



RCA Spring Long Course Invitational

April 3-5, 2020

Held under the Sanction of USA Swimming
Ozark Swimming Sanction # Pending

GENERAL INFORMATION

Location	Central Municipal Pool 1920 Whitener Cape Girardeau, MO 63701			
Directions	From I-55/Exit 96: Head east off the exit (William Street, or Rte. K). After approximately 1.5 miles, turn left at Kingshighway and go North. Turn right at the next stoplight (Independence). Go approximately two blocks and turn left on Clark Street. After turning on Clark Street, the pool bubble should be visible off to the right.			
Facility	Central Municipal Pool is 50 meters by 25 yards, equipped with a fully automated Colorado timing system. Six, Eight or Ten lanes will be used for competition. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Continuous warm-up/warm-down space is provided during the competition.			
Contacts	Meet Director:	Greg Cugini	g_cugini@hotmail.com	573-275-6922
	Entry Coordinator/Fees:	Jason Cravens	jcravens@rivercityaquatics.org	314-719-6618
	Meet Referee:	Clay Hahs	clayhahs@gmail.com	573-579-0656
	Officials Coordinator:	Christopher Theall	ctheall@rivercityaquatics.org	573-271-1383
	Administrative Official:	Rachel Theall	rtheall@rivercityaquatics.org	573-270-9722
	Safety Marshall:	Brandy Thomas	bthomas783@gmail.com	573-547-8680

MEET DESCRIPTION

Rules

- All technical and administrative rules of USA Swimming will apply.
- All coaches must hold a valid USA Swimming Coach membership and capable of verifying that via DeckPass. All officials must have their current USA Swimming and certification cards displayed while on the pool deck.
- A swimmer attending a 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 the swimmer is participating. The swimmer will then be assigned to a coach on deck for each session of the meet the swimmer has entered.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited

Eligibility

- All swimmers must be athlete members of USA Swimming. 'Applied for' memberships will not be accepted.
- Swimmers entered in the meet who do not hold current membership will be dropped from the meet and an Ozark fine of \$100 will be assessed (entry fees will not be refunded in this case).
- 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.
- Swimmer's age on **Friday, April 3, 2020** determines age for the meet.

Format

- All events are timed finals.
- The meet is pre-seeded except for the "Limited Events" described below.
- The Meet Referee and Meet Director may insert additional breaks between events or utilize more lanes (e.g.10 lanes for distance events) in order to maintain an appropriate timeline for the athletes.

Limited Events

- All events 400 meters and longer ("Limited Events") will require positive check-in and may be limited in order to keep the meet timeline reasonable.
- If a limit is imposed, notification of swimmers not making the cut in these events will be posted on the meet website on or before **Tuesday, March 31, 2020**. Alternative events will be allowed if entries are provided to the entry coordinator no later than 30 minutes prior to the start of the first session of the meet and if open lanes are available in pre-seeded events.
- Entries with no time for Limited Events will be accepted on a first-come, first-serve basis until the maximum (if any) is reached.
- Refunds may be requested and paid to the team in one lump sum. The request must be made within one week of the meet's end.
- Proof of time may be required and must be provided by the coach if the swimmer's time is in question for the Limited Events. The SWIMS database will be used to verify entry times.
- Coaches must check in their swimmers within 30 minutes prior to the start of each session.
- Swimmers not checked off will be scratched from that session.
- Swimmers who fail to swim a Limited Event after checking in will not be allowed to swim their next event.
- The **400 I.M.**, **800 Freestyle** and **1500 Freestyle** events will be swum fastest to slowest in alternating heats of women and men.
- Swimmers in the **800 Freestyle** and **1500 Freestyle** events must provide one (1) timer and one (1) counter.
- The **400 Freestyle** event will be swum slow to fast without alternating girls and boys heats.

ENTRY INFORMATION

Entry Limits

- The meet will be limited to 400 swimmers.
- No team entries will be split.
- Swimmers are limited to 2 individual events on Friday and 4 individual events per day on Saturday and Sunday.
- No deck entries will be accepted, except as described earlier for swimmers cut from Limited Events.
- RCA has sole discretion to determine which entries to accept. First come, first serve is not a criteria for acceptance.
- RCA has the sole discretion to limit or remove any event in order to provide reasonable timelines to keep them within USA Swimming guidelines.

Entry Process

- River City Aquatics will only accept entries via e-mail in Hy-Tek Team Manager entry format. The TM event file is available for download on the [Ozark Swimming website](#).
- Enter times in long course meters (LCM) only. SCM and SCY times must be converted.
- Send the entry file as an email attachment to jcravens@rivercityaquatics.org.
- Confirmation of receipt of entries will be by reply e-mail. If confirmation is not received within 2 business days, please contact Jason Cravens (Entry Coordinator). Confirmation of receipt of entries does not mean that entries are accepted into the meet.
- Entry changes will be allowed before the deadline providing that events or the meet are not full.
- Parents should make any entry request, or change request, via their team's coach and/or team's entry secretary.
- Entries will be accepted starting **Monday, March 23, 2020** at 10:00am CST.
- All entries must be received by **Wednesday, March 25, 2020** at 8:00pm CST.

Payment Information

- \$5.00 per swimmer per individual event
- \$8.00 surcharge per swimmer (includes \$2.00 Ozark LSC surcharge)
- Please make checks payable to "River City Aquatics".
- Payment and a signed *Meet Summary/Release Form* must be received within 5 business days after the email confirmation has been sent.
- Teams not accepted will have entries and fee payments returned.
- Send the signed Entry Summary and Release Form along with payment to:

River City Aquatics
C/O Jason Cravens, Entry Coordinator
1560 Bunker Hill
Cape Girardeau, MO 63701

SCORING AND AWARDS

Scoring

- Scoring will be to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- Events listed as 12 & Under will be scored as 10&under and 11-12.
- Events listed as 11 & Over will be scored as 11-12, 13-14 and 15 & Over.
- Events listed as 13 & Over will be scored as 13-14 and 15 & Over.

Awards

- High Point awards will be given to the top 3 male and female swimmers in each age group.
- Awards must be picked up by the team coach or team representative. No awards will be mailed.

OTHER

Heat Sheets

- The Psych Sheet will be posted on the meet website on or before **Tuesday, March 31, 2020**.
- Heat sheets will be available for sale during the meet.
- Positive Check-in Events will be available in the program as a "psych sheet". Heat and lane assignments for these events will be posted as soon as the seeding process is complete.

Results

- Results will be posted at the pool during the meet.
- Final results will be available on the [Ozark Swimming website](#) and emailed to each team following the meet.

Concession/Vendor Info

- Concessions and hospitality will be available during the meet by River City Aquatics
- We will not have an official team vendor working this meet. We do plan to provide goggles for sale in the lobby area.

Websites

- River City Aquatics Team website: <http://www.rivercityaquatics.org>
- Ozark Swimming website: https://www.teamunify.com/Home.jsp?tabid_=0&team=czoslsc
- USA Swimming website: <http://www.usaswimming.org>

2020 RCA Spring LC Invite - SCHEDULE OF EVENTS

Friday PM Session

Warm-ups at 4:00 PM
Session starts at 5:00 PM

1	11 & Over 400 IM	2
3	11 & Over 1500 Freestyle	4

Saturday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

5	10&under 100 Breaststroke	6
7	11-12 100 Breaststroke	8
9	10&under 50 Freestyle	10
11	11-12 50 Freestyle	12
13	10&under 100 Butterfly	14
15	11-12 100 Butterfly	16
17	10&under 100 Freestyle	18
19	11-12 100 Freestyle	20
21	10&under 50 Backstroke	22
23	11-12 50 Backstroke	24
25	11-12 200 Backstroke	26
	5 minute break	
27	12&under 400 Freestyle	28

Saturday PM Session

Warm-ups at end of AM session (not before 12:00 pm)
Session starts 60 minutes after end of AM session

29	13 & Over 200 IM	30
31	13-14 100 Backstroke	32
33	15 & Over 100 Backstroke	34
35	13 & Over 200 Butterfly	36
37	13-14 50 Freestyle	38
39	15 & Over 50 Freestyle	40
41	13 & Over 200 Breaststroke	42
	5 minute break	
43	13 & Over 400 Freestyle	44

Sunday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

45	10&under 200 IM	46
47	11-12 200 IM	48
49	10&under 100 Backstroke	50
51	11-12 100 Backstroke	52
53	10&under 50 Butterfly	54
55	11-12 50 Butterfly	56
57	11-12 200 Butterfly	58
59	10&under 200 Freestyle	60
61	11-12 200 Freestyle	62
63	9-10 50 Breaststroke	64
65	11-12 50 Breaststroke	66
67	11-12 200 Breaststroke	68
	5 minute break	
69	11-12 800 Freestyle	70

Sunday PM Session

Warm-ups at end of AM session (not before 12:00 pm)
Session starts 60 minutes after end of AM session

71	13 & Over 200 Freestyle	72
73	13-14 100 Breaststroke	74
75	15 & Over 100 Breaststroke	76
77	13 & Over 200 Backstroke	78
79	13-14 100 Butterfly	80
81	15 & Over 100 Butterfly	82
83	13-14 100 Freestyle	84
85	15 & Over 100 Freestyle	86
	5 minute break	
87	13 & Over 800 Freestyle	88

ENTRY SUMMARY AND RELEASE FORM
RCA Spring Long Course Invitational – April 3-5, 2020
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This form is part of your entry and must be signed and returned for your entry to be accepted.

Club: _____ **Code:** _____ **LSC:** _____

Address: _____

City: _____ **State:** _____ **ZIP:** _____

Head Coach: _____ **Phone:** _____

Entry Contact: _____ **Phone:** _____

E-mail: _____

ENTRY SUMMARY

Number of Swimmers entered _____ x \$8.00 = _____

Number of individual event entries _____ x \$5.00 = _____

Total amount entered = _____

MAKE CHECKS PAYABLE TO RIVER CITY AQUATICS AND MAIL TO:

River City Aquatics
Attn: Jason Cravens, Entry Coordinator
1560 Bunker Hill
Cape Girardeau, MO 63701

Do not send entries, disks, or paper backup with this form.
The River City Aquatics accepts only e-mail entries for this meet.

RELEASE

River City Aquatics, City of Cape Girardeau, Cape Girardeau School District, USA Swimming, and Ozark Swimming shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries due 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:** _____