

OZARK SWIMMING 2013 LONG COURSE CHAMPIONSHIPS
JULY 26-28, 2013

Hosted By: River City Aquatics and Saluki Swim Club

Sanction: Held Under USA Swimming/Ozark Swimming Sanction #OZ 5611

Officials: Meet Referee Bill Rener - WRENER@lmi.org (618) 792-1028

Meet Director: Jena Mabry (573)-576-9593; jmabry@rivercityaquatics.org
Joe Bening (573)-275-1625; jbening@rivercityaquatics.org

Marshall: Cliff Palmer (573)-579-4742; capjlp@wildblue.net
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Susan Richmond (573)-579-3610; srichmond@rivercityaquatics.org

Questions: Jordan Kuper: (573)587-2864 or Jay Newton: (618) 319-2747

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 should be visible off to the right.

Facility Cape Central Pool is an outdoor, 10 lane, 50 meters by 25 yards, equipped with a fully automated Colorado timing system. The competition will be held in 8 lanes and one lane will be available for continuous warm-up/warm-down throughout the meet.

PER USA SWIMMING RULES, DECK CHANGING IS NOT PERMITTED BY ALL SWIMMERS.

Spectators can view the meet from designated areas. Tents will be allowed in designated areas. As per USA Swimming policy, no video recording devices or cell phone cameras are allowed in locker rooms.

No banners shall be attached to pool equipment without notification to Meet Host and Aquatics Supervisor.

Inclement Weather: In the event of inclement weather the Cape Municipal Pool Staff will evacuate the pool deck.

Schedule:

Friday Prelims: Warm-up – 7:00 – 7:30 am 1st warm up; 7:30 – 8:00 am 2nd warm up
Meet Starts – 8:10 am

Friday Finals: Warm-up – 5:30 – 6:15 pm
Meet Starts - 6:30 pm

Saturday Prelims: Warm up – 7:00 – 7:30 am 1st warm up; 7:30 – 8:00 am 2nd warm up
Meet Starts – 8:10 am

Saturday Finals: Warm-up – 5:30 – 6:15 pm
Meet Starts - 6:30 pm

Sunday Prelims: Warm up – 7:00 – 7:30 am 1st warm up; 7:30 – 8:00 am 2nd warm up
Meet Starts – 8:10 am

Sunday Finals: Warm-up – 4:30 – 5:15 pm
Meet Starts – 5:30 pm

Meet Format and Procedures

Format: This is a Preliminary & Final Championship Meet. The 10 & under events will be timed final events. 11-12, 13-14, and 15 & Over events will include a “A” (championship) final and a “B” (consolation) final for the Top 16 swimmers from the morning’s preliminary heats in all events except the 400 IM (prelim/final with only the top 8 swimming at night), 400 free (prelim/final with only the top 8 swimming at night), and the 1500 free. **For the 1500 free, the top 8 seeded male and female swimmers will swim first in the Sunday finals session swimming fastest to slowest alternating girls and boys.** All other heats of the 1500 free will be swum (after a 10 minute break) after the Sunday prelim session swimming fastest to slowest alternating girls and boys. **All 10 & under events, relays events, and the 1500 free will be swum as timed finals.**

During Finals, there will be a “ready room” and parade of finalist for the “A” final of each event. All finalists of the “B” and “A” heats will be asked to check in with the ready room at least 2 events before their race.

“A” finalists will be paraded out to music and have their names announced while the music plays prior to their stepping up on the blocks. **The “B” heat will be swum prior to the “A” final.** The “B” (consolation) finalists will have their names announced during their event. Any swimmer who does not show up to the ready room in a timely fashion will be called once over the loud speakers. If they do not show up immediately, the alternate will swim. **Once the alternate has been notified that they will be swimming, the previously qualified swimmer will be withheld from the event and will be ejected from the rest of the meet for not showing up for a finals swim.**

Meet Safety:

In accordance with the recommendations of USA swimming and the Ozark LSC, River City Aquatics and Saluki Swim Club will operate this meet under the guidance of a Marshall.

Scoring:

Scoring will be to 16 places as follows:

Individual events = 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay events = 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

AWARDS

Individual events: Medals for 1st through 8th; Ribbons for 9th through 16th

Relay events: Medals for 1st through 3rd; Ribbons for 4th through 8th

The Penny Taylor Memorial Award:

This award will be presented to the outstanding swimmer of the meet as voted on by the coaches and through the following point system: 1 point for a National Reportable Time (Top Ten Times as of the start date of the meet), 1 point for an Ozark Record, 1 point for winning an individual event, and 1 point for each coach's vote.

Ozark Team Sportsmanship Award:

This award is presented to the team, which displays the best sportsmanship, team support, positive attitudes, and has the best team appearance.

Individual High Point Trophies:

The Top 3 swimmers scoring the highest number of individual points in each age group & gender will be awarded a high point trophy.

Age Group Team Awards:

The team scoring the most points in each age group & gender will be announced at the conclusion of the meet. No awards will be given for these categories.

Overall Team Awards (combined Gender and Age Groups):

Trophies will be presented to 1st, 2nd, 3rd place teams.

General Conduct

Seeding and Swimmer Check-in: All Prelim/Final events (except for the 400 free and 400 IM which will be positive check in events) and 10 and under events will be pre-seeded. All relay events are timed final events and coaches must turn in relay cards by the announced deadlines. Turned in relay cards will be considered a positive check in. Any relays not turned in by the deadline will be scratched from the event.

The 1500 free is a combined age group, timed final, deck seeded event. Swimmers must positively check-in for the 1500 free by 10:00 am on the day they are scheduled to swim the event. Any scratch after positively checking in for the 1500 free will result in a \$50 fine payable to Ozark Swimming. Swimmers must provide their own timer and lap-counter.

Warm-up Procedures:

Warm-up procedures will be defined by the Ozark LSC safety regulations. A swimmer attending the meet without a USA-S registered coach must report to the meet referee prior to warming up. The referee or his designee shall instruct the swimmers in the safety rules and assign them to a lane. Lanes will be assigned.

Scratches:

1. Any swimmers NOT reporting for or competing in a preliminary heat or individual timed final event (except the 1500 free) shall not be penalized.
2. Any swimmer who qualifies for a consolation or championship final in an individual event who then fails to show up for said consolation or championship final event shall be ejected from the remainder of the meet.

There will be no penalty for failure to compete in finals if:

- A. The referee is notified in the event of illness or injury and accepts proof thereof.

- B. A swimmer qualifying for a consolation or championship finals swim notifies the referee within thirty (30) minutes after the announcement of the finalist for that event that he/she may not intend to compete and further declares his/her intention within thirty (30) minutes following his last individual preliminary event. This is called a “declaring an intent to scratch”.
- C. The swimmer “scratches” his or her finals swim within thirty (30) minutes following the announcement of the finalist for that event. The swimmer or coach of that swimmer must report to the announcer in order to “scratch” an event.
- D. It is determined by the meet referee that failure to compete was caused by circumstances beyond the control of the swimmer.

Entry Procedures

Eligibility: All swimmers must be registered for the 2013-year with USA Swimming. “Applied For” status will not be accepted. Registration numbers must accompany entries. Swimmers who are entered and are found to be not registered will be dropped from the meet and will forfeit their meet entry fees. All swimmers must be a member of Ozark Swimming for this LSC championship. **If a non-registered athlete does swim, a \$100.00 fee will be imposed. “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.”**

Entry Limit:

Individual Events: Swimmers may enter a maximum of 7 individual events for the entire meet and can enter no more than 3 individual events per day. Any swimmer who enters more than the prescribed number of events will be scratched down to the event limit starting with the highest event number on that day the over-entry occurs.

Relay Events: Each team will be permitted to enter two (2) scoring relays for each relay event. Teams may enter exhibition relays. All exhibition relays are to be entered at “NT”. You may enter “Relay Only” swimmers in the meet to swim on the relays, even if they do not have individual events, but those swimmers must still pay the posted surcharge for entering the meet.

Qualifying Times:

Swimmers must have achieved the BB time standard in each event for which they are entered. Swimmers who only have the short course meter or short course yard cut for an individual event must enter at the short course meter or short course yard time achieved. Those swimmers who achieve BB times in either the 1650/1500 free, or the 1000/800 free may enter the 1500 distance event. If entering with a cut other than the 1500 free time, enter at the time and in the course the time was achieved. The meet will be seeded in the following order: a) LCM first seeding priority b) SCM Second seeding priority c) SCY Third seeding priority. The meet will be seeded in accordance to USA swimming rules (refer to rule 207.12.7).

Qualifying Period:

The qualifying swims must have occurred between **July 27, 2012** and the entry deadline date of **July 16, 2013**.

Proof of Times:

The host club will confirm all entry times with the USA Swimming SWIMS database prior to the meet. Entry times must be validated by SWIMS to meet the standard of proof. Any entry time that is not found in SWIMS will be flagged and a report will be emailed to all entry contacts with flagged times prior to the meet. If a swimmer on the report chooses to compete and fails to achieve the BB time standard in a flagged event at the meet, a \$50 fine will be assessed

and the swimmer will be ejected from the remainder of the meet.

Entry Fees:

Individual events = \$4.00
 Relay events = \$10.00
 Swimmer Surcharge = \$10.00

All checks should be made payable to River City Aquatics.

Submitting:

Email entries (SDIF format) are preferred for this meet, and must be received by 5:00 pm, Tuesday, July 16, 2013 **(any swimmer who initially achieves a BB time in the Rockwood Get Your Best Yards time meet can enter by email by 10:00 pm Monday, July 22.)** You will receive an email verifying receipt of your entry. If verification is not received, please contact Jay Newton on Wednesday, July 17, 2013 by NOON. No phone or fax entries will be accepted. Entries requiring a signature or postage will not be accepted. Check and release form must be received by Monday, July 22, 2013. Times must be submitted in the course the time was achieved. Swimmers who qualify with short course yard times, short course meters times, or swimmers who qualify for the 1500 free with a 800 free time, must enter the meet with those times.

****Entries must be received by 5:00 pm on Tuesday, July 16, 2013****

All entries submitted by email to: Jamesnewton47@hotmail.com

All **entry fees** must be mailed to: River City Aquatics
 Attn: Loretta Bell, Treasurer
 3213 County Road 316
 Cape Girardeau, MO 63701

EVENT SCHEDULE

**Friday AM Prelims
 Session # 1**

Girls	LCM BB	SCY BB	Event	SCY BB	LCM BB	Boys
1	1:19.99	1:10.69	15 & over 100 fly	1:03.89	1:12.69	2
3	1:21.79	1:12.19	13-14 100 fly	1:07.09	1:16.29	4
5	38.79	34.59	11-12 50 fly	34.69	39.29	6
7	47.89	42.39	10 & under 50 fly	41.39	46.79	8
9	2:39.49	2:19.99	15 & over 200 free	2:08.39	2:27.89	12
11	2:42.69	2:22.89	13-14 200 free	2:14.19	2:33.79	14
13	2:50.69	2:29.69	11-12 200 free	2:25.99	2:46.19	16
15	3:23.39	2:58.29	10 & under 200 free	2:50.19	3:13.29	18
17	3:21.19	2:56.39	15 & over 200 breast	2:40.49	3:04.09	19
19	3:26.69	3:00.19	13-14 200 breast	2:47.59	3:14.49	20
21	1:41.89	1:28.69	11-12 100 breast	1:26.49	1:39.99	22
23	2:01.69	1:45.59	10 & under 100 breast	1:41.99	1:58.39	24
25	6:18.79	5:32.89	15 & over 400 IM	5:07.69	5:51.59	26
27	6:30.39	5:42.19	13-14 400 IM	5:20.29	6:08.79	28
29	Timed	Finals	15 & over 800 free relay	Timed	Finals	30
31	Timed	Finals	13-14 800 free relay	Timed	Finals	32

**Saturday AM Prelims
Session # 3**

Girls	LCM BB	SCY BB	Event	SCY BB	LCM BB	Boys
33	Timed	Finals	10 & under 200 Medley Relay	Timed	Finals	34
35	34.29	29.99	15 & over 50 free	26.89	30.19	36
37	34.89	30.49	13-14 50 free	28.19	31.19	38
39	35.99	31.69	11-12 50 free	30.69	35.09	40
41	40.69	35.69	10 & under 50 free	34.99	39.69	42
43	2:55.89	2:34.89	15 and over 200 fly	2:22.29	2:41.49	44
45	2:59.49	2:40.09	13-14 200 fly	2:28.89	2:49.59	46
47	1:29.69	1:19.39	11-12 100 fly	1:17.59	1:28.29	48
49	1:53.99	1:40.39	10& under 100 fly	1:30.39	1:52.79	50
51	2:55.79	2:32.99	15 & over 200 back	2:20.69	2:41.39	52
53	2:59.39	2:36.29	13-14 200 back	2:27.09	2:49.89	54
55	1:31.09	1:19.49	11-12 100 back	1:17.49	1:30.09	56
57	1:48.39	1:33.49	10 & under 100 back	1:30.79	1:43.89	58
59	5:34.69	6:12.69	15 & over 400 free	5:47.89	5:12.79	60
61	5:41.19	6:22.39	13-14 400 free	6:0.69	5:27.89	62
63	5:56.49	6:38.59	11-12 400 free	6:32.79	5:48.69	64
65	Timed	Final	15 & over 400 Medley Relay	Timed	Final	66
67	Timed	Final	13-14 400 Medley Relay	Timed	Final	68
69	Timed	Final	11-12 400 Medley Relay	Timed	Final	70

**Sunday AM Prelims
Session #5**

Girls	LCM BB	SCY BB	Events	SCY BB	LCM BB	Boys
73	Timed	Finals	10 & under 200 Free Relay	Timed	Finals	74
75	3:00.29	2:36.79	15 & over 200 IM	2:23.29	2:45.49	76
77	3:05.29	2:40.79	13-14 200 IM	2:30.29	2:53.69	78
79	3:13.49	2:49.49	11-12 200 IM	2:47.39	3:11.39	80
81	3:43.89	3:17.29	10 & under 200 IM	3:16.29	3:42.49	82
83	1:14.09	1:04.99	15 & over 100 free	58.69	1:07.39	84
85	1:15.49	1:06.29	13-14 100 free	1:01.59	1:10.79	86
87	1:18.99	1:08.29	11-12 100 free	1:06.99	1:16.29	88
89	1:32.19	1:21.09	10 & under 100 free	1:19.39	1:30.89	90
91	1:22.29	1:10.79	15 & over 100 back	1:04.69	1:15.49	92
93	1:23.69	1:12.69	13-14 100 back	1:08.29	1:18.99	94
95	41.69	36.09	11-12 50 back	36.09	41.49	96
97	49.59	43.29	10 & under 50 back	43.19	49.49	98
99	1:33.89	1:21.99	15 & over 100 breast	1:13.59	1:25.49	100
101	1:35.49	1:22.99	13-14 100 breast	1:16.69	1:28.09	102
103	45.59	40.59	11-12 50 breast	40.29	45.99	104
105	54.69	47.79	10 & under 50 breast	47.49	54.69	106
107	Timed	Finals	15 & over 400 Free Relay	Timed	Finals	108
109	Timed	Finals	13-14 400 Free Relay	Timed	Finals	110
111	Timed	Finals	11-12 400 Free Relay	Timed	Finals	112
			10 Minute Break			
71A	22:23.09	21:53.19	13-14 1500 free	20:51.99	21:35.29	72A
71B	22:09.69	21:27.19	15& over 1500 free	20:13.29	20:43.39	72B

**Friday Finals:
Session # 2**

Girls		Event		Boys
1	Top 16 From Prelims	15 & over 100 fly	Top 16 From Prelims	2
3	Top 16 From Prelims	13-14 100 fly	Top 16 From Prelims	4
5	Top 16 From Prelims	11-12 50 fly	Top 16 From Prelims	6
9	Top 16 From Prelims	15 & over 200 free	Top 16 From Prelims	10
11	Top 16 From Prelims	13-14 200 free	Top 16 From Prelims	12
13	Top 16 From Prelims	11-12 200 free	Top 16 From Prelims	14
17	Top 16 From Prelims	15 & over 200 breast	Top 16 From Prelims	18
19	Top 16 From Prelims	13-14 200 breast	Top 16 From Prelims	20
21	Top 16 From Prelims	11-12 100 breast	Top 16 From Prelims	22
25	Top 8 From Prelims	15 & over 400 IM	Top 8 From Prelims	26
27	Top 8 From Prelims	13-14 400 IM	Top 8 From Prelims	28

**Saturday Finals:
Session # 4**

Girls		Event		Boys
35	Top 16 From Prelims	15 & over 50 free	Top 16 From Prelims	36
37	Top 16 From Prelims	13-14 50 free	Top 16 From Prelims	38
39	Top 16 From Prelims	11-12 50 free	Top 16 From Prelims	40
43	Top 16 From Prelims	15 and over 200 fly	Top 16 From Prelims	44
45	Top 16 From Prelims	13-14 200 fly	Top 16 From Prelims	46
47	Top 16 From Prelims	11-12 100 fly	Top 16 From Prelims	48
51	Top 16 From Prelims	15 & over 200 back	Top 16 From Prelims	52
53	Top 16 From Prelims	13-14 200 back	Top 16 From Prelims	54
55	Top 16 From Prelims	11-12 100 back	Top 16 From Prelims	56
59	Top 8 From Prelims	15 & over 400 free	Top 8 From Prelims	60
61	Top 8 From Prelims	13-14 400 free	Top 8 From Prelims	62
63	Top 8 From Prelims	11-12 400 free	Top 8 From Prelims	64

**Sunday Finals:
Session # 6**

Girls		Events		Boys
71AB	Top 8 Seeded swimmers	13-14/15& over 800 free	Top 8 Seeded swimmers	72AB
75	Top 16 From Prelims	15 & over 200 IM	Top 16 From Prelims	76
77	Top 16 From Prelims	13-14 200 IM	Top 16 From Prelims	78
79	Top 16 From Prelims	11-12 200 IM	Top 16 From Prelims	80
83	Top 16 From Prelims	15 & over 100 free	Top 16 From Prelims	84
85	Top 16 From Prelims	13-14 100 free	Top 16 From Prelims	86
87	Top 16 From Prelims	11-12 100 free	Top 16 From Prelims	88
91	Top 16 From Prelims	15 & over 100 back	Top 16 From Prelims	92
93	Top 16 From Prelims	13-14 100 back	Top 16 From Prelims	94
95	Top 16 From Prelims	11-12 50 back	Top 16 From Prelims	96
99	Top 16 From Prelims	15 & over 100 breast	Top 16 From Prelims	100
101	Top 16 From Prelims	13-14 100 breast	Top 16 From Prelims	102
103	Top 16 From Prelims	11-12 50 breast	Top 16 From Prelims	104

Entry summary and release form

This form is part of your entry and must be signed and returned for your entry to be accepted. Entry deadline – July 16, 2013

Club: _____ Code: _____ LSC: _____

Address: _____

City: _____ State: _____ Zip: _____

Head Coach: _____

Phone: _____

Entry contact: _____

Phone: _____

E-mail: _____

Number of Coaches attending: _____

ENTRY SUMMARY

Number of swimmers entered _____ x \$10.00 = _____

Number of individual entries: _____ x \$4.00 = _____

Number of relay entries: _____ x \$10.00 = _____

Total amount enclosed: = _____

MAKE YOUR CHECK PAYABLE TO RIVER CITY AQUATICS AND MAIL TO:

Attn: Loretta Bell, Treasurer
3213 County Road 316
Cape Girardeau, MO 63701

Do not send entries, disks, or paper backup with this form.

RCA and Saluki accepts *only* email entries for its meets.

RELEASE

River City Aquatics, Saluki Swim Club, Inc., 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: _____