



PARKWAY SWIM CLUB BOOSTERS  
PRESENT

# THE SUMMER SIZZLER

A, B, C LONG COURSE INVITATIONAL

June 17 – 19, 2011

KENNEDY RECREATION COMPLEX

6050 Wells Road, St. Louis MO 63128

Co-Hosted by St. Louis County Department of Parks & Recreation  
Held under the sanction of USA Swimming, Inc. and Ozark LSC: Sanctions # 5372

- Directions:** From I-270: Take 270 to Highway 21 (Tesson Ferry), South on Tesson Ferry 2.2 miles to Wells Road, Turn left on Wells Road go 8/10ths of a mile to Wayne C. Kennedy Recreation Complex. Turn left, go to top of the hill past Quail Road Creek Golf Course and you will see Kennedy Pool.
- Facility:** 50-meter, 8-lane outdoor pool with Paragon starting blocks and Competitor non-turbulent lane markers. Aquagrip touch pads will be available at both ends of the pool. Colorado System 6 electronic timing system with eight-line score board and Infinity electronic horn start system.
- Parking:** Free parking is available in a large lot directly across from the pool facility.  
**No parking in the Quail Creek Golf Course parking lot.**
- Warm-Ups:** The last five (5) minutes of each session may be used for sprints.

### Friday, Saturday & Sunday AM Warmup

Ozark teams: 6:30 AM – 7:15 AM  
Visiting teams: 7:15 AM – 8:00 AM  
Session Starts: 8:15 AM

### Friday PM Warmup

*(Not before 12:45 pm or when AM session ends)*

Ozark Teams: 12:45 PM – 1:10 PM  
Visiting teams: 1:10 PM – 1:35 PM  
Session Starts: 1:45 PM

### Fri Evening (1500 Free)

*(Not before 5:30 PM or when afternoon session ends)*

Fri. 1500 Warmup: 5:30 PM – 5:55 PM  
Fri. 1500 Starts: 6:00 PM

### Saturday & Sunday PM Warmup

*(Not before 1:20 pm or when AM session ends)*

Ozark Teams: 1:20 PM – 1:45 PM  
Visiting teams: 1:45 PM – 2:10 PM  
Session Starts: 2:15 PM

## **WARM-UP PROCEDURE:**

Warm-up lanes will be assigned. The host team reserves the right to extend the warm-up period for safety considerations. Warm-up procedure will be defined by Ozark LSC 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 in which he/she is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he/she has entered. The Meet Referee, or his/her designee, shall instruct the swimmers in the safety rules for the meet.

## **ELIGIBILITY:**

Open to all currently registered USA swimmers. All swimmers must be athlete members of USA Swimming. 'Applied for' will not be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. Swimmer's age on the first day of the meet determines age for the meet.

Any swimmer found not to have a current USA Swimming membership who swims in an Ozark sanctioned meet, and/or the team is subject to a \$100 fine per swim.

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.

All coaches must hold a valid USA Swimming Coaches Card and all officials must be USA certified.

## **ENTRIES:**

Entries will be accepted starting **at Noon Monday, May 2, 2011** on a first-come, first-entered basis until the meet is full. **Entries must be received by Noon Thursday, June 2, 2011. The meet will be limited to 280 swimmers per session.**

Entries should be submitted via e-mail. Telephone/fax entries will not be accepted. Please enter using LONG COURSE METERS only. Conversions will not be accepted. E-mailed entries will be assigned priority based on the arrival time of the e-mail. Entry fees for e-mailed entries must be received by the deadline at the address below. Also include a hard copy of your Team Manager entry report by swimmer. All information pertaining to the meet will be posted on the Parkway Swim Club website at [www.pkwy.org](http://www.pkwy.org). E-mail entries will be accepted at [pkwymmeetentries@hotmail.com](mailto:pkwymmeetentries@hotmail.com)

## **Mail fees and hard copy reports to:**

Meet Entry Chair, Parkway Swim Club Boosters  
12657 Fee Fee Road  
St. Louis, MO 63146

Swimmers may swim 3 individual events plus relays each day. The 1500 meter free on Friday night counts as a Friday event. 8 & under may swim in 10 & under events, but results in those events will not count towards high point for 8 & under. All events are timed finals. No team entry will be split. Teams not accepted will have entries returned by June 12, 2011.

## **FEES:**

\$4.00 per Individual Event/\$6.00 per Deck Individual Event  
\$10.00 per Relay Team Event/\$20.00 per Deck Relay Event  
\$10.00 Swimmer Facility Surcharge (including \$2.00 Ozark Surcharge)

**PLEASE MAKE ALL CHECKS PAYABLE TO THE PARKWAY SWIM CLUB BOOSTERS.**

<b>AWARDS:</b>	Individual events:	Ribbons 1 <sup>st</sup> thru 16 <sup>th</sup>
	Relays:	Ribbons 1 <sup>st</sup> thru 3 <sup>rd</sup>
	High Point Awards	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place for all age groups

Ribbons will be available on Sunday for events thru Saturday. Ribbons for Sunday, High Point awards and results may be mailed to entered teams if necessary. Results will be available by e-mail or on the Parkway Swim Club website ([www.pkwy.org](http://www.pkwy.org))

<b>SCORING:</b>	Individual Points:	20-17-16-15-14-13-12-11-9-8-7-6-5-4-3-2-1
	Relay Points:	Relay Events will not be scored.

Points scored in an event count towards the high point award in the event's age group only, so if an 8 & U scores in a 10 & U event, this scoring does not count toward the 8 & U event. Likewise if anyone scores in an open event, those points will not be included in their age group high point calculation.

### **SEEDING:**

The first two events of each session will be pre-seeded. Additional events may be pre-seeded at the discretion of the Meet Secretary. All other events will be deck seeded after the check-in deadline. Deck entries will be accepted at the sole discretion of the Meet Secretary or his/her designate. Deck entries must be made by the check-in deadline for each session. **Fees for deck entries will be \$6.00 per individual event and \$20.00 per Relay team.**

### **COMPETITION RULES:**

The 2011 USA Swimming/Ozark official rules shall govern the meet, and all technical and administrative rules of USA swimming will apply. Swimmer's age on June 17, 2011 shall determine age for the entire meet. Second and fourth swimmers in the 200-meter relays will start from the end of the pool without blocks in accordance with USA Swimming minimum depths for starting blocks.

### **LIMITED ENTRY EVENT RULES:**

Proof of time is required for the limited events and must be shown at check-in. Swimmers unable to show proof of time will be scratched from the event. Hy-Tek proof of time report suffices. **"NO TIME" entries will not be accepted for limited events.**

**IMPORTANT: Failure to Swim Information:** Due to the large number of swimmers who want to swim the limited events, Swimmers checked-in and seeded into the limited entry events (400 Free, 400 IM and 1500 Free) who fail to appear will be barred from competing in the remainder of the meet. This rule will be applied in the same manner as rule 207.12.10 D1 of the 2007 USA Swimming Rules and Regulations.

**The 11-12 400 Freestyle is limited to the 3 fastest heats (24 swimmers) each of girls and boys. The 13-14/Senior 400 IM and 400 Free are limited to the 4 fastest heats (32 swimmers) each of girls and boys. The 400 Free will swim fastest to slowest, all girls heats first, then all boys heats.**

**The 1500 Free is limited to the 3 fastest heats (24 swimmers) each of girls and boys, regardless of age** (see Proof of Time Rule above). This event will be seeded and swum together but scored separately by age group. **The 1500 Free will swim fastest to slowest, alternating girls and boys heats.** Swimmers not making the cut in the limited entry events will have the option of either requesting a refund or deck entering another event, subject to the event limits per session.

**Swimmers must provide one timer for the 400 Free, 400 IM, and 1500 Free. Swimmers must also provide a person to count laps for the 1500 Free.**

Parkway Swim Club reserves the right to designate one heat of each gender in the limited events solely for PKWY swimmers regardless of time.

## **OPEN 50 FREESTYLE ‘SIZZLER SHOOTOUT’ RULES:**

The fastest 16 entries in the Open 50 freestyle in each gender will be seeded into the **Sizzler Shootout**, which is a ‘knockout’ single-elimination match race format. In the first round, seed #1 will swim against seed #16, seed #2 will swim against seed #15, and so on. Winners advance to the next round. Two pairs of swimmers compete in each heat in the 1<sup>st</sup> and 2<sup>nd</sup> rounds; one pair of swimmers per heat in the semifinals and finals. The final round winner will be declared champion of the event, the final round loser will be declared second. There will be a consolation round for 3<sup>rd</sup> & 4<sup>th</sup> place. The other 12 competitors will be placed according to time and relative bracket position. For example, the 8 knockouts in round 1 will be placed 9<sup>th</sup>-16<sup>th</sup> by time. The 4 knockouts in round 2 will be placed 5<sup>th</sup>-8<sup>th</sup> by time.

## **CHECK-IN**

All coaches are required to positively check-in their swimmers using the team list provided in their Coaches’ Packet. Coaches’ Packets will be available for pickup from the Meet Director. **Check-in deadline for each session is 40 minutes prior to the start of the session.**

**The scratch deadline for the 13-14/Open 1500 Free is 30 minutes prior to the start of the Friday afternoon session.** At that time, the 13-14/Open 1500 free will be seeded. Please indicate substitute events should the swimmer not make the cut for any entry-limited event. Swimmers who check-in and do not scratch from the 13-14/Senior 1500 Free, and then fail to appear are subject to the penalty as described in the Rules section above.

## **SAFETY**

**Possessing a still or video camera or a cell or video phone is absolutely prohibited in all dressing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately expelled from the meet with all fees forfeited, and subject to further Ozark LSC and/or USA Swimming sanctions and penalties.**

## **SWIM SUITS:**

The only suits allowed are those permitted by FINA and in compliance with current USA Swimming rules. The USA Swimming Rule, accepted by the Ozark Swimming House of Delegates, will be in effect. It reads as follows:

### 102.9 SWIMWEAR

#### 1. Design

- A. Swimsuits worn for all 12 and under 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 authority to bar offenders from the competition until they comply with the rule.

## **OFFICIALS:**

Meet Director:	Michelle Quigley mkq@aol.com
Meet Secretary:	Katie Christensen <a href="mailto:pkwymeetentries@hotmail.com">pkwymeetentries@hotmail.com</a>
Meet Referee:	Bill Rener (Friday), Ernie Paskoff (Saturday & Sunday)
Safety Marshall:	Pat Orf

**CONCESSIONS:** Full concessions will be available.

FOR MORE INFORMATION VISIT OUR WEBSITE AT [www.PKWY.org](http://www.PKWY.org)

**SPONSORS AND VENDORS:**



<http://www.ontheblocks.com/>

<b>2011 PARKWAY SUMMER SIZZLER</b>		
<b>Friday, June 17 Morning Session (8:15 AM start)</b>		
<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
1	Open 200 Free	2
3	13 – 14 200 Free	4
5	Open 200 Breast	6
7	13 – 14 200 Breast	8
9	Open 100 Fly	10
11	13 – 14 100 Fly	12
13	Open & 13 – 14 400 IM (combined event)	14

<b>2011 PARKWAY SUMMER SIZZLER</b>		
<b>Friday, June 17 Afternoon Session (1:45 PM start)</b>		
<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
15	11 - 12 200 Free	16
17	10 & Under 200 Free	18
19	11 - 12 50 Breast	20
21	10 & Under 50 Breast	22
23	11 - 12 100 Fly	24
25	10 & Under 100 Fly	26
27	11 - 12 400 Free	28

<b>2011 PARKWAY SUMMER SIZZLER</b>		
<b>Friday, June 17 Evening Session (6:00 PM start)</b>		
<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
29	Open & 13 – 14 1500 Free (combined event)	30

<b>2011 PARKWAY SUMMER SIZZLER</b>		
<b>Saturday, June 18 Morning Session (8:15 AM start)</b>		
<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
31	Open 200 IM	32
33	13 – 14 200 IM	34
201	50 Free Shootout Round 1	202
35	Open 50 Free	36
37	13 – 14 50 Free	38
203	50 Free Shootout Round 2	204
39	Open 200 Fly	40
41	13 – 14 200 Fly	42
205	50 Free Shootout Semifinals	206
43	Open 100 Back	44
45	13 – 14 100 Back	46
207	50 Free Shootout 3 <sup>rd</sup> Place	208
209	50 Free Shootout Finals	210
<b>5 MINUTE BREAK</b>		
47	Open 400 Medley Relay	48
49	13 – 14 400 Medley Relay	50

<b>2011 PARKWAY SUMMER SIZZLER</b>		
<b>Saturday, June 18 Afternoon Session (2:15 PM start)</b>		
<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
51	10 & Under 200 IM	52
53	11 - 12 200 IM	54
55	8 & Under 50 Free	56
57	10 & Under 50 Free	58
59	11 - 12 50 Free	60
61	8 & Under 50 Breast	62
63	10 & Under 100 Breast	64
65	11 - 12 100 Breast	66
67	8 & Under 50 Back	68
69	10 & Under 50 Back	70
71	11 - 12 50 Back	72
<b>5 MINUTE BREAK</b>		
73	10 & Under 200 Medley Relay	74
75	11 – 12 200 Medley Relay	76

<b>2011 PARKWAY SUMMER SIZZLER</b>		
<b>Sunday, June 19 Morning Session (8:15 AM start)</b>		
<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
77	Open 200 Back	78
79	13 – 14 200 Back	80
81	Open 100 Free	82
83	13 – 14 100 Free	84
85	Open 100 Breast	86
87	13 – 14 100 Breast	88
89	Open 400 Free Relay	90
91	13 – 14 400 Free Relay	92
<b>10 MINUTE BREAK</b>		
93	Open & 13 – 14 400 Free (combined event)	94

<b>2011 PARKWAY SUMMER SIZZLER</b>		
<b>Sunday, June 19 Afternoon Session (2:15 PM start)</b>		
<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
95	8 & Under 100 Free	96
97	10 & Under 100 Free	98
99	11 - 12 100 Free	100
101	10 & Under 100 Back	102
103	11 - 12 100 Back	104
105	8 & Under 50 Fly	106
107	10 & Under 50 Fly	108
109	11 - 12 50 Fly	110
<b>5 MINUTE BREAK</b>		
111	10 & Under 200 Free Relay	112
113	11 - 12 200 Free Relay	114



## **HOTEL INFORMATION**

A limited number of rooms are reserved for visiting swimmers, coaches and families at the following hotels. Please identify that you are a guest of Parkway Swim Club.

**COMFORT INN** <http://www.comfortinn.com> 3610 West Outer Rd., Arnold, MO 63010. 636-296-3000. Cost \$85 per night. Indoor pool and hottub. Free continental breakfast. Close to Burger King and Ruby Tuesday. **6 miles from Kennedy Recreation Complex.**

**HOLIDAY INN** <http://holidayinn.com> 4234 Butler Hill Road, St. Louis, MO 63129. 1-800-785-2328 or 314-894-0700. Cost \$92.00 per night. Microwave and refrigerator in each room. Restaurant on premises. **3 miles from Kennedy Recreation Complex.**

**RAMADA INN** <http://www.ramada.com> 2121 Ridge Drive, Arnold, MO 63010. 1-636-282-2400. Cost \$64.00 per night. Free continental breakfast. Close to Applebee's and Bandana's. **4 miles from Kennedy Recreation Complex.**

## **ST. LOUIS AREA ATTRACTIONS**

**GATEWAY ARCH AT JEFFERSON NATIONAL EXPANSION MEMORIAL** ([www.gatewayarch.com](http://www.gatewayarch.com)) Free admittance to Museum of Westward Expansion and film about the construction of the Arch. Ride to the top of the world-famous 630-foot stainless steel landmark for a minimal charge. For info call toll-free 1-877-982-1410.

**CITY MUSEUM** ([www.citymuseum.org](http://www.citymuseum.org)) 701 North 15<sup>th</sup> St., St. Louis, MO 63103. 314-231-2489 Truly unique hands-on adventure museum with an eclectic mixture of children's playground, funhouse, surrealistic pavilion, and architectural marvel made out of unique, found objects. Indoor and outdoor exploration areas which feature old chimneys, salvaged bridges, construction cranes, miles of tile, and even two abandoned planes! Group rates available for 15 or more.

**SIX FLAGS ST. LOUIS** ([www.sixflags.com](http://www.sixflags.com)) 4900 Six Flags Road, Eureka, MO 63025. Large amusement park and waterpark. Discounts available from local Schnucks Markets.

**ST. LOUIS ZOO IN FOREST PARK** ([www.stlzoo.org](http://www.stlzoo.org)) 1 Government Dr., St Louis, MO 63110. Free admittance. Regarded as one of the five best zoos in the nation. Nominal fees for Zooline Railroad, Insectarium, Conservation Carousel and Children's Zoo. For info call toll-free 1-800-966-8877.

**ST. LOUIS SCIENCE MUSEUM** ([www.slsc.org](http://www.slsc.org)) 5050 Oakland Avenue, St Louis, MO 63110. Science and technology museum. Free admittance to museum and renovated James S. McDonnell Planetarium. Omnimax Theater, Discovery Room and special exhibits additional charge. For information call 314-289-4444 or 800-456-SLSC, x4444. Call 314-533-8481 for group reservations. Group rates for ticketed areas apply to groups of 10 or more with at least 14 days advance notice.

**GRANT'S FARM** ([www.grantsfarm.com](http://www.grantsfarm.com)) 10501 Gravois Road, St Louis, MO 63123. Free admittance. Parking fee \$11 per car. 281-acre wildlife preserve featuring the world famous Clydesdales' Stable and Paddock, miniature petting zoo and feeding area, bird and elephant shows, carriage collection and tram ride through the park. Closed Mondays. For more information call 314-843-1700.

**SWING-A-ROUND FUN TOWN.** (<http://www.swing-a-round.com/>) 355 Skinker Lane, Fenton, MO 63026. 636-349-7077. Go-karts, bumper boats, batting cages, miniature golf, arcade, snack bar.