



RCA Igloo Invitational

January 29-31st 2016

Held under the sanction of USA Swimming and Ozark Swimming (Pending)

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. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Contacts	Meet Director:	Joe Bening	jbening@rivercityaquatics.org	573-275-1625
	Entry Coordinator:	Jason Cravens	jcravens@rivercityaquatics.org	314-719-6618
	Entry Fees:	Dave Maxton	dmaxton@rivercityaquatics.org	573-979-7209
	Meet Referee:	William Rener	WRENER@lmi.org	314-221-3802
	Officials Coordinator:	Allison Davis	adavis@rivercityaquatics.org	573-270-7312
	Safety Marshall:	Jessica Shemwell	jshemwell@rivercityaquatics.org	573-803-8370
Admin Official:	Loretta Bell	lbell@rivercityaquatics.org	573-225-2112	

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.

- Use of audio or visual recording devices, including cell phones is prohibited in changing areas, restrooms and locker rooms. Side entrances which bypass the locker rooms are available on the East side of the building.
- **Deck changing is not appropriate and is prohibited by Ozark.**
- 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.

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, January 29st, 2016** determines age for the meet.

Format

- All events are pre-seeded except for events 400 yards and longer, which will be deck seeded following a positive check-in.

ENTRY INFORMATION

Entry Limits

- No team entries will be split.
- Swimmers are limited to 10 individual events for the meet (2 Friday, 4 Saturday, 4 Sunday)
- Deck entries will be accepted each day at the discretion of the meet referee and requests will be submitted up to 30 minutes before the sessions begin. No additional heats will be added to any pre-seeded events. Proof of current USA membership is required.
- **RCA has sole discretion to determine which entries to accept. In exercising this discretion, RCA will consider: strength of entry and level of competition, balance of age groups and gender in entries, and number of officials provided by team.**

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 short course yards (SCY) only. Converted times will be accepted.
- Send the entry file as an email attachment to jcravens@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 jcravens@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

- \$5.00 per swimmer per individual event
- \$8.00 per relay team
- \$7.00 per deck entry
- \$6.00 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: Dave Maxton, Treasurer
2126 Yorktown Drive

Cape Girardeau, MO 63701

- Entries will be accepted starting **Monday, January 11, 2016** at 9:00am CDT.
- All entries must be received by **Wednesday, January 20, 2016** at 9:00pm CDT.

SCORING AND AWARDS

- Heat Sheets**
- The psych sheet will be available on the [meet website](#) on or before **Thursday, January 28, 2016**.
 - The meet program (heat sheets) will be available for sale during the meet.
- 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**
- The meet will not be scored.
- 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

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

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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 \$6.00 = _____

Number of individual event entries _____ x \$5.00 = _____

Number of Relay event entries _____ x \$8.00 = _____

Total amount entered = _____

MAKE CHECKS PAYABLE TO RIVER CITY AQUATICS AND MAIL TO:

River City Aquatics
Attn: Dave Maxton, Treasurer
2126 Yorktown Drive
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: _____