



**HEAT LIGHTNING**    
And  
**8 & UNDER CHAMPIONSHIP SWIM MEET**  
**MARCH 14, & 15, 2009**

**Hosted by:** *HEAT Swimming*

**Sanction:** Held under the sanction of USA Swimming by Ozark Swimming, # 5169

**Location:** Rockwood's Lafayette High School  
17050 Clayton Road  
Wildwood, MO 63011

**Directions:** Lafayette High School is at Clayton Road and Route 109. From the North or from Chesterfield Valley, come South down 109. From the South or East, use either Manchester or Clayton. The pool entrance is on the Northeast corner of the school building.

**Facility:** 8-lane, 25-yard pool, non-turbulent lane lines, Colorado System 6 Timing System with fully automatic touch pads. 13 ft. depth at starting blocks, 3 1/2 ft. depth at turn end. Spectator balcony seating is available adjacent to the pool. Swimmer's bullpen and team areas will be located in the multi-purpose gym upstairs, adjacent to the pool balcony. Concessions will be in the hall.

**Warm-Up  
Schedule:**

**Saturday & Sunday Morning Sessions**

First Warm-Up 7:30-7:55 A.M.  
Second Warm-Up 7:55-8:20 A.M.  
Meet Starts 8:30 A.M.

**Saturday & Sunday Afternoon Sessions**

8 & Under Warm-Up 11:30-11:50 A.M.\*\*  
8 & Under Warm-Up 11:50-12:10 P.M.  
13 & Older Warm-up 12:10-12:45 P.M.  
Meet Starts 12:55 P.M.

\*\* Afternoon session warm-ups will begin immediately following morning session but no earlier than 11:30 A.M.

**Eligibility:** Open to all currently registered USA Swimming athlete members. 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 entry fees will NOT be refunded. The age of the swimmer on March 14, 2009 determines his/her age for the entire meet. All coaches must be coach members of USA Swimming. Entries with "No Time" will be accepted.

**Any swimmer found not to have a current USA Swimming membership who swims in an Ozark sanctioned meet (and/or the team) is subject to a \$100 fine per swim.**

**Check In:** The host team reserves the right to pre-seed Saturday and Sunday events if the timeline permits. If pre-seeding is not used, positive check-in sheets will be distributed to coaches. Check-in will close 30 minutes before each session begins. Swimmers not checked in will be scratched from the meet.

**Warm Ups:** Warm up sessions/lanes will be assigned. Warm up procedures will be defined by Ozark LSC safety regulations. The meet referee's name will be announced prior to each session's warm-ups. All unaccompanied swimmers must report to the meet referee prior to warm-ups for each session in which they are swimming. The meet referee or his designee shall instruct the swimmers in the safety rules for the meet and assign to lanes for warm ups. The host team reserves the right to extend warm-up periods for safety considerations. During warm-ups, lane assignments will be given to teams based on the entry size of the session and each team.

**Conduct:** Loud radios, roughhousing and ball playing in the bullpen area prohibited. ***Any individual accused of throwing any objects off of balconies on to common areas below will be expelled from the meet.***

**Entries:** Swimmers may swim four individual events and one relay per day. Meet will be limited to 250 swimmers per session, with entries on a first come, first served basis. If the meet fills, team entries will be returned, unopened. Times should be entered in short course yard times. "No time" entries accepted. Coaches must list full first and last name on all relay cards. Deck entries accepted at the discretion of the meet director and dependent upon lane availability. No Telephone and/or fax entries will be accepted.

**Entry Deadline:** Entries will be accepted beginning February 16, 2009.  
Entries must be received by Thursday March 5, 2009.

**Entry Fees:** \$3.00 per individual event  
\$6.00 per relay  
\$10.00 surcharge per swimmer (our rental rate tripled!)

Fees for deck entries, if accepted, will be \$5.00 per individual event. **Fees must be received via mail before the entry deadline. Please make checks payable to "HEAT Swimming"**

*Entries should be submitted via email. We will respond with an email that we have received your entries; and that payment must be received by the entry deadline in order for the entry to be officially accepted.*

**E-Mail Entries To:** [tvhevh@charter.net](mailto:tvhevh@charter.net)  
**Eileen vonHatten, Entry Chair**  
**784 Coalport Dr.**  
**St. Louis, MO. 63141**

For questions, regarding entries contact Eileen vonHatten at (314) 741-0508 or E-mail [tvhevh@charter.net](mailto:tvhevh@charter.net)

**No cell phones with video or video recording equipment will be permitted in the locker rooms.**

**Results:** Results will be posted on the Ozark Swimming website. Hard copies of results will not be mailed unless specifically requested by a team.

- Awards:** 1<sup>st</sup> through 8<sup>th</sup> Place Ribbons for 8 & Under, 9/10, 11/12, 13/14 and 15 & Over.
- Open events will have separate awards and scoring for 13/14 and 15 & Over with the exception of the 500/1650 free and 400 IM events, which will have awards for 12&U, 13/14 & 15 & Over.
  - 200-yard events in the A.M. sessions will be swum as 12 & Under, but with separate awards for 10 & U and 11/12 yr. olds.
  - Trophies awarded to top three scoring teams for 8 & Under age group.
  - Bobble-head Swimmer trophies for Individual High Point winner in each age group- 8&U, 9/10, 11/12, 13/14 and 15 & Over.
  - Heat winner prizes for all events.

**Scoring:** Standard scoring thru 16<sup>th</sup> place will be utilized for all events.

**Results:** Event results will be posted. Final results can be purchased for \$5.00.

**Officials:** Meet Director: Sally Cole / David Stevens (314) 576-3028  
Meet Referee: Bruce Neimeier (636) 477-6068  
Safety Marshall: T.J. Kuper (314) 831-4065

USA Swimming officials interested in officiating please contact: Bruce Neimeier at (636) 477-6068.

**Rules:** All 2009 technical and administrative USA Swimming Official Rules and Ozark Rules shall govern the meet.

**Swimwear:** Swimsuits worn for all 12 and under age group competition shall not cover the neck, extend past the shoulder, nor past the knee. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. The referee shall have the authority to bar offenders from the competition until they comply with the rule.

**Concessions:** Full concessions will be available during the meet. All coolers, food and beverages must be left in the concession or bullpen areas. NO FOOD AND BEVERAGES ARE PERMITTED IN THE POOL AREA.

**Swim Vendor:** B & B Aquatics will be available with swim gear/apparel.

**Hospitality:** A Hospitality area will be available for Officials and Coaches in the hall outside the pool. (R.O.T.C. room)

**Meet Format:** All events will be timed finals. The first two events of each session will be pre-seeded. All other events will be deck-seeded once the check-in has closed. The host team reserves the right to pre-seed Saturday and Sunday events if the timeline permits. Awards for Open events will be separate for 12 & Under, 13/14 and 15 & Over age groups.

**HEAT LIGHTNING AND 8 & UNDER CHAMPIONSHIP SWIM MEET**  
**SCHEDULE OF EVENTS**

**SATURDAY MORNING SESSION**

<b><u>GIRLS EVENT #</u></b>	<b><u>EVENT</u></b>	<b><u>BOYS EVENT #</u></b>
1	9/10 100 Free	2
3	11/12 100 Free	4
5	9/10 100 Breast	6
7	11/12 100 Breast	8
9	9/10 50 Free	10
11	11/12 50 Free	12
13	12 & U 200 IM	14
15	9/10 100 Fly	16
17	11/12 100 Fly	18
19	9/10 50 Breast	20
21	11/12 50 Breast	22
23	12 & U 200 Back	24

**SATURDAY AFTERNOON SESSION**

25	8 & U 100 Free Relay	26
27	Open 200 IM	28
29	8 & U 25 Fly	30
31	Open 100 Fly	32
33	8 & U 50 Back	34
35	Open 200 Back	36
37	8 & U 25 Free	38
39	Open 100 Free	40
41	8 & U 50 Breast	42
43	Open 100 Breast	44
45	8 & U 100 Free	46
47	**Open 500 Free	48

\*\* Swimmers in the 500 Free must provide their own counter and timer.

**⚡ HEAT LIGHTNING AND 8 & U CHAMPIONSHIP SWIM MEET ⚡**

**SCHEDULE OF EVENTS**

<b><u>GIRLS EVENT #</u></b>	<b><u>SUNDAY MORNING SESSION</u></b>	<b><u>BOYS EVENT #</u></b>
49	12 & U 200 Free	50
51	9/10 50 Fly	52
53	11/12 50 Fly	54
55	9/10 100 Back	56
57	11/12 100 Back	58
59	12 & U 200 Breast	60
61	9/10 100 IM	62
63	11/12 100 IM	64
65	9/10 50 Back	66
67	11/12 50 Back	68
69	12 & U 200 Fly	70
<b><u>SUNDAY AFTERNOON SESSION</u></b>		
71	8 & U 100 Medley Relay	72
73	Open 200 Free	74
75	8 & U 50 Fly	76
77	Open 200 Fly	78
79	8 & U 25 Back	80
81	Open 100 Back	82
83	8 & U 25 Breast	84
85	Open 200 Breast	86
87	8 & U 50 Free	88
89	Open 50 Free	90
91	8 & U 100 IM	92
93	Open 400 IM	94