



RCA Winter Long Course Invitational

February 16, 2020

Held under the Sanction of USA Swimming

Ozark Swimming Sanction # 6064

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 25 yards by 50 meters, 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:	Jason Cravens	jcravens@rivercityaquatics.org	314-719-6618
	Entry Coordinator:	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 and such coach will handle all meet related matters concerning such swimmer.
- 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

- This is a closed invitational and all swimmers must be members of the invited teams. The invited teams are the CSP Tideriders, Edwardsville YMCA, Flyers Aquatic Swim Team, Parkway Swim Club, Rec-Plex Sharks Swim Team, River City Aquatics, Rockwood Swim Club, Saluki Swim Club, and the Seahawks Swim Club
- All swimmers must be athlete members of USA Swimming. 'Applied for' memberships will not be accepted.
- 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 **Sunday, February 16, 2020** determines age for the meet.

Format and Event Notes

- All events are conducted in an Open Age Group
- All events will require positive check-in and will be deck seeded
- All events will be run using 6 lanes. RCA has the sole discretion to switch to 8 or 10 lanes for any event should it be necessary to manage timelines properly.
- RCA has the sole discretion to add breaks between events to manage timelines appropriately.
- Swimmers competing in the 800 or 1500 Freestyle events will need to provide a timer and counter.

ENTRY INFORMATION

Entry Limits

- The meet will be limited to 200 swimmers.
- No team entries will be split.
- Swimmers are limited to 4 individual events
- Deck entries for swimmers who are already entered in the meet by the entry deadline will be accepted at the discretion of the meet referee.
- 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. SCY and SCM 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).
- 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 **Wednesday, February 5, 2020** at 9:00am CT.
- All entries must be received by **Friday, February 7, 2020** at 8:00pm CT.

Payment Information

- \$15.00 entry fee per swimmer
- Please make checks payable to "River City Aquatics".
- Payment and a signed *Meet Summary/Release Form* must be submitted to the entry coordinator before the meet begins.
- Send the signed Entry Summary and Release Form along with payment to:

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

SCORING AND AWARDS

Scoring

- This meet will not be scored.

Awards

- This meet will have no awards.

OTHER

Heat Sheets/Results

- Heat sheets will be posted at the meet once the meet has been deck seeded.
- 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.

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>

SCHEDULE OF EVENTS

Warm-ups at **1:30 PM**
Session starts at **2:30 PM**

Event #	Event Description
1	Mixed 50 Free
2	Mixed 400 IM
	Break - Open Pool
3	Mixed 200 Free
4	Mixed 100 Fly
	Break - Open Pool
5	Mixed 200 Back
6	Mixed 100 Breast
	Break - Open Pool
7	Mixed 400 Free
8	Mixed 200 IM
	Break - Open Pool
9	Mixed 100 Back
10	Mixed 200 Fly
	Break - Open Pool
11	Mixed 200 Breast
12	Mixed 100 Free
	Break - Open Pool
13	Mixed 800 Free
14	Mixed 1500 Free

Schedule Notes:

- The length of the break periods will be determined by the Meet Director and the Meet Referee once all of the entries have been received.
- The official meet warm-up period will begin at 1:30pm. The pool will be available at Noon for those who are interested in some additional long course swimming prior to the meet.

ENTRY SUMMARY AND RELEASE FORM
RCA Winter Long Course Invitational – February 16, 2020
USAS Sanction # 6064

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 FEE SUMMARY

Number of Swimmers entered _____ x \$15.00 = _____

MAKE CHECKS PAYABLE TO RIVER CITY AQUATICS AND MAIL TO:

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

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

Meet Entry Deadline: Friday, February 7, 2020 at 8:00pm CT

RELEASE

It is understood and agreed that River City Aquatics, City of Cape Girardeau, Cape Girardeau School District, USA Swimming, and Ozark Swimming shall be free and held harmless from any 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:** _____