

# **2024 Chicago Metropolis Jr Olympics Swim Meet Instructions and Rules Sunday, May 26 Stagg High School**

## **Action Items to be taken care of prior to the day of the meet**

All Rosters and entries will be due no later than May 14, 2024. Please forward to Sherrie at [sherriev@ymail.com](mailto:sherriev@ymail.com) & Father Chris at [frchris@ssch.us](mailto:frchris@ssch.us).

Please use the attached document in order to provide your team's rosters and entries.

It is critical that each team review the meet sheets that will be sent out no later than Saturday May 25th. Please ensure that your entire team is entered and is entered into their correct events. Please email all scratches and changes prior to 10pm, Saturday May 25th.

We strongly encourage changes to be made before Sunday and will accept any email with changes provided by 8:00am. Any changes made after 8am will need to be taken care of during the check-in process at the pool.

## **Pool instructions**

- Please have your head coach proceed to the check in table to confirm your team has arrived. All check in must take place by 1pm. We will take any changes to your races no later than 1:30pm. At that time, all paperwork involved with running the meet will be printed and the meet will be set to run. All coaches will need a photo id to verify identity.
- Only 2 coaches per team are allowed on the pool deck
- Coaches will be given name tags that must be worn throughout the meet
- All volunteers will be given name tags that must be worn throughout the meet
- Any unauthorized people on the pool deck will be asked to move to the upstairs bleachers

## **Timeline**

- Entries due May 14th
- Scratches and changes due 10pm May 25th
- Coaches arrive and check in at the pool May 26th 12:30
- Swimmers arrive for warmups at 1pm
- All changes are due by 1:30pm
- Meet will begin at 2:00pm

## **Volunteers**

We will need to following volunteers

- 13 timers
- 4 relief volunteers
- 2 award volunteers
- 4 deck marshalls
- 1 bull pen volunteer

Please ask your parents with swim experience to volunteer, they are our greatest asset. Please sign up to help via the google doc that will be sent out prior to the meet.

## **Swimming excerpt from the Olympic Rules & Regulation Handbook**

The following rules and schedule shall be adhered to. Any deviation of these rules will disqualify those involved.

### **Rule #1**

Only 2 coaches will be allowed on the pool deck per team. They must be registered prior to the Olympic tournament, and be assigned an identification tag. This tag shall and MUST be worn at all times while on deck.

### **Rule #2**

Each parish shall be allowed to scratch or add a maximum of 3 swimmers total. (This means, if someone is sick or injured on your team, you can replace that individual with another swimmer providing that swimmer is qualified under the additional Olympic rules attached).

Please make sure that you have put enough alternates on the Master Roster form to cover you team in case one of your swimmers is ill or absent due to another event.

### **Rule #3**

The Parishes shall submit their rosters by May 14, 2023. (see Master Roster info)

### **Rule #4**

The Swim Coordinator and Head Official have the final say on any questionable decisions!

### **Rule #5**

All swimming events will be held on Sunday

### **Rule #6**

All participants must be experienced swimmers. They must be able to swim 25 yards, unassisted in order to participate. Any swimmer that is noticed unable to swim during warmups will be asked to be removed from the competition.

### **Rule #7**

Dress requirements: One piece swimsuits will be required. Anyone wearing inappropriate or multiple pieces will be asked to change prior to arrival on deck.

### **Rule #8**

Each participating parish is allowed one entry per event

### **Rule #9**

Swimmers will be eligible to participate in a ***maximum of 2 individual events and 2 relay events***, or ***3 individual and 1 relay event***.

### **Rule #10**

Swimmers cannot participate in the same event (distance and stroke) on two age levels

### **Rule #11**

All qualified swimmers are eligible to participate in and 18 and under event

### **Rule #12**

Swimmers may swim up in an age group but never down

### **Rule #13**

Relay events consist of four swimmers

- 100 yard relay - each swimmer will swim 1 length of the pool 25 yards each
- 200 yard relay - each swimmer will swim 2 lengths of the pool 50 yards each

Order of strokes in the Medley Relay

- Back, Breast, Fly, Freestyle

### **Rule #14**

Only one relay team per age and gender group. Four athletes per relay team. Only junior age athletes are allowed on your junior relay team. However, you may put junior age athletes on your junior and senior relay teams

### **Rule #15**

The Olympic Committee reserves the right to scratch any event that is not sufficiently filled. All participants will be notified through their parish representative and be allowed to swim those athletes affected in a higher age level. This would be the only time a single parish would be allowed to have two entries in any single event.

**Rule #16**

Make sure you enter Name, Gender, Event & Age information on the Master Roster.

**Rule #17**

Scratch meeting, if a scratch meeting is necessary, all scratches and replacements are allowed in only the case of sickness or injury, with a limit of three.

**Rule #18**

There will be no unauthorized individuals allowed on the pool deck.

**Rule #19**

Locker rooms are only to be used by the swimmers. There are no parents allowed in the locker rooms for any reason. Athletes are expected to be ready to swim, in the case of young children they have to be able to change by themselves in the locker rooms. If they are unable to please have them arrive in the suits ready to swim. There will be common bathrooms outside of the pool area that are available for parent assistance. There is also no deck changing allowed.

**Rule #20**

No flash photography during the meet. There will be no photographs taken behind the blocks. No drone usage inside the building for any reason. There will be no smoking allowed inside the building.

Please understand this is for the safety of the swimmers and to allow us to  
run the meet as efficiently as possible