



St. Louis, Missouri

**July 10-12, 2015**

*Held under the Sanction of USA Swimming #5755*

## **General Information:**

**Location:** Lafayette High School  
17050 Clayton Road  
Wildwood, MO 63011

**Directions:** Located on the corner of Clayton Road and Highway 109 in Wildwood.

**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:**

**Friday afternoon** All Ages

Warm ups: 4:00-4:30 a.m. Group A\*

Warm ups: 4:30-5:00 a.m. Group B\*

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

**Meet Starts: 5:15 p.m.**

**Saturday & Sunday mornings:** Ages: 13 & Over/Open

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

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

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

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

**Saturday & Sunday afternoons:** Ages: 12 & Under

Warm ups: 11:00-11:30 a.m. Group A\*

Warm ups: 11:30-12:00p.m. Group B\*

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

**Meet Starts: 75 min after warm-ups begin, but not before 12:15 p.m.**

**Warm-up Procedures:**

Saturday and Sunday warm-ups will be divided into two 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. Depending on the size of the meet, RSCA will either run 6 lanes with continuous warm up/warm down OR take 10 minute breaks after 45 minutes of swims. This will be determined when the size of the meet and length of the session is known.

**Check-in:**

All swimmers must positively check-in for the 400 IM which will be limited to the top 36 and the 500 free which will be limited to the top 48. 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.**

**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.

**Per USA Swimming guidelines, no person shall use a camera or any other recording still or video images (including cell phones) in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other government authorities and/or may be barred from the facility during this sanctioned event.**

**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.

**Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited by Ozarks.**

**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. ***In granting this approval, it is understood and agreed that USA Swimming shall be freed and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.***

**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:**

In lieu of place awards, each swimmer will receive a meet memento.

**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 Friday, July 10, 2015, 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, June 26, 2015.  
**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 using HY-TEK Team Manager zip file. Teams may submit their entries via e-mail. 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:** \$4.50 per individual event  
\$5.00 swimmer surcharge

**Entry Deadline:** Entry deadline is **Wednesday, June 24, 2015, at 5:00pm**, or until the meet entry limit is reached. Entries will open **Monday, June 22, 2015, 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 Director:** Jen Thomas (314) 288-5639  
**Referee:** Tom Lombardo (636) 587-9247  
**Safety Coordinator:** Chandra Subramanian (636) 527-0050  
**Officials Coordinator:** Tom Lombardo (314) 952-3667  
**Admin Official:** Beth Paskoff (636) 891-6635

**SUMMER SPLASH 2015  
SCHEDULE OF EVENTS**

**Friday Afternoon, July 10, 2015**

<b>Girls' Event #</b>	<b>Event</b>	<b>Boys' Event #</b>
1	Open 200 Free	2
3	13-14 200 Free	4
5	11-12 200 Free	6
7	10&U 200 Free	8
9	Open 400 IM (Top 36)	10
11	11-12 200 IM	12
13	10&U 200 IM	14

**Saturday Morning, July 11, 2015**

<b>Girls' Event #</b>	<b>Event</b>	<b>Boys' Event #</b>
15	Open 500 Free (Top 48)**	16
17	Open 200 Back	18
19	13-14 200 Back	20
21	Open 100 Fly	22
23	13-14 100 Fly	24
25	Open 200 Breast	26
27	13-14 200 Breast	28
29	Open 100 Free	30
31	13-14 100 Free	32

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

**Saturday Afternoon, July 11, 2015**

<b>Girls' Event #</b>	<b>Event</b>	<b>Boys' Event #</b>
33	11-12 500 Free (Top 24)	34
35	10&U 100 Back	36
37	11-12 100 Back	38
39	10&U 50 Fly	40
41	11-12 50 Fly	42
43	10&U 100 Breast	44
45	11-12 100 Breast	46
47	10&U 100 Free	48
49	11-12 100 Free	50

**Sunday Morning, July 12, 2015**

<b>Girls' Event #</b>	<b>Event</b>	<b>Boys' Event #</b>
51	Open 200 Fly	52
53	13-14 200 Fly	54
55	Open 100 Back	56
57	13-14 100 Back	58
59	Open 50 Free	60
61	13-14 50 Free	62
63	Open 100 Breast	64
65	13-14 100 Breast	66
67	Open 200 IM	68
69	13-14 200 IM	70
71	Open 1000 Free (Top 24)	72

**Sunday Afternoon, July 12, 2015**

<b>Girls' Event #</b>	<b>Event</b>	<b>Boys' Event #</b>
73	11-12 100 IM	74
75	10&U 100 IM	76
77	11-12 100 Fly	78
79	10&U 100 Fly	80
81	11-12 50 Back	82
83	10&U 50 Back	84
85	11-12 50 Breast	86
87	10&U 50 Breast	88
89	11-12 50 Free	90
91	10&U 50 Free	92