



“Get Your Best Yard Times” Meet

July 13-14, 2020

Held under the sanction of USA Swimming # 6078

- Location:** Marquette High School
2351 Clarkson Road
Chesterfield, MO 63017
- Directions:** Located at the corner of Clarkson Road and Kehrs Mill Road in Chesterfield.
- Course:** Eight lane 25-yard pool equipped with Paragon starting blocks, Keifer McNeil non-turbulent lane markers and a Colorado Timing System. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool depth at the start end is 13 feet and the pool depth at the turn end is 4 feet.
- Time:** Monday, July 13, 2020 and Tuesday, July 14, 2020
Warmups 4:30 PM – Meet starts at 5:30 PM
- Eligibility:** Entries limited to currently registered USA swimmers. USA Swimming memberships applied for will not be accepted. Ozark swimmers’ registration will be checked at the registration table. Swimmers registered in other LSCs must provide proof of registration. Teams will incur a \$100 fine for each non-registered swimmer entered.
- 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 200 swimmers per session.
- Entries:** Swimmers are limited to a maximum of four (4) individual events plus two relays. We are not taking deck entries this year.
- 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. **NO REFUNDS WILL BE ISSUED. Entries requiring a signature or postage will not be accepted.** Please provide email and phone contact information.
- The same lineup will be offered both days.
- Entry Fees:** \$5.00 per individual event
\$6.00 per swimmer on a relay.
\$10.00 swimmer surcharge.



Entry Deadline: Entry deadline is **Tuesday, July 7, 2020, at 5:00pm CDT**, or until the meet entry limit is reached. Entries will open **Monday, July 6, 2020, at 9:00am CDT**.

Make checks payable to “Rockwood Swim Club” and mail to:

Rockwood Swim Club
c/o Beth Paskoff-Meet Entry Secretary
1401 Froesel Drive
Ellisville, MO 63011

Timers: Timers will be provided by the host team. Swimmers in distance events are required to provide their own person to count laps.

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. 102.9 SWIMWEAR .1 Design A. Swimsuits worn for all 12 & under age 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 the authority to bar offenders from the competition until they comply with the rule.

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. Violators may be reported to law enforcement or other government authorities and/or may be barred from the facility during this sanctioned event.

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.

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.



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.

Other:

No food, drink or gum is allowed on the deck, stands or in the locker rooms. Smoking is prohibited on campus. No vendors provided. Cell phones with video and video recording devices are prohibited in all locker rooms.

ONLY OFFICIALS, COACHES, SWIMMERS AND PARENTS WORKING AS TIMERS (INCLUDING THOSE TIMING THE 500FR/1650FR), RUNNERS, SAFETY, OR HOSPITALITY WILL BE PERMITTED ON THE POOL DECK. This rule will be strictly enforced.

Meet Director:	Arie Bingaman (314) 368-6897
Meet Coordinator:	Ruth Bishop (314) 607-4301
Referee:	Brian Perkins (314) 799-5685
Safety Coordinator:	Sherry Pfannerstill (314) 374-4313
Officials Coordinator:	Paul Swope (804) 787-4455
Admin Official:	Beth Paskoff (636) 891-6638



The same lineup will be offered both days as follows:

Girls' Event # Day 1 / Day 2	Event	Boys' Event # Day 1 / Day 2
1 / 101	100 Free	2 / 102
3 / 103	200 Back	4 / 104
5 / 105	200 Breast	6 / 106
7 / 107	200 Fly	8 / 108
9 / 109	50 Back	10 / 110
<i>5-minute warm-up/cool down break</i>		
11 / 111	50 Breast	12 / 112
13 / 113	500 Free	14 / 114
15 / 115	200 IM	16 / 116
17 / 117	50 Fly	18 / 118
<i>5-minute warm-up/cool down break</i>		
19 / 119	200 Free	20 / 120
21 / 121	100 IM	22 / 122
23 / 123	400 IM	24 / 124
25 / 125	50 Free	26 / 126
<i>5-minute warm-up/cool down break</i>		
27 / 127	100 Back	28 / 128
29 / 129	100 Breast	30 / 130
31 / 131	100 Fly	32 / 132
33 / 133	200 Med. Relay	34 / 134
35 / 135	200 Free Relay	36 / 136
37 / 137	400 Med. Relay	38 / 138
39 / 139	400 Free Relay	40 / 140
41 / 141	800 Free Relay	42 / 142
<i>5-minute warm-up/cool down break</i>		
43 / 143	1650/1000 Free Split	44 / 144