

Long Course Kickoff Meet  
April 30 – May 2, 2004  
Hosted by: Gator Swim Team  
Central Municipal Pool  
205 Caruthers  
Cape Girardeau, MO 63702

USAS Sanction #

- Directions:** From I-55/exit 96 head east off the exit (William Street). Take a left at Kingshighway (signalized intersection approx. 1.5 miles from interstate). Take a right at Independence (1<sup>st</sup> light). Take a left at Clark Street (1<sup>st</sup> street to the left). Turn right at next street to the right (Whitener St.) Central Pool is on the left (the bubble covering the pool is in view).
- Eligibility:** Open to all currently registered USA swimmers. USA swimming memberships applied for will not be accepted. Swimmers age as of April 30, 2004 determines the swimmers age group for the meet. Swimmers entered in the meet who do not hold current membership will be dropped from the meet, and entry fees will NOT be refunded.
- Check In:** A positive check-in is required for all events. Swimmers not checked in 30 minutes before the start of each session will be scratched from the session. A swimmer attending a meet without a USA-S certified coach must report to the meet referee or meet director prior to warming up for each session in which he is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he has entered
- Facility:** Covered 8 lane pool 25 yards by 50 meter course with non-turbulent lane markers. A Colorado Timing System 4 is used with a horn start and touch pads. Will swim 6 lanes, reserving 1 lane for warm-up/warm-downs.
- Rules:** All 2004 technical and administrative USA Swimming Official Rules and Ozark Rules shall govern the meet.
- Format:** All events will be timed finals. 800 and 1500 freestyles will be limited to the fastest 36 swimmers in each event. The 1500 Free will be swam fastest to slowest alternating heats of girls and boys. These swimmers must provide their own timers and counters. The host team reserves the right to pre-seed events if the timeline permits.
- Entries:** Each swimmer may swim 5 events maximum each day. Entries will be accepted in order received until the 4-hour per session limit is reached. Times should be submitted as a Hytek Commlink file on a 3.5" diskette and entered in LONG COURSE METERS times. Also include a hard copy of your entries for verification purposes. No team entries will be split. In events where a limited number of swimmers are allowed to swim, refunds may be requested and paid to the TEAM in one lump sum. The request MUST be made within one week of the meet's end. Payment for deck entries is due at time of entry. No billing for deck entry will be allowed. Email entries are NOT official entries and should be followed by the appropriate disk and hard copy.

**Entry**

**Deadline:** Entries will be accepted beginning Friday March 26, 2004.  
Entries must be received no later than Friday April 23, 2004

**Entry Fees:** \$3.00 per individual event  
\$5.00 surcharge per swimmer  
\$5.00 per individual event for deck entries  
Deck entries will be accepted up to 30 minutes prior to each session  
Fees must accompany the entry  
Make checks payable to GATOR SWIM TEAM

**Mail to:** Tim Gramling  
1718 Carolina Lane  
Cape Girardeau, MO 63701

**Email:** [tgramling@charter.net](mailto:tgramling@charter.net)  
*NO phone or fax entries*

**Awards:** Trophies will be awarded to the top 8 swimmers per age group for Sunday's pentathlon only – Fri. & Sat. events will not have awards. Awards must be picked up by the coach or team representative. No awards will be mailed.

**Scoring for Pentathlon:** Times for each event will be added in order to obtain one total time for each swimmer. DQ's & missed events will be given the slowest time in that event plus 5 seconds per 50 meters swam. Swimmers should enter all 5 events in their age group.

**Results:** Event results will be posted during the meet. Clubs must provide their own computer disk for final results. Final results may be ordered from the clerk of course for \$5.00.

<b>Officials:</b>	<b>Meet Director:</b>	Celia Willett	573-264-1196
	<b>Safety Marshall:</b>	Janet Staler	573-243-5316
	<b>Meet Referee:</b>	Fred Younghouse	573-334-8166
	<b>Starter:</b>	Ann Welker	573-243-8304
	<b>Stroke Judge:</b>	Mike Scott	573-335-0580

USA Swimming officials interested in officiating please contact Celia Willett at (573)264-1196.

**Concessions**

**& Swim Apparel:** Provided by Gator Swim Team.

**Hotel Info:** Victorian Inn (573)651-4486  
Pear Tree Inn (573)334-3000  
Drury Lodge (573)334-7151  
Drury Suites (573)339-9500

# Event Schedule

## Friday, April 30, 2004

Warm-up 4:30 p.m., meet starts 5:30 p.m.

Women		Men
1	Open 50 Free	2
3	Open 1500 Free	4

## Saturday May 1, 2004 - AM Session

Warm-up 7:30 a.m., meet starts 9:00 a.m.

5	Open 200 Free	6
7	Open 200 Breast	8
9	Open 200 Fly	10
11	Open 400 Free	12

## Saturday May 1, 2004 - PM Session

Warm-up 3:00 p.m., meet starts 4:30 p.m.

13	Open 400 IM	14
15	Open 200 Back	16
17	Open 800 Free	18

## Sunday May 2, 2004 - Pentathlon

Warm-up 7:30 a.m., meet starts 9:00 a.m.

19	10 & Under 50 Fly	20
21	11 & 12 50 Fly	22
23	13 & 14 100 Fly	24
25	Senior 100 Fly	26
27	10 & Under 50 Back	28
29	11 & 12 50 Back	30
31	13 & 14 100 Fly	32
33	Senior 100 Back	34
35	10 & Under 50 Breast	36
37	11 & 12 50 Breast	38
39	13 & 14 100 Breast	40
41	Senior 100 Breast	42
43	10 & Under 50 Free	44
45	11 & 12 50 Free	46
47	13 & 14 100 Free	48
49	Senior 100 Free	50
51	10 & Under 200 IM	52
53	11 & 12 200 IM	54
55	13 & 14 200 IM	56
57	Senior 200 IM	58