

2013 Ozark Senior Championships

March 1-3, 2013

- Sanction:** 5567 held under USA Swimming/Ozark Swimming sanction #
- Host:** Parkway Swim Club
13157 North Olive Spur Road
St. Louis, MO 63141
- Meet Director:** Michelle Quigley mkq@aol.com
- Meet Referee:** Stephanie Petersen legos-lb@sbcglobal.net
- Marshall:** Sandy Crook
- Location:** Pattonville High School
2497 Creve Coeur Mill Road
Maryland Heights, MO 63043
- Facility:** 25 yard, 10 lane indoor pool with 10 starting blocks and competitor non-turbulent lane lines. Meet will be competed in 8 lanes with 2 lanes available for warm-up/cool down.
- Meet Safety:** In accordance with the recommendations of USA Swimming and the Ozark LSC, the Parkway Swim Club will operate this meet under the guidance of a Marshall. **Per Ozark LSC Policy, cell phones with photo and video recording devices are prohibited in all locker rooms.**
- Classification:** Senior Championships is a 15& Over meet competed in prelims/finals format with qualifying times restricting faster athletes (you may not swim an event if you have NCSA cuts in that event). A minimum of a B time is required to compete in the 400 IM, 500 free, 1650 free and an athlete shall not faster than the NCSA cut. **Proof of time is required for all 400 IM, 500 free, and 1650 free entrants**
- Eligibility:** Open to currently registered USA swimmers in the Ozark LSC aged 15 and Over.
- All swimmers must be a currently registered athlete member of USA Swimming. "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. A

swimmers age on the day of the meet will determine age for 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.

Qualifying Period: none

Schedule: Warm-Ups:
Friday Night:
Warm-up Session 1: 5-5:30 p.m.
Warm-up Session 2: 5:30-6 p.m.
Meet starts at 6:10 p.m.

Saturday and Sunday Prelims
Warm-up Session 1: 7-7:40 a.m.
Warm-up Session 2: 7:40-8:20 a.m.
Meet starts at 8:30 a.m.

Saturday and Sunday Finals
Warm-up Session 1: 4-4:35 p.m.
Warm-up Session 2: 4:35-5:10 p.m.
Meet Starts at 5:20 p.m.

Format: This is a prelim/final championship meet. There will be an “A” (championship) final and a “B” (consolation) final for the Top 16 swimmers from the morning preliminary heats in all events except the 400 IM, 500 free, 1650 free- which will be timed finals. All relay events will be swum as timed finals during the finals sessions.

During finals there will be a “ready room” and parade of finalists for the “A” final of each event. All finalists of the “B” and “A” heats will be required to check in with the ready room at least 2 events before their heat. “A” finalists will be paraded out to music and have their names announced. The “B” heat will be swum prior to the “A” final. The “B” finalists will have their names announced during their event. Any swimmer that does not report to the ready room in a timely manner will be called for once over the loud speakers, if they do not show up immediately, the alternate will swim.

The 400 IM, 500 free and 1650 free will be swum fastest to slowest, alternating female/male heats. These events will be timed finals. A minimum of a B time is required to compete in the 400

IM, 500 free, 1650 free and an athlete shall not have faster than the NCSA cut. **Proof of time is required for all 400 IM, 500 free, and 1650 free entrants**

Individual Entries: A swimmer may enter a maximum of three (3) events per day with a total entry of no more than 7 events. Any swimmer who enters more than the prescribed number of events will be scratched down to the event limit starting with the highest number event on the day the over entry occurs.

Relay Entries: Clubs may enter a maximum of two (2) relays per event. If there are two entries, they will be designated A and B. All Relay Events will be swum as timed finals during the evening finals session. **Relay cards are due to computer table by 4:45 p.m. on the night they will be swum.**

Entries/Deadline: Email entries (SDIF format) are preferred for this meet and must be received by **Tuesday, February 19, 2013 at 5:00 p.m.** You will receive an email verifying receipt of your entry. **If verification is not received by Wednesday, February 20, 2013 at NOON, contact Stephanie Toth.** No phone or fax entries will be accepted. Entries requiring a signature or postage will not be accepted. Checks and release forms must be received by Monday, February 25. Times must be submitted in the course the time was achieved.

All entries, check and release forms must be mailed to:
Parkway Swim Club
13157 North Olive Spur Rd.
St. Louis, MO 63141

Questions regarding entries should be directed to:
Stephanie Toth 314-415-6928 or stoth@pkwy.k12.mo.us

Fees: Individual Events: \$4.00
Relay Events: \$10.00
Swimmer Surcharge: \$10.00
All checks should be made payable to Parkway Swim Club

Scoring: Scoring will be to 16 places as follows:
Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Awards: The Top 3 swimmers scoring the highest number of individual points per gender will be awarded a high point trophy. Trophies will be presented to 1st, 2nd and 3rd place teams for combined team scores.

General Conduct: This meet is held under the sanction of USA Swimming, and all technical and administrative rules of USA Swimming shall apply.

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.

All swim suits must be in compliance with FINA and USA Swimming rules.

All coaches must hold a valid USA Swimming Coaches Card and all officials must be USA certified.

No parents are permitted on the pool deck unless they are volunteers assigned to work that session.

All prelim/final events will be pre-seeded. All relay events require coaches to submit relays cards by designated times and this will count as positive check in. Any relays not turned in by the deadline will be scratched from the event.

There will be positive check in for the distance events (400 IM, 500 free, 1650 free). Swimmers must be checked in prior to the conclusion of warm-up. Any scratch after positively checking in will result in a \$50 fine payable to Ozark Swimming. **Swimmers must provide their own counter for the 500 free and 1650 free. Timers will be supplied for the 400 IM and 500 free. Swimmers will need to provide their own timer for the 1650 free.**

Warm-up procedures: will be defined by the Ozark LSC safety regulations. A swimmer attending the meet without a USA-S registered coach must report to the meet referee prior to warming up. The referee or his designee shall instruct the swimmers in the safety rules and assign them to a lane. Lanes will be assigned.

Scratches: Any swimmers NOT reporting for or competing in a preliminary heat or individual timed final (except after positive check in) shall not be penalized.

Any swimmer who qualifies for a consolation or championship final in an individual event who then fails to show up for said consolation or championship final event shall be ejected from the remainder of the meet.

THERE WILL BE NO PENALTY FOR FAILURE TO COMPETE IN FINALS IF:

- A) the referee is notified in the event of illness or injury and accepts proof thereof,
- B) a swimmer qualifying for a consolation or championship finals swim notifies the referee within thirty (30) minutes after the announcement of the finalists for that event that he/she may not intend to compete and further declares his/her intention within thirty (30) minutes following his/her last individual preliminary event, this is called "Declaring an Intent to Scratch,"
- C) the swimmer scratches his or her finals swim within thirty (30) minutes following the announcement of the finalists for that event. The swimmer or their coach must report to the announcer in order to scratch an event,
- D) it is determined by the meet referee that failure to compete was caused by circumstances beyond the control of the swimmer.

Event Schedule:

Friday Timed Finals

Girls	Slower than... LCM	Slower than... SCY	Event	Slower than...SCY	Slower than... LCM	Boys
1	Faster than: 6:00.39 Slower than: 4:27.89	Faster than: 6:41.29 Slower than: 4:59.99	500 FR	Faster than: 6:14.69 Slower than: 4:39.59	Faster than: 5:36.79 Slower than: 4:09.79	2
3	Faster than: 6:47.89 Slower than: 5:05.99	Faster than: 5:58.49 Slower than: 4:29.99	400 IM	Faster than: 5:31.39 Slower than: 4:08.09	Faster than: 6:18.59 Slower than: 4:43.89	4

Saturday Prelims

Girls	Slower than... LCM	Slower than... SCY	Event	Slower than... SCY	Slower than... LCM	Boys
7	1:05.29	57.99	100 Fly	51.89	58.89	8
9	2:08.09	1:53.19	200 Free	1:43.09	1:58.09	10
11	1:16.29	1:06.39	100 Breast	59.49	1:08.29	12
13	2:24.99	2:05.99	200 Back	1:54.79	2:12.39	14
15	27.59	24.39	50 Free	21.69	24.79	16
			20 minute break			
17	Faster than: 23:51.99 Slower than: 17:34.59	Faster than: 23:06.29 Slower than: 17:12.89	1650 FR *will be swum after a 20 minute break after the 50 free*	Faster than: 21:46.69 Slower than: 16:13.69	Faster than: 22:18.99 Slower than: 16:41.69	18

Sunday Prelims

Girls	Slower than... LCM	Slower than... SCY	Event	Slower than... SCY	Slower than... LCM	Boys
21	2:23.19	2:06.39	200 Fly	1:54.89	2:10.59	22
23	1:07.19	58.59	100 Back	53.09	1:01.39	24
25	2:41.89	2:23.29	200 Breast	2:09.79	2:29.79	26
27	59.89	52.39	100 Free	47.09	53.99	28
29	2:26.59	2:08.49	200 IM	1:56.29	2:13.59	30

Saturday Finals

Girls	Slower than... LCM	Slower than... SCY	Event	Slower than... SCY	Slower than... LCM	Boys
5			400 Free Relay			
7	1:05.29	57.99	100 Fly	51.89	58.89	8
9	2:08.09	1:53.19	200 Free	1:43.09	1:58.09	10
11	1:16.29	1:06.39	100 Breast	59.49	1:08.29	12
13	2:24.99	2:05.99	200 Back	1:54.79	2:12.39	14
15	27.59	24.39	50 Free	21.69	24.79	16

Sunday Finals

Girls	Slower than... LCM	Slower than... SCY	Event	Slower than... SCY	Slower than... LCM	Boys
19			400 Medley Relay			20
21	2:23.19	2:06.39	200 Fly	1:54.89	2:10.59	22
23	1:07.19	58.59	100 Back	53.09	1:01.39	24
25	2:41.89	2:23.29	200 Breast	2:09.79	2:29.79	26
27	59.89	52.39	100 Free	47.09	53.99	28
29	2:26.59	2:08.49	200 IM	1:56.29	2:13.59	30

Entry summary and release form

The form is part of your entry and must be signed and returned for your entry to be accepted.

Entry deadline-Tuesday, February 19, 2013.

Club:_____Code:_____LSC:_____

Address:_____

City:_____State _____ Zip:_____

Head Coach:_____Phone:_____

Entry Contact:_____Phone:_____

E-mail:_____

Number of Coaches attending:_____

Entry Summary

Number of swimmers entered _____ x \$10.00=_____

Number of individual event entries _____ x \$4.00=_____

Number of relay event entries _____ x\$10.00=_____

Total amount enclosed=_____

Make your check payable to Parkway Swim Club

Mail to:

Stephanie Toth, Meet Entry Chair

c/o Parkway Swim Club

13157 North Olive Spur Rd

St. Louis, Mo 63141