



St. Louis, Missouri

Polar Dash

January 31 & February 1, 2015

Held Under USA Swimming Sanction # 5709

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 Rd. Rockwood Summit will be on the right.
Course	8-lane, 25 yard pool, equipped with Paragon starting blocks, Kiefer McNeil nonturbulent lane markers and a Colorado Timing System.
Format	All events will be timed finals.

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/Sunday Morning 8:00-8:30 a.m. Session A* 8:30-9:00 a.m. Session B* 9:15 a.m. Meet Start *Optional Sprints during last 5 min. of each session
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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.

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.

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.

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.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming

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.

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 3 events per day and 1 relay.

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: In lieu of ribbons all swimmers will receive a single prize for participation.
Event TShirts	As a special service to all swimmers and their families, 2015 Polar Dash t-shirts are available for pre-order. Visit the Rockwood Swim Club website - Polar Dash events page at: http://www.rockwoodswim.org/EventsCurrent.jsp?_tabid_=12879&team=ozrsca for ordering instructions and an order form.
Heat Sheets	Meet programs and heat sheets will be available for sale.
Results	Final results can be requested by contacting the Meet Entry Secretary or will be posted online at www.ozarkswimming.org .
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, January 18, 2014, determines age for the meet.
General	The meet will be limited to a total of 450 swimmers, including host team. No team entry will be split. The Meet Entry Deadline is Tuesday, January 6, 2015, at 5 p.m. CDT. Teams not accepted will have entries returned by Friday, January 9, 2015. Teams are encouraged to use the TM Event file as posted for the RSCA Polar Dash on the Calendar page on www.ozarkswimming.org . No deck entries will be accepted.
Entries	Please submit entries with short course yard times using HY-TEK Team Manager zip file. Teams may submit entries via e-mail. 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 SEVEN (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. <i>Please provide e-mail, phone and fax contact information.</i>

Entry Fees \$4.50 per individual event
 \$5.00 swimmer surcharge
 \$6.00 per Relay

Entry Deadline **Entries open on Monday December 29, 2014, at 9:00 a.m.** The meet entry deadline is Tuesday January 6, 2015, at 5 p.m. CDT or until the meet entry limit is reached. Teams not accepted will have entries returned by Friday, January 9, 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

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

SCHEDULE OF EVENTS

Saturday Morning		
Girls Event #	Event	Boys Event #
1	Open 50 Free	2
3	13-14 50 Free	4
5	11-12 50 Free	6
7	10 & U 50 Free	8
9	8 & U 50 Free	10
11	Open 100 Fly	12
13	13-14 100 Fly	14
15	11-12 50 Fly	16
17	10 & U 50 Fly	18
19	8 & U 50 Fly	20
21	Open 100 Breast	22
23	13-14 100 Breast	24
25	11-12 50 Breast	26
27	10 & U 50 Breast	28
29	8 & U 50 Breast	30
10 MIN. BREAK		
31	Open 200 Medley Relay	32
33	13-14 200 Medley Relay	34
35	11-12 200 Medley Relay	36
37	10 & U 200 Medley Relay	38
39	8 & U 200 Medley Relay	40

Sunday Morning		
Girls Event #	Event	Boys Event #
41	Open 100 Free	42
43	13-14 100 Free	44
45	11-12 100 Free	46
47	10 & U 100 Free	48
49	8 & U 100 Free	50
51	Open 100 Back	52
53	13-14 100 Back	54
55	11-12 50 Back	56
57	10 & U 50 Back	58
59	8 & U 50 Back	60
61	13 & Over 200 IM	62
63	11-12 100 IM	64
65	10 & U 100 IM	66
10 MIN. BREAK		
67	Open 200 Free Relay	68
69	13-14 200 Free Relay	70
71	11-12 200 Free Relay	72
73	10 & U 200 Free Relay	74
75	8 & U 200 Free Relay	76