

St Charles Masters – Super Bowl Swim Meet

Norris Recreation Center - St. Charles East High School

Sunday February 3, 2013

Sanction by St Charles Masters for USMS, Inc Sanction #213-S001
Hosted by St Charles East High School 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. 2012/2013 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 current 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; however, parking in the lot directly in front of the Norris Center main entrance is not allowed. Please park in side lots.

All races will be in the deep end of the pool except for the 500 free and 400 IM, which will be in both pools. Slower 500 free and 400 IM heats will be in the shallow end, which does not have starting blocks. Timing in the deep end will be automatic Daktronics system with manual back-up. Shallow end will only have manual watch times.

ENTRY LIMIT: 5 events plus relays. Swimmers cannot enter both 500 free and 400 IM. Entries will be limited to ensure the meet ends no later than 2:00 PM.

SEEDING: Heats will be run slowest to fastest, regardless of age or sex. Relays in 10 year age increments. We will ONLY pre-seed 500 Free and 400 IM. All other events will be seeded during the 500 Free. We will pass out heat sheets prior to the start of these events

FEES: \$4.00 per individual event (\$5.00 deck entry with "No Time"). \$5.00 per relay entry.
 Results will be posted on the Internet. Make checks payable to:
St Charles East Girls High School Swimming & Diving.

ENTRY: The ILSMA CONSOLIDATED ENTRY FORM MUST BE USED TO ENTER THE MEET. Go to the www.ilmsa.com competition section where the consolidated entry form can be found. Send your individual entries including fees and a copy of your 2011 USMS card **NO later than Friday January 18, 2013** to:

Tom McCormack
1901 King Edward Ave
St. Charles, IL 60174

Deck entries will be taken until 8:00am *SHARP* the day of the meet (have money and current USMS card available). NO DECK ENTRIES FOR 500 FREE and 400 IM will be accepted. Relay entries will be accepted until 9:30am, the day of the meet.

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

MEET REFEREE: John Garvin

MEET DIRECTOR: Tom McCormack
 (630) 738-2277
 E-mail: scmstrswim@gmail.com

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	