



ROCKWOOD SWIM CLUB

St. Louis, MO

2015 OZARK QUALIFIER

February 14 & 15, 2015

Held under the Sanction of USA Swimming # 5733

General Information:

Location: Rockwood Summit High School
1780 Hawkins Road
Fenton, MO 63026

Directions: From Hwy 44, take Hwy 141 South to right on Hawkins Road. Rockwood Summit High School is on the right.

Course: 8-lane, 25 yard pool, equipped with Paragon starting blocks, Kiefer 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, the pool depth at the turn end is 4 feet.

Rockwood Summit does not permit food or drink in the pool area. Tobacco use is not permitted anywhere inside the pool building or other location within the campus.

Format: All events will be timed finals.

Event Limits: Each swimmer may swim four (4) individual events per day plus relays each day. Each team may enter two (2) relays per team. A swimmer must swim at least one individual event at any time during the meet to be eligible for a relay.

RCSA is committed to providing a meet fully accessible to persons with disabilities. Please contact the Meet Director for more information.

Eligibility: **Eligible teams:** Edward Jones Family Y (EJFY), Gateway City Aquatic Club (GCAC), HEAT Swimming (HEAT), RecPlex Sharks (RPLX), River City Aquatics (RCA), St. Louis Tsunami Swimming (STLT), Yosi Seals Swim Team (YOSI), Rockwood Swim Club (RSCA).

Meet Operation:

Warm-ups:

Saturday & Sunday mornings (Ages: 10&U, 11-12):

Warm ups: 7:00-7:30 a.m. Group A*

Warm ups: 7:30-8:00 a.m. Group B*

*Optional sprints during the last 5 minutes of each session

Meet Starts: 8:15 a.m.

Saturday & Sunday afternoons (Ages:13-14, Open):

Warm ups: 12:00-12:30 p.m. Group A*

Warm ups: 12:30-1:00 p.m. Group B*

*Optional sprints during the last 5 minutes of each session

Meet Starts: 1:15 p.m.

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. After all entries are received and a timeline is run, breaks will be built in to allow for warm-up and cooling down.

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:

All swimmers must positively check-in for the 500 Free and the 1000 Free. Check-in is required at least 30 minutes prior to the session start. Failure to do so 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 and all technical and administrative rules of USA Swimming will apply. 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. **ONLY OFFICIALS, COACHES, SWIMMERS AND PARENTS WORKING AS TIMERS (INCLUDING THOSE TIMING THE 500FR), 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.

Per USA Swimming guidelines, no person shall use a camera or any 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 governmental authorities and/or may be barred from the facility during this sanctioned event.

Swimwear:	<p>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.</p> <p>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.</p>
Safety:	<p>In accordance with USA Swimming and Ozark Guidelines, the warm-up sessions and the meet will be under the guidance of a meet Safety Marshall. <i>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.</i></p>
Conduct:	<p>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.</p>
Bullpen:	<p>Swimmers should report to the Bullpen for their events.</p>
Distance Events:	<p>Swimmers entered in the 500 Freestyle on Saturday <u>MUST PROVIDE THEIR OWN LAP COUNTER.</u> Host team will provide timers.</p> <p>The host team reserves the right to add an additional heat of Girls and Boys limited events to be filled by swimmers from the host team.</p>
Awards:	<p>All events: Ribbons for places 1-8. 10-year old swimmers entered in the 10-12 events will be given awards in the 10-12 age group (not 10 & Under).</p>
Concessions:	<p>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.</p>
Vendors:	<p>B & B Aquatics will be available during all sessions on Saturday and Sunday.</p>
Heat Sheets	<p>Heat Sheets will be available for sale. Final results can be requested by contacting the Meet Entry Secretary.</p>
Other:	<p>Smoking is prohibited on all Rockwood School District campuses, both in the buildings and on the surrounding campus grounds.</p>
Hospitality:	<p>A hospitality room will be provided for coaches and USA officials.</p>
<u>Entry Information:</u>	
Eligibility:	<p>All swimmers must be athlete members USA Swimming. “Applied for” will not be accepted. Registration numbers must accompany entries. Swimmers who are entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered, a \$100 per athlete Ozark fine will be imposed. Swimmer’s age on Saturday, February 14, 2015, determines age for the meet.</p>

- General:** The meet will be limited to a total of 500 swimmers. No team entry will be split. Teams not accepted will have entries returned by Friday, January 23, 2015. **No deck entries will be accepted.**
- Entries:** A swimmer may enter four individual events per day on Saturday and Sunday.
- Please submit entries with short course yard times. Teams using HY-TEK Team Manager may submit their entries via e-mail. All entries must include a hard copy of the 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 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 be opened only during RSCA office hours, Tuesday through Thursday, 9:00am – 12:00pm CDT.) **Confirmation of receipt does not mean entry is accepted.** When the hard copy and check has been received within 7 days, the team will be notified of acceptance. **NO REFUNDS WILL BE ISSUED. Entries requiring a signature or postage will not be accepted.** Please provide email and phone contact information.
- Qualifying Times:** Qualifying times for 10 & U, 10-12 and 13-14 age groups are SLOWER THAN BB time. 10-12 Age group will use the 11-12 qualifying times. Qualifying times for the Open events are SLOWER THAN USA JUNIORS. The 10-12 age group is for swimmers who are already 11 to 12 years of age as of 2/14/2015 or swimmers who are still 10 years of age as of 2/15/2015 but will turn 11 years of age before 2/27/2015. **Updated times may be submitted by NO LATER than Monday, February 2, 2015.**
- Qualifying Period:** The qualifying swims must have occurred between February 28, 2014 and the entry deadline of January 21, 2015.
- Entry Fees:** \$4.50 per individual event
\$6.00 per relay
\$5.00 swimmer surcharge
- Entry Deadline:** Entry deadline is **Wednesday, January 21, 2015, at 5:00pm**, or until the meet entry limit is reached. Entries will open **Monday, January 19, 2015, at 9am.**
- Make checks payable to “Rockwood Swim Club” and mail to:**
Rockwood Swim Club
c/o Beth Paskoff-Meet Entry Secretary
17165 Lafayette Trails Ct.
Wildwood, MO 63038
- DO NOT PUT ENTRIES IN MAILBOX WITHOUT POSTAGE!**
- E-mail address:** rscameentry@gmail.com **Phone:** (636) 891-6635
- 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

ORDER OF EVENTS

2015 OZARK QUALIFIER Saturday February 14, 2015 A.M. Session

GIRLS' EVENTS	EVENT	BOYS' EVENTS
1	10-12 200 IM	2
3	10 & Under 100 IM	4
5	10-12 100 Breast	6
7	10 & Under 100 Breast	8
9	10-12 50 Fly	10
11	10& Under 50 Fly	12
13	10-12 100 Back	14
15	10 & Under 100 Back	16
17	10-12 100 Free	18
19	10 & Under 100 Free	20
21	11-12 200 Med Relay	22
23	10 & Under 200 Med Relay	24
10 MIN BREAK		
25	10-12 500 Free	26

Saturday February 14, 2015 P.M. Session

GIRLS' EVENTS	EVENT	BOYS' EVENTS
27	13-14 200 IM	28
29	Open 200 IM	30
31	13-14 200 Breast	32
33	Open 200 Breast	34
35	13-14 100 Fly	36
37	Open 100 Fly	38
39	13-14 200 Back	40
41	Open 200 Back	42
43	13-14 100 Free	44
45	Open 100 Free	46
47	13-14 200 Med. Relay	48
49	Open 200 Med. Relay	50
10 MIN BREAK		
51	13-14 500 Free	52
53	Open 500 Free	54

ORDER OF EVENTS

2015 OZARK QUALIFIER Sunday February 15, 2015 A.M. Session

GIRLS' EVENTS	EVENT	BOYS' EVENTS
55	11-12 200 Free Relay	56
57	10 & Under 200 Free Relay	58
59	10-12 200 Free	60
61	10 & Under 200 Free	62
63	10-12 50 Back	64
65	10& Under 50 Back	66
67	10-12 100 Fly	68
69	10 & Under 100 Fly	70
71	10-12 50 Free	72
73	10 & Under 50 Free	74
75	10-12 50 Breast	76
77	10 & Under 50 Breast	78
79	10-12 100 IM	80
81	10 & Under 200 IM	82

Sunday February 15, 2015 P.M. Session

GIRLS' EVENTS	EVENT	BOYS' EVENTS
83	13-14 200 Free Relay	84
85	Open 200 Free Relay	86
87	13-14 200 Free	88
89	Open 200 Free	90
91	13-14 100 Back	92
93	Open 100 Back	94
95	13-14 200 Fly	96
97	Open 200 Fly	98
99	13-14 50 Free	100
101	Open 50 Free	102
103	13-14 100 Breast	104
105	Open 100 Breast	106
107	Open 400 IM	108
10 MIN BREAK		
109	Open 1000 Free	110