

2016 Ozark Senior Champs

February 5-7, 2016

- Sanction:** 5799
- Host:** Parkway Swim Club
13157 North Olive Spur Road
St. Louis, MO 63141
- Meet Director:** Michelle Quigley – mkq@aol.com
- Meet Referee:** Stephanie Petersen – legos-lb@sbcglobal.net
- Admin Official:** Chari Gay – charigay@yahoo.com
- Marshall:** Blair Porter/Claire Juzwicki – bp3434@swbell.net
- Location:** Pattonville High School
2497 Creve Coeur Mill Road
Maryland Heights, MO 63043
- Facility:** 25 yard, 11 lane indoor pool with 8 starting blocks and competitor non-turbulent lane lines. Meet will be competed in 8 lanes with 2 lanes available for warm-up/cool down.
- Meet Safety:** In accordance with the recommendations of USA Swimming and the Ozark LSC, the Parkway Swim Club will operate this meet under the guidance of a Marshall. **Per Ozark LSC Policy, cell phones with photo and video recording devices are prohibited in all locker rooms.**
- 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 Ozark.
- Classification:** Senior Championships is a 15 & Over meet competed in prelims/finals format with qualifying times for distance events. A minimum of a “BB” time is required to compete in the 400 IM, 500 free, and 1000 free. **Proof of time is required for all 400 IM, 500 free, and 1000 free entrants.**
- Eligibility:** Open to swimmers in the Ozark and Missouri Valley LSCs age 15 and over AND swimmers who turn 15 after 2/5/15 and before 2/26/15. Swimmers age on the first day of the meet will determine their age for the meet.

All swimmers must be athlete member of USA Swimming. “Applied for” will not be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded.

Any swimmer found not to have a current USA Swimming membership who swims in an Ozark sanctioned meet, and/ or the team is subject to a \$100 fine per swim.

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.

Schedule:

Warm-Ups:

Friday Night:

Warm-up Session 1: 5:15pm-5:45 p.m. Warm-up Session 2: 5:45pm-6:15 p.m. **Meet starts at 6:30 p.m.**

Saturday and Sunday Prelims

Warm-up Session 1: 8-8:35 a.m. Warm-up Session 2: 8:35-9:10 a.m. **Meet starts at 9:20 a.m.**

Saturday and Sunday Finals

Warm-up Session 1: 3-3:30 p.m. Warm-up Session 2: 3:30-4:00p.m. **Meet Starts at 4:15 p.m.**

Format:

This is a prelim/final championship meet. There will be an “A” (championship) final, “B” (consolation) final, and a “C” (bonus) final for the Top 24 swimmers from the Saturday and Sunday morning preliminary heats in all events. For the “C” final Ozark LSC swimmers will have first priority, then it will be filled with swimmers from any other LSC. On Friday evening 400 IM and 1000 free will be **Timed Finals**.

During finals there will be a “ready room”. All finalists of the “C”, “B”, and “A” heats will be required to check in with the ready room at least 2 events before their heat. “The “C” heat will be swum prior to the “B” heat which will be swum prior to the “A” final. The “C” finalists will have their names announced during their event. The “B” finalists will have their names announced behind the blocks before the event.

The A” finalists will be paraded out to music and then have their names announced behind the blocks. Any swimmer that does not report to the ready room in a timely manner will be called for once over the loud speakers; if they do not show up immediately, the alternate will swim.

Individual Entries: A swimmer may enter a maximum of three (3) individual events and one (1) relay each day for a total of four (4) events in each preliminary session. A swimmer may enter a maximum of seven (7) individual events for the meet.

Any swimmer who enters more than the prescribed number of events will be scratched down to the event limit starting with the highest number event on the day the over entry occurs.

Relay Entries: Clubs may enter a maximum of two (2) scoring relays per event. They will be designated A and B. Clubs may enter more than two relays, but only A and B will score. All relays will be swum as timed finals. The 200 Medley will be swum at the beginning of Prelims on Saturday and the 200 Free Relay will be swum at the beginning of Prelims on Sunday. Relay cards are due to the clerk of course at the end of the warm-up session on the day the relay will be swum.

Entries/Deadline: Email entries (SDIF format) are preferred for this meet. Entries will be accepted beginning **Monday, January 4, 2016 at 9:00 am until Monday, January 25, 2016 at 5:00 pm.** No phone or fax entries will be accepted. Entries requiring a signature or postage will not be accepted. Checks and release forms must be received by February 2, 2015. Times must be submitted in the course the time was achieved.

All entries must be mailed to:
Parkway Swim Club
13157 North Olive Spur Road
Saint Louis, MO 63141

Fees: Individual Events: \$4.00
Relay Events: \$10.00
Swimmer Surcharge: \$10.00
All checks should be made payable to Parkway Swim Club

Scoring: Scoring will be to 16 places as follows:
Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2,
1

Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Awards:

We will have an Endurance award for the lowest combined time in each gender for the 1000 free, 400 IM, and 500 free. We will also have a Sprint award for each gender for the lowest combined time in all 100s of strokes and 200 IM.

The Top 5 swimmers scoring the highest number of individual points per gender will be awarded a high point award. Trophies will be presented to 1st, 2nd and 3rd place teams for combined team scores.

General Conduct:

This meet is held under the sanction of USA Swimming, and all technical and administrative rules of USA Swimming shall apply.

All swim suits must be in compliance with FINA and USA Swimming rules.

All coaches must hold a valid USA Swimming Coaches Card and all officials must be USA certified.

No parents are permitted on the pool deck unless they are volunteers assigned to work that session.

All prelim/final events will be pre-seeded. All relay events require coaches to submit relays cards by designated times and this will count as positive check in. Any relays not turned in by the deadline will be scratched from the event.

There will be positive check in for the distance events (400 IM, 1000 free). Swimmers must be checked in prior to the conclusion of warm-up. Any scratch after positively checking in will result in a \$50 fine payable to Ozark Swimming.

Swimmers must provide their own counter for the 500 free and 1000 free. Timers will be supplied for the 400 IM and 500 free. Swimmers will need to provide their own timer for the 1000 free.

Warm-up procedures will be defined by the Ozark LSC safety regulations. A swimmer attending the meet without a USA-S registered coach must report to the meet referee prior to warming up. The referee or his designee shall instruct the swimmers in the safety rules and assign them to a lane. Lanes will be assigned.

Scratches:

Any swimmers NOT reporting for or competing in a preliminary heat or individual timed final (except after positive check in) shall not be penalized.

Any swimmer who qualifies for a bonus, consolation or championship final in an individual event who then fails to show up for said bonus, consolation or championship final event shall be ejected from the remainder of the meet.

THERE WILL BE NO PENALTY FOR FAILURE TO COMPETE IN FINALS IF:

- A) the referee is notified in the event of illness or injury and accepts proof thereof,
- B) a swimmer qualifying for a bonus, consolation or championship finals swim notifies the referee within thirty (30) minutes after the announcement of the finalists for that event that he/she may not intend to compete and further declares his/her intention within thirty (30) minutes following his/her last individual preliminary event; this is called "Declaring an Intent to Scratch,"
- C) the swimmer scratches his or her finals swim within thirty (30) minutes following the announcement of the finalists for that event. The swimmer or their coach must report to the announcer in order to scratch an event,
- D) it is determined by the meet referee that failure to compete was caused by circumstances beyond the control of the swimmer.

Event Schedule:

Friday Night

Girls	Event	Boys
1	400 IM (TIMED FINALS)	2
3	1000 Free (TIMED FINALS)	4

Saturday Prelims

Girls	Event	Boys
5	200 Medley Relay	6
7	200 Free	8
9	100 Fly	10
11	200 Back	12
13	200 Breast	14
15	100 Free	16

Saturday Finals- Meet Starts at

Girls		Event		Boys
7	Top 24	200 Free	Top 24	8
9	Top 24	100 Fly	Top 24	10
11	Top 24	200 Back	Top 24	12
13	Top 24	200 Breast	Top 24	14
15	Top 24	100 Free	Top 24	16

Sunday Prelims

Girls	Event	Boys
17	200 Free Relay	18
19	200 IM	20
21	50 Free	22
23	100 Back	24
25	100 Breast	26
27	200 Fly	28
29	500 Free	30

Sunday Finals

Girls		Event		Boys
19	Top 24	200 IM	Top 24	20
21	Top 24	50 Free	Top 24	22
23	Top 24	100 Back	Top 24	24
25	Top 24	100 Breast	Top 24	26
27	Top 24	200 Fly	Top 24	28
29	Top 8	500 Free	Top 8	30

Entry summary and release form

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

Entry deadline-Monday, January 25th, 2016

Club: _____ Code: _____ LSC: _____

Address: _____

City: _____ State _____ Zip: _____

Head Coach: _____ Phone: _____

Entry Contact: _____ Phone: _____

E-mail: _____

Number of Coaches attending: _____

Entry Summary

Number of swimmers entered: (Ozark swimming surcharge) _____ x \$10.00 = \$ _____

Number of relays entered: _____ x \$10.00 = \$ _____

Number of individual entries: _____ x \$4.00 = \$ _____

Total Amount Enclosed = \$ _____

Make your check payable to Parkway Swim Club

Mail to:

Molly Legner, Meet Entry Chair
c/o Parkway Swim Club
13157 North Olive Spur Rd
St. Louis, Mo 63141