

THE REC-PLEX SHARKS SWIM TEAM  
Presents

# Winter Warm-Up

## January 13-15, 2012

**Sanction:** Ozark Swimming # 5439

**Host:** St. Peters Rec-Plex Sharks

**Location:** City of St. Peters Rec-Plex  
5200 Mexico Road  
St. Peters, MO 63376  
(636) 939-2386

**Facility:** The pool is 50 meters with a movable bulkhead to divide it into two 8-lane, 25-yard pools. A Colorado System 5 timing system will be used with an 8-line scoreboard. All lanes are 9 feet wide & have 6" Competitor non-turbulent lane markers. There is permanent seating for 1300 spectators.

**Meet Directors:** Rebecca Ostrander (636) 922-3116 or [rebajeff@sbcglobal.net](mailto:rebajeff@sbcglobal.net)  
Julie Talley (636) 528-9842 or [larryctalley@centurytel.net](mailto:larryctalley@centurytel.net)

**Safety Marshall:** Todd Fountain

**Meet Referee:** Steve Grimm (314) 910-8274 or [stephen.b.grimm@boeing.com](mailto:stephen.b.grimm@boeing.com)  
Teams participating in the meet should provide officials. Please contact Steve Grimm if you are able to work.

**Directions:** From I-70, take the Cave Springs exit (#225) and head south. Turn right (west) onto Mexico Road and travel 1.6 miles. The Rec-Plex is on the left just past 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:**

	<b><u>Friday Evening</u></b>	<b><u>Saturday/Sunday Mornings</u></b>	<b><u>Saturday/Sunday Afternoons*</u></b>
<b>1<sup>st</sup> Warm-up</b>	4:30 – 4:55 pm	7:00 – 7:25 am	12:30 – 12:55 pm
<b>2<sup>nd</sup> Warm-up</b>	4:55 – 5:20 pm	7:25 – 7:50 am	12:55 – 1:20 pm
<b>Session Start</b>	5:30 pm	8:00 am	1:30 pm

**Eligibility:** Open to all **currently** registered athlete members of USA Swimming. USA Swimming memberships applied for will **not** be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet, and the entry fees will not be refunded. If a swimmer swims and is not registered, a \$100 fine will be imposed. Swimmer's age on January 13, 2012 determines their age group for the meet.

**Events:** All events are Timed Finals. A swimmer may enter four individual events per day. Any swimmer who enters more than the maximum number will be scratched down to the limit, starting with the highest event number on the day the over-entry occurs. We reserve the right to pre-seed the meet at our discretion, if timelines permit. We further reserve the right to limit or eliminate events due to the timeline.  
**NO DECK ENTRIES WILL BE ALLOWED.**

**Distance Events:** All Friday evening events will be limited to the fastest 24. Swimmers must provide their own lap counter for the 500 Free.

**Check In:** There will be a positive check in for all Friday evening events. Swimmers who have not checked in 30 minutes prior to the start of the session will not be seeded in those events.

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

**Rules:** This meet is being held under the sanction of USA Swimming, and all technical and administrative rules of USA Swimming shall apply.

All swimmers who are not accompanied by a USA Swimming 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. Credentials must be displayed at all times while on the pool deck. This will be strictly enforced.

No Parents are permitted on the pool deck unless they are volunteers assigned to work that session.

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

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**If a swimmer positively checks in for a limited event and does not swim the event, they will be disqualified from their next event.**

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

**Entries:** Entries will be accepted starting **December 19, 2011 at 9:00 a.m.** and accepted through **December 21, 2011**, or until the meet is filled. Please note that the meet may be filled **BEFORE THE DEADLINE DATE**. Please submit entries in short course yard times. No time conversions are allowed for any of the limited events. **Proof of time for all limited events must be sent in with entry.** Team Manager proof of time is sufficient. Refunds for those who do not make the cut in these limited events will be issued to the teams who request a refund within one week of the meet end. E-mail entries will be accepted or you may submit an entry on a 3.5" magnetic disk. All entries must be in Team Manager format. E-mail entries will receive confirmation that their e-mail was received by automatic response. If you do not receive a confirmation, please contact Karen Butz at (636) 688-1512. Confirmation does not mean that your entry has been accepted. A check for fees and a hard copy of your team entry and team entry fees must be received within 7 business days of your acceptance. 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.*

**Entry deadline: DECEMBER 21, 2011**

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

Entry fees must accompany each entry.

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

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

**Meet Results:** Meet results will be e-mailed to all participating teams.

**Meet Safety:** In accordance with the recommendations of USA Swimming and 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 7:00 am.

**Facility Rules:**

1. Keep all trash picked up and do not block exit doors or aisles.
2. Swimmers, parents, and spectators are not permitted in any unauthorized areas. **The following areas are off limits:** Gymnasium, Ice Rink, Weight Room, Jacuzzi & Sauna, and Leisure Pool.
3. No outside chairs, food, drinks, or coolers are permitted in the Rec-Plex, per the City of St. Peters. Only items purchased from the concession stand are permitted in the spectator area. 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. Meet participants and non-swimmers may purchase a daily admission to use the facility.
5. Cell phones with video and video recording devices are prohibited in all locker rooms and restrooms.

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

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

**Camping:** **St. Peters 370 Lakeside Park**  
Please reference the Rec-Plex Sharks when making reservations.  
<http://www.stpetersmo.net/rvpark.aspx>  
**(636) 387-LAKE (5253)**

### Friday Evening

Girls	Event	Boys
1	15&O 400 IM *	2
3	13-14 200 IM *	4
5	11-12 200 IM *	6
7	10&U 200 IM *	8
9	15&O 500 Free *	10
11	13-14 200 Free *	12
13	11-12 200 Free *	14
15	10&U 200 Free *	16

*\* These events are limited to the top 24 swimmers*

### Saturday Morning

Girls	Event	Boys
17	15&O 200 IM	18
19	13&O 100 Back	20
21	13&O 200 Fly	22
23	13&O 50 Free	24
25	13&O 200 Breast	26

### Saturday Afternoon

Girls	Event	Boys
27	11-12 100 Breast	28
29	10&U 100 Breast	30
31	8&U 25 Breast	32
33	11-12 100 Back	34
35	10&U 100 Back	36
37	8&U 25 Back	38
39	11-12 100 Free	40
41	10&U 100 Free	42
43	8&U 25 Free	44
45	11-12 50 Fly	46
47	10&U 50 Fly	48

### Sunday Morning

Girls	Event	Boys
49	13&O 200 Back	50
51	13&O 100 Free	52
53	13&O 100 Breast	54
55	13&O 100 Fly	56
57	15&O 200 Free	58

### Sunday Afternoon

Girls	Event	Boys
59	11-12 100 Fly	60
61	10&U 100 Fly	62
63	8&U 25 Fly	64
65	11-12 50 Back	66
67	10&U 50 Back	68
69	11-12 50 Breast	70
71	10&U 50 Breast	72
73	11-12 100 IM	74
75	10&U 100 IM	76
77	11-12 50 Free	78
79	10&U 50 Free	80