






<p>Sanctioned by:</p> <p>SISL</p>	<p>Du Quoin Sprint Classic June 29, 2024</p>	<p>Hosted by</p> 
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SPONSOR/HOST	Du Quoin Swimming Indians		
MEET CONTACT	Adam Lewis	Email: alewis17@gmail.com	Phone: (618) 318-2542
WORKER CONTACT	Denise Woodsides	Email: woodsides74@gmail.com	Phone: (618) 318-2133
POOL CONTACT	Nicole Heape	Email: nicole.heape@gmail.com	Phone: (618) 542-8942
FACILITY:	<ul style="list-style-type: none"> • The Du Quoin Sprint Classic 2024 Swim Meet will be held in Du Quoin at the Du Quoin Municipal Pool. The pool is located at 640 West Park Street in Du Quoin. • The Du Quoin pool is a 6-lane 25-meter pool. Swim starting blocks will be positioned on the east end of the pool. • To accommodate the large number of swimmers and keep the meet running smoothly, the bullpen will be located on the southeast side of the pool deck. The staging area will be off the pool deck right outside the southeast gate of the pool. • Swimmers must enter the pool deck using the southeast gate of the pool and will exit the pool deck by using the north gate. • Only the meet workers and the swimmers in their event will be allowed on the pool deck. • A team crash site will be marked for each team that is attending the meet. Please help keep the area clean by encouraging your team to use the trash can. • There will be a viewing area provided. There will be no chairs or tents allowed in the viewing area. Please keep tents and chairs off of the sidewalks and marked walking areas. 		
ENTRIES	<ul style="list-style-type: none"> • Entries will be due by 11:59 pm on June 25, 2024. Please email entries using a Hy-Tek compatible file to alewis17@gmail.com 		
ENTRIES LIMITS	<ul style="list-style-type: none"> • Swimmers will be allowed to enter up to 4 events. Swimmers are only allowed to do one event per swimming stroke. 		
FORMAT AND SEEDING	<ul style="list-style-type: none"> • No deck entries will be allowed. • All events are competed as timed finals. Events will be pre-seeded and swum slowest to fastest. The Meet Referee may insert additional breaks between events in order to maintain an appropriate timeline for the athletes. 		

SCORING	<ul style="list-style-type: none"> • 1st Place = 20 points • 2nd Place = 17 points • 3rd Place = 16 points • 4th Place = 15 points • 5th Place = 14 points • 6th Place = 13 points • 7th Place = 12 points • 8th Place = 11 points 	<ul style="list-style-type: none"> • 9th Place = 9 points • 10th Place = 7 points • 11th Place = 6 points • 12th Place = 5 points • 13th Place = 4 points • 14th Place = 3 points • 15th Place = 2 points • 16th Place = 1 point 	
SCHEDULE:	<ul style="list-style-type: none"> • Warm-ups at: TBA • Meet Start at: 9:00 a.m. 		
FEES:	<ul style="list-style-type: none"> • Individual Events - \$5.00 • All checks should be made payable to Du Quoin Swimming Indians. There will be no refunds. 		
AWARDS:	<ul style="list-style-type: none"> • 1st Place through 3rd Place = Medals. • 4th Place through 8th Place = Ribbons. • High point 1st - 3rd place for each age group/gender. 		
FACILITY RULES:	<ul style="list-style-type: none"> • Please refer to the rules of the Du Quoin Municipal Pool 		
WORKER LIST	<ul style="list-style-type: none"> • Each team will need to submit a list of volunteers that are able to work the swim meet. Please use the work list page below. The worker list must be submitted with the entries by 11:59 pm on June 25, 2024. 		
INVITATIONAL SHIRT	<ul style="list-style-type: none"> • We will be offering a sport grey t-shirt in youth and adult sizes with the meet logo on it. The online store will close at 8:00 a.m. on June 21, 2024. • The online store can be found at: https://dqsprint.bigcartel.com 		
			

Boys	Event order	Girls
1	8 & Under 25 M Butterfly	2
3	9-10 25 M Butterfly	4
5	11-12 50 M Butterfly	6
7	13-14 50 M Butterfly	8
9	15-18 50 M Butterfly	10
11	6 & Under 25 M Freestyle	12
13	7-8 25 M Freestyle	14
15	9-10 25 M Freestyle	16
17	11-12 50 M Freestyle	18
19	13-14 50 M Freestyle	20
21	15-18 50 M Freestyle	22
23	6 & Under 25 M Backstroke	24
25	7-8 25 M Backstroke	26
27	9-10 25 M Backstroke	28
29	11-12 50 M Backstroke	30
31	13-14 50 M Backstroke	32
33	15-18 100 M Backstroke	34
35	8 & Under 25 M Breaststroke	36
37	9-10 25 M Breaststroke	38
39	11-12 50 M Breaststroke	40
41	13-14 50 M Breaststroke	42
43	15-18 100 M Breaststroke	44

Worker List

In order to prepare for the Du Quoin Sprint Classic 2024 Swim Meet, we are requesting that you submit a list of names to fill the positions listed. Please fill in as many positions as possible. We must have volunteers in every position in order to run the meet orderly and effectively. We will be unable to start the meet until all positions have been filled. Please return this completed form with your team's entries by 11:59 pm on June 25, 2024, via email, to Adam Lewis at alewis17@gmail.com.

TEAM NAME			
COACH NAME		COACH PHONE	
CONTACT NAME		CONTACT PHONE	
	1 st SHIFT	2 nd SHIFT	
TIMERS	1)	1)	
	2)	2)	
	3)	3)	
RUNNERS	1)	1)	
	2)	2)	
STARTER	1)	1)	
BULLPEN	1)	1)	
	2)	2)	
HEAT WINNER	1)	1)	
COMPUTER	1)	1)	
AWARDS	1)	1)	
	2)	2)	
STROKE JUDGE	1)	1)	