



## ROCKWOOD SWIM CLUB

St. Louis, MO

USA Sanction # Pending



# Spring Fling

Swim Your Own Age

April 14 & 15, 2012

Held under the Sanction of USA Swimming #5470



### General Information:

**Location:** Marquette High School  
2351 Clarkson Rd.  
Chesterfield, MO 63017

**Directions:** From I-270, take I-64 / Hwy 40 West to Clarkson / Olive Street exit, 19B. Go South (left) on Clarkson and continue to Marquette High School (on right).

**Course:** 8-lane, 25 yard pool, equipped with Paragon starting blocks, Kiefer McNeil non-turbulent lane markers and a Colorado Timing System.

**Format:** All events will be timed finals.

**Event Limits:** Each swimmer may swim four (4) individual events per day.

***RCSA is committed to providing a meet fully accessible to persons with disabilities. Please contact the Meet Director for more information.***

### Meet Operation:

**Warm-ups:** Saturday & Sunday mornings: Ages: 11, 12, 13, 14

Warm ups: 7:00-7:20 a.m. Group A\*

Warm ups: 7:20-7:40 a.m. Group B\*

Warm ups: 7:40-8:00 a.m. Group C\*

\*Optional sprints during the last 5 minutes of each session

**Meet Starts: 8:15 a.m.**

**Warm-ups, cont.: Saturday & Sunday afternoons:** Ages: 7, 8, 9, 10, 6&U (Sun. only)

Warm ups: 12:00-12:20 p.m. Group A\*

Warm ups: 12:20-12:40 p.m. Group B\*

Warm ups: 12:40-1:00 p.m. Group C\*

\*Optional sprints during the last 5 minutes of each session

**Meet Starts: 75 min after warm-ups begin, but not before 1:15 p.m.**

**Warm-up  
Procedures:**

Saturday and Sunday warm-ups will be divided into three groups. Lane assignments will be made based upon entry size for the session and each team. Teams will be notified of their warm-up session after all entries are received. The host team reserves the right to extend the warm-up periods for safety consideration. Warm-up procedures will be defined by Ozark 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 he/she is swimming. The swimmer will be instructed in the safety rules and will be assigned to a lane/coach.

**Check-in:**

All swimmers must positively check-in for each session. Check-in is required at least 30 minutes prior to the session start. Failure to do so will result in the swimmer being scratched from that session.

The host team reserves the right to pre-seed Saturday and Sunday events if the timeline permits.

**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. **ONLY OFFICIALS, COACHES, SWIMMERS AND PARENTS WORKING AS TIMERS (INCLUDING THOSE TIMING THE 500FR), RUNNERS, SAFETY, BULLPEN, OR HOSPITALITY WILL BE PERMITTED ON THE POOL DECK. THIS RULE WILL BE STRICTLY ENFORCED.**

**Rules, cont.:** Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this request.

**Cell phones with video and video recording devices are prohibited in all locker rooms.**

**Swimwear:** **Swimsuit regulation 102.9 effective October 1, 2009:** Swimwear shall include only a swimsuit, cap, and goggles; armbands or leg bands shall not be regarded as part of the swimsuit and are not allowed. In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel or below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

**Safety:** In accordance with USA Swimming and Ozark Guidelines, the warm-up sessions and the meet will be under the guidance of a meet Safety Marshall.

**Conduct:** Loud radios, running, roughhousing, and ball playing in the bullpen / hallways will be prohibited. Unauthorized areas will be clearly marked and entrance into those designated areas will be prohibited to all meet participants and spectators.

**Bullpen:** Swimmers should report to the Bullpen for their events.

**Distance Events:** Swimmers entered in the 500 Freestyle on Saturday **MUST PROVIDE THEIR OWN LAP COUNTER.** Host team will provide timers.

The host team reserves the right to add an additional heat of Girls and Boys limited events to be filled by swimmers from the host team.

**Awards:** All events: Ribbons for places 1-8

**Concessions:** Concessions will be available. All food and drink is restricted to the **concession area. COOLERS, FOOD, AND BEVERAGES ARE NOT PERMITTED IN THE BULLPEN OR POOL AREA.** Coolers brought into the building must be left in the hall outside of the bullpen and pool and their contents consumed only in the **concession area.** This is in accordance with Rockwood School District policy and is expected of every participant as guests in their facilities.

**Vendors:** **B & B Aquatics** will be available during all sessions on Saturday and Sunday.

**Heat Sheets** Meet programs will be available for sale, and heat sheets are free with the purchase of a meet program. Final results can be requested by contacting the Meet Entry Secretary.

**Other:** Smoking is prohibited on all Rockwood School District campuses, both in the buildings and on the surrounding campus grounds.

**Hospitality:** A hospitality room will be provided for coaches and USA officials.

### **Entry Information:**

**Eligibility:** All swimmers must be currently registered with USA Swimming. "Applied for" will not be accepted. Registration numbers must accompany entries. Swimmers who are entered and are found to be not registered will be dropped from the meet, will forfeit their meet entry fees, and are subject to a \$100 per athlete Ozark fine. Swimmer's age on Saturday, April 14, 2012, determines age for the meet.

**General:** The meet will be limited to a total of 500 swimmers. No team entry will be split. Teams not accepted will have entries returned by Friday, March 30, 2012. **No deck entries.**

**Entries:** A swimmer may enter four individual events per day on Saturday and Sunday.

Please submit entries with short course yard times. Teams using HY-TEK Team Manager may submit their entries via e-mail or on 3.5 magnetic disks as a Commlink File. All entries must include a hard copy of the entries and a check. **WHEN ENTRIES ARE RECEIVED VIA E-MAIL, A HARD COPY AND CHECK MUST BE RECEIVED WITHIN 7 CALENDAR DAYS.** A confirmation e-mail will be sent following receipt of e-mail entries.

If confirmation is not received within 24 hours of your electronic submission, call Beth Paskoff at **636-891-6635**. (Please note entries will be opened only during RSC office hours, Tuesday through Thursday, 9:00am – 12:00pm CDT.) **Confirmation of receipt does not mean entry is accepted.** When the hard copy and check has been received within 7 days, the team will be notified of acceptance. **Entries requiring a signature or postage will not be accepted.** Please provide email, phone and fax contact information.

**Entry Fees:** \$4.00 per individual event  
\$7.00 swimmer surcharge

**Entry Deadline:** Entry deadline is **Wednesday, March 28, 2012, at 5:00pm**, or until the meet entry limit is reached. Entries will open **Tuesday, March 20, 2012, at 9am**.

**Make checks payable to Rockwood Swim Club and mail to:**

**Rockwood Swim Club**  
c/o Beth Paskoff-Meet Entry Secretary  
17165 Lafayette Trails Ct.  
Wildwood, MO 63038

**DO NOT PUT ENTRIES IN MAILBOX WITHOUT POSTAGE!**

E-mail address: [rscameetentry@gmail.com](mailto:rscameetentry@gmail.com)

Phone: (636) 891-6635

**Meet Directors:**

Monica Wilmsen (314) 402-5329

Michelle Hepper (636) 448-3096

**Referee:**

Ernie Paskoff (636) 273-9873

**Safety Coordinator:**

Paul Gilbride (952)210-1434

**Officials Coordinator:**

Tom Lombardo (314) 952-3667

## Spring Fling, 2012

### SCHEDULE OF EVENTS

<b>Saturday Morning</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	14&U 500 Free**	2
3	11 Year Old 100 Free	4
5	12 Year Old 100 Free	6
7	13 Year Old 100 Free	8
9	14 Year Old 100 Free	10
11	11 Year Old 50 Fly	12
13	12 Year Old 50 Fly	14
15	13 Year Old 200 Fly	16
17	14 Year Old 200 Fly	18
19	11 Year Old 100 Back	20
21	12 Year Old 100 Back	22
23	13 Year Old 100 Back	24
25	14 Year Old 100 Back	26
27	11 Year Old 50 Breast	28
29	12 Year Old 50 Breast	30
31	13 Year Old 200 Breast	32
33	14 Year Old 200 Breast	34
35	11-12 200 Free	36

**\*\*Swimmers in this event must provide their own person to count laps. Host team will provide timers.\*\***

<b>Saturday Afternoon</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
37	10 Year Old 100 Free	38
39	9 Year Old 100 Free	40
41	8 Year Old 25 Free	42
43	7 Year Old 25 Free	44
45	10 Year Old 50 Fly	46
47	9 Year Old 50 Fly	48
49	8 Year Old 50 Fly	50
51	7 Year Old 50 Fly	52
53	10 Year Old 100 Back	54
55	9 Year Old 100 Back	56
57	8 Year Old 25 Back	58
59	7 Year Old 25 Back	60
61	10 Year Old 50 Breast	62
63	9 Year Old 50 Breast	64
65	8 Year Old 50 Breast	66
67	7 Year Old 50 Breast	68
69	10&U 200 Free	70

## Spring Fling, 2012

### SCHEDULE OF EVENTS

<b>Sunday Morning</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
71	13-14 400 IM	72
73	11 Year Old 100 Fly	74
75	12 Year Old 100 Fly	76
77	13 Year Old 100 Fly	78
79	14 Year Old 100 Fly	80
81	11 Year Old 50 Back	82
83	12 Year Old 50 Back	84
85	13 Year Old 200 Back	86
87	14 Year Old 200 Back	88
89	11 Year Old 100 Breast	90
91	12 Year Old 100 Breast	92
93	13 Year Old 100 Breast	94
95	14 Year Old 100 Breast	96
97	11 Year Old 50 Free	98
99	12 Year Old 50 Free	100
101	13 Year Old 50 Free	102
103	14 Year Old 50 Free	104
105	11-12 200 IM	106

<b>Sunday Afternoon</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
107	10 Year Old 50 Free	108
109	9 Year Old 50 Free	110
111	8 Year Old 50 Free	112
113	7 Year Old 50 Free	114
115	6&U 25 Free	116
117	10 Year Old 100 Fly	118
119	9 Year Old 100 Fly	120
121	8 Year Old 25 Fly	122
123	7 Year Old 25 Fly	124
125	6&U 25 Fly	126
127	10 Year Old 50 Back	128
129	9 Year Old 50 Back	130
131	8 Year Old 50 Back	132
133	7 Year Old 50 Back	134
135	6&U 25 Back	136
137	10 Year Old 100 Breast	138
139	9 Year Old 100 Breast	140
141	8 Year Old 25 Breast	142
143	7 Year Old 25 Breast	144
145	6&U 25 Breast	146
147	10&U 200 IM	148