

Rockwood Swim Club

“Get Your Best Yard Times” Meet

July 26-27, 2010

Held under the sanction of USA Swimming # 5281

- Location: Rockwood Summit High School
1780 Hawkins Road
Fenton, MO 63026
- Directions: From I-44, take Highway 141 South. Right on Hawkins Road, Rockwood Summit is on the right.
- Course: Eight lane 25-yard pool
- Time: Monday and Tuesday – July 26-27, 2010
Warmups 4:30 PM – Meet starts at 5:30 PM
- Eligibility: Entries limited to currently registered USA swimmers. USA Swimming memberships applied for will not be accepted. Ozark swimmers' registration will be checked at the registration table. Swimmers registered in other LSCs must provide proof of registration. Teams will incur a \$100 fine for each non-registered swimmer entered.
- Entries: Deck entries will be taken beginning at 4:00 PM each day. Swimmers are limited to a maximum of four (4) individual events plus two relays per day. Swimmers and/or their representative will complete cards provided with the following information: name, age, USA #, club and event #.
- Entry Fees: \$2.50 per individual event, \$1.50 per swimmer on a relay. There is a \$3.00 swimmer surcharge. Cash only, please.
- Timers: Timers will be provided by the host team. Swimmers in distance events are required to provide their own person to count laps also.
- Rules: Current USA Short Course Rules will govern the meet. There will be **NO** recall on a false start. All coaches must hold a valid USA Swimming coach's card and all officials must have their current USA Swimming and certification cards **DISPLAYED** while on the pool deck. All technical and administrative rules of USA Swimming will apply. 102.9 SWIMWEAR .1 Design A. Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee. B. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. C. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.
- Other: No food, drink or gum is allowed on the deck, stands or locker rooms. Smoking is prohibited on campus. No vendors provided. Cell phones with video and video recording devices are prohibited in all locker rooms. Only very limited concessions will be available.

The following events will be offered both days:

GIRLS	EVENT	BOYS
1	100 Free	2
3	200 Back	4
5	200 Breast	6
7	200 Fly	8
9	50 Back	10

5 minute warm-up/warm-down break

11	50 Breast	12
13	500 Free	14
15	200 IM	16
17	50 Fly	18

5 minute warm-up/warm-down break

19	200 Free	20
21	100 IM	22
23	400 IM	24
25	50 Free	26

5 minute warm-up/warm-down break

27	100 Back	28
29	100 Breast	30
31	100 Fly	32
33	200 Med. Relay	34
35	200 Free Relay	36
37	400 Med. Relay	38
39	400 Free Relay	40
41	800 Free Relay	42
43	1650/1000 Free	44

Meet Director:	Beth Paskoff (636-230-3636)
Referee:	Ernie Paskoff (636-273-9874)
Safety Marshall:	Drew Selman (636-541-4961)
Officials Coordinator:	Tom Lombardo (314-952-3667)