



LOVE Swimming 2018-2019

Time Trials & Sprint Series Swim Meets

Location:

- Mehlville Senior High School Pool, 3200 Lemay Ferry Road, St. Louis, Missouri 63128

Pool:

- “SCY” 25 yards 6 lanes with Starting Blocks

Entry due by:

- Day of Swim Meet

Entry Fee:

- \$7.00 per swimmer

Entry Limits:

- Swimmers may enter up to 3 events, plus Relays

Eligibility:

- Age's 3 years and older

Qualify Times:

- No Time Standards

Awards:

- Individual Ribbons 1st through 8th Place – Relay Ribbons 1st, 2nd and 3rd Place.

Age Groups:

- LTS (ages 4 and under), 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Senior (i.e. 19-25, etc.)

Results:

- Will be posted on the wall if possible and emailed upon request

Warm-up:

- All entry into the pool feet first from the starting block end. Dive designated lanes only

Payment:

- Please make checks payable to LOVE Swimming **or pay on-line at shop.loveswimming.org** and Payment can be mailed to LOVE Swimming, P.O. Box 345, Bonne Terre, MO. 63628

Time:

- Swim Meet Warm-ups are at 7 p.m., Swim Meet Starts 7:30 p.m. and ends by 8:30 p.m.

Timers:

- Volunteer timers, starters, bull-pen, runners, heat awards, and officials appreciated

We ask parents/others to volunteer to help with the meet, which can last up to 1 hour. This is a **FUN MEET** and **DQ's** will not be issued, however, the Coach will discuss infractions with the swimmer. Know your heat and lane assignments. Be prepared to swim to help meet start on time, and run timely. Fins, paddles and kickboards can be used by **all** training groups to give swimmers the **opportunity** and **feel** of **fast** Swimming. Please be sure to have your training equipment and gear with you including a water bottle and a snack – you may get hungry.

Team Genesis/LOVE Swimming a Sports Ministry of Trinity Fellowship Church

8144 Terre Bleue Drive * P.O. Box 345 * Bonne Terre, Missouri 63628

Office/Fax: 573-358-7727 * Cell: 573-366-0410 *

Email: programs@loveswimming.org * Web Address: <http://www.loveswimming.org>

“As I have loved you, so you must love one another.” John 13:34

Personal Best Time Trials/Sprint Series Swim 2018-2019 Annual Swim Meet Schedule

PBT Time Trials/Sprint Series Swim Meets are a fun way to introduce swimmers of all levels to swimming competitions in a relaxed low-pressure environment. The emphasis is on self-improvement, with awards being presented for personal best time(s) & place.

Hosted by

Team Genesis Swim Club & LOVE Swimming Personal Best Race Club

| Date | Time | Location | Cost | Meet Type |
|------------------------|--------------------------|---------------------------------|-------------|------------------|
| Thursday, 8/23/18 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Time Trials |
| Thursday, 9/13/2018 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Time Trials |
| Thursday, 10/4/2018 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Time Trials |
| Thursday, 11/1/2018 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Time Trials |
| Thursday, 12/6/2018 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Time Trials |
| Thursday, 1/17/2019 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Time Trials |
| Thursday, 2/7/2019 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Time Trials |
| Thursday, 3/28/2019 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Sprint Series |
| Thursday, 4/4/2019 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Sprint Series |
| Thursday, 5/2/2019 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Sprint Series |
| Thursday, 6/6/2019 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Sprint Series |
| Thursday, 7/25/2019 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Sprint Series |
| Thursday, 8/1/2019 | 7:00 p.m. – 8:30 p.m. | Mehlville Senior High School | \$8.00 | Sprint Series |

Personal Best Time Trial Swim Meet Events

10 & Under

25, 50, 100 & 200s (Distances)
Freestyle and Backstroke

11 & Over

50, 100, 200, 400 & 500 (Distances)
Of any stroke – Freestyle, Backstroke, Butterfly, Individual Medley

Relays (All Ages – Male & Female)

100 Freestyle, 100 Individual Medleys or 100 Noodle Race

Personal Best Time Trial “Sample” Swim Meet Events

| | | | | | | | | |
|-----|---|----------|-------|-----------|------------|---|------------|---------|
| #1 | Girls & Boys Noodle Relay Races 25's | #15 | Girls | 400 Free | #34 | Boys | 100 Breast | |
| #2 | Girls/Boys Kickboard Races 25's | #16 | Boys | 400 Free | #35 | Girls | 200 Breast | |
| #3 | Girls/Boys HL-BL-SL-LL Races 25's | #17 | Girls | 800 Free | #36 | Boys | 200 Breast | |
| #4 | Girls/Boys Free Drill Races 25's | #18 | Boys | 800 Free | #37 | Girls | 25 Fly | |
| #5 | Girls/Boys Back Drill Races 25's | #19 | Girls | 1500 Free | #38 | Boys | 25 Fly | |
| #6 | Girls/Boys KB Washout Races (anyone) 25's | #20 | Boys | 1500 Free | #39 | Girls | 50 Fly | |
| #7 | Girls | 25 Free | #21 | Girls | 25 Back | #40 | Boys | 50 Fly |
| #8 | Boys | 25 Free | #22 | Boys | 25 Back | #41 | Girls | 100 Fly |
| #9 | Girls | 50 Free | #23 | Girls | 50 Back | #42 | Boys | 100 Fly |
| #10 | Boys | 50 Free | #24 | Boys | 50 Back | #43 | Girls | 200 Fly |
| #11 | Girls | 100 Free | #25 | Girls | 100 Back | #44 | Boys | 200 Fly |
| #12 | Boys | 100 Free | #26 | Boys | 100 Back | #45 | Girls | 100 IM |
| #13 | Girls | 200 Free | #27 | Girls | 200 Back | #46 | Boys | 100 IM |
| #14 | Boys | 200 Free | #28 | Boys | 200 Back | #47 | Girls | 200 IM |
| | | | #29 | Girls | 25 Breast | #48 | Boys | 200 IM |
| | | | #30 | Boys | 25 Breast | #49 | Girls | 400 IM |
| | | | #31 | Girls | 50 Breast | #50 | Boys | 400 IM |
| | | | #32 | Boys | 50 Breast | Any events not listed can also be swum if the meet timeline will allow. | | |
| | | | #33 | Girls | 100 Breast | | | |

LOVE Sprint Series Events

| Girls | Event | Boys |
|-----------|------------------------------|-----------|
| 1 | 50 Butterfly | 2 |
| 3 | 50 Backstroke | 4 |
| 5 | 50 Breaststroke | 6 |
| 7 | 50 Freestyle | 8 |
| 9 | 100 Individual Medley | 10 |
| 11 | 100 Free Relay | 12 |

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Personal Best Time Trials or Sprint Series Swim Meet

Attached is a schedule of events for Time Trials and for Sprint Series. Each swimmer may choose up to 3 events plus a 100 yard relay (Freestyle, Individual Medley or Noodle). All accepted Entries including late and deck entries accrue points and awards except **Exhibition swims accrue no points and no awards**. We ask parents/others to volunteer to help with the meet, which can last up to 1+ hour. This is a FUN **MEET** and **DQ's** will not be issued, however, the Coach will discuss infractions with the swimmer. Know your heat and lane assignments. Be prepared to swim to help meet start on time, and run timely. Fins, paddles and kickboards can be used by **all** training groups to give swimmers the **opportunity** and **feel** of **fast** swimming. Please be sure to have your training equipment and gear with you including a water bottle and a snack – you may get hungry.

Awards: 1st through 8th Place Awards will be given to the following Age Groups – LTS, 6&U, 8&U, 9-10, 11-12, 13-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64... and Personal Best Time Awards will be given to swimmers who achieve Personal Best Times either at this meet or the next Personal Best Times Meet. Swimmer's may swim the same event twice in one meet to attempt a personal best time in one meet. If a swimmer swims the same event twice that counts as 2 events towards their 3 Individual events plus a Relay total per meet. All meet awards will be placed in swimmers file or mailed following the meet along with the meet reports. Relay Place Awards will go only to the Top 3 in the 100 Freestyle, 100 Individual Medley or Noodle Race Relays. Times achieved do not count as USA or AAU Times. In addition to ribbon & heat awards; award points (**1 point each for 3rd place, 2 points for each 2nd place and 3 points for each 1st place including relays**) are presented for 1st, 2nd, and 3rd placings in Individual & Relay Events (no points for Heat place) and 1 point each for all Personal Best Times. 2" Medals are achieved when a swimmer has accumulated enough award points as follows:

- **Bronze Medal** for 15 award points
- **Silver Medal** for 25 award points
- **Gold Medal** for 50 award points
- **12" Championship Trophy** for 100 award points
- **LOVE's Personal Best Race Club Official USA Swimming Back Pack** for 150 award points

If a swimmer accumulates 100 award points, he or she is presented with a trophy. Presentations of medals when possible will be made before the commencement of races at our Personal Best Time Trials and Sprint Series Swim Meets.

Meet Entry Fee is \$8 per swimmer.

Personal Best

Time Trials or Sprint Series Swim Meet

Complete and Return this **Swim Meet Entry Information** below along with your Entry Fee Payment/Receipt, and the attached waiver, release of liability and hold harmless agreement. Meet entry fee is \$8 per swimmer to be paid prior to start of swim meet.

(One form per swimmer).

Anyone can participate in our Personal Best Time Trials Swim Meets even those Registered with another swim team or no swim team.

Swim Meet Date(s): _____ Swim Meet Location: _____

Payment Amount: _____ (Circle one: Check, Cash, On-line)

Last Name: _____ First Name: _____ Middle: _____

Preferred Name: _____ Birthdate: _____ Age: ____ Gender (M ___ F ___)

Fathers Last Name: _____ Fathers First: _____

Mother's Last Name: _____ Mother's First: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell: _____ Work: _____

Email: _____

Team/Other: _____ Coach _____

Event Name 1: _____ Event Name 2: _____

Event Name 3: _____ Relay Name: _____

Relays have to be set-up at the meet, the day of the meet.

I will volunteer Yes/No: (Circle Yes or No)

Circle the one(s) below you are volunteering to do

Starter - Timer - Runner - Bull Pen - Meet Ribbons - Heat Awards

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Personal Best Time Trials or Sprint Series Swim Meet

Team Genesis/LOVE Swimming

Hosted Swim Meets & Program Participation requirements:

- (1) All Swimmers are to sign and return this form by the deadline date if applicable along with the fee specified in the meet, time trials, invitation or program.
- (2) All swimmers participating in Trinity Fellowship Sports Ministry hosted Swim Meets and Programs are required to sign the waiver, release or liability and hold harmless agreement below.

Waiver, Release of Liability and Hold Harmless Agreement Minor Participants

In return for my child's (minor) participation in swim meets/programs hosted by LOVE Swimming, I

- (1) Acknowledge that I understand the nature of the swim meets or programs, and believe that minor is qualified and in proper physical condition to participate. I further agree that if at any time, I or minor believes conditions to be unsafe with respect to Minor's physical condition, the equipment, or facilities, it shall be Minor's responsibility to, and Minor will, immediately discontinue participation in the swim meet or program.
- (2) Further acknowledge that the swim meet or program involves the risk of serious bodily injury (including the possibility of permanent disability, paralysis or death), which may be caused by (a) Minor's own action or inactions, (b) the actions or inactions of others participating in the swim meet or program, (c) the condition of the equipment and/or facilities at which the swim meet or program is located, or (d) the actions or inactions of the entities and persons identified below; and I fully accept and assume all such risk and all responsibility for losses, costs, and damages Minor may incur as a result of Minor's participation in the swim meet or program.
- (3) Acknowledge that this is a Trinity Fellowship Sports Ministry sponsored swim meet or program and as such, all applicable regulations, policies, procedures and consequences as defined in the Ministry's athlete handbook will apply during the Minor's participation in this swim meet or program.
- (4) Accordingly, I hereby release Trinity Fellowship Church, together with its directors, officers, employees, volunteers, and agents from all liability, claims, demands, losses, or damages arising out of Minor's participation in the swim meet or program; and I further agree that if, despite this release and waiver of liability agreement I, the Minor, or anyone on behalf of Minor or myself, makes a claim released in this agreement. I will indemnify and hold harmless each entity and person released herein from any and all litigation expenses, attorney fees, loss, liability, damage, or cost that may incur as the result of such claim.
- (5) Agree that in an emergency, any Trinity Fellowship Sports Ministry representative may transport or authorize the transportation of my child to a hospital/medical facility and I authorize any physician or other medical personnel to carry out any diagnostic procedures or emergency care deemed necessary. I understand that the cost of medical attention and ambulance are my responsibility.
- (6) Acknowledge that information about my child provided in this registration/swim meet sign-up may be used by a Trinity Fellowship Church Sports Ministry representative or any individual or organization identified by Trinity Fellowship Church Sports Ministry as needed in order to effectively execute this swim meet or program.
- (7) Acknowledge that from time to time, a Trinity Fellowship Church Sport Ministry representative may photograph or videotape my child while he/she is involved in a swim meet or program activity. These photographs or videotape will solely be used by Trinity Fellowship Church Sports Ministry for the promotion and marketing of its Sports Ministry Programs and activities and will not be sold. I understand that it is my responsibility to notify Trinity Fellowship Church Sports Ministry in writing if I do not wish to have my child photographed or videotaped.

I have read this agreement as well as the regulations, policies, procedures and consequences as defined in the Trinity Fellowship Sports Ministry athlete handbook, fully understand its terms, and have voluntarily entered into this agreement of my own free will based only upon the terms and conditions included herein.

Date: _____ Swimmers/Parent Signature if swimmer is under 18 years _____

Swimmers Name-- Swim Group/Birthdate/Current Age _____

Make all checks payable to Trinity Fellowship or Sign-up On-line at www.shop.loveswimming.org or pay Cash or Check the day of the Meet, etc.

Send registrations and payment to: Trinity Fellowship, P.O. Box 345, Bonne Terre, MO. 63628 or Fax this form along with the Meet or Program Sign-up Form and Payment information to 573-358-7727. To request Swim Meet Invitation or Program Registration forms and information email us at programs@loveswimming.org

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