



Long Course Kick Off

January 6 – 8, 2012

Held under the sanction of USA Swimming and Ozark Swimming (Pending)

<http://www.gatorswimteam.org/lcko>

GENERAL INFORMATION

Location Central Municipal Pool
205 Caruthers
Cape Girardeau, MO 63701

Directions *From I-55/Exit 96:* Head east off the exit (William Street, or Rte. K). After approximately 1.5 miles, turn left at Kingshighway and go North. Turn right at the next stoplight (Independence). Go approximately two blocks and turn left on Clark Street. After turning on Clark Street, the pool bubble should be visible off to the right. *From IL 146/MO74:* After crossing the Bill E. Emerson Memorial Bridge, head west and turn right/North on Kingshighway/61/34. Turn right at Independence. Go approximately two blocks and turn left on Clark Street. After turning on Clark Street, the pool bubble should be visible off to the right.

An interactive map is available on the meet website (<http://www.gatorswimteam.org/lcko>).

Facility Central Municipal Pool is 25 yards by 50 meters, equipped with a fully automated Colorado timing system. Continuous warm-up/warm-down space is provided during the competition.

Contacts	Meet Directors:	Eric Brazel	ebrazel@gatorswimteam.org	573-225-5059
		Cliff Palmer	cpalmer@gatorswimteam.org	573-579-4742
	Entry Coordinator:	Rae Wojdylo	rwojdylo@gatorswimteam.org	
	Entry Fees:	Greg Schmidt	gschmidt@gatorswimteam.org	573-579-1797
	Meet Referee:	TBA		
	Officials Coordinator:	Joe Pujol	jpujol@gatorswimteam.org	573-579-2683
	Safety Marshall:	Joe Hobbs	jhobbs@gatorswimteam.org	573-270-8615

MEET DESCRIPTION

- Rules**
- All technical and administrative rules of USA Swimming will apply.
 - All coaches must hold a valid USA Swimming Coach's Card and all officials must have their current USA Swimming and certification cards displayed while on the pool deck.
 - A swimmer attending a meet without a USA-S certified coach must report to the meet referee or meet director prior to warming up for each session in which he is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he has entered.
 - Cell phones with video and video recording devices are prohibited in all locker rooms. Side entrances which bypass the locker rooms are available on the East side of the building.

- Eligibility**
- All swimmers must be athlete members of USA Swimming. 'Applied for' memberships will not be accepted.
 - Swimmers entered in the meet who do not hold current membership will be dropped from the meet and an Ozark fine of \$100 will be assessed (entry fees will not be refunded in this case).
 - Swimmer's age on **Friday, January 6, 2012** determines age for the meet.

- Format**
- All events are timed finals.
 - The meet is pre-seeded except for the "Limited Events" described below.

MEET DESCRIPTION (CONTINUED)

- Qualifying Times**
- Swimmers in the **10 & Under** age group must have achieved the USA Swimming “B” time standard in each event for which they are entered. “NT” seed times will not be accepted for this age group.
 - Swimmers 11 and older may enter any event without a seed time (“NT”).
- Limited Events**
- Events 400 meters and longer may be limited in order to guarantee a reasonable timeline.
 - Positive check-in will be required for all limited events, plus the **200 I.M.** on Friday evening.
 - The **400 freestyle, 800 Freestyle** and **1500 Freestyle** events will be swum fastest to slowest in alternating heats of women and men.
 - The **400 I.M.** event will be swum slow to fast, not alternating.
 - Entries with no time for Limited Events will be accepted on a first-come, first-serve basis until the maximum is reached. Notification of swimmers not making the cut in these events (if any) will be posted on the [meet website](#) on or before **Tuesday, January 3, 2012**. Alternative events will be allowed if entries are provided to the entry director no later than 30 minutes prior to the start of the first session of the meet and if open lanes are available in pre-seeded events.
 - 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.
 - Proof of time may be required and must be provided by the coach if the swimmer’s time is in question for the Limited Events. A *Team Manager* “Proof of Time” report will be considered adequate proof.
 - Coaches must check in their swimmers within 30 minutes prior to the start of each session.
 - Swimmers not checked off will be scratched from that session.
 - Swimmers who fail to swim a Limited Event after checking in will not be allowed to swim their next event.
 - Swimmers in the **800 Freestyle** and **1500 Freestyle** events must provide their own timers and counters.

ENTRY INFORMATION

- Entry Limits**
- The meet will be limited to 300 swimmers.
 - No team entries will be split.
 - Swimmers are limited to 2 events on Friday, 5 events on Saturday (including both sessions), and 1 event on Sunday (800 or 1500 Freestyle), for a total of 8 individual events in the entire meet.
 - No deck entries will be accepted, except as described earlier for swimmers cut from Limited Events.
- Entry Process**
- The Gator Swim Team will only accept entries via e-mail in *Hy-Tek Team Manager* entry format. The TM event file is available for download on the [Ozark Swimming website](#).
 - Enter times in long course meters (LCM) only. Converted times are accepted.
 - Send the entry file as an email attachment to entries@gatorswimteam.org.
 - Confirmation of receipt of entries will be by reply e-mail. If confirmation is not received within 2 business days, please call or email the Entry Coordinator.
 - Confirmation of receipt of entries does not mean that entries are accepted into the meet.
 - Entry changes will be allowed before the deadline when possible.
- Payment Information**
- \$4.50 per swimmer per individual event
 - \$10.00 surcharge per swimmer (includes \$2.00 Ozark LSC surcharge)
 - Please make checks payable to “Gator Swim Team”.
 - Payment and a signed *Meet Summary/Release Form* must be received within 5 business days after the email confirmation has been sent.
 - Teams not accepted will have entries and fee payments returned.
- Send the signed Entry Summary and Release Form along with payment to:

Long Course Kick Off Meet Entries
3507 Mallard Dr.
Cape Girardeau, MO 63701

- Deadlines**
- Entries will be accepted starting **Tuesday, December 20, 2011** at 9:00am CST.
 - All entries must be received by **Tuesday, December 27, 2011** at 9:00pm CST.

SCORING AND AWARDS

- Heat Sheets**
- The meet program will be available on the [meet website](#) on or before **Tuesday, January 3, 2012**.
 - Complimentary printed copies of the meet program will be available during the meet (please limit one free printed meet program per family).
 - Limited Events will be available in the program as a “psych sheet”. Heat and lane assignments for these events will be posted as soon as the seeding process is complete.
- Results**
- Results will be posted during the meet.
 - Final results will be available on the [Ozark Swimming website](#) and through the [USA Swimming website](#) after the meet.
- Scoring**
- Scoring will be to 16 places as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
 - All events will be scored as 10 & Under, 11-12, 13-14 and 15 & Over.
- Awards**
- High Point awards will be given to the top 6 male and top 6 female swimmers in each age group.
 - In the event of a tie in number of points for high point only, a 50m swim off will be held to determine the placing (top 8 only). A drawing will determine the stroke to be swum.
 - Awards must be picked up by the team coach or team representative. No awards will be mailed.

OTHER

- Concessions**
- Concessions and meet apparel will be available during the meet by the Gator Swim Team.

Hotels	• Comfort Suites	2904 Old Orchard Rd	573-204-0014
	• Drury Lodge	104 S Vantage Dr	573-334-7151
	• Drury Suites	3303 Campster Dr	573-339-9500
	• Hampton Inn	103 Cape West Parkway	573-651-3000
	• Holiday Inn Express	3253 William St	573-334-4491
	• Pear Tree Inn	3248 William St	573-334-3000
	• Super 8 Motel	2011 N Kingshighway	573-339-0808
	• Victorian Inn and Suites	3265 Williams St	573-651-4486
	• Town House Inn	505 N Kingshighway	573-335-2700
	• Candlewood Suites	485 South Mt. Auburn Rd	573-334-6868

- Websites**
- Meet website: <http://www.gatorswimteam.org/lcko>
 - Gator Swim Team website: <http://www.gatorswimteam.org>
 - Ozark Swimming website: <http://www.ozarkswimming.org>
 - USA Swimming website: <http://www.usaswimming.org>

SCHEDULE OF EVENTS

**10 & Under swimmers must have "B" times or faster to swim open events.
"NT" times are accepted for 11 & Over swimmers.**

Friday PM Session

Warm-ups at 5:30 PM
Session starts at 6:30 PM

Women		Men
1	Open 400 Free	2
3	Open 200 IM	4

Saturday AM Session

Warm-ups at 8:00 AM
Session starts at 9:00 AM

Women		Men
5	Open 200 Back	6
7	Open 100 Breast	8
9	Open 200 fly	10
11	Open 100 Free	12
13	Open 400 IM	14

Saturday PM Session

Warm-ups start 1 hour after the end of AM session (not before 12:00 pm)
Session starts 2 hours after the end of AM session

Women		Men
15	Open 200 Breast	16
17	Open 100 Back	18
19	Open 200 Free	20
21	Open 100 Fly	22

Sunday AM Session

Warm-ups at 8:00 AM
Session starts at 9:00 AM

Women		Men
23	Open 800 Free	24
25	Open 1500 Free	26

ENTRY SUMMARY AND RELEASE FORM

Long Course Kick Off Swim Meet – January 6 – 8, 2012 - USAS Sanction (Pending)

This form is part of your entry and must be signed and returned for your entry to be accepted.

Club: _____ Code: _____ LSC: _____

Address: _____

City: _____ State: _____ ZIP: _____

Head Coach: _____ Phone: _____

Entry Contact: _____ Phone: _____

E-mail: _____

ENTRY SUMMARY

Number of Swimmers entered _____ x \$10.00 = _____

Number of individual event entries _____ x \$4.50 = _____

Total amount entered = _____

MAKE CHECKS PAYABLE TO GATOR SWIM TEAM AND MAIL TO:

Gator Swim Team
Attn: Greg Schmidt, Treasurer
3507 Mallard Dr.
Cape Girardeau, MO 63701

**Do not send entries, disks, or paper backup with this form.
The Gator Swim Team accepts only e-mail entries for this meet.**

RELEASE

The Gator Swim Team, City of Cape Girardeau, Cape Girardeau School District, USA Swimming, and Ozark Swimming shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries due 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: _____