

# OZARK SWIMMING

## 2010 A CHAMPIONSHIPS

November 19-21, 2010

**Hosted By:** Saluki Swim Club, Flyers Aquatic Swim Team, Parkway Swim Club

**Sanction:** Held Under USA Swimming/Ozark Swimming Sanction #OZ 5332

**Officials:** Meet Referee to be assigned by Ozark Swimming

**Meet Director:** Jay Newton (618) 319-2747; coach@swimsaluki.com

**Marshall:** Mary Jean Lauzon

**Questions:** Jay Newton: (618) 319-2747

**Location:** Shea Natatorium in the Student Recreation Center 600 East Grand Avenue on the SIU campus, Carbondale, Illinois 62901

**Facility:** 50 meter x 25 yard Pool. The competition will be held in 8 lanes and additional lanes will be available for continuous warm-up/warm-down throughout the meet.

**Facility Notes:** Attached are the SIU Student Rec Center Rules. Please note the information for spectators and parking on Friday. Also, SIU will be charging a \$1/day spectator fee for all spectators ages 10 or older.

### **Schedule:**

Friday Prelims: Warm-up – 7:10 – 7:45 am 1<sup>st</sup> warm up; 7:45 – 8:20 am 2<sup>nd</sup> warm up  
Meet Starts – 8:30 am

Friday Finals: Warm-up – 5:00 – 5:45 pm  
Meet Starts - 6:00 pm

Saturday Prelims: Warm up – 7:10 – 7:45 am 1<sup>st</sup> warm up; 7:45 – 8:20 am 2<sup>nd</sup> warm up  
Meet Starts – 8:30 am

Saturday Finals: Warm-up – 5:00-5:45 pm  
Meet Starts – 6:00 pm

Sunday Prelims: Warm up – 7:10 – 7:45 am 1<sup>st</sup> warm up; 7:45 – 8:20 am 2<sup>nd</sup> warm up  
Meet Starts – 8:30 am

Sunday Finals: Warm-up – 4:00 pm  
Meet Starts – 5:00 pm

## **Meet Format and Procedures**

**Format:** This is a Preliminary & Final Championship Meet. The 10 & under events will be prelim/final with the top 8 advancing to the finals. 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 in all events except the 400 IM (prelim/final with only the top 8 swimming at night), 500 free (prelim/final with only the top 8 swimming at night), and the 1000 free. **All relays events, and the 1000 free will be swum as timed finals. Swimmers in the 1000 free are responsible for one timer and one counter.**

**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) finalist 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” 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 while the music plays prior to their stepping up on the blocks. All finalists of the “B” and “A” heats will be asked to check in with the ready room at least 2 events before their race.

### **Meet Safety:**

In accordance with the recommendations of USA swimming and the Ozark LSC, Saluki Swim Club, Parkway Swim Club and Flyers Aquatic Swim Team 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 1<sup>st</sup> through 8<sup>th</sup>; Ribbons for 9<sup>th</sup> through 16<sup>th</sup>

Relay events: Medals for 1<sup>st</sup> through 3<sup>rd</sup>; Ribbons for 4<sup>th</sup> through 8<sup>th</sup>

**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 and Age Groups):**

Trophies will be presented to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place teams.

**General Conduct**

**Seeding and Swimmer Check-in:** All Prelim/Final events (except for the 500 free and 400 IM which will be positive check in events) and 10 and under events will be pre-seeded. All relay events are timed final events and coaches must turn in relay cards by the announced deadlines. Turned in relay cards will be considered a positive check in. Any relays not turned in by the deadline will be scratched from the event.

The 1000 free is a combined age group, timed final, deck seeded event. It will be seeded fastest to slowest alternating girls' and boys' heats. Swimmers must positively check-in for the 1000 free by 10:00 am on the day they are scheduled to swim the event. Any scratch after positively checking in for the 1000 free will result in a \$50 fine payable to Ozark Swimming. Swimmers must provide their own timer and lap-counter.

**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. Lanes will be assigned.

**Scratches:**

1. Any swimmers NOT reporting for or competing in a preliminary heat or individual timed final event (except the 400 IM, 500 free, and 1000 free) 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/she may not intend to compete and further declares his/her 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 thirty (30) minutes following the announcement of the finalist for that event. The swimmer or 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. All exhibition relays are to be entered at “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 USA A time standard in each event for which they are entered. Swimmers who only have the short course meter or Long course meter cut for an individual event must enter at the short course meter or long course meter time achieved. Those swimmers who achieve USA A times in either the 1650/1500 free, or the 1000/800 free may enter the 1000 distance event. If entering with a cut other than the 1000 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 seeding priority b) SCM Second seeding priority c) LCM Third seeding priority. The meet will be seeded in accordance to USA swimming rules (refer to rule 207.12.7).

**Qualifying Period:**

The qualifying swims must have occurred between October 1, 2009 and the entry deadline date of **November 10, 2010**.

**Proof of Times:**

The host club will confirm all entry times with the USA Swimming SWIMS database prior to the meet. Entry times must be validated by SWIMS to meet the standard of proof. Any entry time that is not found in SWIMS will be flagged and a report will be emailed to all entry contacts with flagged times prior to the meet. If a swimmer on the report chooses to compete and fails to achieve the Ozark Q time standard in a flagged event at the meet, a \$50 fine will be assessed and the swimmer will be ejected from the remainder of the meet.

**Entry Fees:**

Individual events = \$3.00

Relay events = \$6.00

Swimmer Surcharge = \$7.00

**All checks should be made payable to Saluki Swim Club.**

**Submitting:**

Email entries (SDIF format) are preferred for this meet, and must be received by 5:00 pm, Wednesday, November 10, 2010. You will receive an email verifying receipt of your entry. If verification is not received, please contact Jay Newton on Thursday, November 11, 2010 by NOON. No phone or fax entries will be accepted. Entries requiring a signature or postage will not be accepted. Check and release form must be received by Monday, November 15, 2010. Times must be submitted in the course the time was achieved. Swimmers who qualify with short course yard times, short course meters times, or swimmers who qualify for the 800 free with a 1500 free time, must enter the meet with those times.

**\*\*Entries must be received by 5:00 pm on Wednesday, November 10, 2010\*\***

All entries must be mailed to: Saluki Swim Club

PO Box 3293

Carbondale, IL 62902

[coach@swimsaluki.com](mailto:coach@swimsaluki.com)

## EVENT SCHEDULE

### Friday AM Prelims

#### Session # 1

<b>Girls</b>	<b>LCM A</b>	<b>SCY A</b>	<b>Event</b>	<b>SCY A</b>	<b>LCM A</b>	<b>Boys</b>
<b>1</b>	1:14.19	1:06.29	15 & over 100 fly	1:00.09	1:07.69	<b>2</b>
<b>3</b>	1:16.49	1:07.79	13-14 100 fly	1:11.09	1:02.89	<b>4</b>
<b>5</b>	36.29	32.39	11-12 50 fly	36.19	32.09	<b>6</b>
<b>7</b>	42.09	37.29	10 & under 50 fly	40.99	36.69	<b>8</b>
<b>9</b>	2:27.19	2:10.39	15 & over 200 free	2:00.09	2:17.19	<b>10</b>
<b>11</b>	2:31.79	2:13.79	13-14 200 free	2:05.29	2:23.29	<b>12</b>
<b>13</b>	2:37.69	2:19.89	11-12 200 free	2:16.19	2:34.89	<b>14</b>
<b>15</b>	2:58.49	2:36.39	10 & under 200 free	2:31.89	2:52.39	<b>16</b>
<b>17</b>	1:26.69	1:15.69	15 & over 100 breast	1:08.89	1:19.69	<b>18</b>
<b>19</b>	1:28.99	1:17.59	13-14 100 breast	1:12.09	1:21.29	<b>20</b>
<b>21</b>	1:33.79	1:22.19	11-12 100 breast	1:20.49	1:32.49	<b>22</b>
<b>23</b>	1:46.99	1:33.39	10 & under 100 breast	1:31.79	1:45.99	<b>24</b>
<b>25</b>	5:50.59	5:09.89	15 & over 400 IM	4:47.79	5:27.09	<b>26</b>
<b>27</b>	6:00.99	5:17.79	13-14 400 IM	5:00.49	5:44.49	<b>28</b>
<b>29</b>		1:13.99	11-12 100 IM	1:11.49		<b>30</b>
<b>31</b>		1:22.59	10 & under 100 IM	1:21.09		<b>32</b>
<b>33</b>	<b>Timed</b>	<b>Finals</b>	15 & over 800 free relay	<b>Timed</b>	<b>Finals</b>	<b>34</b>
<b>35</b>	<b>Timed</b>	<b>Finals</b>	13-14 800 free relay	<b>Timed</b>	<b>Finals</b>	<b>36</b>

### Saturday AM Prelims (continued on next page)

#### Session # 3

<b>Girls</b>	<b>LCM Q</b>	<b>SCY Q</b>	<b>Event</b>	<b>SCY Q</b>	<b>LCM Q</b>	<b>Boys</b>
<b>37</b>	Timed	Finals	10 & under 200 free Relay	Timed	Finals	<b>38</b>
<b>39</b>	31.79	27.99	15 and over 50 free	25.29	28.79	<b>40</b>
<b>41</b>	32.49	28.69	13-14 50 free	26.29	30.29	<b>42</b>
<b>43</b>	1:13.49	1:03.09	11-12 100 free	1:02.69	1:11.39	<b>44</b>
<b>45</b>	1:21.89	1:11.89	10 & under 100 free	1:10.79	1:20.59	<b>46</b>
<b>47</b>	2:42.69	2:24.49	15 & over 200 fly	2:13.39	2:30.59	<b>48</b>
<b>49</b>	2:48.29	2:28.59	13-14 200 fly	2:20.29	2:38.79	<b>50</b>
<b>51</b>	1:22.89	1:13.19	11-12 100 fly	1:11.69	1:21.49	<b>52</b>
<b>53</b>	1:37.89	1:26.69	10 & under 100 fly	1:25.59	1:36.49	<b>54</b>
<b>55</b>	1:16.29	1:06.59	15& over 100 back	1:01.09	1:10.59	<b>56</b>
<b>57</b>	1:17.79	1:08.49	13-14 100 back	1:04.19	1:14.49	<b>58</b>
<b>59</b>	38.99	33.89	11-12 50 back	33.49	38.69	<b>60</b>
<b>61</b>	43.69	38.09	10 & under 50 back	38.29	43.89	<b>62</b>
<b>63</b>	3:05.69	2:42.79	15 & over 200 breast	2:30.09	2:54.29	<b>64</b>
<b>65</b>	3:11.99	2:46.79	13-14 200 breast	2:36.29	3:01.99	<b>66</b>
<b>67</b>	42.09	37.79	11-12 50 breast	37.29	43.09	<b>68</b>
<b>69</b>	48.29	41.99	10 & under 50 breast	42.19	48.49	<b>70</b>
<b>71</b>	5:08.89	5:47.39	15 & older 500 free	5:24.29	4:50.19	<b>72</b>

<b>73</b>	5:16.59	5:52.99	13-14 500 free	5:35.19	5:02.79	<b>74</b>
<b>75</b>	5:32.39	6:09.29	11-12 500 free	6:04.69	5:27.09	<b>76</b>
<b>77</b>	<b>Timed</b>	<b>Finals</b>	15 & older 400 Medley Relay	<b>Timed</b>	<b>Finals</b>	<b>78</b>
<b>79</b>	<b>Timed</b>	<b>Finals</b>	13-14 400 Medley Relay	<b>Timed</b>	<b>Finals</b>	<b>80</b>
<b>81</b>	<b>Timed</b>	<b>Finals</b>	11-12 400 Medley Relay	<b>Timed</b>	<b>Finals</b>	<b>82</b>

**Sunday AM Prelims  
Session #5**

<b>Girls</b>	<b>LCM Q</b>	<b>SCY Q</b>	<b>Events</b>	<b>SCY Q</b>	<b>LCM Q</b>	<b>Boys</b>
<b>83</b>	<b>Timed</b>	<b>Finals</b>	10 & under 200 free relay	<b>Timed</b>	<b>Finals</b>	<b>72</b>
<b>85</b>	2:47.29	2:26.99	15 & over 200 IM	2:15.09	2:35.89	<b>86</b>
<b>87</b>	2:51.49	2:30.49	13-14 200 IM	2:20.29	2:42.39	<b>88</b>
<b>89</b>	2:59.79	2:37.59	11-12 200 IM	2:35.59	2:58.09	<b>90</b>
<b>91</b>	3:19.89	2:55.99	10 & under 200 IM	2:55.29	3:18.89	<b>92</b>
<b>93</b>	1:08.59	1:00.79	15 & over 100 free	55.19	1:03.09	<b>94</b>
<b>95</b>	1:10.39	1:02.19	13-14 100 free	57.39	1:05.99	<b>96</b>
<b>97</b>	33.69	29.49	11-12 50 free	28.59	32.59	<b>98</b>
<b>99</b>	36.39	32.19	10 & under 50 free	31.59	36.09	<b>100</b>
<b>101</b>	2:44.29	2:23.89	15 & over 200 back	2:12.39	2:31.29	<b>102</b>
<b>103</b>	2:47.39	2:27.29	13-14 200 back	2:18.19	2:40.69	<b>104</b>
<b>105</b>	1:23.29	1:14.19	11-12 100 back	1:06.79	1:12.29	<b>106</b>
<b>107</b>	1:35.29	1:22.19	10 & under 100 back	1:21.29	1:33.29	<b>108</b>
<b>109</b>	<b>Timed</b>	<b>Finals</b>	15 & over 400 free relay	<b>Timed</b>	<b>Finals</b>	<b>110</b>
<b>111</b>	<b>Timed</b>	<b>Finals</b>	13-14 400 free relay	<b>Timed</b>	<b>Finals</b>	<b>112</b>
<b>113</b>	<b>Timed</b>	<b>Finals</b>	11-12 400 free relay	<b>Timed</b>	<b>Finals</b>	<b>114</b>
<b>115</b>	10:37.09	11:55.89	15 & over 1000 free	11:12.19	10:01.89	<b>116</b>
<b>117</b>	10:47.99	12:07.59	13-14 1000 free	11:36.39	10:29.39	<b>118</b>

**Friday Finals:  
Session # 2**

<b>Girls</b>		<b>Event</b>		<b>Boys</b>
<b>1</b>	Top 16 From Prelims	15 & over 100 fly	Top 16 From Prelims	<b>2</b>
<b>3</b>	Top 16 From Prelims	13-14 100 fly	Top 16 From Prelims	<b>4</b>
<b>5</b>	Top 16 From Prelims	11-12 50 fly	Top 16 From Prelims	<b>6</b>
<b>7</b>	Top 8 From Prelims	10 & under 50 fly	Top 8 From Prelims	<b>8</b>
<b>9</b>	Top 16 From Prelims	15 & over 200 free	Top 16 From Prelims	<b>10</b>
<b>11</b>	Top 16 From Prelims	13-14 200 free	Top 16 From Prelims	<b>12</b>
<b>13</b>	Top 16 From Prelims	11-12 200 free	Top 16 From Prelims	<b>14</b>
<b>15</b>	Top 8 From Prelims	10 & under 200 free	Top 8 From Prelims	<b>16</b>
<b>17</b>	Top 16 From Prelims	15 & over 100 breast	Top 16 From Prelims	<b>18</b>
<b>19</b>	Top 16 From Prelims	13-14 100 breast	Top 16 From Prelims	<b>20</b>
<b>21</b>	Top 16 From Prelims	11-12 100 breast	Top 16 From Prelims	<b>22</b>
<b>23</b>	Top 8 From Prelims	10 & under 100 breast	Top 8 From Prelims	<b>24</b>
<b>25</b>	Top 8 From Prelims	15 & over 400 IM	Top 8 From Prelims	<b>26</b>
<b>27</b>	Top 8 From Prelims	13-14 400 IM	Top 8 From Prelims	<b>28</b>
<b>29</b>	Top 16 From Prelims	11-12 100 IM	Top 16 From Prelims	<b>30</b>
<b>31</b>	Top 8 From Prelims	10 & under 100 IM	Top 8 From Prelims	<b>32</b>

**Saturday Finals:  
Session # 4**

<b>Girls</b>		<b>Event</b>		<b>Boys</b>
<b>39</b>	Top 16 From Prelims	15 and over 50 free	Top 16 From Prelims	<b>40</b>
<b>41</b>	Top 16 From Prelims	13-14 50 free	Top 16 From Prelims	<b>42</b>
<b>43</b>	Top 16 From Prelims	11-12 100 free	Top 16 From Prelims	<b>44</b>
<b>45</b>	Top 8 From Prelims	10 & under 100 free	Top 8 From Prelims	<b>46</b>
<b>47</b>	Top 16 From Prelims	15 & over 200 fly	Top 16 From Prelims	<b>48</b>
<b>49</b>	Top 16 From Prelims	13-14 200 fly	Top 16 From Prelims	<b>50</b>
<b>51</b>	Top 16 From Prelims	11-12 100 fly	Top 16 From Prelims	<b>52</b>
<b>53</b>	Top 8 From Prelims	10 & under 100 fly	Top 8 From Prelims	<b>54</b>
<b>55</b>	Top 16 From Prelims	15& over 100 back	Top 16 From Prelims	<b>56</b>
<b>57</b>	Top 16 From Prelims	13-14 100 back	Top 16 From Prelims	<b>58</b>
<b>59</b>	Top 16 From Prelims	11-12 50 back	Top 16 From Prelims	<b>60</b>
<b>61</b>	Top 8 From Prelims	10 & under 50 back	Top 8 From Prelims	<b>62</b>
<b>63</b>	Top 16 From Prelims	15 & over 200 breast	Top 16 From Prelims	<b>64</b>
<b>65</b>	Top 16 From Prelims	13-14 200 breast	Top 16 From Prelims	<b>66</b>
<b>67</b>	Top 16 From Prelims	11-12 50 breast	Top 16 From Prelims	<b>68</b>
<b>69</b>	Top 8 From Prelims	10 & under 50 breast	Top 8 From Prelims	<b>70</b>
<b>71</b>	Top 8 From Prelims	15 & older 500 free	Top 8 From Prelims	<b>72</b>
<b>73</b>	Top 8 From Prelims	13-14 500 free	Top 8 From Prelims	<b>74</b>
<b>75</b>	Top 8 From Prelims	11-12 500 free	Top 8 From Prelims	<b>76</b>

**Sunday Finals:  
Session # 6**

<b>Girls</b>		<b>Events</b>		<b>Boys</b>
<b>85</b>	Top 16 From Prelims	15 & over 200 IM	Top 16 From Prelims	<b>86</b>
<b>87</b>	Top 16 From Prelims	13-14 200 IM	Top 16 From Prelims	<b>88</b>
<b>89</b>	Top 16 From Prelims	11-12 200 IM	Top 16 From Prelims	<b>90</b>
<b>91</b>	Top 8 From Prelims	10 & under 200 IM	Top 8 From Prelims	<b>92</b>
<b>93</b>	Top 16 From Prelims	15 & over 100 free	Top 16 From Prelims	<b>94</b>
<b>95</b>	Top 16 From Prelims	13-14 100 free	Top 16 From Prelims	<b>96</b>
<b>97</b>	Top 16 From Prelims	11-12 50 free	Top 16 From Prelims	<b>98</b>
<b>99</b>	Top 8 From Prelims	10 & under 50 free	Top 8 From Prelims	<b>100</b>
<b>101</b>	Top 16 From Prelims	15 & over 200 back	Top 16 From Prelims	<b>102</b>
<b>103</b>	Top 16 From Prelims	13-14 200 back	Top 16 From Prelims	<b>104</b>
<b>105</b>	Top 16 From Prelims	11-12 100 back	Top 16 From Prelims	<b>106</b>
<b>107</b>	Top 8 From Prelims	10 & under 100 back	Top 8 From Prelims	<b>108</b>

# Entry summary and release form

This form is part of your entry and must be signed and returned for your entry to be accepted. Entry deadline – November 10, 2010

Club: \_\_\_\_\_ Code: \_\_\_\_\_ LSC: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Phone: \_\_\_\_\_

Entry contact: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Number of Coaches attending: \_\_\_\_\_

## ENTRY SUMMARY

Number of swimmers entered \_\_\_\_\_ x \$7.00 = \_\_\_\_\_

Number of individual entries: \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Number of relay entries: \_\_\_\_\_ x \$6.00 = \_\_\_\_\_

Total amount enclosed: = \_\_\_\_\_

## MAKE YOUR CHECK PAYABLE TO SALUKI SWIM CLUB AND MAIL TO:

PO Box 3293

Carbondale, IL 62902

Do not send entries, disks, or paper backup with this form.

Saluki accepts *only* email entries for its meets.

## RELEASE

Saluki Swim Club, Inc., Southern Illinois University, USA Swimming, and Ozark Swimming shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of the meet.

I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming, and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: \_\_\_\_\_ Title: \_\_\_\_\_ Date: \_\_\_\_\_

# SIU Student Recreation Center

## Rules and Policies

The following are the rules and policies for the use of the SIU Student Recreation Center during swimming competitions. These policies are in place for the safety of all swimmers, guests, students, and Rec Center members. We appreciate your help in abiding by these rules.

### **Parent Spectators**

\*Parking is open in the Rec Center lot on Saturday's and Sunday's. Please do not park in the Student Health Center parking spots. **Please refer to the additional parking information for Friday.**

\*Parent spectators are not allowed in the lower portion of the SIU Rec Center. Once entering the building, parent spectators will be directed upstairs to spectator area. Parents will not be allowed into the lower level of the Rec Center. Your swimmers will be allowed to go upstairs to the spectator area to see you or get drinks, etc.

\* You are welcome to bring your own chairs to use in the 2<sup>nd</sup> floor hallway observation areas, but you must take your chairs with you when you leave the building. Please DO NOT leave your chairs overnight or between sessions. The SIU Student Rec Center is not responsible for any items left in the building. Any chairs or items left overnight or between sessions will be removed.

\*Parent volunteers should check in at the front. All parent volunteers listed on the worker sign-up sheet will be given volunteer credentials and will be allowed access to the lower level. Parent volunteers should immediately report to the pool deck, entering through the locker rooms.

### **Swimmers, Coaches, and Officials**

\*Swimmers, Coaches, and Officials will be admitted to the lower level of the Rec Center. Swimmers should identify themselves as swimmers and Coaches and Officials should show their USA Swimming Coaches Registration card at the gate.

\* If young swimmers need an escort to the locker room area, there will be staff there to escort swimmers to the locker room. Parents will not be allowed to escort swimmers to the locker room or pool deck.

\*Swimmers, Coaches, and Officials should enter and exit the pool area through the locker room. Please use only the locker rooms to enter and exit the pool area.

\*When downstairs, swimmers should only be in the pool area or the locker room. Swimmers are welcome to go upstairs to the spectator area, but they must be dry and wearing shirt, shoes, and clothes and exit through the locker room area.