

Doug Long Memorial Super Bowl Swim Meet  
Hosted by The St.Charles Girls Swim Team.  
Norris Recreation Center - St. Charles East High School  
Sunday February 3, 2019

Sanction by St Charles Masters for USMS, Inc Sanction #219-S005  
Hosted by St Charles East High School Girls Swim Team

- TIME:** Warm-up: 7:00 - 7:50am 500/400 IM Competition begins at 8:00am. Other events will begin at 9:00am. 2018/2019 USMS rules will govern conduct of meet.
- LOCATION:** Norris Recreation Center @ St Charles East High School 1050 Dunham Rd, St Charles, IL 60174.  
2 blocks north of Rt 64 on Dunham Rd.
- ELIGIBILITY:** Must be over 18 years of age and a current USMS member. In accordance with USMS rules, a photocopy of the registration card must be provided with your entry. Swimmers should also have their current USMS card available at the meet.
- FACILITY:** 50m six lane pool divided into 2 - 25yd pools. Pool **WILL** be measured so swims **WILL** be eligible for Top 10. *The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet. (USMS articles 105.1.7 and 107.2.1)*
- Ample parking is available; however, parking in lot directly in front of Norris Center main entrance is not allowed. Please park in side lots.
- Effective with the 2019 USMS Rule Book:
- When using pads (automatic timing) as primary timing:** *"Timing: Official times set at this meet will be eligible for ILMsa Records, USMS Top Ten, USMS National Records, and FINA World Records, except times recorded only using manual backup timing are ineligible for FINA World Records."*
- All races will be in deep end of pool except 500 free and 400 IM, which will be in both pools. Slower 500 free and 400IM heats will be in shallow end which does not have starting blocks. Timing in deep end will be automatic Daktronics system with manual watch back-up. Shallow end will only have manual watch times.
- ENTRY LIMIT:** 5 individual events. Swimmers cannot enter both 500 free and 400 IM. Entries will be limited to ensure the meet ends no later than 2:00 PM. There will be no deck entries.
- FEES:** \$15 for three or less events plus \$5 surcharge. \$20 for four events plus \$5 surcharge. \$25 for five events plus \$5 surcharge. Results will only be posted on the Internet. Make checks payable to: St Charles East Girls High School Swimming & Diving.
- ENTRY:** The ILMsa CONSOLIDATED ENTRY FORM MUST BE USED TO ENTER THE MEET. Go to [www.ilmsa.com](http://www.ilmsa.com) competition section where the consolidated entry form can be found (<http://ilmsa.com/files/meets/ConsolidatedEntryCard.pdf>). Send your entries including fees and a copy of your current USMS card **no** later than Tuesday, January 30, 2018 to: Jack Yetter 40W139 Jack London, St Charles, IL 60175
- THERE WILL BE NO DECK ENTRIES.**
- SEEDING:** Heats will run slowest to fastest, regardless of age or sex. All events will be pre-seeded. Heat sheets will be passed at the meet.

AWARDS: Ribbons for  
1<sup>st</sup>, 2nd & 3rd places.  
Trophies for the  
1<sup>st</sup>, 2nd & 3rd place teams.

MEET REFEREE: Michael Jania michaeljania@icloud.com

MEET DIRECTOR: Brett Milo  
(630) 215-7894  
e-mail: brettmilo@sbcglobal.net

Events:	Event #	Women	Event #	Men
8:00 am 500 Free - Mix	1			
400 IM - Mix	2			
9:00am 100 IM	3		4	
100 Fly	5		6	
50 Breast	7		8	
100 Free	9		10	
50 Back	11		12	
100 Breast	13		14	
50 Free	15		16	
100 Back	17		18	
50 Fly	19		20	
200 Free	21		22	
200 I.M. - Mix	23			