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|  | **2023 Ozark Senior Championships****March 3-5, 2023** |  |
| **SPONSOR/HOST** | * Parkway Swim Club & Metro East Titans Swimming
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| **SANCTION:** | * Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: **OZ**- **6207**
* USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
* 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 CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark 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/Ozark 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 OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLIAMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKONWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.
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| **LOCATION:** | Chuck Fruit Aquatic Center, 6168 Center Grove Drive, Edwardsville IL 62025 |
| **FACILITY:** | * Indoor 50-meter pool; two 25-yard courses with eight (8) competition lanes and an eight (8) lane warm-up/cool down available throughout the meet.
* The competition course has been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.
* Pool depth dimensions at the North (competition) start end=7’, turn end=7’. Pool depth dimensions at the South (warm-up/cool down) start end=12.5’, turn end=7’.
* Parking available in the CFAC lot at the adjoining Sports Complex.
* Overhead seating for 499 spectators available, as well as generous on-deck areas for swimmers and coaches.
* Xcellerator wedge starting blocks in competition course.
* Water Temperature - 79 degrees
* Full 8-lane scoreboard showing splits and cumulative times
* 350 on-deck athlete seating
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| **MEET DIRECTOR** | Name: Ruth PriceName: Bob Rettle |  Email: ruth.price323@sbcglobal.net Email: metsswim@gmail.com  |
| **ADMIN OFFICIAL** | Name: Trish GrantName: Trish Hagar | Email: grantnna@yahoo.com Email: hagars6@yahoo.com  |
| **MEET REFEREE** |  Name: Stephanie Petersen Name: Brett Shank |  Email: legos-lb@sbcglobal.net Email: brett.shank@yahoo.com |
| **MEET MARSHALS** | Name: Kian QuigleyName: Jennifer Howardk | Email: kquigley1@parkwayschools.net  Email: jennifer.howard@bayer.com  |
| **ELIGIBILITY:** | * No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
* No on deck Ozark Swimming athlete registration will be permitted.
* 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 on the swimmer’s club, made payable to Ozark Swimming.* Open to all USA Swimming Ozark athletes registered before the first day of the meet.
* Age on March 3, 2023 will determine age for the entire meet.
* Qualifying swims must have occurred between March 3, 2022 and the meet entry deadline of 10:00 pm February 26, 2023.
* Swimmers 14&U must have achieved the USA Swimming A Standard Qualifying Times for 15/16 year olds in each event for which they are entered. Swimmers who only have the Long Course Meter (LCM) or Short Course Meter (SCM) cut for an individual event must enter at the LCM or SCM time achieved.
* Swimmers 15&O have no qualifying times cuts for all events.
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| **DISABILITY SWIMMERS:** | * 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 the competition.
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| **FORMAT:** | * Friday: All Friday events are timed finals.
* Saturday/Sunday:

-Individual Events: * All Saturday individual events, except the 500 Freestyle, and all Sunday events will be swum prelims/finals with the top 24 swimmers advancing to A (championship), B (consolation) and C (bonus) Finals.
* For the 500 Freestyle, the top 16 checked-in swimmers will advance to finals (A-championship and B-consolation).

-Relays:* Relays will be competed as timed finals during the preliminary sessions on Saturday and Sunday.
* Each team will be permitted three (3) scoring relays for each relay event.
* Coaches must turn relay forms in by the announced deadlines. This will be considered a positive check-in. Any relays not turned in by the deadline will be scratched from the event.

Ready Room: * During Finals, heats will be swum in the following order: C-Bonus, B-Consolation, A-Championship. The C and B finalists will have their names announced during their event.
* All finalists in the A heats for each event must check in with the ready room at least two (2) events before to their race. B and C finalists will report behind the blocks before their events. Alternates will report to the chairs behind the deck referee.
* A-Championship Finalists will be paraded out to music and will have their names announced while the music plays, prior to their stepping up onto the blocks.
* Any swimmer who does not show up to the Ready Room in a timely fashion will be called for one time. If they do not show up immediately, the alternate will swim.
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| **SCHEDULE:**  | * Friday Session: Warm-ups at 5:15 pm; competition starts at 6:15 pm
* Saturday AM (Prelims): Warm-ups at 8:15 am; competition starts at 9:15 am (Senior Recognition occurs at start).
* Saturday PM (Finals): Warm-ups not before 1:30 pm; competition not before 2:30 pm
* Sunday AM (Prelims): Warm-ups at 7:15 am; competition starts at 8:15 am
* Sunday PM (Finals): Warm-ups not before 12:30 pm; competition not before 1:30 pm
* Lane assignment and warm-up times for individual clubs will be posted on metsswim.com no later than Tuesday, January 10, and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
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| **ENTRIES:** | **DEADLINE FOR THE RECEIPT OF ENTRIES: Sunday, February 26th, 2023 by 10:00 pm.*** Entry times must be submitted in the course the qualifying time was achieved using Hy-Tek compatible format. Swimmers who qualify with long course meter times or short course meter times must enter the meet with those times.
* Teams must submit entries via e-mail. E-mail entries will receive confirmation of receipt. If you do not receive confirmation, please contact Bob Rettle at metsswim@gmail.com by February 27, 2023 at 10:00 am. You will have until noon on February 28, 2023 to make corrections after review of your entry report (no exceptions). Corrections must be made by email. Updated times or additions will not be accepted. Not updated meet entry files will be accepted. No phone or fax entries will be accepted.
* “NT” and “Coach Times” will NOT be accepted.
* No Deck Entries will be accepted.
* Swimmers may enter a maximum of seven (7) individual events for the entire meet and no more than three (3) individual events and two (2) relays 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.
* Relay teams must be designated A, B, and C if more than one per club is entered per event.
* Entries will be processed in the order received and accepted to the greatest extent possible. 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. The Meet Director in conjunction with the Meet Referee and Admin Official reserve the right to limit entries in any events, if necessary, to prevent too lengthy of a session. This may include combining heats and events, which may require reseeding.
* No Deck Entries will be permitted.
* Email entries to: metsswim@gmail.com
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| **SEEDING/SCRATCHES/PENALTIES:** | * The 400 IM will be seeded fastest to slowest.
* The 1000 Freestyle heats will alternate girls/boys, fastest to slowest.
* All other events will be seeded slowest to fastest, with the top 3 heats circle seeded
* The 400 IM, 1000 Freestyle and 500 Freestyle will require a positive check-in to swim. Positive check-in will close 30 minutes after the start of the session.
* National Championship Rule 207.11.6 scratch rule will be in effect for all Prelim/Final individual events except as noted.
* Any swimmer who positively checks in for the 400 IM, 1000 Freestyle and/or the 500 Freestyle and fails to swim will result in the swimmer being ejected from their next individual event.
* Alternates for finals events will NOT be penalized for not showing up to swim.
* Any swimmer not reporting to or competing in a preliminary heat or timed final event (except the 400 IM, 500 Freestyle and/or the 1000 Freestyle after positive check-in) shall not be penalized.
* Any swimmer who qualifies for a C-Bonus, B-Consolation, or A-Championship Final in an individual event and fails to scratch for that event who then fails to show up for that final event shall be ejected from their next individual event.
* There MAY be no penalty to compete in finals when a swimmer qualifies and does not scratch IF Meet Referee and Meet Director accept a proof of illness or injury.
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| **FEES:** | * Individual Events: $5 per timed final event; $7 per prelim/finals event
* Relay Events: $16 per relay team
* Swimmer Surcharge: $20 per swimmer
* $2 of the Swimmer Surcharge is paid to Ozark Swimmer. The remaining surcharge amount is being retained by the host clubs.

Check should be made payable to:Chris Etheringtonc/o PKWY Swim Club12657 Fee Fee Rd.St. Louis, MO 63146* Payment must be received by the start of the meet. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
* IMPORTANT: If payment is sent via Express Mail/FedEx/UPS, etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries
* There will be no refunds.
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| **AWARDS:** | * Awards will be given to the Top 3 high point winners for each gender.
* Team awards will be given to the top 3 scoring teams.

Ozark Senior Swimmer of the Year:* Eligibility-Current Junior and Senior high School Ozark Swimming athletes. Swimmers must be nominated by their coach (one per club). Nominating coaches will list swimming achievements and extracurricular activities outside of swimming).

Senior Recognition:* All participating club coaches should send Christ Etherington, cetherington1@parkwayschools.net , a list of seniors, intent on college entrances, and any college swim team intentions/acceptances. Senior Recognition will occur at the start of the Saturday Preliminaries Session (approximately 9:15 am).
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| **SAFETY:** | * In accordance with the recommendations of USA Swimming and Ozark Swimming, Inc.,host clubs will operate this meet under the guidance of Meet Marshals. In addition, lifeguards employed by ECUSD7 will be present to provide medical assistance to athletes participating in the meet.
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| **TIME TRIALS:** | * Time Trials will be held at the end of the finals session on Saturday and Sunday, at the discretion of the Meet Director and Meet Referee.
* Fees: $10 per individual event; $20 per relay entry
* Time Trial will only be accepted/seeded after payment is accepted and meet registration form is completed for any swimmers not originally entered in the meet.
* Deadline: All fees and any required registration forms must be submitted 30 minutes before the end of each finals session Saturday and Sunday.
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| **RULES:** | * The current USA Swimming Rules and Regulations will apply.
* Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. 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.
* The flyover start procedure will be used for the all sessions at the discretion of the Referee.
* Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.
* Deck changes are prohibited.
* Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership.
	+ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director
	+ Coaches with expired or non-current credentials will be required to leave the deck area.
* 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.
* All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of 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
* A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport’s Disciplinary Database, USA Swimming’s List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming’s List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
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| **OFFICIALS:** | * Officials will be needed for all positions and all sessions for this meet.
* Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Stephanie Petersen ( legos-lb@sbcglobal.net) and Brett Shank (brett.shank@yahoo.com).
* Officials’ meetings will occur 45 minutes prior to session start times in the hospitality room.
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| **TIMERS:** | * Timers will be provided by the host clubs, with the exception of the 1000 Free. For the 1000 Free, swimmers must provide 1 timer each.
* Timers’ meetings will occur 15 minutes prior to session times in the lobby.
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| **GENERAL:** | * Concessions will be available.
* Hospitality will be provided for all coaches and officials.
* Psych sheets and heat sheets will be posted and emailed to the contact person of each individual club and be available on Meet Mobile.
* Results will be posted in the venue, available on Meet Mobile, and emailed to the contact person of each individual club, as well as posted to Ozarkswimming.com. Meet Mobile results are NOT official.
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| **FACILITY RULES:** | * Smoking and all tobacco products are prohibited on all ECUSD7 property, including the Chuck Fruit Aquatic Center.
* Glass containers/bottles are prohibited.
* The upstairs doors leading into the spectator area must always remain closed.
* All trash should be properly disposed of, and exit doors and aisled should not be blocked.
* No chairs or coolers are allowed in the spectator seating area.
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2023 Ozark Senior Championships

ORDER OF EVENTS

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| **Friday, March 3** |
| **Warm-up: 5:15 pm; Start: 6:15 pm** |
| **Girls** | **Events** | **Boys** |
| 1 | 13&O 400 IM | 2 |
| 3 | 13&O 1000 Free\* | 4 |
| \*Swimmers must provide 1 counter and 1 timer |
| **Saturday, March 4** |
| **AM-Prelims** | **PM-Finals** |
| **Warm-up: 8:15 am; Start: 9:15 am** | **Warm-up: 1:30 pm; Start: 2:30 pm** |
| **Girls** | **Event** | **Boys** | **Girls** | **Event** | **Boys** |
| 5 | 13&O 400 Medley Relay | 6 |  |
| 10 minute break |
| 7 | 13&O 200 Free | 8 | 7 | 13&O 200 Free (Top 24) | 8 |
| 9 | 13&O 100 Fly | 10 | 9 | 13&O 100 Fly (Top 24) | 10 |
| 11 | 13&O 200 Back | 12 | 11 | 13&O 200 Back (Top 24) | 12 |
| 13 | 13&O 200 Breast | 14 | 13 | 13&O Breast (Top 24) | 14 |
| 15 | 13&O 500 Free\*\* | 16 | 15 | 13&O 500 Free (Top 16)\*\* | 16 |
| \*\*Swimmers must provide 1 counter | \*\*Swimmer must provide 1 counter |
| **Sunday, March 5** |
| **AM-Prelims** | **PM-Finals** |
| **Warm-up: 7:15 am; Start: 8:15 am** | **Warm-up: 12:30 pm; Start: 1:30 pm** |
| **Girls** | **Event** | **Boys** | **Girls** | **Event** | **Boys** |
| 17 | 13&O 400 Free Relay | 18 |  |
| 10 minute break |
| 19 | 13&O 200 IM | 20 | 19 | 13&O 200 IM (Top 24) | 20 |
| 21 | 13&O 50 Free | 22 | 21 | 13&O 5 Free (Top 24) | 22 |
| 23 | 13&O 100 Back | 24 | 23 | 13&O 100 Back (Top 24) | 24 |
| 25 | 13&O 100 Breast | 26 | 25 | 13&O 100 Breast (Top 24) | 26 |
| 27 | 13&O 200 Fly | 28 | 27 | 13&O 200 Fly (Top 24) | 28 |
| 29 | 13&O 100 Free | 30 | 29 | 13&O 100 Free (Top 24) | 30 |