

REC-PLEX SHARKS SWIM CLUB

Presents

MEET ME IN ST. LOUIS

Long Course Invitational Meet

June 4th – 6th, 2010

- Sanction:** Ozark Swimming and USA Swimming # 5283
- Host:** St. Peters Rec-Plex Sharks
- Location:** City of St. Peters Rec-Plex, 5200 Mexico Road, St. Peters, MO 63376
- Facility:** 50 meter 8 lane pool built in 1994 by Westport Pools. A Colorado System 5 timing system will be used with an 8-line scoreboard(s). All lanes are 9 feet wide & have the Big 6" Competitor non-turbulent lane markers. There is permanent seating for 1300 spectators.
- Meet Director:** Karen Baker (636) 939-0296 or rkrbaker@charter.net
Kay Hempen (636) 926-9785 or knpaul.hempen@sbcglobal.net
- Safety Marshall:** Todd Fountain
- Meet Referee:** Brian Perkins (314) 799-5685 or BTPQA@AOL.COM
- Officials:** Teams participating in the meet should provide officials. Please contact Brian Perkins if you are able to work.
- Directions:** From I-70 west, take the Cave Springs exit (225), go left (south) turn right on Mexico Rd. Travel 1.6 west miles on Mexico Rd. The Rec-Plex is on your left just past the Lutheran High School.
- Parking:** Prime parking is in front of the Rec-Plex. Additional parking is behind the Rec-Plex, at St. Peters City Hall & Lutheran High School.
- Schedule:**

	Friday	Saturday/Sunday AM	Saturday/Sunday PM
Warm-ups			
Session A	4:00 – 4:25pm	6:30 – 6:55 am	12:30 – 12:55 pm
Session B	4:25 – 4:50pm	6:55 - 7:20 am	12:55 – 1:20 pm
Meet Starts	5:00 pm	7:30am	1:30 pm

- Check In:** Swimmers must check in with the Clerk-of-Course for the limited events. Swimmers or teams' representatives should cross out their names for each event being swum on sheets posted in the bullpen area. Swimmers who have not checked in 30 min prior to the start of the session will not be seeded in that session. **We reserve the right to pre-seed the meet at our discretion if time lines permit.**
- Eligibility:** Open to all **CURRENTLY** registered USA swimmers. USA swimming memberships applied for will **NOT** be accepted. Swimmers age on June 4, 2010 determines the swimmers age group for the meet. Swimmers who are entered and are found to be not registered will be dropped from the meet, will forfeit their meet entry fees and be subject to a \$100 fine. No team entry will be split.
- Events:** A swimmer may enter 3 individual events per day. **All Friday night events and the 400 Free and the 400 IM will be limited to the fastest swimmers.**
- Note:** "No Times" will not be accepted in limited events.
In events where a limited number of swimmers are allowed to swim, refunds may be requested and paid to the TEAM in one lump sum. The request **MUST** be made within one week of the meet's end.

Note: Positive check in will be required for all limited events. Please do not check in any swimmer that is not present and available to swim. **Due to the large number of swimmers who want to swim the limited events, Swimmers checked-in and seeded into the limited entry events who fail to appear will be barred from competing in their next event.** This will facilitate full heats and the alternates to swim if a swimmer making the cut is not present to swim. *Proof of time may be required and must be provided by the coach if the swimmers time is in question for the limited events. Swimmers not making the Top 24 for the 400 Free and the 400 IM will be allowed to choose another event if the time line permits. The host team reserves the right to add an additional heat of Girls and Boys limited events to be filled by swimmers from the host team.

- Awards:** INDIVIDUAL EVENTS: Medals 1st – 3rd places.
Ribbons 4th – 16th places.
10 & Under events will be scored as 9 & 10 and 8 & Under.

Rules: This meet is being held under the sanction of USA Swimming and all technical and administrative rules of USA Swimming will apply. All swimmers who are not accompanied by a USA-S 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. 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. Please be prepared to provide credentials. No Parents are permitted on the pool deck unless they are volunteers assigned to work that session.

Entry Fees: \$4.00 per individual event
\$8.00 Ozark Swimming Surcharge

Entries: Entries will be accepted starting **April 28th, 2010 at 9:00 a.m.** Please submit entries in Long Course Meter Times. Teams may submit their entries using HY-TEK team manager via e-mail or on a 3.5" magnetic disk as a comm-link file. A confirmation e-mail will be sent following the receipt of e-mail entries. If confirmation is not received call Karen Butz at 636-688-1512. **Confirmation of receipt does not mean that your entry is accepted.** Teams will be notified of acceptance by Tuesday, May 4th. All entries must include a hard copy of the entries and a check. After acceptance; the hard copy and checks must be received within 7 days. **Entries requiring a signature or postage will not be accepted.** Please provide an email, phone, and fax contact. The Rec-Plex Sharks swim team has the sole discretion to determine which entries to accept. In exercising this discretion, the Sharks 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.* **There is a high probability that this meet will be full prior to the entry deadline.**

Entry deadline: APRIL 30th, 2010

NO ENTRIES WILL BE ACCEPTED BEFORE APRIL 28th, 2010 at 9:00 a.m.

Entries will be accepted after the deadline if the meet is not full.
Late entries will be accepted at the discretion of the meet entry chair.

NO DECK ENTRIES WILL BE ACCEPTED

Make checks payable to: Rec-Plex Sharks Swim Club

Mail to: Karen Butz, Meet Entry Chair
C/O Rec-Plex Sharks Swim Club
13 Arrowhead Circle
St. Charles, MO 63301
(636) 688-1512
Sharkmeetentry@yahoo.com

Meet Safety: In accordance with the recommendations of USA Swimming and the Ozark LSC, the Rec-Plex Sharks will operate this meet under the guidance of a meet Safety Marshall. At no time will cell phones with video or video recording devices be permitted in the locker room area.

Concessions: Food and drink will be available in the food court beginning at 6:30 am.

Vendor: On The Blocks Aquatics will be present throughout the meet for all your swimming needs.

Hotels: Hampton Inn- The Sharks Preferred Hotel
Special Rate: Please call the hotel directly and reference the Rec-Plex Sharks when requesting room availability.
**3720 West Clay Street
St. Charles, MO 63301
636-947-6800**

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) Swimmers are not permitted to conduct on-site shaving. Violators will be ejected from the meet.
- 7) 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.

Friday Evening

Girls		Event	Boys	
1	Top 40	13 & 14 200 Free	Top 40	2
3	Top 40	15 & Over 200 Free	Top 40	4
5	Top 24	10 & under 200 Free	Top 24	6
7	Top 32	11 & 12 200 Free	Top 32	8
9	Top 40	13 & 14 200 IM	Top 40	10
11	Top 40	15 & Over 200 IM	Top 40	12
13	Top 24	10 & Under 200 IM	Top 24	14
15	Top 32	11 & 12 200 IM	Top 32	16

** The host team reserves the right to add an additional heat of each Girls and Boys limited events to be filled by swimmers from the host team.

Saturday Morning

Girls		Event	Boys	
17		13 & 14 100 Fly		18
19		15 & Over 100 Fly		20
21		13 & 14 200 Breast		22
23		15 & Over 200 Breast		24
25		13 & 14 100 Free		26
27		15 & Over 100 Free		28
29		13 & 14 100 Back		30
31		15 & Over 100 Back		32
33	Top 24	13 & 14 400 Free *	Top 24	34
35	Top 24	15 & Over 400 Free *	Top 24	36

* Swimmers not making the Top 24 for the 400 Free will be allowed to choose another event if the time line permits.

** The host team reserves the right to add an additional heat of Girls and Boys 400 Free to be filled by swimmers from the host team.

Saturday Afternoon

Girls		Event	Boys	
37		10 & under 100 Breast		38
39		11 & 12 100 Breast		40
41		10 & under 50 Back		42
43		11 & 12 50 Back		44
45		10 & under 50 Fly		46
47		11 & 12 50 Fly		48
49		10 & under 100 Free		50
51		11 & 12 100 Free		52

Sunday Morning

Girls	Event	Boys
53	13 & 14 100 Breast	54
55	15 & Over 100 Breast	56
57	13 & 14 200 Fly	58
59	15 & Over 200 Fly	60
61	13 & 14 50 Free	62
63	15 & Over 50 Free	64
65	13 & 14 200 Back	66
67	15 & Over 200 Back	68
69	Top 24 13 & 14 400 IM *	Top 24 70
71	Top 24 15 & Over 400 IM *	Top 24 72

* Swimmers not making the Top 24 for the 400 IM will be allowed to choose another event if the time line permits.

** The host team reserves the right to add an additional heat of Girls and Boys 400 IM to be filled by swimmers from the host team.

Sunday Afternoon

Girls	Event	Boys
73	10 & Under 100 Fly	74
75	11 & 12 100 Fly	76
77	10 & Under 50 Breast	78
79	11 & 12 50 Breast	80
81	10 & under 50 Free	82
83	11 & 12 50 Free	84
85	10 & under 100 Back	86
87	11 & 12 100 Back	88