



RCA Igloo Invitational
January 27-29, 2017
Held under the Sanction of USA Swimming
Ozark Swimming Sanction # 5876

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.			
Facility	Central Municipal Pool is 25 yards by 50 meters, equipped with a fully automated Colorado timing system. Six, Eight or Ten lanes will be used for competition. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Continuous warm-up/warm-down space is provided during the competition.			
Contacts	Meet Directors:	Joe Bening Brad Walters	jbening@rivercityaquatics.org bwalters@rivercityaquatics.org	573-275-1625 573-579-0656
	Entry Coordinator:	Jason Cravens	jcravens@rivercityaquatics.org	314-719-6618
	Entry Fees:	Dave Maxton	dmaxton@rivercityaquatics.org	573-335-8454
	Meet Referee:	Bruce Dreyer	cbdinvestments@yahoo.com	314-221-3802
	Officials Coordinator:	Allison Davis	adavis@rivercityaquatics.org	573-270-7312
	Administrative Official:	Loretta Bell	lbell@rivercityaquatics.org	573-225-2112
	Safety Marshall:	Jessica Shemwell Brandy Thomas	jshemwell@rivercityaquatics.org bthomas783@gmail.com	573-803-8370 573-547-8680

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 the swimmer is participating. The swimmer will then be assigned to a coach on deck for each session of the meet the swimmer has entered.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited

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).
- 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.
- Swimmer's age on **Friday, January 27, 2017** determines age for the meet.

Format

- All events are timed finals.
- The meet is pre-seeded except for the "Limited Events" described below.
- The Meet Referee and Meet Director may insert additional breaks between events or utilize more lanes (e.g. 10 lanes for distance events) in order to maintain an appropriate timeline for the athletes.

Limited Events

- All events 400 yards 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 meet website on or before **Friday, January 20, 2017**. Alternative events will be allowed if entries are provided to the entry coordinator no later than **Monday, January 23, 2017** at 8:00 pm.
- 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.
- Proof of time may be required and must be provided by the coach if the swimmer's time is in question for the Limited Events. The SWIMS database will be used to verify entry times.
- 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.
- Swimmers who fail to swim a Limited Event after checking in will not be allowed to swim their next event.
- The **400 I.M.**, **1000 Freestyle** and **1650 Freestyle** events will be swum fastest to slowest in alternating heats of women and men.
- Swimmers in the **1000 Freestyle** and **1650 Freestyle** events must provide one (1) timer and one (1) counter.
- Swimmers in the **500 Freestyle** event must provide their own counters.

Relays

- Relay entry forms will be included in the coaches' packet and should be turned in prior to the scratch deadline.
- Coaches are asked to provide the full first and last names on the relay forms.

ENTRY INFORMATION

Entry Limits

- The meet will be limited to 500 swimmers.
- No team entries will be split.
- Swimmers are limited to 2 individual events on Friday and 4 individual events per day on Saturday and Sunday, 10 individual events for the entire meet, and one relay event per day.
- No deck entries will be accepted, except as described earlier for swimmers cut from Limited Events.
- RCA has sole discretion to determine which entries to accept. First come, first serve is not a criteria for acceptance.
- RCA has the sole discretion to limit or remove any event in order to provide reasonable timelines to keep them within USA Swimming guidelines.

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 on the [Ozark Swimming website](#).
- Enter times in short course yards (SCY) only. SCM and LCM times must be converted.
- 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 contact Jason Cravens (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 providing that events or the meet are not full.
- Parents should make any entry request, or change request, via their team's coach and/or team's entry secretary.
- Entries will be accepted starting **Monday, January 9, 2017** at 8:00am CST.
- All entries must be received by **Wednesday, January 18, 2017** at 8:00pm CST.

Payment Information

- \$5.00 per swimmer per individual event
- \$8.00 per relay team per relay 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 along with payment to:

Great Times Meet Entries
C/O Dave Maxton, Treasurer
2126 Yorktown Drive
Cape Girardeau, MO 63701

SCORING AND AWARDS

Scoring

- Individual event scoring will be to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- Relay event scoring will be to 8 places: 40-34-32-30-28-26-24-22.
- The Friday night Open 400 IM and Open 1000 Freestyle events will be scored as 13-14 and 15 & Over for high point rankings. 12&unders who swim these events will not earn points towards their high point rankings in the 10&under and 11-12 age groups.
- The 12 & Under 500 Freestyle event will be scored as 10&Under and 11-12 only and points scored in these events will count towards the high point rankings for those age groups.
- Individual events listed as 13 & Over will be scored as 13-14 and 15 & Over.
- Points scored in an event will count towards the high point awards in the **event's** age group only.
- Points earned in 10 & Under events will **not** count towards the high point awards in the 8 & Under age group.

Awards

- High Point awards will be given to the top 8 male and top 8 female swimmers in **each** age group as follows: A special award will be presented to the High Point winner and medals will be awarded to the 2nd through 8th place swimmers in the High Point rankings in the age group.
- Ribbons will be awarded to the top 16 places in each individual event for the 8 & Under age group.
- In the event of a tie in total number of points, a 100 IM swim off will be held to determine the High Point winner for that age group (swim off will only be used to determine the first place high point ranking).
- Awards must be picked up by the team coach or team representative. No awards will be mailed.

OTHER

Heat Sheets

- The Psych Sheet will be posted on the meet website on or before **Tuesday, January 24, 2017**.
- Heat sheets will be available for sale during the meet.
- Limited 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 at the pool during the meet.
- Final results will be available on the [Ozark Swimming website](#) and emailed to each team following the meet.
- Concessions and hospitality will be available during the meet by River City Aquatics
- Swim apparel will be available for sale throughout the meet courtesy of **“B&B Aquatics”**

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 3265 Williams St 573-651-4486
- Candlewood Suites 485 South Mt. Auburn Rd 573-334-6868

Websites

- River City Aquatics Team website: <http://www.rivercityaquatics.org>
- Ozark Swimming website: <https://www.teamunify.com/Home.jsp?tabid=0&team=czoslsc>
- USA Swimming website: <http://www.usaswimming.org>

SCHEDULE OF EVENTS

Friday PM Session
Warm-ups at **5:00PM**
Session starts at **6:00 PM**

Girls	Event	Boys
1	Open 400 IM	2
3	12&under 500 Free	4
5	Open 1000 Free	6

Saturday AM Session
Warm-ups at **7:30 AM**
Session starts at **8:30 AM**

Girls	Event	Boys
7	13&over 200 Medley Relay	8
	5 minute break	
9	13-14 100 Free	10
11	15&over 100 Free	12
13	13-14 200 IM	14
15	15&over 200 IM	16
17	13-14 100 Fly	18
19	15&over 100 Fly	20
21	13-14 200 Breast	22
23	15&over 200 Breast	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 12:30 pm**)
Session starts 45 minutes after end of AM session

Girls	Event	Boys
31	8&under 100 Medley Relay	32
33	10&under 200 Medley Relay	34
35	11-12 200 Medley Relay	36
37	8&under 50 Free	38
39	10&under 100 Free	40
41	11-12 100 Free	42
43	8&under 25 Breast	44
45	10&under 50 Breast	46
47	11-12 50 Breast	48
49	8&under 50 Fly	50
51	10&under 100 Fly	52
53	11-12 100 Fly	54
55	8&under 25 Back	56
57	10&under 50 Back	58
59	11-12 50 Back	60
61	8&under 100 IM	62
63	10&under 200 IM	64
65	11-12 200 IM	66

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

Girls	Event	Boys
67	13&over 200 Free Relay	68
	5 minute break	
69	13-14 200 Free	70
71	15&over 200 Free	72
73	13-14 100 Breast	74
75	15&over 100 Breast	76
77	13-14 200 Back	78
79	15&over 200 Back	80
81	13-14 200 Fly	82
83	15&over 200 Fly	84
85	13-14 50 Free	86
87	15&over 50 Free	88
	10 minute break	
89	13&over 1650 Free	90

Sunday PM Session
 Warm-ups at end of AM session (**not before 12:00 pm**)
 Session starts 45 minutes after end of AM session

Girls	Event	Boys
91	8&under 100 Free Relay	92
93	10&under 200 Free Relay	94
95	11-12 200 Free Relay	96
97	10&under 100 IM	98
99	11-12 100 IM	100
101	8&under 25 Free	102
103	10&under 50 Free	104
105	11-12 50 Free	106
107	8&under 50 Breast	108
109	10&under 100 Breast	110
111	11-12 100 Breast	112
113	8&under 50 Back	114
115	10&under 100 Back	116
117	11-12 100 Back	118
119	8&under 25 Fly	120
121	10&under 50 Fly	122
123	11-12 50 Fly	124
125	8&under 100 Free	126
127	10&under 200 Free	128
129	11-12 200 Free	130

ENTRY SUMMARY AND RELEASE FORM

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USAS Sanction # 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 = _____

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.
River City Aquatics accepts only e-mail entries for this meet.**

RELEASE

It is understood and agreed that River City Aquatics, City of Cape Girardeau, Cape Girardeau School District, USA Swimming, and Ozark Swimming shall be free and held harmless from any 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: _____