

Ozark Division II Meet

February 8 – 10, 2013

Hosted By: Flyers Aquatic Swim Team (FAST) & Rockwood Swim Club (RSCA)

Sanction: Held under USA Swimming/Ozark Swimming Sanction # TBA

Officials: Meet Referees: Bruce Dreyer (FAST) (314) 221-3802
Ernie Paskoff (RSCA) (706) 495-1076

Meet Directors: Angie Dorsey (FAST) (314) 852-5216
Michelle Hepper (RSCA)

Safety Marshals: Brian Ullery (FAST)
Susie Hidalgo (RSCA)

Entry Coordinator: Beth Paskoff (RSCA) (636) 891-6635
paskoffbeth@rockwood.k12.mo.us

Locations:

Rockwood Summit High School

***Saturday/Sunday Prelims for 11-12Boys & 13-14 age groups**

Lindbergh High School

***Saturday/Sunday Prelims for 10 & under & 11-12 Girls**

Saturday/Sunday Finals for all age groups

5000 South Lindbergh Blvd., St. Louis, MO 63126

Facilities: Lindbergh: 10-lane, 25 yard pool, equipped with a fully automated timing system and a 10-lane scoreboard

Rockwood Summit: 8-lane, 25 yard pool, equipped with Paragon starting blocks, Kiefer McNeil nonturbulent lane markers and a Colorado Timing System

Lindbergh will have a lane open for continuous warm up/cool down, and Summit will either run only 6 lanes to accommodate a warm up/cool down lane, or have 10 minute breaks every 45 minutes or so. (This will be determined when the size of the meet and length of session is known)

Schedule:

	<u>Friday</u>	<u>Saturday & Sunday Prelims</u>	<u>Saturday & Sunday Finals</u>
First Warm-Up	4:30 –5:00 pm	7:00 –7:30 am	3:45 –4:15 pm
Second Warm-Up	5:00 –5:30 pm	7:30 –8:00 am	4:15 –4:45 pm
Meet Starts	5:45 pm	8:15 am	5:00 pm

****All Friday night events and Saturday and Sunday finals events will be held at Lindbergh High School****

Meet Format and Procedures

Format: This is a Preliminary & Final meet that will include an “A” (championship) final and a “B” (consolation) final for the Top 16 swimmers from the morning’s preliminary heats in all events except the 200 IM, 400 IM, 500 free, 1000 free, 11-12 200 Breast, 11-12 200 Fly, 11-12 200 Back and all relay events which will be swum as timed finals. Swimmers in the 500 free and 1000 free are responsible for providing a counter. The 13-14 1000 Free will be run fastest to slowest, alternating girls and boys.

During Finals, the “B” heat will be swum prior to the “A” final. All “B” finalists and alternates are to report immediately to the corner of the pool deck behind the Starter when the “A” heat of the event prior to theirs is paraded to the blocks. The “B”(consolation) finalists will have their names announced during their event.

There will be a “ready room” and parade of finalists for the “A” final of each event. All “A” finalists will be asked to report immediately to the “ready room” during the announcement of the “A” final of the event prior to their event. “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.

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.

Meet Safety/Facility Rules:

In accordance with the recommendations of USA swimming and the Ozark LSC, Flyers Aquatic Swim Team and Rockwood Swim Club will operate this meet under the guidance of a Marshal. Per Ozark Swimming Policy, use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Lindbergh High School does not permit food or drink in the pool area. Smoking is not permitted anywhere inside the pool building or any other building on campus. Only coaches, athletes, and meet workers will be allowed on the pool deck during the meet. 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.

USA Swimming Swimsuit Legislation

The only suits allowed are those permitted by FINA and in compliance with current USA Swimming rules.

The criteria for allowable swimsuits at USA Swimming competition, under Rule 102.9, is as follows:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;
2. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer; and
3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

Scoring:

Scoring will only 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

Individual High Point Trophies:

The Top 3 swimmers scoring the highest number of individual points in the 10 & under, 11-12, and 13-14 age groups & genders will be awarded a high point trophy.

Team Awards:

There will be no team awards.

General Conduct

Seeding and Swimmer Check-in: All individual events, with the exception of the timed finals events, will be pre-seeded with no penalty for missing a preliminary event. All relays and the timed final events will be deck seeded with check-in required no later than 30 minutes prior to the start of the session. Failure to check-in will be considered a scratch for the events in that session. 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.

Scratches:

1. Any swimmers NOT reporting for or competing in a preliminary heat or timed final event 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.

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.

Entry Procedures

Eligibility: All swimmers must be registered for the 2013-year with USA Swimming. “Applied For” 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. If a non-registered athlete does swim, a \$100.00 fee will be imposed.

Entry Limit:

Swimmers may enter a maximum of 7 individual events for the entire meet and can enter no more than 3 individual events per day. Deck entries will not be accepted. 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 the day the over-entry occurs.

Qualifying Times:

10 & under & 11-12 age groups: Entry times must be B or slower. 13-14 age groups: Entry times must be BB or slower.

The 11-12 age group will be offered the 200 Breast, 200 Fly, and 200 Back as timed final events. The time standard DOES NOT apply. Any 11-12 swimmer may enter these events, regardless of how fast or slow their time is.

Proof of Times: All entry times will be checked with the SWIMS database and any swimmer entered in an event where he/she has achieved a faster time than the listed time standard will be removed from that event and will forfeit his/her entry fees.

Entry Fees:

Individual events =

\$4.00 Relay events =

\$8.00

Swimmer Surcharge = \$10.00

All checks should be made payable to Rockwood Swim Club (RSCA).

Submitting:

Email entries (SDIF format) are preferred for this meet and must be received **by 5:00 pm, Tuesday, January 29, 2013, to rscameetentry@gmail.com**. You will receive an email verifying receipt of your entry. If verification is not received, please contact Beth Paskoff at paskoffbeth@rockwood.k12.mo.us. 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, February 6, 2013. Times must be submitted in short course yards.

****Entries must be received by 5:00 pm on Tuesday, January 29, 2013.****

All entries must be mailed to:

Beth Paskoff, Meet Entry Chair

c/o Rockwood Swim Club

17165 Lafayette Trails Court

Wildwood, MO 63038

paskoffbeth@rockwood.k12.mo.us

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 – Tuesday, January 29, 2013 @ 5:00pm

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 \$8.00 = _____

Total amount enclosed: = _____

MAKE YOUR CHECK PAYABLE TO: RSCA

MAIL TO:

Beth Paskoff, Meet Entry Chair

c/o Rockwood Swim Club

17165 Lafayette Trails Court

Wildwood, MO 63038

RELEASE

Flyers Aquatic Swim Team, Rockwood Swim Club, Lindbergh High School, Rockwood Summit High School, USA Swimming, and Ozark Swimming shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries 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: _____

Event Schedule

Friday February 8, 2013 @ Lindbergh High School (Timed Finals)

Women's Event #	Event Description	Men's Event #
1	10&under 200 IM **	2
3	11-12 200 IM **	4
5	13-14 200 IM **	6
7	11-12 200 Breast **	8
9	13-14 500 Free **	10
11	11-12 500 Free **	12

** Designates timed final event

Saturday February 9, 2013 (Prelims)

*13-14, 11-12 Boys @ Rockwood Summit

Women's Event #	Event Description	Men's Event #
	11-12 200 Medley Relay **	14
17	13-14 Medley Relay **	18
	11-12 100 Free	20
23	13-14 100 Free	24
	11-12 100 Breast	26
29	13-14 200 Breast	30
	11-12 50 Fly	32
35	13-14 100 Fly	36
	11-12 100 Back	38
41	13-14 200 Back	42
	11-12 100 I.M.	44
47	13-14 400 I.M.**	48
	11-12 200 Fly **	50

** Designates timed final event

Saturday February 9, 2013 (Prelims)

*10&U, 11-12 Girls @ Lindbergh

Women's Event #	Event Description	Men's Event #
13	11-12 200 Medley Relay **	
15	10&U 200 Medley Relay *	16
19	11-12 100 Free	
21	10&U 100 Free	22
25	11-12 100 Breast	
27	10&U 100 Breast	28
31	11-12 50 Fly	
33	10&U 50 Fly	34
37	11-12 100 Back	
39	10&U 100 Back	40
43	11-12 100 I.M.	
45	10&U 100 I.M.	46
49	11-12 200 Fly **	

** Designates timed final event

Sunday February 10, 2013 (Prelims)
 *11-12 Boys, 13-14 @ Rockwood Summit

Women's Event #	Event Description	Men's Event #
	11-12 200 Free Relay **	52
55	13-14 200 Free Relay **	56
	11-12 200 Free	58
61	13-14 200 Free	62
	11-12 50 Back	64
67	13-14 100 Back	68
	11-12 100 Fly	70
73	13-14 200 Fly	74
	11-12 50 Free	76
79	13-14 50 Free	80
	11-12 50 Breast	82
85	13-14 100 Breast	86
	11-12 200 Back **	88
89	13-14 1000 Free **	90

** Designates timed final event

Sunday February 10, 2013 (Prelims)
 *10&U, 11-12 Girls @ Lindbergh

Women's Event #	Event Description	Men's Event #
51	11-12 200 Free Relay **	
53	10&U 200 Free Relay **	54
57	11-12 200 Free	
59	10&U 200 Free	60
63	11-12 50 Back	
65	10&U 50 Back	66
69	11-12 100 Fly	
71	10&U 100 Fly	72
75	11-12 50 Free	
77	10&U 50 Free	78
81	11-12 50 Breast	
83	10&U 50 Breast	84
87	11-12 200 Back **	

** Designates timed final event

Saturday February 9, 2013 (Finals)
 *10&under, 11-12, 13-14 @ Lindbergh

Women's Event #	Event Description	Men's Event #
19	11-12 100 Free	20
21	10&U 100 Free	22
23	13-14 100 Free	24
25	11-12 100 Breast	26
27	10&U 100 Breast	28
29	13-14 200 Breast	30
31	11-12 50 Fly	32
33	10&U 50 Fly	34
35	13-14 100 Fly	36
37	11-12 100 Back	38
39	10&U 100 Back	40
41	13-14 200 Back	42
43	11-12 100 I.M.	44
45	10&U 100 I.M.	46
47	13-14 400 I.M.	48

Sunday February 10, 2013 (Finals)
 *10&under, 11-12, 13-14 @ Lindbergh

Women's Event #	Event Description	Men's Event #
57	11-12 200 Free	58
59	10&U 200 Free	60
61	13-14 200 Free	62
63	11-12 50 Back	64
65	10&U 50 Back	66
67	13-14 100 Back	68
69	11-12 100 Fly	70
71	10&U 100 Fly	72
73	13-14 200 Fly	74
75	11-12 50 Free	76
77	10&U 50 Free	78
79	13-14 50 Free	80
81	11-12 50 Breast	82
83	10&U 50 Breast	84
85	13-14 100 Breast	86