



ROCKWOOD SWIM CLUB

St. Louis, MO



Spring Fling

Swim Your Own Age

May 4 & 5, 2019

Held under the Sanction of USA Swimming #5979



General Information:

Location: Lafayette High School
17050 Clayton Road
Wildwood, MO 63011

Directions: Lafayette High School is located at the corner of Highway 109 and Clayton Road.

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 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Format: All events will be timed finals.

Event Limits: Each swimmer may swim four (4) individual events per day.

RSCA 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 mornings:** Ages: 11 and Up

Warm ups: 7:00-7:20 a.m. Group A*

Warm ups: 7:20-7:40 a.m. Group B*

Warm ups: 7:40-8:00 a.m. Group C*

*Optional sprints during the last 5 minutes of each session

Meet Starts: 8:15 a.m.

**MEET HAS BEEN COMBINED IN TO ONE SESSION PER DAY. MEET START 8:15 A.M.
WARMUPS BEGIN AT 7:00 A.M.**

Warm-ups, cont.: **Saturday & Sunday afternoons:** Ages: 10 and Under

Warm ups: 12:00-12:20 p.m. Group A*

Warm ups: 12:20-12:40 p.m. Group B*

Warm ups: 12:40-1:00 p.m. Group C*

*Optional sprints during the last 5 minutes of each session

Meet Starts: 75 min after warm-ups begin, but not before 1:15 p.m.

Warm-up Procedures: Saturday and Sunday warm-ups will be divided into three 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 then be assigned to a coach on deck for each session of the meet that he/she has entered.

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'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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Swimwear: **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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

- 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 Marshall.
- In granting this approval, it is understood and agreed that USA Swimming shall be freed and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
- 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.
- Bullpen:** Swimmers should report to the Bullpen for their events.
- Awards:** All events: Ribbons for places 1-8
- 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.
- Vendors:** **B & B Aquatics** will be available on Saturday and Sunday, selling needed aquatic gear. **Fine Designs** will be selling official RSCA Spring Fling meet attire on Saturday and Sunday.
- Heat Sheets** Heat Sheets/Meet Programs will be available for sale. Final results can be requested by contacting the Meet Entry Secretary.
- 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 currently registered 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, will forfeit their meet entry fees, and are subject to a \$100 per athlete Ozark fine. Swimmer's age on Saturday, May 4, 2019, determines age for the meet.

No swimmer will be allowed to compete unless the swimmer is a member as provided in Article 302.

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, April 12, 2019. **No Deck entries will be accepted. Deck changes are prohibited.**

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 **636-891-6638**. **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. **Entries requiring a signature or postage will not be accepted. NO REFUNDS WILL BE ISSUED.** Please provide email, phone and fax contact information.

Entry Fees: \$5.00 per individual event
\$8.00 swimmer surcharge

Entry Deadline: Entry deadline is **Wednesday, April 10, 2019, at 5:00pm**, or until the meet entry limit is reached. Entries will open **Monday, April 8, 2019, at 9:00am**.

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: rscameetentry@gmail.com

Phone: (636) 891-6638

Meet Director: Andrea Wegley (770) 329-3522

Meet Coordinator: Kristin Joehl (314) 922-8892

Referee: Ernie Paskoff (706) 495-1076

Safety Coordinator: Sherry Pfannerstill (314) 374-4313

Officials Coordinator: Paul Swope (804) 787-4455

Admin Official: Beth Paskoff (636) 891-6638

UPDATED EVENTS

Spring Fling 2019 SCHEDULE OF EVENTS

Saturday Morning, May 4, 2019		
Girls Event #	Event	Boys Event #
101	13-14 200 Free	102
103	7 Year Old 25 Free	104
105	8 Year Old 25 Free	106
107	9 Year Old 100 Free	108
109	10 Year Old 100 Free	110
111	11 Year Old 100 Free	112
113	12 Year Old 100 Free	114
115	13 Year Old 100 Free	116
117	14 Year Old 100 Free	118
119	7 Year Old 50 Fly	120
121	8 Year Old 50 Fly	122
123	9 Year Old 50 Fly	124
125	10 Year Old 50 Fly	126
127	11 Year Old 50 Fly	128
129	12 Year Old 50 Fly	130
131	13 Year Old 50 Fly	132
133	14 Year Old 50 Fly	134
135	7 Year Old 25 Back	136
137	8 Year Old 25 Back	138
139	9 Year Old 100 Back	140
141	10 Year Old 100 Back	142
143	11 Year Old 100 Back	144
145	12 Year Old 100 Back	146
147	13 Year Old 100 Back	148
149	14 Year Old 100 Back	150
151	7 Year Old 50 Breast	152
153	8 Year Old 50 Breast	154
155	9 Year Old 50 Breast	156
157	10 Year Old 50 Breast	158
159	11 Year Old 50 Breast	160
161	12 Year Old 50 Breast	162
163	13 Year Old 50 Breast	164
165	14 Year Old 50 Breast	166
167	10&U 200 Free	168
169	11-12 200 Free	170

UPDATED EVENTS

Spring Fling 2019 SCHEDULE OF EVENTS

Sunday Morning, May 5, 2019		
Girls Event #	Event	Boys Event #
171	13-14 200 IM	172
173	6&U 25 Fly	174
175	7 Year Old 25 Fly	176
177	8 Year Old 25 Fly	178
179	9 Year Old 100 Fly	180
181	10 Year Old 100 Fly	182
183	11 Year Old 100 Fly	184
185	12 Year Old 100 Fly	186
187	13 Year Old 100 Fly	188
1889	14 Year Old 100 Fly	190
191	6&U 25 Back	192
193	7 Year Old 50 Back	194
195	8 Year Old 50 Back	196
197	9 Year Old 50 Back	198
199	10 Year Old 50 Back	200
201	11 Year Old 50 Back	202
203	12 Year Old 50 Back	204
205	13 Year Old 50 Back	206
207	14 Year Old 50 Back	208
209	6&U 25 Breast	210
211	7 Year Old 25 Breast	212
213	8 Year Old 25 Breast	214
215	9 Year Old 100 Breast	216
217	10 Year Old 100 Breast	218
219	11 Year Old 100 Breast	220
221	12 Year Old 100 Breast	222
223	13 Year Old 100 Breast	224
225	14 Year Old 100 Breast	226
227	6&U 25 Free	228
229	7 Year Old 50 Free	230
231	8 Year Old 50 Free	232
233	9 Year Old 50 Free	234
235	10 Year Old 50 Free	236
237	11 Year Old 50 Free	238
239	12 Year Old 50 Free	240
241	13 Year Old 50 Free	242
243	14 Year Old 50 Free	244
245	10&U 200 IM	246
247	11-12 200 IM	248