

PARKWAY SWIM CLUB BOOSTERS PRESENT
The Mega Mile (1650) Meet

December 12, 2009

PARKWAY NORTH HIGH SCHOOL

HELD UNDER USA SWIMMING INC., AND OZARK SWIMMING, INC. SANCTION #5239

LOCATION:

PARKWAY NORTH HIGH SCHOOL
12860 FEE FEE ROAD, CREVE COEUR, MISSOURI 63146

DIRECTIONS: from I-270: Take Page Avenue West. Exit on Bennington. Turn left on Bennington and then right on Fee Fee. Parkway North High School is on the left (East) side of the road. There is a stop light at the entrance. Parking is just beyond the entrance.

FACILITY: 25 Yard, 6 lane indoor pool with Paragon Starting Blocks and Competitor non-turbulent lane lines. 13' to 3.5' depth. Colorado System 6 timing console & one-line score board.

WARM UP PROCEDURE:

Warm up lanes and sessions will be assigned. Warm up procedure will be defined by Ozark LSC safety regulations. A swimmer attending the 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/she is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he/she has entered. The meet referee, or his/her designee, shall instruct the swimmers in the safety rules for the meet.

ELIGIBILITY:

Open to all currently registered USA swimmers. "Applied for" will not be accepted. *Swimmers entered in the meet who do not hold current membership will be dropped from the meet, and entry fees will NOT be refunded.* Swimmer's age on the first day of the meet determines age for the meet. Coaches must be current "Coach Members" of USA Swimming. All technical and administrative rules of USA swimming will apply.

Failure to provide the required proof will result in the team not being entered in the meet. Any swimmer found not to have a current USA Swimming membership who swims in an Ozark sanctioned meet (and/or the team) is subject to a \$100 fine per swim.

ENTRIES:

The meet will be limited to 90 swimmers entered on a first-come, first-served basis. Three days prior to the meet, the coach of the teams entered will be sent a heat sheet so they can notify their swimmers as to which session they are swimming. **Swimmers must provide one timer and one person to count laps.**

Entries will be accepted starting at 8:00am November 23, 2009 on a first-come, first-entered basis until the meet is full. Entries must be received by noon of December 3, 2009. No team entry will be split. Teams that are not able to enter the meet will be notified promptly and have their entry fee returned to them by December 11, 2009.

Entries should be submitted via e-mail. Telephone/fax/postal mail entries will NOT be accepted. No Time (NT) times are accepted. Please enter using yard times only. Conversions from SCM or LCM times are NOT accepted. E-mailed entries will be assigned priority based on the arrival time of the e-mail. Entry fees for e-mailed entries must be received by the deadline at the address below. Entries may also be submitted on an official Ozark Entry Form. All information pertaining to the meet will be posted on the Parkway Swim Club website at www.pkwy.org

E-mail entries will be accepted at: pkwymeetentries@hotmail.com
Contact Pat Orf, Meet Director with entry questions.

MAIL FEES PAYABLE TO PARKWAY SWIM CLUB BOOSTERS:

ENTRY CHAIRMAN
PARKWAY SWIM CLUB
12657 FEE FEE ROAD
ST. LOUIS, MO 63146
314-415-7010

DEADLINE:

Entries will be accepted starting at 8:00 a.m. on November 23, 2009 until noon of December 3, 2009.

FEES:

\$5.00 PER SWIMMER OZARK SURCHARGE
\$7.50 PER INDIVIDUAL EVENT

SEEDING & CHECK-IN

Meet will be pre-seeded. Deck entries will NOT be accepted. Three heats will be run following the session warmup alternating one heat of girls and one heat of boys fastest to slowest. Heats may be combined female & male if there are an odd number of entries. Any athlete not planning on attending his or her session should notify Nick Rudich with the Parkway Swim Club by Friday, December 4, 2009 at nrudich@pkwy.k12.mo.us

All swimmers must provide their own timer and lap counter. No exceptions. If you do not provide a timer and lap counter, you will be scratched from the event.

AWARDS

There will be no awards.

OFFICIALS:

MEET DIRECTOR: PAT ORF email: orfhouse@yahoo.com

REFEREE: KAREN SMILEY email: ksmiley@ccasc.com

ALL OFFICIALS WILL BE OZARK/USA SWIMMER CERTIFIED.

RULES & SAFETY:

The 2009 USA Swimming / Ozark official rules shall govern the meet. **Possessing a still or video camera or a cell phone is absolutely prohibited in all dressing areas, locker rooms, bathrooms or any other location where swimmers may be dressing.** Any person so found possessing such devices in these areas will immediately be removed from the meet with all fees forfeited, and subject to further LSC and/or USA Swimming sanctions and penalties. Only coaches, athletes, and meet workers will be allowed on the pool deck during the meet.

SWIM SUITS:

The only suits allowed are those permitted by FINA and in compliance with current USA Swimming rules.

The USA Swimming Rule, accepted by the Ozark Swimming House of Delegates, will be in effect. It reads as follows:

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 authority to bar offenders from the competition until they comply with the rule.

CONCESSIONS:

No concessions will be available. Limited hospitality will be available for coaches and officials.

VENDOR:

No vendor will be available.

Event List

<i>Female</i>	<i>Event</i>	<i>Male</i>
1	Open 1650	2