



METRO EAST TITANS SWIMMING
2022 Independence Celebration Long Course Invitational
July 8.9.10 2022



HOST	Metro East Titans Swimming			
SANCTION	Held under sanction of Ozark Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: OZ-6171			
MEET DIRECTOR	Bob Rettle	E-Mail: metsswim@gmail.com	PHONE: (618) 407-7665	
OFFICIALS CONTACT	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591	
ENTRY CHAIR	Trish Grant	E-Mail: metsswiminfo@gmail.com	PHONE: (618) 570-6117	
MEET REFEREE	Dana LeVasseur	E-Mail: dnalver@hotmail.com	PHONE: (804) 986-9591	
ADMIN OFFICIAL	Trish Grant	E-Mail: metsswiminfo@gmail.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 lane 50-meter pool with 2 movable bulkheads and spectator seating capacity of 499, as well deck level seating for coaches and athletes. Parking is located outside the CFAC with additional parking in the adjacent EHS Sports Complex.			
CERTIFICATIONS	This competition course with bulkhead in position has been certified in accordance with 104.2.2 (C). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USAS-S member coach must be certified by a USAS-S member coach as being proficient in performing a racing start or must start each race form 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.			
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'.			
FORMAT	This meet will be conducted in accordance with the attached schedule of events. All the meet sessions are timed finals, Long Course Meters. All events are Timed Finals.			
ENTRY OPEN	METS will accept entries beginning April 25, 2022.			
ENTRY DEADLINE	METS will accept entries up until the entry deadline: June 29, 2022, 11:59 PM , or until meet is filled, as determined by the meet director and meet referee.			
ENTRY LIMIT	A swimmer may enter up to five (5) individual events per day with a meet total event limit of fifteen (15) not including relays. 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.			
SCHEDULE		Friday PM	Sat/Sun AM	Sat/Sun PM
	1 st warm-up	2:00-2:25 PM	7:30-7:55 AM	Not before 12:30-12:55 PM
	2 nd warm-up	2:25-2:50 PM	7:55-8:20 AM	Not before 12:55-1:20 PM
	Session Start	3:00 PM	8:30 AM	Not before 1:30 PM
	*Sat/Sun PM start times are estimated for planning purposes. Actual start times, along with specific warm-up assignments will be posted and distributed once the meet has been seeded and timelines are set.			
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 30 th , 2022.		Payment should be mailed to: METS 6696 Center Grove Rd. #235 Edwardsville, IL 62025	
	Deadline for corrections and updated times: Tuesday, July 5th, 2022		\$20.00 surcharge per swimmer \$5.00 per individual event \$16.00 per relay event. There will be no refunds for illness or weather-related absences.	
ELIGIBILITY	This meet is open to all athletes registered with USA Swimming for 2022. "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. Additionally, a \$100 fine will be imposed. On-deck registration will not be available. A swimmer's age for this meet is their age on Friday, July 8 th , 2022.			
SEEDING	The meet will be pre-seeded if timelines permit. We reserve the right to limit events due to timeline constraints. Friday's events and the 400 IM will be swum fastest to slowest, alternating boys and girls. All other events will be swim slowest to fastest. All events will be seeded in the following order: LCM, SCY, SCM			
CONFORMING TIMES	Swimmers should be entered at their actual time. No Times are allowed and should be designated NT. If			



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	entering with a non-conforming time, the swimmer must enter with the time achieved in the non-conforming course.
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 to control the length of the meet.
DECK ENTRIES	Deck entries will only be accepted at the meet referee's discretion. Fee is \$10 per individual event, \$32 per relay event.
AWARDS/SCORING	Awards: Ribbons-Individual Events-1 st -16 th , Relays-1 st -8 th Scoring: Individual: 8&U, 9-10, 11-12, 13-14, 15&O, except 12&U 400 Free Relays: 12&U, 13&O
TIMERS	Participating teams may be asked to provide volunteer timers.
RULES	<p>2022 USA Swimming Rules and Regulations will govern the conduct of the meet. All the technical and administrative rules of USA Swimming will apply.</p> <p>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, in accordance with 202.4.10(M).</p> <p>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.</p> <p>In accordance with USA Swimming Rule 102.9:</p> <ol style="list-style-type: none"> 1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover 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 their speed, pace, buoyancy, or endurance during a race. Goggles may be worn. 5. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Meet Referee. 6. No technical suits shall be worn by any 12&U USA Swimming athlete member.
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 USA Swimming as a Coach member of a participating team to act in a coaching capacity at the meet.
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. The Meet Referee has final judgment for any issues that arise that day during the meet.
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
SWMMERS 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 Meet Referee of any disability prior to the competition.
DECK CHANGING	Per USA Swimming Rule 202.4.9(I), deck changes are prohibited.
TOTAL NUMBER OF SWIMMERS/SESSION	Each session will be limited to 300 swimmers.



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<p>PHOTOGRAPHY</p>	<p>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, et cetera.) 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 their swimmers 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 any disputes 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.</p>
<p>ATTESTATION STATEMENT</p>	<p>The 2022 Independence Celebration Long Course Invitational will be run in accordance with all local jurisdictional guidelines.</p>
<p>COVID DISCLAIMER</p>	<p>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.</p> <p>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.</p> <p>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.</p>
<p>RESTRICTIONS</p>	<p>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.</p> <p>The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.</p> <p>*Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.</p> <p>*No glass containers are allowed in the meet venue.</p> <p>*The doors leading into the spectator area must always remain closed, per Fire Marshall order.</p>
<p>OTHER INFORMATION</p>	<p>Heat sheets and warm-up assignments will be posted and emailed to coaches by Wednesday, July 6.</p> <p>Results will be emailed to coaches and posted on metsswim.com and ozarkswimming.com.</p> <p>Concessions will be available during the meet.</p> <p>Two locker rooms and an on-deck family changing room, as well as lobby restrooms will be available.</p> <p>B&B Aquatics will be available.</p> <p>Spectators will be allowed.</p>



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FRIDAY PM

3:00 PM Start

GIRLS	EVENT	BOYS
1	10&U 200 IM	2
3	15&O 200 IM	4
5	13-14 200 IM	6
7	11-12 200 IM	8
9	15&O 400 Free	10
11	13-14 400 Free	12
13	12&U 400 Free	14

SATURDAY AM

8:30 AM start

GIRLS	EVENT	BOYS
15	13&O 100 Fly	16
17	13&O 200 Breast	18
19	13&O 100 Free	20
21	13&O 100 Back	22
23	13&O 200 Medley Relay	24
25	13-14 400 IM	26
27	15&O 400 IM	28

SATURDAY PM

Not before 1:30 PM start

GIRLS	EVENT	BOYS
29	12&U 100 Breast	30
31	12&U 50 Back	32
33	12&U 50 Fly	34
35	12&U 100 Free	36
37	12&U 200 Free	38
39	12&U 200 Medley Relay	40

SUNDAY AM

8:30 AM start

GIRLS	EVENT	BOYS
41	13&O 100 Breast	42
43	13&O 200 Fly	44
45	13&O 50 Free	46
47	13&O 200 Back	48
49	13&O 200 Free	50
51	13&O 200 Free Relay	52

SUNDAY PM

Not before 1:30 PM start

GIRLS	EVENT	BOYS
53	12&U 100 Fly	54
55	12&U 50 Breast	56
57	12&U 50 Free	58
59	12&U 100 Back	60
61	12&U 200 Free Relay	62