



Spring Long Course Invitational

April 8-10, 2016

Held under the sanction of USA Swimming and Ozark Swimming # 5825

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.

Contacts	Meet Director:	Brad Walters	bwalters@rivercityaquatics.org	573-579-0656
	Entry Coordinator:	Jason Cravens	jcravens@rivercityaquatics.org	314-719-6618
	Entry Fees:	Dave Maxton	dmaxton@rivercityaquatics.org	573-979-7209
	Meet Referee:	Bill Rener	wrener@lmi.org	618-792-1028
	Officials Coordinator:	Allison Davis	adavis@rivercityaquatics.org	573-270-7312
	Safety Marshals:	Jessica Shemwell	jshemwell@rivercityaquatics.org	573-803-8370
		Joe Bening	jbening@rivercityaquatics.org	573-275-1625
Admin Official:	Lori Vines	lvines@rivercityaquatics.org	573-579-8777	
	Loretta Bell	lbell@rivercityaquatics.org	573-225-7312	

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.

- Cell phones with video and video recording devices are prohibited in all locker rooms. Side entrances which bypass the locker rooms are available on the East side of the building.
- **DECK CHANGING IS PROHIBITED BY ALL SWIMMERS**

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, April 8, 2016** determines age for the meet.

Format

- All events are timed finals.
- The meet is pre-seeded except for the “Limited Events” described below.

Limited Events

- All events 400 meters and longer (“Limited Events”) will require positive check-in and may be limited in order to keep the meet timeline reasonable.
- If a limit is imposed, notification of swimmers not making the cut in these events will be posted on the RCA website on or before **Tuesday, April 5, 2016**. Alternative events will be allowed if entries are provided to the entry director no later than 30 minutes prior to the start of the first session of the meet and if open lanes are available in pre-seeded events.
- Entries with no time for Limited Events will be accepted on a first-come, first-serve basis until the maximum (if any) is reached.
- Refunds may be requested and paid to the team in one lump sum. The request must be made within one week of the meet’s end.
- Coaches must check in their swimmers within 30 minutes prior to the start of each session.
- Swimmers not checked off will be scratched from that session.
- The **400 I.M., 800 Freestyle** and **1500 Freestyle** events will be swum fastest to slowest in alternating heats of women and men.
- Swimmers in events **1500 Freestyle** and **800 Freestyle** must provide one (1) timer and one (1) counter.
- The **400 Freestyle** event will be swum slow to fast, not alternating.

ENTRY INFORMATION

Entry Limits

- The meet will be limited to 400 swimmers.
- No team entries will be split.
- Swimmers are limited to 4 individual events per day and 10 individual events for the entire meet.
- No deck entries will be accepted, except as described earlier for swimmers cut from Limited Events.

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](http://OzarkSwimming.com) or from the [meet website](http://meetwebsite.com).
- Enter times in long course meters (LCM) 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 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 Dr.
Cape Girardeau, MO 63701

- Entries will be accepted starting **Wednesday, March 16, 2016** at 9:00am CDT.
- All entries must be received by **Wednesday, March 30, 2016** at 9:00pm CDT.

SCORING AND AWARDS

Heat Sheets

- The psych sheet will be available on the [meet website](#) on or before **Wednesday, April 6, 2016**.
- The meet program (heat sheets) will be available for sale during the meet.
- Positive Check-in Events will be available in the program as a psych sheet. Heat and lane assignments for these events will be posted as soon as the seeding process is complete.

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

- Scoring will be to 16 places as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- Events listed as **9-12** will be scored as **9-10** and **11-12**.
- Events listed as **11 & Over** will be scored as **11-12**, **13-14** and **15 & Over**.
- Events listed as **13 & Over** will be scored as **13-14** and **15 & Over**.

Awards

- High Point awards will be given to the top 3 male and female swimmers in **ALL** age groups, as follows:
 - 1st Place: High Point trophy (8&under, 9-10, 11-12, 13-14, 15&over)
 - 2nd & 3rd Places: Medals. (8&under, 9-10, 11-12, 13-14, 15&over)
- Ribbons will be awarded to the top 8 places in each individual event for the **8 & under** age group only.
- In the event of a tie for 1st place High Point, 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

Concessions

- Concessions will be available during the meet by River City Aquatics.

Swim Apparel

- Swim apparel will be available from B&B Aquatics during the meet.

Hospitality

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

Devotional

- All swimmers, coaches, and parents are invited to attend a brief devotional service on Sunday immediately following each warm-up session. Meeting location TBD.

Hotels

- | | | |
|-------------------------------|-------------------------|--------------|
| • Comfort Suites | 2904 Old Orchard Rd. | 573-204-0014 |
| • Drury Lodge | 104 S Vantage Dr. | 573-334-7151 |
| • Drury Suites | 3303 Campster Dr. | 573-339-9500 |
| • Hampton Inn | 103 Cape West Parkway | 573-651-3000 |
| • Holiday Inn Express | 3253 William St. | 573-334-4491 |
| • Pear Tree Inn | 3248 William St. | 573-334-3000 |
| • Super 8 Motel | 2011 N Kingshighway | 573-339-0808 |
| • Auburn Place Hotel & Suites | 3265 Williams St. | 573-651-4486 |
| • Town House Inn | 505 N Kingshighway | 573-335-2700 |
| • Candlewood Suites | 485 South Mt. Auburn Rd | 573-334-6868 |
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- | | |
|--------------------------------|---------------------------------------------------------------------------------|
| • Meet website: | http://www.rivercityaquatics.org |
| • River City Aquatics website: | http://www.rivercityaquatics.org |
| • Ozark Swimming website: | http://www.ozarkswimming.com |
| • USA Swimming website: | http://www.usaswimming.org |

SCHEDULE OF EVENTS

Friday PM Session

Warm-ups at 4:00 PM
Session starts at 5:00 PM

1	11 & Over 400 IM	2
3	11 & Over 1500 Freestyle	4

Saturday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

5	9-10 100 Breaststroke	6
7	11-12 100 Breaststroke	8
9	9-10 50 Freestyle	10
11	11-12 50 Freestyle	12
13	9-10 100 Butterfly	14
15	11-12 100 Butterfly	16
17	9-10 100 Freestyle	18
19	11-12 100 Freestyle	20
21	9-10 50 Backstroke	22
23	11-12 50 Backstroke	24
25	11-12 200 Backstroke	26
	5 Minute Break	
27	9-12 400 Freestyle	28

Saturday PM Session

Warm-ups at end of AM session (not before 12:00 pm)
Session starts 60 minutes after end of AM session

29	13 & Over 200 IM	30
31	8 & Under 200 IM	32
33	13-14 100 Backstroke	34
35	15 & Over 100 Backstroke	36
37	8 & Under 50 Butterfly	38
39	13 & Over 200 Butterfly	40
41	13-14 50 Freestyle	42
43	15 & Over 50 Freestyle	44
45	8 & Under 50 Backstroke	46
47	13 & Over 200 Breaststroke	48
49	8 & Under 100 Freestyle	50
	5 Minute Break	
51	13 & Over 400 Freestyle	52

Sunday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

53	9-10 200 IM	54
55	11-12 200 IM	56
57	9-10 100 Backstroke	58
59	11-12 100 Backstroke	60
61	9-10 50 Butterfly	62
63	11-12 50 Butterfly	64
65	11-12 200 Butterfly	66
67	9-10 200 Freestyle	68
69	11-12 200 Freestyle	70
71	9-10 50 Breaststroke	72
73	11-12 50 Breaststroke	74
75	11-12 200 Breaststroke	76
	10 Minute Break	
77	11-12 800 Freestyle	78

Sunday PM Session

Warm-ups at end of AM session (not before 12:00 pm)
Session starts 60 minutes after end of AM session

79	13 & Over 200 Freestyle	80
81	8 & Under 200 Freestyle	82
83	13-14 100 Breaststroke	84
85	15 & Over 100 Breaststroke	86
87	8&Under 50 Breaststroke	88
89	13-14 100 Butterfly	90
91	15 & Over 100 Butterfly	92
93	8 & Under 50 Freestyle	94
95	13 & Over 200 Backstroke	96
97	13-14 100 Freestyle	98
99	15 & Over 100 Freestyle	100
	10 Minute Break	
101	13 & Over 800 Freestyle	102

ENTRY SUMMARY AND RELEASE FORM

Spring Long Course Invitational - April 8-10, 2016 - USAS # Pending

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 \$8.00 = _____

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

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: _____