



**ROCKWOOD SWIM CLUB**  
St. Louis, MO

# *Spring Fling*

## *Swim Your Own Age*

**April 2 & 3, 2016**

*Held under the Sanction of USA Swimming 5801*

**REVISED TO REFLECT ONE SESSION PER DAY**

### **General Information:**

- Location:** Rockwood Summit High School  
1780 Hawkins Road  
Fenton, MO 63026
- Directions:** From Hwy 44, take Hwy 141 South to right on Hawkins Road. Rockwood Summit High School is on the right.
- 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.
- 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:** **Saturday & Sunday mornings:** Ages: 11 and Up
- Warm ups: 7:00-7:20 a.m. Group A\*
- Warm ups: 7:20-7:40 a.m. Group B\*
- Warm ups: 7:40-8:00 a.m. Group C\*
- \*Optional sprints during the last 5 minutes of each session
- Meet Starts: 8:15 a.m.**

**Warm-up Procedures:** Saturday and Sunday warm-ups will be divided into three 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.

**Check-in:** All swimmers must positively check-in for the 400 IM and 500 Free. 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 locker rooms or other designated areas is not appropriate and is prohibited by Ozark.**

- 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:** All events: Ribbons for places 1-8
- Concessions:** There will be no concessions at this meet. Please make sure to bring a snack and plenty of water.
- Vendors:** ***No vendors at this meet.***
- Heat Sheets** Heat Sheets/Meet Programs will be available for sale. 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 Saturday, April 2, 2016, 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, March 11, 2016. **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. Teams using HY-TEK Team Manager 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 **636-891-6638**. **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:** \$5.00 per individual event  
\$8.00 swimmer surcharge

**Entry Deadline:** Entry deadline is **Wednesday, March 9, 2016, at 5:00pm**, or until the meet entry limit is reached. Entries will open **Monday, March 7, 2016, 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) 891-6638

**Meet Director:** Jen Thomas (314) 288-5639  
**Referee:** Tom Lombardo (314) 952-3667  
**Safety Coordinator:** Kathy Bell/Melissa Hance  
**Officials Coordinator:** Tom Lombardo (314) 952-3667  
**Admin Official:** Beth Paskoff (636) 891-6638

**Spring Fling, 2016**  
**SCHEDULE OF EVENTS**

<b>Saturday Morning, April 2, 2016</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	14&U 500 Free**	2
3	7 Year Old 25 Free	4
5	8 Year Old 25 Free	6
7	9 Year Old 100 Free	8
9	10 Year Old 100 Free	10
11	11 Year Old 100 Free	12
13	12 Year Old 100 Free	14
15	13 Year Old 100 Free	16
17	14 Year Old 100 Free	18
19	7 Year Old 50 Butterfly	20
21	8 Year Old 50 Butterfly	22
23	9 Year Old 50 Butterfly	24
25	10 Year Old 50 Butterfly	26
27	11 Year Old 50 Butterfly	28
29	12 Year Old 50 Butterfly	30
31	13 Year Old 200 Butterfly	32
33	14 Year Old 200 Butterfly	34
35	7 Year Old 25 Back	36
37	8 Year Old 25 Back	38
39	9 Year Old 100 Back	40
41	10 Year Old 100 Back	42
43	11 Year Old 100 Back	44
45	12 Year Old 100 Back	46
47	13 Year Old 100 Back	48
49	14 Year Old 100 Back	50
51	7 Year Old 50 Breaststroke	52
53	8 Year Old 50 Breaststroke	54
55	9 Year Old 50 Breaststroke	56
57	10 Year Old 50 Breaststroke	58
59	11 Year Old 50 Breaststroke	60
61	12 Year Old 50 Breaststroke	62
63	13 Year Old 200 Breaststroke	64
65	14 Year Old 200 Breaststroke	66
67	10&U 200 Freestyle	68
69	11-12 200 Freestyle	70

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

**Spring Fling, 2016**  
**SCHEDULE OF EVENTS**

<b>Sunday Morning, April 3, 2016</b>		
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
71	10&U 200 IM	72
73	13-14 400 IM	74
75	6&U 25 Fly	76
77	7 Year Old 25 Fly	78
79	8 Year Old 25 Fly	80
81	9 Year Old 100 Fly	82
83	10 Year Old 100 Fly	84
85	11 Year Old 100 Fly	86
87	12 Year Old 100 Fly	88
89	13 Year Old 100 Fly	90
91	14 Year Old 100 Fly	92
93	6&U 25 Back	94
95	7 Year Old 25 Back	96
97	8 Year Old 25 Back	98
99	9 Year Old 50 Back	100
101	10 Year Old 50 Back	102
103	11 Year Old 50 Back	104
105	12 Year Old 50 Back	106
107	13 Year Old 200 Back	108
109	14 Year Old 200 Back	110
111	6&U 25 Breast	112
113	7 Year Old 25 Breast	114
115	8 Year Old 25 Breast	116
117	9 Year Old 100 Breast	118
119	10 Year Old 100 Breast	120
121	11 Year Old 100 Breast	122
123	12 Year Old 100 Breast	124
125	13 Year Old 100 Breast	126
127	14 Year Old 100 Breast	128
129	6&U 25 Free	130
131	7 Year Old 50 Free	132
133	8 Year Old 50 Free	134
135	9 Year Old 50 Free	136
137	10 Year Old 50 Free	138
139	11 Year Old 50 Free	140
141	12 Year Old 50 Free	142
143	13 Year Old 50 Free	144
145	14 Year Old 50 Free	146
147	11-12 200 IM	148