the cut in the 400 Free or the 400 IM will be notified by email by Friday, April 16th, 2021 and are allowed to choose another event. The deadline for choosing another event is Monday, April 19th, 2021. If you entered a limited event and do not make the cut, you will be charged for that event, unless you scratch that event by the deadline of April 19th. |
| PROOF OF TIMES |  Any entry times for limited events not found in SWIMS must be proven by other means; meet results or TM proof of times from USA sanctioned meets are sufficient.  |
| POSITIVE CHECKIN |  There will be a positive check-in for all limited events and the 1500s and 800s. Swimmers who have not checked in 30 minutes prior to the start of the session will not be seeded in those events. **Any swimmer who misses an event they have positive checked in will be scratched from their next event**.  |
| SEEDING AND PRESEEDING | All events are timed final. Seeding of all heats will be in the following order: LCM, SCY, SCM. Seeding will be done so that swimmers are organized into heats with thesame group of swimmers for all events. All heats will be swum slowest to fastest. Meet will be pre-seeded. No deck entries will be allowed. |
| DECK ENTRIES | Deck entries will not be accepted. |
| AWARDS/SCORING | Medals: 1st – 8th placeRibbons: 9th-16th place |
| TIMERS | All participating teams will be asked to provide volunteer timers. |
| RULES | 2021 USA Swimming Rules and Regulations will govern the conduct of the meet. |
| DECK PRIVILEGES | Only currently registered USA Swimming athletes and non-athlete members and volunteers necessary to run the meet will be allowed on deck during the meet. Coaches must be currently registered with USASwimming as a Coach member of a participating team, to act in a coaching capacity at the meet. |
| ELIGIBILITY | The meet is open only to invited teams and athletes registered with USA Swimming for 2021. “Applied for” will not be accepted. On deck registration will not be available. The host LSC may impose a $100fine to the individual athlete or club, per event, for entering nonregistered swimmers in an Ozark meet. Aswimmer’s age for this meet is their age on Friday, April 23, 2021. |
| RACING START CERTIFICATION | 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 request. |
| MEET REFEREE | The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for any issues that arise that day during the course of the meet. |
| MAAPP | All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions if the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition, in accordance with 202.4.10(M). |
| MEET MARSHALS | Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non- compliance with procedures or non-cooperation with Marshals’ instructions. |
| SWIMMERS WITH DISABILITIES | Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to thecompetition. |

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| PHOTOGRAPHY | In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Unless approved in advance by the Meet Director and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record theirswimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of anydisputes regarding video recording, the Meet Referee’s decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes |
| DECK CHANGING | Per USA Swimming Rule 202.4.9(I), Deck changes are prohibited. Swimmers are expected to arrive and leave the facility in their swimsuit. |
| SPECTATORS | No spectators will be permitted to attend in order to comply with COVID-19 protocols. |
| TOTAL NUMBER OF SWIMMERS PERSESSION | Each session will have no more than 150 swimmers on the pool deck or warm-up area.  |
| ATTESTATION STATEMENT | The 2021 Long Course Kickoff will be run in accordance with all local jurisdictional guidelines. |
| COVID DISCLAIMER | An inherent risk of exposure to COVID-19 exists in any public place where people are present.COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH. |
| LOCAL COVID PROTOCOLS | Please see attached addendum. |
| RESTRICTIONS | 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.The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, inspectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm- up periods.\*Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.\*No glass containers are allowed in the meet venue. |
| RULES | In accordance with USA Swimming rule 202.4.9J, unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.In accordance with USA Swimming rule 102.91. Swimsuits for men may not extend above the navel or below the knee and for women may notcover the neck or extend past the shoulders or below the knee.
2. No zipper or other fastening devices are allowed except for a waist tie on a brief or jammer, and Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.
3. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate.
4. No swimmer is permitted to wear or use any device, substance of swimsuit to help his/her speed, pace, buoyancy, or endurance during a race. Goggles may be worn. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee.
5. 5. No technical suits shall be worn by any 12&U USA swimming athlete member.
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| OTHER INFORMATION | Before being allowed on the pool deck, all coaches, swimmers and volunteers will have a health screening including a temperature check.All persons on the pool deck must wear a mask at all times, with the exception of swimmers when they are in the water.All persons on the pool deck must keep a minimum 6 feet of distance from other persons to comply with Covid-19 protocols.No concessions or other vendors will be at the facility during the meet.There will be no locker room access. Swimmers should arrive and leave in their swimsuits. The lobby restroom and the on-deck family changing will be available, as needed. |

SCHEDULE:

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| Friday Evening (13&O) |
| 1st Warm-up | 4:30-5:10 PM |
| 2nd Warm-up | Not before 6:30-7:00 PM |
| 1st Session Meet Start | 5:15 PM |
| 2nd Session Meet Start | Not before 7:10 PM |

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|  | Saturday/Sunday AM (13-14) | Saturday/Sunday PM (15&O) |
| 1st Warm-up | 8:00-8:25 AM | 12:30-12:55 PM |
| 2nd Warm-up | 8:25-8:50 AM | 12:55-1:20 PM |
| Session Start | 9:00 AM | 1:30 PM |

\*\*Friday night 2nd session warm-up start times and Saturday and Sunday PM warm-up start times are an estimate for planning purposes. Specific team warm-up assignments will be posted Tuesday prior to the meet, once the meet has been seeded and the timelines are set.

**Friday Session: 400’s**

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|  | **Event** |
| **101** | **Girls 13&O 400 Free\*** |
| **102** | **Boys 13&O 400 Free\*** |
| **103** | **Girls 13&O 400 IM\*** |
| **104** | **Boys 13&O 400 IM\*** |

**\*These events are limited to top twenty (20) 13-14 swimmers and top twenty (20) 15&O swimmers. Positive check-in required.**

**Saturday AM Session**

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| **GIRLS** | **EVENT** | **BOYS** |
| **201** | **13-14 200 Free** | **202** |
| **203** | **13-14 100 Back** | **204** |
| **205** | **13-14 200 Breast** | **206** |
| **207** | **13-14 50 Free** | **208** |
| **209** | **13-14 200 Fly** | **210** |
| **211** | **13- 14 200 Med Relay** | **212** |
| **213** | **13-14 1500 or 800 Free Girls\*\*** |  |

**Saturday PM Session**

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| **GIRLS** | **EVENT** | **BOYS** |
| **301** | **15&O 200 Free** | **302** |
| **303** | **15&O 100 Back** | **304** |
| **305** | **15&O 200 Breast** | **306** |
| **307** | **15&O 50 Free** | **308** |
| **309** | **15&O 200 Fly** | **310** |
| **311** | **15&O 200 Med Relay** | **312** |
| **313** | **15& O1500 or 800 Free Girls\*\*** |  |

 **Sunday AM Session-13-14**

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| **GIRLS** | **EVENT** | **BOYS** |
| **401** | **13-14 200 IM** | **402** |
| **403** | **13-14 100 Free** | **404** |
| **405** | **13-14 100 Breast** | **406** |
| **407** | **13-14 200 Back** | **408** |
| **409** | **13-14 100 Fly** | **410** |
| **411** | **13- 14 200 Free Relay** | **412** |
|  | **13-14 1500 or 800 Free Boys\*\*** | **414** |

 **Sunday PM Session-15&O**

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| **GIRLS** | **EVENT** | **BOYS** |
| **501** | **15&O 200 IM** | **502** |
| **503** | **15&O 100 Free** | **504** |
| **505** | **15&O 100 Breast** | **506** |
| **507** | **15&O 200 Back** | **508** |
| **509** | **15&O 100 Fly** | **510** |
| **511** | **15&O 200 Free Relay** | **512** |
|  | **15&O 1500 or 800 Free Boys\*\*** | **514** |

\*\*These events will require one timer and one lap counter. 13-14 1500 or 800 Free is limited to top 16 swimmers

ADDENDUM: LOCAL COVID PROTOCOLS

* Swimming is considered to be a low risk sport
* Spectators, volunteers, coaches, and officials should wear face covering over their nose and mouth at all times.
* Swimmers should wear face covering over their nose and mouth at all times, expect when they are swimming.
* Participants should wash their hands with soap and water or hand sanitizer before participation.
* Participants should bring their own water bottles and should not share equipment.
* Participants, staff, volunteers, officials, and spectators should keep 6 feet social distance at all times, if they are not a member of the same household.

Plan for spectator ingress and egress:

Swimmers should sit on the bleachers on deck when they are not lined up for their heat or swimming, maintaining 6 feet social distancing. They should keep their belongings with them.

Planned number of individuals gathering in the spaces (Pool, deck, spectator seating):

No spectators will be allowed. Each session will have no more than 150 swimmers on the pool deck or warm-up area.

Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child: