

REC-PLEX SHARKS SWIM CLUB

Winter Warm-up

January 14th – 16th, 2011

Sanction: Held under the sanction of USA Swimming and Ozark #

Host: Rec-Plex Sharks Parents Association

Meet Directors: Karen Baker (636) 939-0296 rkrbaker@charter.net
Kay Hemen (636) 926-9785 knpaul.hemen@sbcglobal.net

Safety Marshall: Todd Fountain

Meet Referee: TBD

Location: City of St. Peters Rec-Plex
5200 Mexico Road.
St. Peters, MO 63376

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 the left just past the Lutheran High School.

Facility: 50 meter by 25 yard pool(s) built in 1994 by Westport Pools. A Colorado System 5 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.

Parking: Prime parking is in front of the Rec-Plex. Additional parking is behind the Rec-Plex by Lutheran H.S., and at St. Peters City Hall.

Schedule:

	<u>Friday</u>	<u>Saturday & Sunday Morning</u>	<u>Saturday & Sunday Afternoon</u>
First Warm-Up	4:30 – 5:00pm	7:00 – 7:25am	12:30 – 12:55pm
Second Warm-Up	5:00 – 5:30pm	7:25 – 7:50am	12:55 – 1:20pm
Meet Starts	5:45pm	8:00am	1:30pm

Eligibility: Open to all **currently** registered USA swimmers. USA swimming memberships applied for will **not** be accepted. Swimmers age on January 14, 2011 determines the swimmers age group for the meet. No team entry will be split. Swimmers entered in the meet who do not hold current membership will be dropped from the meet and their entry fees will **NOT** be refunded. Any swimmer found not having a current USA Swimming membership who swims in an Ozark sanctioned meet (and/or the team) is subject to a \$100.00 fine per swim.

Events: A swimmer may enter 4 individual events per day. **Deck entries will not be accepted. Some of the events will be limited to the fastest swimmers (see Friday evening schedule). Swimmers for the 500 Freestyle must provide their own lap counters.** Swimmers not providing a lap counter and timer will not be allowed to swim this event.
Note: 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.

Entry Fees: \$3.50 per individual event
\$7.00 Ozark Swimming Surcharge

Check In: Swimmers must check in with the Clerk-of -the-Course for the Friday evening limited events. Swimmers must check in by 5:00 pm for all Friday evening events or they will not be seeded in the session. We reserve the right to pre-seed the rest of the meet at our discretion if time lines permit.

Awards: Age groups will be scored as 15& O, 13-14, 11-12, 10 & U and 8 & U.
Single Ribbons 1st – 16th place

Rules: The "National Starting Procedure" will be used, including the "No Recall False Start". A swimmer attending a meet without a USA certified coach must report to the meet referee or meet director prior to warming up for each session in which he/she is swimming. The swimmer will then be assigned to a coach on deck for each session he/she swims. Coaches must have a current USA SWIMMING Coach's Card.

The only swimsuits allowed are those permitted by FINA and in compliance with USA Swimming rules.

No parents are permitted on the pool deck unless they are working.

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.

Entries: Entries will be accepted starting December 20th at 9:00 a.m. thru December 27th or until the meet is filled. No team entry will be split. Please note that the meet may be filled **BEFORE THE DEADLINE DATE**. Please submit entries in Short Course Yard Times. **Proof of time for all limited events must be sent in with entry - time conversions will not be allowed for any limited event.** Teams may submit their entries using HY-TEK team manager via email or on a 3.5" magnetic disk as a team manager entry file. A confirmation email will be sent following the receipt of e-mail entries. If confirmation is not received within 24 hours of your electronic submission, call Karen Butz at 636-688-1512. **Confirmation of receipt does not mean that your entry is accepted. After acceptance, A HARD COPY AND CHECK MUST BE RECEIVED WITHIN 7 CALENDAR DAYS. Teams will be notified of their acceptance by December 29th.** Entries requiring a signature or postage will not be accepted. Please provide an email, phone, and fax contact. Entry deadline: December 27, 2010

NO ENTRIES WILL BE ACCEPTED BEFORE December 20, 2010 at 9:00 a.m.

The Rec-Plex Sharks have the sole discretion to determine which entries to accept.

Entries will be accepted after the deadline if the meet is not full.

NO DECK ENTRIES WILL BE ACCEPTED.

Updated Times will be accepted until Monday, January 3, 2010 at Noon.

We reserve the right to limit or cancel events due to time constraints. If this occurs, swimmers may enter another event if there are open lanes. No additional heats will be added.

Make checks payable to: **Rec-Plex Sharks Swim Club**

Mail to: Karen Butz, Meet Entry Chair
13 Arrowhead Circle
St. Charles, MO 63301
(636) 688-1512
Sharkmeetentry@yahoo.com

Officials: Teams participating in the meet should provide officials. Please contact the Meet Referee if willing to work.

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 recording or video recording devices be permitted in the locker room area.

Concessions: Food and drink will be available in the food court beginning at 7:00 am

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

Please:

1. Keep all trash picked up.
2. Do not go, or let children go in any unauthorized areas.
The following areas are off limits:
Gymnasium, Ice Rink, Weight Room, Jacuzzi & Sauna
3. **No outside food, drink or coolers are permitted in the Rec-Plex,** per the City of St. Peters. Items purchased from the concession stand are permitted in the spectator area only. No food or drink is permitted on the pool deck. "No Smoking" laws are in effect and smokers are required to smoke outside of the building.
4. Swimmers may rest in the areas behind the spectator stands or in the hall outside of the pool deck

on the west side of the building (non-swimmers may purchase a daily admission to use the facility).

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**

Website: www.recplexsharks.org

SCHEDULE OF EVENTS

FRIDAY EVENING

GIRLS			BOYS	
1	Top 24	15 & Over 400 IM	2	
3	Top 24	13 & 14 200 IM	4	
5	Top 24	11 & 12 200 IM	6	
7	Top 24	10 & Under 200 IM	8	
9	Top 24	15 & Over 500 Free	10	
11	Top 24	13 & 14 200 Free	12	
13	Top 24	11 & 12 200 Free	14	
15	Top 24	10 & Under 200 Free	16	

SATURDAY MORNING

GIRLS		BOYS	<u>SUNDAY MORNING</u>		BOYS
17	15 & O 200 IM	18	49	15 & Over 200 Free	50
19	13 & O 100 Free	20	51	13 & Over 100 Fly	52
21	13 & O 200 Fly	22	53	13 & Over 200 Back	54
23	13 & O 100 Back	24	55	13 & Over 100 Breast	56
25	13 & O 200 Breast	26	57	13 & Over 50 Free	58

SATURDAY AFTERNOON

GIRLS		BOYS	<u>SUNDAY AFTERNOON</u>		BOYS
27	11 & 12 100 Free	28	59	11 & 12 100 Fly	60
29	10 & Under 100 Free	30	61	10 & Under 100 Fly	62
31	8 & Under 25 Free	32	63	8 & Under 25 Fly	64
33	11 & 12 50 Fly	34	65	11 & 12 50 Breast	66
35	10 & Under 50 Fly	36	67	10 & Under 50 Breast	68
37	11 & 12 100 Back	38	69	11 & 12 50 Back	70
39	10 & Under 100 Back	40	71	10 & Under 50 Back	72
41	8 & Under 25 Back	42	73	11 & 12 50 Free	74
43	11 & 12 100 Breast	44	75	10 & U 50 Free	76
45	10 & Under 100 Breast	46	77	11 & 12 100 IM	78
47	8 & Under 25 Breast	48	79	10 & Under 100 IM	80