



St. Louis, Missouri



Fall Distance Classic

October 6 & 7, 2012

Held Under USA Swimming Sanction # 5519

General Information:

Location	Rockwood Summit High School 1780 Hawkins Road Fenton, Missouri 63026
Directions	From Hwy. 44, take Hwy 141 South to right on Hawkins Road. Rockwood Summit is on the right.
Course	8-lane, 25 yard pool, equipped with Paragon starting blocks, Kiefer McNeil nonturbulent lane markers and a Colorado Timing System.
Format	All events will be timed finals.

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 Morning 8:00-8:30 a.m. Session A* 8:30-9:00 a.m. Session B* 9:15 a.m. Meet Start
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***Optional Sprints during last 5 min. of each session**

Warm-up Procedures	Saturday and Sunday warm-ups will be divided into two 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.
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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

Positive check-in is required by all swimmers for each session. Check-in is required at least 30 minutes prior to start of each session. Failure to positively check-in 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 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/1650FR), 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.

Cell phones with video and video recording devices are prohibited in all locker rooms.

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.

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 Marshal.

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.
Event Limits	Swimmers may swim a total of 5 events during the Saturday session and a total of 2 events during the Sunday session.
Distance Freestyle Events	For the 500 Freestyle on Saturday and the 1000/1650 Freestyle on Sunday, host team will provide timers, but each swimmer must provide own lap counter. Splits for the 1000 Freestyle may be taken during the 1650 Freestyle. If you would like your official split taken, please alert your coach.
Concessions:	Concessions will be available. All food and drink is restricted to the concession area. COOLERS, FOOD, AND BEVERAGES ARE NOT PERMITTED IN THE BULLPEN OR POOL AREA. Coolers brought into the building must be left in the hall outside of the bullpen and pool and their contents consumed only in the concession area. This is in accordance with Rockwood School District policy and is expected of every participant as guests in their facilities.
Awards	All events: Ribbons for places 1-8
Heat Sheets	Meet programs will be available for sale, and heat sheets are free with the purchase of a meet program.
Results	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 athlete members of USA Swimming. "Applied for" will not be accepted. Registration numbers (USA numbers) must accompany the entry. Swimmers entered in the meet who do not hold current USA Swimming membership will be dropped from the meet; entry fees will NOT be refunded, and an Ozark fine of \$100 will be assessed. Swimmer's age on Saturday, October 6, 2012, determines age for the meet.
General	The meet will be limited to a total of 448 swimmers, including host team. No team entry will be split. Entries will be accepted immediately. The Meet Entry

Deadline is Tuesday, September 18, 2012, at 5 p.m. CDT. Teams not accepted will have entries returned by Friday, September 21, 2012. Teams are encouraged to use the TM Event file as posted for the Fall Distance Classic on the Calendar page on www.ozarkswimming.org.
No deck entries will be accepted.

Entries

Please submit entries with short course yard times. Teams using HY-TEK Team Manager may submit their entries via e-mail or on 3.5 magnetic disks as a Commlink File. All entries must include a hard copy of 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 the receipt of e-mail entries. If confirmation is not received within 24 hours of your electronic submission, call Beth Paskoff at (636) 891-6635. (Please note, entries will only be opened during RSCA office hours, Tuesday through Thursday, 9am-12pm CDT.)

Confirmation of receipt does not mean entry is accepted.

When the hard copy and check have been received-- within 7 days--the team will be notified of acceptance. **Entries requiring signature or postage will not be accepted.** *Please provide e-mail, phone and fax contact information.*

Entry Fees

\$5.00 per individual event
\$6.00 swimmer surcharge

Entry Deadline

Entries open on Tuesday, September 4, 2012, at 9:00 a.m. The meet entry deadline is Tuesday, September 18, 2012, at 5 p.m. CDT or until the meet entry limit is reached. Teams not accepted will have entries returned by Friday, September 21, 2012.

Make checks payable to Rockwood Swim Club and mail to:

**Beth Paskoff--Meet Entry Secretary
Rockwood Swim Club
17165 Lafayette Trails Ct.
Wildwood, MO 63038
(636) 891-6635.**

*(Please do not put entry in mailbox
without postage.)*

Entry E-mail

rscameetentry@gmail.com

Meet Director: Michelle Hepper (636) 448-3096

Referee: Ernie Paskoff (636) 273-9873

Safety Coordinator: Susie Hidalgo

Officials Coordinator: Tom Lombardo (314) 952-3667

SCHEDULE OF EVENTS

Saturday Morning		
Girls Event #	Event	Boys Event #
1	Open 400 IM	2
	10 Minute Break	
3	Open 200 Fly	4
	10 Minute Break	
5	Open 200 Back	6
	10 Minute Break	
7	Open 200 Breast	8
	10 Minute Break	
9	Open 500 Free	10

** Swimmers must provide their own lap counter for the 500 Free. Host team will provide timer.

Sunday Morning		
Girls Event #	Event	Boys Event #
11	Open 200 IM	12
13	11 & Over 1000/1650 Free	14

** Swimmers must provide their own lap counter for the 1000/1650 Free. Host team will provide timer.