

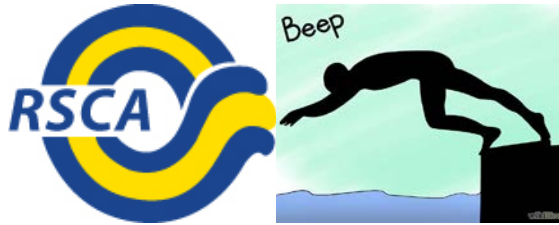
Rockwood Swim Club “Get Your Best Yard Times” Meet

July 18-19, 2016

Held under the sanction of USA Swimming # 5831

- Location:** Lafayette High School
17050 Clayton Road
Wildwood, MO 63011
- Directions:** Located at the corner of Hwy 109 & Clayton Road in Wildwood, MO
- Course:** Eight lane 25-yard pool equipped with Paragon starting blocks, Keifer McNeil non-turbulent lane markers and a Colorado Timing System. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool depth at the start end is 13 feet and the pool depth at the turn end is 4 feet.
- Time:** Monday, July 18, 2016 and Tuesday, July 19, 2016
Warmups 4:30 PM – Meet starts at 5:30 PM
- Eligibility:** Entries limited to currently registered USA swimmers. USA Swimming memberships applied for will not be accepted. Ozark swimmers’ registration will be checked at the registration table. Swimmers registered in other LSCs must provide proof of registration. Teams will incur a \$100 fine for each non-registered swimmer entered.
- Entries:** Deck entries will be taken beginning at 4:00 PM. Swimmers are limited to a maximum of four (4) individual events plus two relays. Swimmers and/or their representative will complete cards provided with the following information: name, age, USA #, club code and event #. The same lineup will be offered both days.
- Entry Fees:** \$3.00 per individual event, \$1.50 per swimmer on a relay. There is a \$4.00 swimmer surcharge. Cash only, please.
- Timers:** Timers will be provided by the host team. Swimmers in distance events are required to provide their own person to count laps.
- 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’s 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. 102.9 SWIMWEAR .1 Design A. Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee. B. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. C. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

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.

Per USA Swimming guidelines, no person shall use a camera or other recording still or video images (including cell phones) in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other government authorities and/or may be barred from the facility during this sanctioned event.

Swimwear:

Swimsuit regulation 102.9 effective October 1,2009.

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 Swimming and USA Swimming.

Other:

No food, drink or gum is allowed on the deck, stands or in the locker rooms. Smoking is prohibited on campus. No vendors provided. Cell phones with video and video recording devices are prohibited in all locker rooms.

Meet Director:

Jen Thomas (314) 288-5639

Referee:

Tom Lombardo (636) 587-9247

Safety Coordinator:

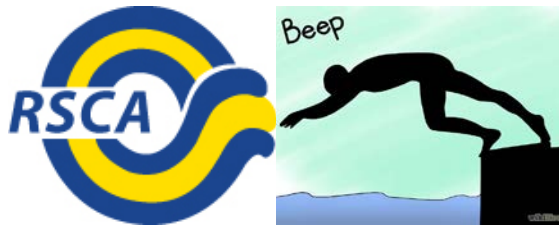
Kathy Bell/Melissa Hance

Officials Coordinator:

Tom Lombardo (314) 952-3667

Admin Official:

Beth Paskoff (636) 891-6638



The same lineup will be offered both days as follows:

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
<i>5-minute warm-up/cool down break</i>		
43	1650/1000 Free	44