



SWIM YOUR OWN AGE

October 24, 2009

Shea Natatorium

Student Recreation Center

Southern Illinois University, Carbondale, Illinois

Held under sanction of USA Swimming/Ozark LSC # OZ 5219

FACILITY

The *Dr. Edward J. Shea Natatorium* in the Student Recreation Center, Southern Illinois University at Carbondale. Indoor, 8-lane, 25 yard pool with non-turbulent lane markers and fully automatic timing system. Overhead seating for 500 spectators is available as well as generous on-deck areas for swimmers and coaches. Smoking is not permitted anywhere in the Recreation Center. Food is not permitted in the pool balcony or on the pool deck. Only swimming coaches, athletes, and meet workers will be allowed on deck during the meet. Spectators can view the meet from the spectator area above the pool. As per USA Swimming policy no video recording devices or cell phone cameras are allowed in locker rooms.

ELIGIBILITY

Open to currently registered USA Swimming athletes only. "Applied for..." will not be accepted. On deck registration is not available. Swimmers who do not hold current USA Swimming membership will be dropped from the meet. There is a \$100 fine for entering nonregistered athletes in an Ozark meet. Coaches must be registered with USA Swimming as 'Coach' members. Athletes attending the meet unaccompanied by a USA Swimming coach must report to the meet referee or meet director prior to warming up for each session. The athlete will be assigned to a coach on deck for each session of the meet that he is entered.

FORMAT

Current USA Swimming rules apply. All events are timed finals.

AGE GROUPS

This is a swim your own age competition. Athletes will race in the age categories noted on the meet program.

AWARDS

Ribbons will be awarded for 1st through 8th place in each event. 15 & older events will be scored separately as 15, 16, and 17 & older.

ENTRY FEE

There is an entry fee of \$2.50 per event and a \$5.00 surcharge per athlete. Entries will be accepted starting Monday, September 28 at 9:00 am; all entries are due by Friday, October 9. Entries will be accepted in the order they are received.

LIMITS

Athletes are limited to 4 events. The total number of entries will be limited to assure a reasonable time line.

MEET PROGRAM

Warm-up: 8:15am- the Building will open at 8:00am;

Start: 9:00a

Girls	Event	Boys
1	25 Fly 7 & under	2
3	25 Fly 8 years old	4
5	50 Fly 9 years old	6
7	50 Fly 10 years old	8
9	50 Fly 11 years old	10
11	50 Fly 12 years old	12
13	100 Fly 13 years old	14
15	100 Fly 14 years old	16
17	100 Fly 15 & older	18
19	25 Back 7 & under	20
21	25 Back 8 years old	22
23	50 Back 9 years old	24
25	50 Back 10 years old	26
27	50 Back 11 years old	28
29	50 Back 12 years old	30
31	100 Back 13 years old	32
33	100 Back 14 years old	34
35	100 Back 15 & older	36
37	25 Breast 7 & under	38
39	25 Breast 8 years old	40
41	50 Breast 9 years old	42
43	50 Breast 10 years old	44
45	50 Breast 11 years old	46
47	50 Breast 12 years old	48
49	100 Breast 13 years old	50
51	100 Breast 14 years old	52
53	100 Breast 15 & older	54
55	25 Free 7 & under	56
57	25 Free 8 years old	58
59	50 Free 9 years old	60
61	50 Free 10 years old	62
63	50 Free 11 years old	64
65	50 Free 12 years old	66
67	100 Free 13 years old	68
69	100 Free 14 years old	70
71	100 Free 15 & older	72

All events are timed finals.

SEND ENTRIES TO: coach@swimsaluki.com
(attach your entry file to the email)

DEADLINE: All entries must be received by Friday, October 9.

CONTACTS

Meet Director/
Entry Info/Help: Jay Newton
618-457-1103
coach@swimsaluki.com

Meet Referee: Clay Kolar
618-457-4627
bjkcak@hotmail.com

Officials interested in working the meet should

contact Clay Kolar
Marshal: Kelly Davis



Entry Summary and Release Form

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: _____

Email: _____

ENTRY SUMMARY

Number of athletes entered _____ x \$5.00 = _____

Number of individual entries: _____ x \$2.50 = _____

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* online 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: _____