



ROCKWOOD SWIM CLUB

St. Louis, MO

2020 RSCA QUALIFIER

February 7 - 9, 2020

Held under the Sanction of USA Swimming # 6048

General Information:

Location: Rockwood Summit High School
1780 Hawkins Road
Fenton, Missouri 63026

Directions: From Hwy. 44, take Hwy 141 South to right on Hawkins Road. Rockwood Summit is on the right.

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 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, the pool depth at the turn end is 4 feet.

Tobacco use is not permitted anywhere inside the pool building or other location within the campus.

Format: All events will be timed finals.

Event Limits: Each swimmer may swim four (4) individual events per day plus relays each day. Each team may enter two (2) relays per team. A swimmer must swim at least one individual event at any time during the meet to be eligible for a relay.

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:

Friday afternoon (Ages: Open):

Warm ups: 5:00-5:30 p.m. Group A*
5:30-6:00 p.m. Group B*

*Optional sprints during the last 5 minutes of each session

Meet Starts: 6:15 p.m.

Saturday & Sunday mornings (Ages: 10&U, 13-14):

Warm ups: 7:00-7:20 a.m. Group A*
7:20-7:40 a.m. Group B*
7:40-8:00 a.m. Group C*

*Optional sprints during the last 5 minutes of each session

Meet Starts: 8:15 a.m.

Saturday & Sunday afternoons (Ages: 11-12, Open):

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

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

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

*Optional sprints during the last 5 minutes of each session

Meet Starts: 1:15 p.m.

Warm-up Procedures: Friday, Saturday and Sunday warm-ups will be divided into two 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.

Check-in: All swimmers must positively check-in for the 500 Freestyle the 1650 Freestyle. Check-in is required at least 30 minutes prior to the session start. Failure to do so will result in the swimmer being scratched from that session. **The host team reserves the right to pre-seed Friday, Saturday and Sunday events if the timeline permits.**

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 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/1650FR), 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.

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.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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 free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the 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: On Saturday and Sunday, swimmers should report to the Bullpen for their events.

Distance Events: Swimmers entered in the 1650 Freestyle on Friday MUST PROVIDE THEIR OWN TIMER AND LAP COUNTER. The 500 Freestyle on Saturday MUST PROVIDE THEIR OWN LAP COUNTER while the host team will provide timers.

The host team reserves the right to add an additional heat of Girls and Boys limited events to be filled by swimmers from the host team.

Awards: All events: Ribbons for places 1-8.

Concessions: Concessions will be available on Saturday and Sunday. 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.

Heat Sheets Heat Sheets 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 athlete members of USA Swimming. "Applied for" will not be accepted. Registration numbers (USA numbers) must accompany the entry. Swimmers entered in the meet who do not hold current USA Swimming membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered a \$100 fine per athlete will be imposed. Swimmer's age on Friday, February 7, 2020, 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 Wednesday, January 15, 2020. **NO DECK ENTRIES WILL BE ACCEPTED.**

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

Entry Fees:
\$5.00 per individual event
\$6.00 per relay
\$10.00 swimmer surcharge

Entry Deadline: Entry deadline is **Wednesday, January 15, 2020, at 5:00pm CDT**, or until the meet entry limit is reached. Entries will open **Monday, January 13, 2020, at 9:00am CDT**.

Updated times may be submitted by NO LATER than Monday, January 27, 2020.

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: Arie Bingaman (314) 368-6897

Meet Coordinator: Ruth Bishop (314) 607-4301

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

ORDER OF EVENTS

FRIDAY NIGHT		
GIRL'S EVENTS	EVENT	BOY'S EVENTS
1	Open 1000 Free	2
Saturday AM		
GIRL'S EVENTS	EVENT	BOY'S EVENTS
3	10 & Under 100 IM	4
5	13-14 200 IM	6
7	10 & Under 100 Breast	8
9	13-14 200 Breast	10
11	10 & Under 50 Fly	12
13	13-14 100 Fly	14
15	10 & Under 100 Back	16
17	13-14 200 Back	18
19	10 & Under 100 Free	20
21	13-14 100 Free	22
23	10 & Under 200 Med Relay	24
25	13-14 500 Free	26
Saturday PM		
GIRL'S EVENTS	EVENT	BOY'S EVENTS
27	11-12 200 IM	28
29	Open 200 IM	30
31	11-12 100 Breast	32
33	Open 200 Breast	34
35	11-12 50 Fly	36
37	Open 100 Fly	38
39	11-12 100 Back	40
41	Open 200 Back	42
43	11-12 100 Free	44
45	Open 100 Free	46
47	11-12 200 Med Relay	48
	10 MINUTE BREAK	
49	Open 500 Free	50

ORDER OF EVENTS

Sunday AM		
GIRL'S EVENTS	EVENT	BOY'S EVENTS
51	10 & Under 200 Free Relay	52
	10 MINUTE BREAK	
53	10 & Under 200 Free	54
55	13-14 200 Free	56
57	10 & Under 50 Back	58
59	13-14 100 Back	60
61	10 & Under 100 Fly	62
63	13-14 200 Fly	64
65	10 & Under 50 Free	66
67	13-14 50 Free	68
69	10 & Under 50 Breast	70
71	13-14 100 Breast	72
73	10 & Under 200 IM	74
75	13-14 400 IM	76
SUNDAY PM		
GIRL'S EVENTS	EVENT	BOY'S EVENTS
77	11-12 200 Free Relay	78
	10 MINUTE BREAK	
79	11-12 200 Free	80
81	Open 200 Free	82
83	11-12 50 Back	84
85	Open 100 Back	86
87	11-12 100 Fly	88
89	Open 200 Fly	90
91	11-12 50 Free	92
93	Open 50 Free	94
95	11-12 50 Breast	96
97	Open 100 Breast	98
99	11-12 100 IM	100
101	Open 400 IM	102