



Long Course Kick Off

April 30th – May 2nd, 2010

Held under the sanction of USA Swimming and Ozark Swimming #5279

<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. An interactive map is available on the [meet website](#).
- Facility** Cape Central Pool is 50 meters by 25 yards, equipped with a fully automated Colorado timing system. Six or eight lanes will be used for competition.
- Contacts**
- | | | | |
|-------------------------------|----------------|--------------|--|
| Meet Director: | Mark Coots | 573-225-2400 | mcoots@gatorswimteam.org |
| Entry Coordinator: | Marcio Vieira | 573-335-8912 | mvieira@gatorswimteam.org |
| Entry Fees: | Michelle Hobbs | 573-270-8522 | mhobbs@gatorswimteam.org |
| Meet Referee: | Mike Scott | 573-335-0580 | msscott@gatorswimteam.org |
| Officials Coordinator: | Mike Scott | 573-335-0580 | msscott@gatorswimteam.org |
| Safety Marshall: | Greg Schmidt | 573-579-1797 | gschmidt@gatorswimteam.org |

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, April 30th, 2010** determines age for the meet.
- Format**
- All events are timed finals.
 - The meet is pre-seeded except for the "Limited Events" described below.
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MEET DESCRIPTION (CONTINUED)

- Limited Events**
- The 800 Freestyle and 1500 Freestyle events will be limited to the top 32 swimmers in each event and swum fastest to slowest in alternating heats of women and men.
 - The 400 Freestyle and 400 I.M. events will be limited to the top 48 swimmers in each event and 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 will be posted on the [meet website](#) on or before **Tuesday, April 27, 2010**. 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.
 - All Limited Events will require positive check-in.
 - 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 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 4 individual events per day and 10 individual events for 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**
- \$4.00 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
C/O Michelle Hobbs, Treasurer
2501 Ridge Rd.
Jackson, MO 63755*

- Deadlines**
- Entries will be accepted starting **Wednesday, April 7, 2010** at 9:00am CST.
 - All entries must be received by **Wednesday, April 21, 2010** at 9:00pm CST.

SCORING AND AWARDS

- Heat Sheets**
- The meet program will be available on the [meet website](#) on or before **Tuesday, April 27, 2010**.
 - Complimentary printed copies of the meet program will be available during the meet (please limit one free printed meet program per family).
 - Positive Check-in 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 deck-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.
 - Events listed as 9-12 will be scored as 9-10 and 11-12.
 - Events listed as 11 & Over will be scored as 11-12, 13-14 and 15 & Over.
 - Events listed as 13 & Over will be scored as 13-14 and 15 & Over.
- Awards**
- Ribbons will be awarded to the top 8 places in each individual event for the 8 & Under age group only.
 - High Point awards will be given to the top 8 male and and top 8 female swimmers in each age group, as follows:
 - 1st Place: High Point trophy.
 - 2nd – 8th Places: Medals.
 - In the event of a tie in number of points, 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

- 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

Friday PM Session

Warm-ups at 4:00 PM
Session starts at 5:00 PM

1	11 & Over 400 IM	2
3	11 & Over 1500 Freestyle	4

Saturday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

5	9-12 400 Freestyle	6
7	9-10 100 Breaststroke	8
9	11-12 200 Breaststroke	10
11	9-10 50 Freestyle	12
13	11-12 200 Freestyle	14
15	9-10 100 Butterfly	16
17	11-12 100 Butterfly	18
19	9-10 100 Freestyle	20
21	11-12 50 Freestyle	22
23	9-10 50 Backstroke	24
25	11-12 200 Backstroke	26

Sunday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

49	9-10 200 IM	50
51	11-12 200 IM	52
53	9-10 100 Backstroke	54
55	11-12 100 Backstroke	56
57	9-10 50 Butterfly	58
59	11-12 200 Butterfly	60
61	9-10 200 Freestyle	62
63	11-12 100 Freestyle	64
65	9-10 50 Breaststroke	66
67	11-12 100 Breaststroke	68
69	9-12 800 Freestyle	70

Saturday PM Session

Warm-ups at end of AM session (not before 12:00 pm)
Session starts 60 minutes after end of AM session

27	13 & Over 200 IM	28
29	8 & Under 50 Breaststroke	30
31	13-14 100 Breaststroke	32
33	15 & Over 100 Breaststroke	34
35	8 & Under 200 IM	36
37	13-14 50 Freestyle	38
39	15 & Over 50 Freestyle	40
41	8 & Under 200 Freestyle	42
43	13 & Over 200 Breaststroke	44
45	8 & Under 50 Backstroke	46
47	13 & Over 400 Freestyle	48

Sunday PM Session

Warm-ups at end of AM session (not before 12:00 pm)
Session starts 60 minutes after end of AM session

71	13 & Over 200 Freestyle	72
73	8 & Under 100 Freestyle	74
75	13-14 100 Backstroke	76
77	15 & Over 100 Backstroke	78
79	13-14 100 Butterfly	80
81	15 & Over 100 Butterfly	82
83	8 & Under 50 Butterfly	84
85	13 & Over 200 Backstroke	86
87	13-14 100 Freestyle	88
89	15 & Over 100 Freestyle	90
91	8 & Under 50 Freestyle	92
93	13 & Over 200 Butterfly	94
95	13 & Over 800 Freestyle	96

ENTRY SUMMARY AND RELEASE FORM

Long Course Kick Off Swim Meet - April 30th – May 2nd, 2010 - USAS Sanction #5279

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 \$4.00 = _____

Total amount entered = _____

MAKE CHECKS PAYABLE TO GATOR SWIM TEAM AND MAIL TO:

Gator Swim Team
C/O Michelle Hobbs, Treasurer
2501 Ridge Rd
Jackson, MO 63755

**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: _____