

**Rockwood Swim Club**  
**St. Louis, Missouri**  
**October 29-30, 2016**  
Held under USA Sanction # 5847



**General Information:**

- Location** Lafayette High School  
17050 Clayton Road  
Wildwood, Missouri 63011
- Directions** Located at the corner of Hwy 109 and Clayton Road in Wildwood
- Course** 8-lane, 25 yard pool, equipped with Paragon starting blocks, Kiefer McNeil non-turbulent lane markers and a Colorado Timing System. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Format** All events will be timed finals.

***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 Morning (8&U, 10&U, Open)	Saturday/Sunday Afternoon (11-12, 13-14)
7:00-7:30 a.m. Session A*	12:45-1:15 p.m. Session A*
7:30-8:00 a.m. Session B*	1:15-1:45 p.m. Session B*
8:15 a.m. Meet Start	2:00 p.m. Meet Start

***\*Optional Sprints during last 5 minutes of each session.***

**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 then be assigned to a coach on deck for each session of the meet that he/she has entered.

**Check-In**

Positive check-in is required by all swimmers for the 400 IM and 500 free. Check-in is required at least 30 minutes prior to start of each session. Failure to positively check-in 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 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.

**Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.**

**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.

**Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.**

## 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 Marshal.

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

## Qualifying Times

**\*\*A TIMES OR SLOWER\*\***

## Event Limits

Swimmers may enter a total of 4 events per day on Saturday and Sunday.

## Distance Events

For the 500 Freestyle on Sunday, host team will provide timers, **but each swimmer must provide own lap counter**. The 400 IM and 500 Free will be limited to the top 32.

<b>Bullpen</b>	Swimmers should report to the bullpen for their events.
<b>Concessions:</b>	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.
<b>Vendors</b>	B&B Aquatics will have items for sale at the meet. Fine Designs will be selling Halloween Howl meet attire on Saturday and Sunday.
<b>Awards</b>	All events: Ribbons for places 1-8
<b>Heat Sheets</b>	Heat sheets will be available for sale.
<b>Results</b>	Final results can be requested by contacting the Meet Entry Secretary.
<b>Other</b>	Smoking is prohibited on all Rockwood School District campuses, both in the buildings and on the surrounding campus grounds.
<b>Hospitality</b>	A hospitality room will be provided for coaches and USA officials.
<b><u>Entry Information:</u></b>	
<b>Eligibility</b>	All swimmers must be athlete members of USA Swimming. "Applied for" will not be accepted. Registration numbers (USA numbers) must accompany the entry. Swimmers entered in the meet who do not hold current USA Swimming membership will be dropped from the meet and entry fees will NOT be refunded. IF a swimmer swims and is not registered a \$100 fine per athlete will be imposed. Swimmer's age on Saturday, October 29, 2016, determines age for the meet.  No swimmer will be allowed to compete unless the swimmer is a member as provided in Article 302.
<b>General</b>	The meet will be limited to a total of 525 swimmers, including host team. No team entry will be split. Entries will be accepted immediately.  <b><i>The Meet Entry Deadline is Wednesday, October 12, 2016, at 5 p.m. CDT. Teams not accepted will have entries returned by Friday, October 14, 2016.</i></b> Teams are encouraged to use the TM Event file as posted for the Halloween Howl on the Calendar page on <a href="http://www.ozarkswimming.org">www.ozarkswimming.org</a> . <b><i>No deck entries will be accepted. Deck changes are prohibited.</i></b>
<b>Entries</b>	Please submit entries with short course yard times. Teams using HY-TEK Team Manager should submit their entries via e-mail. All entries must include a hard copy of entries and a check. <b>WHEN ENTRIES ARE RECEIVED VIA E-MAIL, A HARD COPY AND CHECK MUST BE RECEIVED WITHIN 7 CALENDAR DAYS.</b> A confirmation e-mail will be sent following the receipt of e-mail entries. If confirmation is not received within 24 hours of your electronic submission, call Beth Paskoff at (636) 891-6638. (Please note, entries will only be opened during RSCA office hours, Tuesday through Thursday, 9am-12pm CDT.)

**Confirmation of receipt does not mean entry is accepted.**

When the hard copy and check have been received-- within 7 days--the team will be notified of acceptance. **Entries requiring signature or postage will not be accepted.**  
*Please provide e-mail, phone and fax contact information.*

**Entry Fees**                    \$5.00 per individual event  
                                     \$6.00 swimmer surcharge

**Entry Deadline**            Entries open on Monday October 10, 2016, at 9:00 a.m. The meet entry deadline is Wednesday, October 12, 2016, at 5 p.m. CDT or until the meet entry limit is reached. Teams not accepted will have entries returned by Friday, October 14, 2016.

Make checks payable to “Rockwood Swim Club” and mail to:

**Beth Paskoff--Meet Entry Secretary**

**Rockwood Swim Club**

**17165 Lafayette Trails Ct.**

**Wildwood, MO 63038**

**(636) 891-6638**

*(Please do not put entry in mailbox without postage.)*

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

**Meet Director:** Anouk Dirksen (858) 414-2054

**Referee:** Tom Lombardo (314) 952-3677

**Safety Coordinator:** Kathy Bell (573) 259-4469

**Officials Coordinator:** Paul Swope (804) 787-4455

**Admin Official:** Beth Paskoff (636)891-6638

## SCHEDULE OF EVENTS

<b>Saturday Morning</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	10&U 200 IM	2
3	13&O 400 IM**	4
5	Open 200 Free	6
7	10&U 100 Free	8
9	8&U 25 Free	10
11	Open 100 Back	12
13	10&U 50 Back	14
15	8&U 50 Back	16
17	Open 200 Fly	18
19	10&U 100 Fly	20
21	8&U 25 Fly	22
23	Open 200 Breast	24
25	10&U 100 Breast	26
27	8&U 25 Breast	28
29	Open 50 Free	30

\*\* Limited to Top 32

<b>Saturday Afternoon</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
31	11-12 200 IM	32
33	13-14 200 Free	34
35	11-12 50 Back	36
37	13-14 100 Back	38
39	11-12 100 Fly	40
41	13-14 200 Fly	42
43	11-12 100 Breast	44
45	13-14 200 Breast	46
47	11-12 50 Free	48
49	13-14 50 Free	50

**Qualifying times are "A" Times and slower**

<b>Sunday Morning</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
51	10&U 200 Free	52
53	13&O 500 Free**	54
55	10&U 100 IM	56
57	Open 200 IM	58
59	8&U 50 Free	60
61	10&U 50 Free	62
63	Open 100 Free	64
65	8&U 25 Back	66
67	10&U 100 Back	68
69	Open 200 Back	70
71	8&U 50 Fly	72
73	10&U 50 Fly	74
75	Open 100 Fly	76
77	8&U 50 Breast	78
79	10&U 50 Breast	80
81	Open 100 Breast	82

\*\* Limited to Top 32

<b>Sunday Afternoon</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
83	11-12 100 IM	84
85	13-14 200 IM	86
87	11-12 100 Free	88
89	13-14 100 Free	90
91	11-12 100 Back	92
93	13-14 200 Back	94
95	11-12 50 Fly	96
97	13-14 100 Fly	98
99	11-12 50 Breast	100
101	13-14 100 Breast	102
103	11-12 200 Free	104

**Qualifying times are "A" Times and slower**