



## RCA Fall Endurance Challenge

September 28, 2014

Held under the sanction #5702 of USA Swimming and Ozark Swimming

### 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 short course lanes are available for competition. Continuous warm-up/warm-down will be provided.

<b>Contacts</b>	<b>Meet Directors:</b>	Joe Bening	<a href="mailto:jbening@rivercityaquatics.org">jbening@rivercityaquatics.org</a>	573-275-1625
	<b>Entry Coordinator:</b>	Allison Davis	<a href="mailto:adavis@rivercityaquatics.org">adavis@rivercityaquatics.org</a>	573-270-7312
	<b>Entry Fees:</b>	Dave Maxton	<a href="mailto:dmaxton@rivercityaquatics.org">dmaxton@rivercityaquatics.org</a>	573-979-7209
	<b>Meet Referee:</b>	Bill Rener	<a href="mailto:wrener@lmi.org">wrener@lmi.org</a>	618-792-1028
	<b>Officials Coordinator:</b>	Allison Davis	<a href="mailto:adavis@rivercityaquatics.org">adavis@rivercityaquatics.org</a>	573-270-7312
	<b>Safety Marshall:</b>	Susan Richmond	<a href="mailto:srichmond@rivercityaquatics.org">srichmond@rivercityaquatics.org</a>	573-579-3610
	<b>Admin Official:</b>	Loretta Bell	<a href="mailto:lbell@rivercityaquatics.org">lbell@rivercityaquatics.org</a>	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.
  - 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 **Sunday, September 28, 2014** determines age for the meet.
- Format**
- All events are timed finals.
  - The meet is pre-seeded
  - Each swimmer in event **500 Freestyle** must provide his/her own timer and counter.

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## ENTRY INFORMATION

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- Entry Limits**
- This meet is open to swimmers ages 13 and up.
  - No team entries will be split.
  - Swimmers are limited to 4 individual events for the meet
  - Deck entries will be accepted up until **10:15AM on September 28, 2014**.
  - **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 [entries@rivercityaquatics.org](mailto:entries@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 [entries@rivercityaquatics.org](mailto:entries@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
  - \$5.00 per deck entry
  - \$5.00 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, September 8, 2014** at 9:00am CDT.
- All entries must be received by **Wednesday, September 17, 2014** at 9:00pm CDT.

## SCORING AND AWARDS

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- Heat Sheets**
- The psych sheet will be available on the [meet website](#) on or before **Thursday, September 25, 2014**.
- 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**
- No awards will be given.

## OTHER

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

SCHEDULE OF EVENTS

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**Warm-ups at 10:00 AM**  
**Meet starts at 11:00 AM**

<b>1</b>	<b>13 &amp; Over 200</b>	<b>2</b>
	<b>Freestyle</b>	
	<b>13 &amp; Over 200</b>	
<b>3</b>	<b>Backstroke</b>	<b>4</b>
	<b>13 &amp; Over 200</b>	
<b>5</b>	<b>Breaststroke</b>	<b>6</b>
	<b>13 &amp; Over 200</b>	
<b>7</b>	<b>Butterfly</b>	<b>8</b>
<b>9</b>	<b>13 &amp; Over 400 IM</b>	<b>10</b>
	<b>13 &amp; Over 500</b>	
<b>11</b>	<b>Freestyle</b>	<b>12</b>

**ENTRY SUMMARY AND RELEASE FORM**  
**RCA Fall Endurance Challenge – September 28, 2014 - USAS #**

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 \$5.00 = \_\_\_\_\_

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:** \_\_\_\_\_