



Spring Long Course Invitational

April 12 – 14, 2013

Held under the sanction of USA Swimming and Ozark Swimming # 5583

GENERAL INFORMATION

Location Central Municipal Pool
205 Caruthers
Cape Girardeau, MO 63701

Directions *From I-55/Exit 96:* Head east off the exit (William Street, or Rte. K). After approximately 1.5 miles, turn left at Kingshighway and go North. Turn right at the next stoplight (Independence). Go approximately two blocks and turn left on Clark Street. After turning on Clark Street, the pool bubble should be visible off to the right. *From IL146/MO74:* After crossing the Bill E. Emerson Memorial Bridge, head west and turn right/North on Kingshighway/61/34. Turn right at Independence. Go approximately two blocks and turn left on Clark Street. After turning on Clark Street, the pool bubble should be visible off to the right. An interactive map is available on the meet website (<http://www.rivercityaquatics.org>).

Facility Cape Central Pool is 50 meters by 25 yards, equipped with a fully automated Colorado timing system. Ten long course lanes are available for competition. Continuous warm-up/warm-down will be provided.

Contacts	Meet Directors:	Joe Bening	jbening@rivercityaquatics.org	573-275-1625
		Jena Mabry	jmabry@rivercityaquatics.org	573-576-9593
	Entry Coordinator:	Allison Davis	adavis@rivercityaquatics.org	573-270-7312
	Entry Fees:	Loretta Bell	lbell@rivercityaquatics.org	573-225-2112
	Meet Referee:	Mike Scott	mdscott@mofb.com	573-579-9282
	Officials Coordinator:	Allison Davis	adavis@rivercityaquatics.org	573-270-7312
	Safety Marshall:	Cliff Palmer	capjlp@wildblue.net	573-579-4742

MEET DESCRIPTION

- Rules**
- All technical and administrative rules of USA Swimming will apply.
 - 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.
 - A swimmer attending a 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 is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he has entered.
 - 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. Side entrances which bypass the locker rooms are available on the East side of the building.

- Eligibility**
- All swimmers must be athlete members of USA Swimming. “Applied for” memberships will not be accepted.
 - Swimmers entered in the meet who do not hold current membership will be dropped from the meet and an Ozark fine of \$100 will be assessed (entry fees will not be refunded in this case).
 - Swimmer’s age on **Friday, April 12, 2013** determines age for the meet.

MEET DESCRIPTION (CONTINUED)

- Format**
- All events are timed finals.
 - The meet is pre-seeded except for the “Limited Events” described below.
- Limited Events**
- All events 400 meters and longer (“Limited Events”) will require positive check-in and may be limited in order to keep the meet timeline reasonable.
 - If a limit is imposed, notification of swimmers not making the cut in these events will be posted on the RCA website on or before **Tuesday, April 9, 2013**. Alternative events will be allowed if entries are provided to the entry director no later than 30 minutes prior to the start of the first session of the meet and if open lanes are available in pre-seeded events.
 - Entries with no time for Limited Events will be accepted on a first-come, first-serve basis until the maximum (if any) is reached.
 - Refunds may be requested and paid to the team in one lump sum. The request must be made within one week of the meet’s end.
 - Proof of time may be required and must be provided by the coach if the swimmer’s time is in question for the Limited Events. A *Team Manager* “Proof of Time” report will be considered adequate proof.
 - Coaches must check in their swimmers within 30 minutes prior to the start of each session.
 - Swimmers not checked off will be scratched from that session.
 - Swimmers who fail to swim a Limited Event after checking in will not be allowed to swim their next event.
 - The **400 I.M., 800 Freestyle** and **1500 Freestyle** events will be swum fastest to slowest in alternating heats of women and men.
 - Swimmers in events **1500 Freestyle** and **800 Freestyle** must provide their own timers and counters.
 - The **400 Freestyle** event will be swum slow to fast, not alternating.

ENTRY INFORMATION

- Entry Limits**
- The meet will be limited to 400 swimmers.
 - No team entries will be split.
 - Swimmers are limited to 4 individual events per day and 10 individual events for the entire meet.
 - No deck entries will be accepted, except as described earlier for swimmers cut from Limited Events.
- Entry Process**
- River City Aquatics will only accept entries via e-mail in *Hy-Tek Team Manager* entry format. The TM event file is available for download from the [Ozark Swimming website](#) or from the [meet website](#).
 - Enter times in long course meters (LCM) only. Converted times will be accepted.
 - Send the entry file as an email attachment to entries@rivercityaquatics.org.
 - Confirmation of receipt of entries will be by reply e-mail. If confirmation is not received within 2 business days, please call or email the Entry Coordinator.
 - Confirmation of receipt of entries does not mean that entries are accepted into the meet.
 - Entry changes will be allowed before the deadline when possible.
 - Unattached swimmers and/or swimmers without access to Team Manager: we will process your entries manually until the entry deadline. To enter, please send an email to entries@rivercityaquatics.org with the following information: Full Name, DOB, Team Name/LSC, USAS# and the events to enter (Evt#, Evt Name, Seed Time).

Payment Information

- \$4.50 per swimmer per individual event
- \$8.00 surcharge per swimmer (includes \$2.00 Ozark LSC surcharge)
- Please make checks payable to "River City Aquatics".
- Payment and a signed *Meet Summary/Release Form* must be received within 5 business days after the email confirmation has been sent.
- Teams not accepted will have entries and fee payments returned.
- Send the signed *Entry Summary and Release Form* (last page of this document) and payment to:

River City Aquatics,
Attn: Loretta Bell, Treasurer
3213 County Road 316
Cape Girardeau, MO 63701

- Entries will be accepted starting **Wednesday, March 20, 2013** at 9:00am CDT.
- All entries must be received by **Wednesday, April 3, 2013** at 9:00pm CDT.

SCORING AND AWARDS

Heat Sheets

- The psych sheet will be available on the [meet website](#) on or before **Tuesday, April 9, 2013**.
- The meet program (heat sheets) will be available for sale during the meet.
- Positive Check-in Events will be available in the program as a psych sheet. Heat and lane assignments for these events will be posted as soon as the seeding process is complete.

Results

- Results will be posted during the meet.
- Final results will be available on the [Ozark Swimming website](#) and through the [USA Swimming website](#) after the meet.

Scoring

- Scoring will be to 16 places as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- Events listed as **9-12** will be scored as **9-10** and **11-12**.
- Events listed as **11 & Over** will be scored as **11-12**, **13-14** and **15 & Over**.
- Events listed as **13 & Over** will be scored as **13-14** and **15 & Over**.

Awards

- Ribbons will be awarded to the top 8 places in each individual event for the **8 & Under** age group only.
- High Point awards will be given to the top 8 male and top 8 female swimmers in each age group, as follows:
 - 1st Place: High Point trophy.
 - 2nd – 8th Places: Medals.
- In the event of a tie for 1st place, a 50m swim off will be held to determine the placing. A drawing will determine the stroke to be swum.
- Awards must be picked up by the team coach or team representative. No awards will be mailed.

OTHER

Concessions

- Concessions will be available during the meet by River City Aquatics.

Swim Apparel

- Swim apparel will be available from On the Blocks during the meet.

Hospitality

- Hospitality will be available during the meet for coaches and officials.

Hotels

- Comfort Suites 2904 Old Orchard Rd. 573-204-0014
 - Drury Lodge 104 S Vantage Dr. 573-334-7151
 - Drury Suites 3303 Campster Dr. 573-339-9500
 - Hampton Inn 103 Cape West Parkway 573-651-3000
 - Holiday Inn Express 3253 William St. 573-334-4491
 - Pear Tree Inn 3248 William St. 573-334-3000
 - Super 8 Motel 2011 N Kingshighway 573-339-0808
 - Victorian Inn and Suites 3265 Williams St. 573-651-4486
 - Town House Inn 505 N Kingshighway 573-335-2700
 - Candlewood Suites 485 South Mt. Auburn Rd 573-334-6868
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- Meet website: <http://www.rivercityaquatics.org>
 - River City Aquatics website: <http://www.rivercityaquatics.org>
 - Ozark Swimming website: <http://www.ozarkswimming.org>
 - USA Swimming website: <http://www.usaswimming.org>

SCHEDULE OF EVENTS

Friday PM Session

Warm-ups at 4:00 PM
Session starts at 5:00 PM

1	11 & Over 400 IM	2
3	11 & Over 1500 Freestyle	4

Saturday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

5	9-10 100 Breaststroke	6
7	11-12 200 Breaststroke	8
9	9-10 50 Freestyle	10
11	11-12 200 Freestyle	12
13	9-10 100 Butterfly	14
15	11-12 100 Butterfly	16
17	9-10 100 Freestyle	18
19	11-12 50 Freestyle	20
21	9-10 50 Backstroke	22
23	11-12 200 Backstroke	24
25	9-12 400 Freestyle	26

Saturday PM Session

Warm-ups at end of AM session (not before 12:00 pm)
Session starts 60 minutes after end of AM session

27	13 & Over 200 IM	28
29	8 & Under 50 Breaststroke	30
31	13-14 100 Backstroke	32
33	15 & Over 100 Backstroke	34
35	8 & Under 200 IM	36
37	13 & Over 200 Butterfly	38
39	13-14 50 Freestyle	40
41	15 & Over 50 Freestyle	42
43	8 & Under 200 Freestyle	44
45	13 & Over 200 Breaststroke	46
47	8 & Under 50 Backstroke	48
49	13 & Over 400 Freestyle	50

Sunday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

51	9-10 200 IM	52
53	11-12 200 IM	54
55	9-10 100 Backstroke	56
57	11-12 100 Backstroke	58
59	9-10 50 Butterfly	60
61	11-12 200 Butterfly	62
63	9-10 200 Freestyle	64
65	11-12 100 Freestyle	66
67	9-10 50 Breaststroke	68
69	11-12 100 Breaststroke	70
71	9-12 800 Freestyle	72

Sunday PM Session

Warm-ups at end of AM session (not before 12:00 pm)
Session starts 60 minutes after end of AM session

73	13 & Over 200 Freestyle	74
75	8 & Under 100 Freestyle	76
77	13-14 100 Breaststroke	78
79	15 & Over 100 Breaststroke	80
81	13-14 100 Butterfly	82
83	15 & Over 100 Butterfly	84
85	8 & Under 50 Butterfly	86
87	13 & Over 200 Backstroke	88
89	13-14 100 Freestyle	90
91	15 & Over 100 Freestyle	92
93	8 & Under 50 Freestyle	94
95	13 & Over 800 Freestyle	96

ENTRY SUMMARY AND RELEASE FORM
Spring Long Course Invitational - April 12-14, 2013 - USAS # 5583

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

Club: _____ Code: _____ LSC: _____

Address: _____

City: _____ State: _____ ZIP: _____

Head Coach: _____ Phone: _____

Entry Contact: _____ Phone: _____

E-mail: _____

ENTRY SUMMARY

Number of Swimmers entered _____ x \$8.00 = _____

Number of individual event entries _____ x \$4.50 = _____

Total amount entered = _____

MAKE CHECKS PAYABLE TO RIVER CITY AQUATICS AND MAIL TO:

River City Aquatics
Attn: Loretta Bell, Treasurer
3213 County Road 316
Cape Girardeau, MO 63701

Do not send entries, disks, or paper backup with this form.
The River City Aquatics accepts only e-mail entries for this meet.

RELEASE

River City Aquatics, City of Cape Girardeau, Cape Girardeau School District, USA Swimming, and Ozark Swimming shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries due to anyone during the conduct of the meet.

I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming, and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: _____

Title: _____ Date: _____