



**Great Times Invitational**  
**November 1 – 3, 2013**  
**Held under the Sanction of USA Swimming**  
**Sanction # 5643**

**GENERAL INFORMATION**

<b>Location</b>	Central Municipal Pool 205 Caruthers Cape Girardeau, MO 63701		
<b>Directions</b>	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.		
<b>Facility</b>	Central Municipal Pool is 25 yards by 50 meters, equipped with a fully automated Colorado timing system. Six, Eight or Ten lanes will be used for competition. Continuous warm-up/warm-down space is provided during the competition.		
<b>Contacts</b>	<b>Meet Director:</b>	Clay Hahs	<a href="mailto:chahs@rivercityaquatics.org">chahs@rivercityaquatics.org</a> 573-579-0656
	<b>Entry Coordinator:</b>	Allison Davis	<a href="mailto:adavis@rivercityaquatics.org">adavis@rivercityaquatics.org</a> 573-270-7312
	<b>Entry Fees:</b>	Loretta Bell	<a href="mailto:lbell@rivercityaquatics.org">lbell@rivercityaquatics.org</a> 573-225-2112
	<b>Meet Referee:</b>	Bill Rener	<a href="mailto:WRENER@lmi.org">WRENER@lmi.org</a> 618-792-1028
	<b>Officials Coordinator:</b>	Allison Davis	<a href="mailto:adavis@rivercityaquatics.org">adavis@rivercityaquatics.org</a> 573-270-7312
	<b>Safety Marshall:</b>	Susan Richmond	<a href="mailto:srichmond@rivercityaquatics.org">srichmond@rivercityaquatics.org</a> 573-579-3610

**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.
- Cell phones with video and video recording devices are prohibited in all locker rooms.
- **DECK CHANGING IS PROHIBITED BY ALL SWIMMERS**

**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).

- 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.
- Swimmer's age on **Friday, November 1, 2013** determines age for the meet.

### Format

- All of the technical and administrative rules of USA Swimming will apply. All events are timed finals.
- The meet is pre-seeded except for the "Limited Events" described below.

### Limited Events

- All events 400 yards 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 meet website on or before **Tuesday, October 29<sup>th</sup>, 2013**. Alternative events will be allowed if entries are provided to the entry coordinator no later than **Thursday, October 31<sup>st</sup>** at 12:00 am.
- 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., 500 Freestyle, 1000 Freestyle** and **1650 Freestyle** events will be swum fastest to slowest in alternating heats of women and men.
- Swimmers in the **1000 Freestyle** and **1650 Freestyle** events must provide their own timers and counters.
- Swimmers in the **500 Freestyle** event must provide their own counters.

### Relays

- Relay entry forms will be included in the coaches' packet and should be turned in prior to the scratch deadline.
- Coaches are asked to provide the full first and last names on the relay forms.

## ENTRY INFORMATION

### Entry Limits

- The meet will be limited to 500 swimmers.
- No team entries will be split.
- Swimmers are limited to 4 individual events per day and 10 individual events for the entire meet, exclusive of relays.
- 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 on the [Ozark Swimming website](#).
- Enter times in short course yards (SCY) only. SCM and LCM times must be converted.
- Send the entry file as an email attachment to [coach@rivercityaquatics.org](mailto:coach@rivercityaquatics.org).
- Confirmation of receipt of entries will be by reply e-mail. If confirmation is not received within 2 business days, please call. Confirmation of receipt of entries does not mean that entries are accepted into the meet.
- Teams are asked to submit a single early entry file and then limit themselves to one final time and entry update before the entry deadline. Entry changes will be allowed before the deadline

- providing that events or the meet are not full.
- Parents should make any entry request, or change request, via their team's coach and/or team's entry secretary.
- Entries will be accepted starting **Monday, October 14, 2013** at 8:00am CDT.
- All entries must be received by **Wednesday, October 23, 2013** at 8:00pm CDT.

## ENTRY INFORMATION (CONTINUED)

### Payment Information

- \$4.50 per swimmer per individual event
- \$9.00 per relay team per relay 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 along with payment to:

Great Times Meet Entries  
C/O Loretta Bell, Treasurer  
3213 County Road 316  
Cape Girardeau, MO 63701

## SCORING AND AWARDS

### Heat Sheets

- The Psych Sheet will be available on the meet website on or before **Wednesday, October 30th, 2013**.
- Heat sheets will be available for sale during the meet.
- Limited 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

- Individual event scoring will be to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- Relay event scoring will be to 8 places: 40-34-32-30-28-26-24-22.
- The Open 400 IM and 1000 Freestyle events will be scored as 11-12, 13-14 and 15 & Over only.
- The 12 & Under 500 Freestyle event will be scored as 10 & Under and 11-12 only.
- Events listed as 13 & Over will be scored as 13-14 and 15 & Over.
- Points scored in an event will count towards the high point awards in the **event's** age group only.
- Points earned in 10 & Under events will **not** count towards the high point awards in the 8 & Under age group.

### Awards

- High Point awards will be given to the top 8 male and top 8 female swimmers in each age group as follows:
  - A special award for the High Point winner.
  - Medals for 2<sup>nd</sup> through 8<sup>th</sup> places for High Point winners.
  - Ribbons will be awarded to the top 16 places in each individual event for the 8 & Under age group only.
- In the event of a tie in total number of points, a 50y swim off will be held to determine the placing (top 8 only). 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 and hospitality will be available during the meet by River City Aquatics
- Swim apparel will be available for sale throughout the meet courtesy of “**On the Blocks**”

### 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
- Auburn Place 3265 Williams St 573-651-4486
- Candlewood Suites 485 South Mt. Auburn Rd 573-334-6868

### Websites

- River City Aquatics Team 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 **5:00PM**

Session starts at **6:00 PM**

Women		Men
1	Open 400 IM	2
3	12 & Under 500 Free	4
5	Open 1000 Free	6

### Saturday AM Session

Warm-ups at **7:00 AM**

Session starts at **8:00 AM**

Women		Men
7	13 & over 200 Free Relay	8
9	13-14 200 IM	10
11	15 & Over 200 IM	12
13	13-14 100 Free	14
15	15 & Over 100 Free	16
17	13-14 100 Breast	18
19	15 & Over 100 Breast	20
21	13-14 200 Fly	22
23	15 & Over 200 Fly	24
25	13-14 100 Back	26
27	15 & Over 100 Back	28
29	13 & Over 500 Free	30

### Saturday PM Session

Warm-ups at end of AM session (not before 12:00 pm)

Session starts 60 minutes after end of AM session

Women		Men
31	8 & Under 100 Free Relay	32
33	10 & Under 200 Free Relay	34
35	11-12 200 Free Relay	36
37	10 & Under 200 IM	38
39	11-12 200 IM	40
41	8 & Under 50 Free	42
43	10 & Under 100 Free	44
45	11-12 100 Free	46
47	8 & Under 25 Breast	48
49	10 & Under 50 Breast	50
51	11-12 50 Breast	52
53	8 & Under 25 Back	54
55	10 & Under 50 Back	56
57	11-12 50 Back	58
59	8 & Under 200 Free	60
61	10 & Under 100 Fly	62
63	11-12 100 Fly	64

### Sunday AM Session

Warm-ups at 7:00 AM

Session starts at 8:00 AM

Women		Men
65	13 & Over 200 Medley Relay	66
67	13-14 200 Free	68
69	15 & Over 200 Free	70
71	13-14 100 Fly	72
73	15 & Over 100 Fly	74
75	13-14 200 Breast	76
77	15 & Over 200 Breast	78
79	13-14 200 Back	80
81	15 & Over 200 Back	82
83	13-14 50 Free	84
85	15 & Over 50 Free	86
87	13 & Over 1650 Free	88

### Sunday PM Session

Warm-ups at end of AM session (not before 12:00 pm)

Session starts 60 minutes after end of AM session

Women		Men
89	8 & Under 100 Medley Relay	90
91	10 & Under 200 Medley Relay	92
93	11-12 200 Medley Relay	94
95	8 & Under 25 Free	96
97	10 & Under 50 Free	98

99	11-12 50 Free	100
101	8 & Under 25 Fly	102
103	10 & Under 50 Fly	104
105	11-12 50 Fly	106
107	10 & Under 100 Breast	108
109	11-12 100 Breast	110
111	10 & Under 100 Back	112
113	11-12 100 Back	114
115	8 & Under 100 IM	116
117	10 & Under 100 IM	118
119	11-12 100 IM	120
121	8 & Under 100 Free	122
123	10 & Under 200 Free	124
125	11-12 200 Free	126

# ENTRY SUMMARY AND RELEASE FORM

## Great Times Invitational Swim Meet - November 2-4, 2012 - USAS Sanction #5527

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 = \_\_\_\_\_  
Number of relay event entries . . . . . \_\_\_\_\_ x \$9.00 = \_\_\_\_\_  
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.**

**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: \_\_\_\_\_

**ENTRY SUMMARY AND RELEASE FORM**  
**RCA Fall Endurance Challenge – September 29, 2013 - USAS #**

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 \$5.00 = \_\_\_\_\_

Number of individual event entries . . . . . \_\_\_\_\_ x \$4.50 = \_\_\_\_\_

Total amount entered . . . . . = \_\_\_\_\_

**MAKE CHECKS PAYABLE TO RIVER CITY AQUATICS AND MAIL TO:**

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Attn: Loretta Bell, Treasurer  
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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:** \_\_\_\_\_