

OZARK SWIMMING

2010 SHORT COURSE CHAMPIONSHIPS

FEBRUARY 26, 27 & 28, 2010

GENERAL INFORMATION & MEET SCHEDULE

HOSTED BY: Rec-Plex Sharks & HEAT Swimming

SANCTION: Held under USA Swimming / Ozark Swimming Sanction # OZ 5265

OFFICIALS: Meet Referee Karen Smiley (314) 542-0288 karensmiley@sbcglobal.net

MEET DIRECTORS: Karen Baker (636) 939-0296 rkrbaker@charter.net
Dave Stevens

MARSHALL: Todd Fountain

QUESTIONS: Erik Strom, Age Group Chair (636) 939-2386 ex 1636

LOCATION: St. Peters Rec-Plex, 5200 Mexico Road, St. Peters, Missouri 63376

FACILITY: 50-Meter X 25 Yard Pool. The pool will be divided into two separate 8 lane, 25 yd. courses. Fully automatic electronic timing with dual 8 lane scoreboards will be used. There is permanent seating for 1300 spectators.

Directions: From I-70, take the Cave Springs exit (Exit 225), go south, turn right on Mexico Rd., travel 1.6 miles on Mexico Rd. The Rec-Plex is on the left just past the Lutheran High School.

HOTELS: Hampton Inn- The Sharks Preferred Hotel
3720 West Clay St
St Charles, MO 63301
1-636-947-6800

SCHEDULE:

	Friday	Sat & Sun Prelims	Saturday Finals	Sunday Finals
Warm up	3:30 – 4:50 PM	7:30 – 8:50 AM	4:00 – 4:50 PM	3:30 – 4:20 PM
Meet Starts	5:00 PM	9:00 AM	5:00 PM	4:30 PM

** The last ten (10) minutes of each session may be used for Sprints.

The following is the designated pool schedule for each age group & gender during the Friday evening session and the Saturday & Sunday morning preliminaries. All Consolation & Championship final will be swum in the SOUTH pool:

Friday PM: South = 10 & Under Girls, 11-12 Boys, 13-14 Girls, 15 & Over Boys
North = 10 & Under Boys, 11-12 Girls, 13-14 Boys, 15 & Over Girls

Saturday AM: South = 10 & Under Boys, 11-12 Girls, 13-14 Boys, 15 & Over Girls
North = 10 & Under Girls, 11-12 Boys, 13-14 Girls, 15 & Over Boys

Sunday AM: South = 10 & Under Girls, 11-12 Boys, 13-14 Girls, 15 & Over Boys
North = 10 & Under Boys, 11-12 Girls, 13-14 Boys, 15 & Over Girls

MEET FORMATS & PROCEDURES

RULES: The 2010 USA Swimming / Ozark LSC technical and administrative rules shall apply to the meet. 102.9 SWIMWEAR 1. Design A. Swimwear shall include only a swimsuit, cap and goggles. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed. B. In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. C. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. D. Swimsuits worn for

competition must be non-transparent and conform to the current concept of the appropriate. E. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

Further clarification: Textile fabric is defined as material consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. Currently, nose plugs are not considered to be part of the swimsuit, and are allowed

FORMAT: This is a Preliminary & Final Championship Meet. The 10 & under events will include an "A" (championship) final for the Top 8 swimmers from the preliminary heats. 11-12, 13-14 and 15 & Over events will include an "A" (championship) final and a "B" (consolation) final for the Top 16 swimmers from the mornings preliminary heats. **ALL Friday night events, ALL 200 relay events and the 1650 Freestyle on Saturday will be swum as timed finals. The 400 relays will be swum at the end of finals as timed finals.**

During Finals, the "B" heat will be swum prior to the "A" final. All "B" finalists and alternates are to report immediately to the corner of the pool deck behind the Starter when the "A" heat of the event prior to theirs is paraded to the blocks. The "B" (consolation) finalists will have their names announced during their event.

There will be a "ready room" and parade of finalist for the "A" final of each event. All "A" finalists will be asked to report immediately to the "ready room" (located on the deck, in the storage room behind the Starter) during the announcement of the "A" final of the event prior to their event. "A" finalists will be paraded out to music and have their names announced prior to their stepping up on the blocks.

MEET SAFETY:

In accordance with the recommendations of USA Swimming and the Ozark LSC, the "Rec-Plex Sharks & HEAT Swimming" will operate this meet under the guidance of a Marshall. **Per Ozark LSC policy, cell phones with video and video recording devices are prohibited in all locker rooms.**

SCORING: Scoring will be to 16 places as follows:

Individual Events	=	20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay Events	=	40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

AWARDS

Individual Events: Medals for 1st through 8th place,
Ribbons for 9th through 16th place

Relay Events: Medals for 1st through 3rd place,
Ribbons for 4th through 8th place

The Bill Karasick Memorial Award:

This award will be presented to the outstanding swimmer of the meet as voted on by the coaches and through the following point system: 1 point for a National Reportable Time, 1 point for an Ozark Record, 1 point for winning an individual event, and 1 point for each coach's vote.

Ozark Team Sportsmanship Award:

This award is presented to the team, which displays the best sportsmanship, team support, positive attitudes, and has the best team appearance.

Individual High Point Trophies:

The Top 3 swimmers scoring the highest number of individual points in each age group & gender will be awarded a high point trophy.

Age Group Team Awards:

The team scoring the most points in each age group & gender will be announced at the conclusion of the meet. No awards will be given for these categories.

Overall Team Awards (Combined Gender & Age Groups):

Trophies will be presented to the 1st, 2nd & 3rd Place Teams.

GENERAL CONDUCT

SEEDING & SWIMMER CHECK-IN: All Prelim / Final events and relay events will be pre-seeded. All Friday night events will be timed finals. All relay events are timed final events and coaches must turn in relay cards by the announced deadlines.

The 1650 Freestyle on Saturday is a combined age group, timed final, deck-seeded event. It will be seeded fastest to slowest with alternating heats of women and men. Swimmers must positively check-in for the 1650 Freestyle before 10:00 AM on Saturday. Swimmers must provide their own timer and lap-counter. The host teams reserve the right to hold the 1650 Freestyle in either the South pool or both the North and the South pool. The host team will use the following criteria to determine this: the meet time-line, the number of swimmers in the event and the number of volunteers available from the two host teams. Coaches will be informed of this decision by February 24, 2010.

WARM-UP PROCEDURES: Warm-up procedures will be defined by the Ozark LSC safety regulations. A swimmer attending the meet without a USA-S registered coach must report to the meet referee prior to warming up. The referee or his designee shall instruct the swimmers in the safety rules and assign them to a lane. Warm-ups will be conducted in both pools. Lanes will be assigned.

SCRATCHES:

- 1) Any swimmer NOT reporting for or competing in a preliminary heat or individual timed final event shall not be penalized.
- 2) Any swimmer who qualifies for a consolation or championship final in an individual event who then fails to show up for said consolation or championship final event shall be ejected from the remainder of the meet.

There will be no penalty for failure to compete in finals if:

- A) The referee is notified in the event of illness or injury and accepts proof thereof
- B) A swimmer qualifying for a consolation or championship finals swim notifies the referee within thirty (30) minutes after the announcement of the finalist for that event that he may not intend to compete and further declares his final intention within thirty (30) minutes following his last individual preliminary event. This is called a "declaring an intent to scratch"
- C) The swimmer "scratches" his or her finals swim within the thirty (30) minutes following the announcement of the finalist for that event. The swimmer or the coach of that swimmer must report to the announcer in order to "scratch" an event.
- D) It is determined by the meet referee that failure to compete was caused by circumstances beyond the control of the swimmer.

ENTRY PROCEDURES

ELIGIBILITY: All swimmers must be registered for the 2010-year with USA Swimming. "Applied For" will not be accepted. Registration numbers must accompany entries. Swimmers who are entered and are found to be not registered will be dropped from the meet and will forfeit their meet entry fees. **If a non-registered athlete does swim, a \$100.00 fee will be imposed.**

ENTRY LIMIT: **INDIVIDUAL EVENTS:** Swimmers may enter a maximum of 7 individual events for the entire meet and can enter no more than 3 individual events per day. Any swimmer who enters more than the prescribed number of events will be scratched down to the event limit starting with the highest event number on the day the over-entry occurs.

RELAY EVENTS: Each team will be permitted to enter two (2) scoring relays for each relay event. Teams may enter exhibition relays consisting of relay only swimmers in the 200 relays. There will be NO exhibition relays in the 400 relays. All exhibition relays are to be entered at no time "NT". You may enter "Relay Only" swimmers in the meet to swim on the relays, even if they do not have individual events, but those swimmers must still pay the posted surcharge for entering the meet.

QUALIFYING TIMES: Swimmers must have achieved the Ozark Q time standard in each event for which they are entered. Swimmers who only have the long course meter or short course meter cut for an individual event must enter at the long course meter or short course meter time achieved. Those swimmers who achieve Ozark Q times in either the 1650/1500 Free, or the 1000/800 Free may enter the 1650 distance event. If entering with a cut other than the 1650 Free time, enter at the time and in the

course the time was achieved. The meet will be seeded in the following order: a) SCY First seeding priority b) LCM Second seeding priority c) SCM Third seeding priority.

QUALIFYING PERIOD: The qualifying swims must have occurred between **February 27th, 2009** and the entry deadline date of **February 16th, 2010**.

PROOF OF TIMES: A proof of time will be required for swimmers who do not meet the Ozark Q time standard during the meet or who are disqualified. Times must be verified by the Clerk of Course and must be addressed before the end of the session where the event occurred. Failure to prove the swimmers entry time will result in a \$50 fine to the swimmers club and the swimmer being ejected from the remainder of the meet. Both short course and long course qualifying times that meet the Q standard for that course will be accepted as proof.

ENTRY FEES:

Individual Events	=	\$ 3.00	All checks should be made payable to the Rec-Plex Sharks Swim Team.
Relay Events	=	\$ 6.00	
Swimmer Surcharge	=	\$10.00	

SUBMITTING: E-mail entries (SDIF format) are preferred for this meet, and must be received by 5:00 PM, Tuesday, February 16th, 2010. Entries may also be submitted on a 3½ floppy disk. You will receive an email verifying receipt of your entry. If verification is not received, please contact Karen Butz on Wednesday, February 17th, 2010 by NOON. No phone or fax entries will be accepted. Entries requiring a signature or postage will not be accepted. Hard copies of entries with check must be received by Friday, February 19th, 2010. Times must be submitted in the course the time was achieved. Swimmers who qualify with long course meter times, short course meter times, or swimmers who qualify for the 1650 Free with a 1000 Free time, must enter the meet with those times.

**** Entries must be received by 5:00 PM on Tuesday, February 16th, 2010 ****

All entries must be mailed to: Karen Butz – 636-688-1512
13 Arrowhead Circle
St. Charles, MO 63301
Sharkmeetentry@yahoo.com

SPECIAL FACILITY RULES

- 1) All trash is to be picked up in each team area and in the stands prior to the end of each session.
- 2) All unauthorized area's are strictly off limits to swimmers, parents, and spectators. The following area's are off limits: Weight Room, Jacuzzi, Ice Rink, Sauna & the Leisure Pool.
- 3) Outside food, drinks, coolers, and chairs are not permitted in the facility. Items purchased from the Rec-Plex concession stand may be brought into the spectator area. No food or drink is permitted on deck.
- 4) The entire complex is designated NON-SMOKING.
- 5) Deck access is strictly limited to swimmers, coaches, officials and meet workers.
- 6) There will be designated team seating areas for each team.
- 7) Swimmers are not permitted to conduct on-site shaving. Violators will be ejected from the meet.
- 8) There will be facility security present at all times. Any swimmers caught violating any of the above rules will be ejected from the facility and disqualified from the remainder of the meet.
- 9) There is NO FOOD permitted on deck at anytime.

EVENT SCHEDULE

FRIDAY:

SESSION #1 - FRIDAY EVENING						
GIRLS	LCM Q	SCY Q	EVENT	SCY Q	LCM Q	BOYS
1	3:27.19	3:02.29	10 & UNDER 200 IM	3:18.09	3:49.09	2
3	3:02.79	2:40.79	11-12 200 IM	2:45.99	3:11.99	4
5	6:06.79	5:24.59	13-14 400 IM	5:21.19	6:04.99	6
7	6:15.89	5:32.59	15 & OVER 400 IM	5:07.09	5:48.99	8
9	3:11.49	2:49.49	10 & UNDER 200 FREE	2:57.19	3:22.59	10
11	5:45.89	6:27.39	11-12 500 FREE	6:43.89	6:05.59	12
13	5:16.09	5:53.99	13-14 500 FREE	5:46.19	5:13.29	14
15	5:25.09	6:04.09	15 & OVER 500 FREE	5:24.49	4:53.69	16

SATURDAY:

SESSION #2 - SATURDAY MORNING						
GIRLS	LCM Q	SCY Q	EVENT	SCY Q	LCM Q	BOYS
17	2:40.39	2:21.89	11-12 200 FREE	2:25.89	2:46.79	18
19	2:29.79	2:12.49	13-14 200 FREE	2:05.99	2:23.99	20
21	2:22.59	2:06.19	15 & OVER 200 FREE	1:55.59	2:12.19	22
23	1:51.39	1:36.89	10 & UNDER 100 BREAST	1:46.39	2:02.99	24
25	1:40.39	1:27.29	11-12 100 BREAST	1:31.29	1:45.59	26
27	3:19.99	2:53.99	13-14 200 BREAST	2:53.09	3:20.19	28
29	3:21.19	2:54.99	15 & OVER 200 BREAST	2:42.29	3:07.69	30
31	:44.99	:39.79	10 & UNDER 50 BACK	:41.19	:47.39	32
33	:39.69	:35.09	11-12 50 BACK	:36.89	:42.49	34
35	1:19.29	1:10.09	13-14 100 BACK	1:08.59	1:18.89	36
37	1:18.19	1:09.19	15 & OVER 100 BACK	1:00.79	1:11.09	38
39	1:45.69	1:33.99	10 & UNDER 100 FLY	1:44.29	1:58.59	40
41	1:26.89	1:17.29	11-12 100 FLY	1:21.09	1:32.19	42
43	3:05.49	2:45.09	13-14 200 FLY	2:42.79	3:04.99	44
45	3:13.59	2:52.29	15 & OVER 200 FLY	2:32.19	2:52.99	46
47	:38.49	:33.89	10 & UNDER 50 FREE	:34.99	:40.29	48
49	:33.99	:29.89	11-12 50 FREE	:30.49	:35.09	50
51	:31.99	:28.09	13-14 50 FREE	:26.89	:30.99	52
53	:31.19	:27.39	15 & OVER 50 FREE	:24.29	:27.99	54
10 MINUTE BREAK						
55	<i>TIMED FINALS</i>		10 & U 200 MEDLEY RELAY	<i>TIMED FINALS</i>		56
57	<i>TIMED FINALS</i>		11-12 200 MEDLEY RELAY	<i>TIMED FINALS</i>		58
59	<i>TIMED FINALS</i>		13-14 200 MEDLEY RELAY	<i>TIMED FINALS</i>		60
61	<i>TIMED FINALS</i>		15 & OVER 200 MEDLEY RELAY	<i>TIMED FINALS</i>		62
10 MINUTE BREAK						
63A	22:37.89	22:10.69	13 - 14* 1650 FREE	20:59.09	21:51.59	64A
63B	22:34.89	22:07.79	15 & OVER* 1650 FREE	21:12.49	22:05.49	64B

SUNDAY:

SESSION #4 - SUNDAY MORNING						
GIRLS	LCM Q	SCY Q	EVENT	SCY Q	LCM Q	BOYS
65		1:26.89	10 & UNDER 100 IM	1:31.79		66
67		1:15.29	11-12 100 IM	1:17.49		68
69	2:48.99	2:28.69	13-14 200 IM	2:23.59	2:46.09	70
71	2:47.19	2:27.09	15 & OVER 200 IM	2:11.69	2:32.29	72
73	1:27.09	1:16.59	10 & UNDER 100 FREE	1:19.69	1:31.69	74
75	1:12.39	1:03.69	11-12 100 FREE	1:06.79	1:16.79	76
77	1:08.79	1:00.49	13-14 100 FREE	:58.19	1:06.89	78
79	1:07.49	:59.39	15 & OVER 100 FREE	:52.49	1:00.39	80
81	:50.19	:43.59	10 & UNDER 50 BREAST	:50.79	:58.79	82
83	:46.49	:40.39	11-12 50 BREAST	:41.79	:48.39	84
85	1:32.59	1:20.49	13-14 100 BREAST	1:19.99	1:32.49	86
87	1:30.99	1:19.09	15 & OVER 100 BREAST	1:12.09	1:23.39	88
89	1:36.39	1:25.29	10 & UNDER 100 BACK	1:31.19	1:44.89	90
91	1:23.49	1:13.89	11-12 100 BACK	1:19.69	1:31.69	92
93	2:45.39	2:26.29	13-14 200 BACK	2:29.89	2:52.29	94
95	2:52.39	2:32.49	15 & OVER 200 BACK	2:16.69	2:37.19	96
97	:43.89	:38.59	10 & UNDER 50 FLY	:43.49	:49.49	98
99	:37.89	:33.69	11-12 50 FLY	:35.49	:40.39	100
101	1:19.69	1:10.89	13-14 100 FLY	1:07.89	1:16.79	102
103	1:15.99	1:07.59	15 & OVER 100 FLY	:59.79	1:07.59	104
10 MINUTE BREAK						
105	<i>TIMED FINALS</i>		10 & UNDER 200 FREE RELAY	<i>TIMED FINALS</i>		106
107	<i>TIMED FINALS</i>		11-12 200 FREE RELAY	<i>TIMED FINALS</i>		108
109	<i>TIMED FINALS</i>		13-14 200 FREE RELAY	<i>TIMED FINALS</i>		110
111	<i>TIMED FINALS</i>		15 & OVER 200 FREE RELAY	<i>TIMED FINALS</i>		112

SATURDAY FINALS:

SESSION #3 - SATURDAY EVENING						
GIRLS		EVENT				BOYS
17	<i>TOP 16 FROM PRELIMS</i>	11-12 200 FREE	<i>TOP 16 FROM PRELIMS</i>			18
19	<i>TOP 16 FROM PRELIMS</i>	13-14 200 FREE	<i>TOP 16 FROM PRELIMS</i>			20
21	<i>TOP 16 FROM PRELIMS</i>	15 & OVER 200 FREE	<i>TOP 16 FROM PRELIMS</i>			22
23	<i>TOP 8 FROM PRELIMS</i>	10 & UNDER 100 BREAST	<i>TOP 8 FROM PRELIMS</i>			24
25	<i>TOP 16 FROM PRELIMS</i>	11-12 100 BREAST	<i>TOP 16 FROM PRELIMS</i>			26
27	<i>TOP 16 FROM PRELIMS</i>	13-14 200 BREAST	<i>TOP 16 FROM PRELIMS</i>			28
29	<i>TOP 16 FROM PRELIMS</i>	15 & OVER 200 BREAST	<i>TOP 16 FROM PRELIMS</i>			30
31	<i>TOP 8 FROM PRELIMS</i>	10 & UNDER 50 BACK	<i>TOP 8 FROM PRELIMS</i>			32
33	<i>TOP 16 FROM PRELIMS</i>	11-12 50 BACK	<i>TOP 16 FROM PRELIMS</i>			34
35	<i>TOP 16 FROM PRELIMS</i>	13-14 100 BACK	<i>TOP 16 FROM PRELIMS</i>			36
37	<i>TOP 16 FROM PRELIMS</i>	15 & OVER 100 BACK	<i>TOP 16 FROM PRELIMS</i>			38
39	<i>TOP 8 FROM PRELIMS</i>	10 & UNDER 100 FLY	<i>TOP 8 FROM PRELIMS</i>			40
41	<i>TOP 16 FROM PRELIMS</i>	11-12 100 FLY	<i>TOP 16 FROM PRELIMS</i>			42
43	<i>TOP 16 FROM PRELIMS</i>	13-14 200 FLY	<i>TOP 16 FROM PRELIMS</i>			44
45	<i>TOP 16 FROM PRELIMS</i>	15 & OVER 200 FLY	<i>TOP 16 FROM PRELIMS</i>			46
47	<i>TOP 8 FROM PRELIMS</i>	10 & UNDER 50 FREE	<i>TOP 8 FROM PRELIMS</i>			48
49	<i>TOP 16 FROM PRELIMS</i>	11-12 50 FREE	<i>TOP 16 FROM PRELIMS</i>			50
51	<i>TOP 16 FROM PRELIMS</i>	13-14 50 FREE	<i>TOP 16 FROM PRELIMS</i>			52
53	<i>TOP 16 FROM PRELIMS</i>	15 & OVER 50 FREE	<i>TOP 16 FROM PRELIMS</i>			54
113		11-12 400 Free Relay				114
115		13-14 400 Free Relay				116
117		15 & OVER 400 Free Relay				118

SUNDAY FINALS:

SESSION #5 - SUNDAY EVENING				
GIRLS		EVENT		BOYS
65	<i>TOP 8 FROM PRELIMS</i>	10 & UNDER 100 IM	<i>TOP 8 FROM PRELIMS</i>	66
67	<i>TOP 16 FROM PRELIMS</i>	11-12 100 IM	<i>TOP 16 FROM PRELIMS</i>	68
69	<i>TOP 8 (TIMED FINAL)</i>	13-14 200 IM	<i>TOP 16 FROM PRELIMS</i>	70
71	<i>TOP 8 (TIMED FINAL)</i>	15 & OVER 200 IM	<i>TOP 16 FROM PRELIMS</i>	72
73	<i>TOP 8 FROM PRELIMS</i>	10 & UNDER 100 FREE	<i>TOP 8 FROM PRELIMS</i>	74
75	<i>TOP 16 FROM PRELIMS</i>	11-12 100 FREE	<i>TOP 16 FROM PRELIMS</i>	76
77	<i>TOP 16 FROM PRELIMS</i>	13-14 100 FREE	<i>TOP 16 FROM PRELIMS</i>	78
79	<i>TOP 16 FROM PRELIMS</i>	15 & OVER 100 FREE	<i>TOP 16 FROM PRELIMS</i>	80
81	<i>TOP 8 FROM PRELIMS</i>	10 & UNDER 50 BREAST	<i>TOP 8 FROM PRELIMS</i>	82
83	<i>TOP 16 FROM PRELIMS</i>	11-12 50 BREAST	<i>TOP 16 FROM PRELIMS</i>	84
85	<i>TOP 16 FROM PRELIMS</i>	13-14 100 BREAST	<i>TOP 16 FROM PRELIMS</i>	86
87	<i>TOP 16 FROM PRELIMS</i>	15 & OVER 100 BREAST	<i>TOP 16 FROM PRELIMS</i>	88
89	<i>TOP 8 FROM PRELIMS</i>	10 & UNDER 100 BACK	<i>TOP 8 FROM PRELIMS</i>	90
91	<i>TOP 16 FROM PRELIMS</i>	11-12 100 BACK	<i>TOP 16 FROM PRELIMS</i>	92
93	<i>TOP 16 FROM PRELIMS</i>	13-14 200 BACK	<i>TOP 16 FROM PRELIMS</i>	94
95	<i>TOP 16 FROM PRELIMS</i>	15 & OVER 200 BACK	<i>TOP 16 FROM PRELIMS</i>	96
97	<i>TOP 8 FROM PRELIMS</i>	10 & UNDER 50 FLY	<i>TOP 8 FROM PRELIMS</i>	98
99	<i>TOP 16 FROM PRELIMS</i>	11-12 50 FLY	<i>TOP 16 FROM PRELIMS</i>	100
101	<i>TOP 16 FROM PRELIMS</i>	13-14 100 FLY	<i>TOP 16 FROM PRELIMS</i>	102
103	<i>TOP 16 FROM PRELIMS</i>	15 & OVER 100 FLY	<i>TOP 16 FROM PRELIMS</i>	104
119		11-12 400 Medley Relay		120
121		13-14 400 Medley Relay		122
123		15 & Over 400 Medley Relay		124