



St. Louis, Missouri
Fall Distance Classic
October 4 & 5, 2014

Held Under USA Swimming Sanction # 5697

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. 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: Saturday A.M., Saturday P.M. and Sunday A.M. will be Timed Finals. Sunday P.M. will be Time Trials.

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 Morning

7:45-8:15 a.m. Session A*

8:15-8:45 a.m. Session B*

9:00 a.m. Meet Start

Saturday Afternoon

12:00-12:30 p.m. Session A*

12:30-1:00 p.m. Session B*

1:15 p.m. Meet Start

***Optional Sprints during last 5 min. of each session**

Sunday Morning

7:45-8:15 a.m. Session A*

8:15-8:45 a.m. Session B*

9:00 a.m. Meet Start

***Optional Sprints during last 5 min. of each session**

Sunday Afternoon - Time Trial

12:00-1:00 p.m. ** (see below)

Saturday and Sunday Morning Warm-up Procedures:

Saturday and Sunday morning 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.

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.

Sunday Time Trial Warm-up Procedures:

General warm up period: feet first entry No Diving from the blocks or sides of pool.

60 minutes prior to start of competition, the following warm up procedures will be followed:

- Lanes 1 & 8 pace lanes: No diving or racing starts. Circle Swimming Only.
- Lanes 2 & 7 sprint lane: dive start, swim only one direction. Backstrokers enter the water feet first in rotation. No diving over persons in the water.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be used during warm-ups.

CLEAR POOL: 10 minutes prior to start of meet, 1:05 p.m.. Meet starts at 1:15 p.m.

Check-In:

Positive check-in is required by all swimmers for the 400 IM, 500 free and 1000/1650 free. 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 timed finals 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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or 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.

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 Marshal.

In granting this approval, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the 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.

Event Limits: Swimmers may swim a total of four (4) events on Saturday and 1 event on Sunday in the timed finals sessions. A swimmer may enter a maximum of three (3) individual events for the Sunday afternoon time trial session. **Each swimmer must provide their own timer for entire session if swimming in the time trials on Sunday afternoon.**

Distance: 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. 1650 will be swum fastest to slowest alternating Girls and Boys.

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 and heat sheets will be available for sale.

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 4, 2014, 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 Wednesday, September 17, 2014, at 5 p.m. CDT. Teams not accepted will have entries returned by Friday, September 19, 2014.** 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 except for the Sunday afternoon Time Trial session.**

Timed Final 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: \$4.50 per individual event
\$5.00 swimmer surcharge

Entry Deadline:

Entries open on Monday, September 15, 2014, at 9:00 a.m. The meet entry deadline is Wednesday, September 17, 2014, at 5 p.m. CDT or until the meet entry limit is reached. Teams not accepted will have entries returned by Friday, September 19, 2014.

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

Sunday Afternoon Time Trials Entry:

- Deck entries will be accepted all weekend until Sunday afternoon, 30-minutes before the meet starts.
- Entries will be accepted for all athletes, entered and walk-on.

- Deck entry fees will be \$4.50 for individual events, \$5.00 per swimmer surcharge, and \$6.00 for relay events.
- All deck entries will be seeded at the lowest non-conforming qualifying time for this meet which is SCY.
- **Each swimmer must provide own timer for entire session if swimming in the time trials on Sunday afternoon.**

Meet Director: Jen Thomas (314) 288-5639

Referee: Tom Lombardo (636) 587-9247

Safety Coordinator: Chandra Subramanian (636) 527-0050

Officials Coordinator: Tom Lombardo (314) 952-3667

Admin Official: Beth Paskoff (636)891-6635

**NOTE for Saturday: 13&O Girls & 12&U Boys in the morning session
13&O Boys & 12&U Girls in the afternoon session**

SCHEDULE OF EVENTS

Saturday Morning		
Open Girls and 12 & Under Boys		
Girls Event #	Event	Boys Event #
	12 & Under Boys 200 IM	2
3	Open Girls 400 IM	
	12 & Under Boys 100 Fly	6
7	Open Girls 200 Fly	
	12 & Under Boys 100 Back	10
11	Open Girls 200 Back	
	12 & Under Boys 100 Breast	14
15	Open Girls 200 Breast	
	12 & Under Boys 200 Free	18
19	Open Girls 500 Free	

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

Saturday Afternoon		
Open Boys and 12 & Under Girls		
Girls Event #	Event	Boys Event #
1	12 & Under Girls 200 IM	
	Open Boys 400 IM	4
5	12 & Under Girls 100 Fly	
	Open boys 200 Fly	8
9	12 & Under 100 Back	
	Open Boys 200 Back	12
13	12 & Under Girls 100 Breast	
	Open Boys 200 Breast	16
17	12 & Under 200 Free	
	Open Boys 500 Free	20

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

Sunday Morning		
11 & over 1000/1650		
Girls Event #	Event	Boys Event #
21	11 & Over 1000/1650 Free	22

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

Sunday Afternoon Time Trial		
Girls Event #	Event	Boys Event #
1	100 Free	2
3	200 Back	4
5	200 Breast	6
7	200 Fly	8
9	50 Back	10
<i>5 minute warm-up/cool-down break</i>		
11	50 Breast	12
13	500 Free	14
15	200 IM	16
17	50 Fly	18
<i>5 minute warm-up/cool-down break</i>		
19	200 Free	20
21	100 IM	22
23	400 IM	24
25	50 Free	26
<i>5 minute warm-up/cool down break</i>		
27	100 Back	28
29	100 Breast	30
31	100 Fly	32
33	200 Med. Relay	34
35	200 Free Relay	36
37	400 Med. Relay	38
39	400 Free Relay	40
41	800 Free Relay	42

**** Swimmers competing in the Time Trials must provide a timer willing to commit to the ENTIRE Sunday afternoon Time Trial session.**