



January Thaw Swim Meet

January 24 & 25, 2009

Ozark / USA Swimming Sanction #5156

Facility:

25 yard indoor pool
6 lanes with starting blocks
non-turbulent lane markers

Location:

University City High School Natatorium
7420 Shaftesbury Ave
Saint Louis, MO 63130

Time:

Saturday & Sunday
(ages 8 & Under; 10 & Under):
Warmup 9:00 am, start 10:00 am

(ages 12 & Under; Open):
Warmup noon, start 1:00 pm

Eligibility: "All swimmers must be Athlete members of USA Swimming. 'Applied for' will not be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet with no refund of entry fees. If a swimmer swims and is not registered a \$100 fine per athlete will be imposed."

Entries accepted Dec 29, 2008 - Jan 13, 2009.

Entries, including short course yard times, should be submitted by email, followed by a printed copy of the entry file with check payable to "UCSC" or "University City Swim Club". Individual swimmer entries are acceptable. No Deck Entries can be accepted.

Swimmers may enter up to four events per day. Each swimmer's age on January 24, 2009 will determine his/her age group event eligibility.

Meet will be limited to 300 swimmers, accepted on a first come, first served basis. No team will be split.

Email entries to:

info@universitycityswimclub.com

(include valid reply address and phone number).

Mail paper copy and check to:

George Lenard (UCSC)

Harris Dowell Fisher & Harris, L.C.

15400 South Outer Forty, Suite 202

Chesterfield, MO 63017

Emailed entries will be accepted as official after UCSC receives a printed copy and check.

Deadline: Entries and fees must be postmarked no later than *Tuesday, January 13, 2009*, preceded by an email entry *received by 5:00 p.m. Jan 13.*

Fees: \$3.00 per individual event
\$6.00 per relay event
\$5.00 surcharge per swimmer

Seeding: The meet will be pre-seeded by computer if the timeline for each session permits.

Warm-up Procedures will follow Ozark LSC safety regulations. The Meet Referee or designee will instruct the swimmers in the safety rules for the meet and assign them to team warm-up lanes. Swimmers may enter the water ONLY with a coach at their assigned lane. "Any swimmer attending the meet without a USA Swimming-certified coach must report to the Meet Referee or Meet Director prior to warming up for each session in which he/she is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he/she has entered."

Check-in required only for unaccompanied swimmers as described above, at least 30 minutes before their session start times.

Results will be posted at the meet, emailed to participating teams, and submitted to Ozark/USA Swimming. Awards will include 1st - 6th Ribbons for each event mailed after the meet, and small heat-winner prizes awarded immediately after each heat.

Officials:

Meet Director George Lenard
636-532-0246

Administrative Referee Pat Gibbons
Safety Marshal / Barbara Press

Officials Coordinator

All officials will be Ozark/USA certified. Certified officials willing to work this meet are encouraged to email <info@universitycityswimclub.com> or phone 636-532-0246.

Rules: "All technical and administrative rules of USA Swimming will apply at this meet, held under the sanction of USA Swimming."

Per Ozark LSC policy:

Cameras: "Cell phones with video or other video recording devices are prohibited in all locker rooms.

102.9 Swimwear: A. Swimsuits worn for all 12 & Under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.

B. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.

C. The Referee shall have authority to bar offenders from the competition until they comply with the rule."

Hospitality: For officials, coaches, and meet volunteers, a hospitality/refreshment room will be available off the pool deck. Swimmers and the public may purchase concession food available at all sessions. Please keep food and beverages a safe distance away from the pool.

Directions: From I-64 take I-170 North, exiting to either Ladue Rd/Maryland through Clayton, or Delmar Blvd. Turn north onto Hanley Rd, then at Shaftesbury Ave turn right at traffic light. Keep right at first stop sign, cross a small bridge, look for Natatorium immediately after on the right (7420 Shaftesbury).

Alternate route: I-70, to I-170 South, exit to Olive Blvd east, go 1.5 miles, turn right (south) onto Hanley Rd. After 0.3 miles turn left at first traffic light, onto Shaftesbury Ave. Keep right at first stop sign, cross a small bridge, look for Natatorium immediately after on the right.

Parking: The Natatorium lower and upper driveways are reserved only for officials and hospitality suppliers. Public parking is available on surrounding city streets, and at Jackson Park Elementary School lot off Balson Ave (one block south of the High School/Natatorium complex).

**January Thaw 2009 – UCSC
Event Schedule**

24-Jan-2009

Saturday Morning

Girls	Event	Boys
1	10 & Under 100 Free	2
3	8 & Under 25 Free	4
5	10 & Under 50 Fly	6
7	8 & Under 50 Fly	8
9	10 & Under 100 Back	10
11	8 & Under 25 Back	12
13	10 & Under 50 Breast	14
15	8 & Under 50 Breast	16

Saturday Afternoon

Girls	Event	Boys
17	12 & Under 200 Free	18
19	Open 200 Free	20
21	12 & Under 50 Fly	22
23	Open 100 Fly	24
25	12 & Under 100 Back	26
27	Open 200 Back	28
29	12 & Under 50 Breast	30
31	Open 100 Breast	32
33	12 & Under 50 Free	34
35	Open 50 Free	36

25-Jan-2009

Sunday Morning

Girls	Event	Boys
37	10 & Under 100 IM	38
39	8 & Under 50 Free	40
41	10 & Under 50 Free	42
43	8 & Under 25 Fly	44
45	10 & Under 100 Fly	46
47	8 & Under 50 Back	48
49	10 & Under 50 Back	50
51	8 & Under 25 Breast	52
53	10 & Under 100 Breast	54

Sunday Afternoon

Girls	Event	Boys
55	12 & Under 100 IM	56
57	Open 200 IM	58
59	12 & Under 100 Free	60
61	Open 100 Free	62
63	12 & Under 100 Fly	64
65	Open 200 Fly	66
67	12 & Under 50 Back	68
69	Open 100 Back	70
71	12 & Under 100 Breast	72
73	Open 200 Breast	74
75	Open 500 Free	76