

St Charles Masters – Super Bowl Swim Meet

Norris Recreation Center - St. Charles East High School

Sunday February 7, 2010

Sanction by St Charles Masters for USMS, Inc Sanction #210-002S

Hosted by St Charles East HS 94 - 99 State Champion Girls Swim Team

- TIME:** Warm-up: 7:00 - 8:00am 500/400 IM Competition begins at 8:00am. The other events will begin no earlier than 9:00am. 2009/2010 USMS rules will govern the conduct of the 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 2009 USMS member. **In accordance with USMS rules, a photocopy of the registration card must be provided with your entry.** Swimmers should have their card available at the meet.
- FACILITY:** 50m six lane pool divided into 2 - 25yd pools (competition in the deep end and warm-up, warm down in the shallow end) with anti-turbulent lane lines. The pool is equipped with a Daktronics automatic timing system and watches. Our facility will not be measured so swims will not be eligible for Top 10. Ample parking is available
- ENTRY LIMIT:** 5 events plus relays. 500/400 IM will be run in both pools. Swimmers may sign up for the 500 or the 400 IM, but not both. *We will NOT accept deck entries after 8:00 am! We will ONLY pre-seed the 500 Free and 400IM. All other events will be seeded during the 500 Free and 400IM. We will pass out Heat Sheets prior to the start of these events. This is being done in an effort to prevent significant delays in having deck entries entered into the computer, and therefore scoring the events, which has ultimately caused the meet to run longer.* We will minimize the use of the shallow end to allow for warm-up and warm-down. The shallow end will only have watch times.
- FEES:** \$4.00 per individual event (\$5.00 deck entry with "No Time"). \$5.00 per relay entry. If you want a paper copy of the Results add \$1.00 to the total (results will be posted on the Internet). Make checks payable to: **St Charles East Girls High School Swimming & Diving.**
- ADVANCED ENTRY:** The ILSMA CONSOLIDATED ENTRY FORM MUST BE USED TO ENTER THE MEET. Go to www.ilmsa.com competition section where the consolidated entry form can be found. Send your individual entries including fees and a copy of your 2010 USMS card **NO later than Friday January 22, 2010** to:
Paul Olney
3205 Fox Hunt Lane
St. Charles, IL 60174

Deck entries will be taken until 8:00am *SHARP* the day of the meet (have money and USMS card available). *Please see note above on new deck entry process.* Relay entries will be accepted until 9:30am, the day of the meet.

SEEDING: Heats will be run slowest to fastest, regardless of age or sex. Relays in 10 year age increments. The 500 Free and 400 IM events will be seeded together.

AWARDS: Individual and relay ribbons for 1st, 2nd & 3rd places. Trophies will be awarded for the 1st, 2nd & 3rd place teams.

MEET REFEREE: **Bill Shanel**

MEET DIRECTOR: **Paul Olney**
(630) 587-0414 evenings
(847) 226-9499 days
E-mail: prolney@sbcglobal.net

		Events:	Event # Women	Event # Men
8:00am		500 Free - Mix	1	
		400 IM - Mix	2	
9:00am		100 IM	3	4
		100 Fly	5	6
		50 Breast	7	8
		200 Medley Relay	9	10
		100 Free	11	12
		50 Back	13	14
		200 Mix Free Relay	15	
		100 Breast	17	18
		50 Free	19	20
		200 Free Relay	21	22
		100 Back	23	24
		50 Fly	25	26
		200 Free	27	28
		200 Mix Medley Relay	29	
		200 I.M. - Mix	31	