

2020 Ozark Senior Championships

January 24-26th, 2020

- Sanction:** The meet is held under sanction of USA Swimming and Ozark Swimming; sanction number is pending.
- Host:** Parkway Swim Club
12657 Fee Fee Rd
St. Louis, MO 63042
- Meet Director:** Ruth Price
ruth.price323@sbcglobal.net
- Meet Referee:** Stephanie Petersen
legos-lb@sbcglobal.net
- Marshall:** Blair Porter
Bp3434@swbell.net
- Location:** Walker Natatorium
Kirkwood High School
801 W Essex Ave.
Kirkwood, MO, 63021
- Facility:** An 8 lane, 25 yard pool with 8 starting blocks and competitor non-turbulent lane lines. There is an additional 5 lane, 20 yard pool for warm up/warm down separated by a bulk head.
- Meet Safety:** In accordance with the recommendations of USA swimming and the Ozark LSC, the Parkway Swim Club will operate this meet under the guidance of a Marshall. **Per Ozark LSC Policy, cell phones with photo and video recording devices are prohibited in all locker rooms.**
- Classification:** Senior Championships will be a 13 & Over meet with A qualifying times for 13-14 year old swimmers in all events, including 400 IM, 500 free, and 1000 free. A minimum of a “BB” time for 15 and over swimmers is required to compete in the 400 IM, 500 Free, and 1000 Free. 1650 free/800 free LCM/1500 free LCM “BB” times will be accepted for 1000 entries. **Proof of time is required for all 400 IM, 500 Free, & 1000 Free entrants.**

Eligibility:

Open to all USA Swimming athletes that meet any of the following requirements:

- 15 and over (requires no time standards except distance events)
- Turn 15 after 1/24/20 and before 2/28/20 (requires no time standards except for distance events)
- 13-14 swimmers who meet the 2017-2020 “A” qualifying standards in all events”

All swimmers must be athlete members of USA Swimming. “Applied for” will not be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded.

Any swimmer found not to have a current USA Swimming membership who swims in an Ozark sanctioned meet, and/or the team, is subject to a \$100 fine per swim.

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.

Schedule:

Friday PM

Warm-up #1: 5:10 -5:40 PM, #2 5:40pm – 6:10 PM

Meet Start: 6:20 PM

Saturday & Sunday Prelims

Warm-up #1: 7:00-7:30 AM

Warm-up #2: 7:30-8:00 AM

Meet Start: 8:10 AM

Saturday Finals

Open Warm-up: 4:30-5:30 PM

Meet Start: 5:40 PM

Sunday Finals:

Open Warm-up: 3:30-4:30 PM

Meet Start: 4:40 PM

Format:

This is a prelim/final championship meet. There will be an "A" (championship) final, a "B" (consolation) final and a "C" (bonus) final for the Top 24 swimmers from the Saturday and Sunday preliminary heats in all events, with the exception of the 500 free which will be Top 8 at finals. On Friday evening the 1000 Free and 400 IM will be timed finals. The 500 free on Sunday is a prelim/final event with the top 8 returning to finals.

On Friday night the 400 IM and 1000 free will be swum fastest to slowest, alternating boys and girls. The 500 Free will be swum like all other events, slowest to fastest, with the top 8 swimming at finals.

All finalists must check in at the ready room before finals start. Swimmers in the first 2 events should check in at least 10 minutes prior to the start of the finals. Finalists may check in for multiple events when they check in for their first event. The "C" heat will swim first, followed by the "B" heat, and finally the "A" heat. The "C" and "B" finalists should report behind the blocks at least 2 heats prior to their swim (the "C" finalists prior to the start of the "B" heat before them and the "B" finalists prior to the start of the "A" heat before them). The "C" finalists will have their names announced as they are swimming. The "B" finalists will have their names announced behind the blocks. The "A" heats will be required to check in at the ready room at least 2 heats before their heat (prior to the start of the "C" heat before them). The "A" finalists will be paraded out to music and have their names announced behind the blocks. Any swimmer who fails to check in or report to the blocks as described above will be scratched from their next individual event. Alternates should report to the ready room at least 1 event before their event and stay until full heats are confirmed by the ready room official.

Individual Entries: A swimmer may enter a maximum of three (3) individual events and two relays each day for a total of four (4) events in each session. A swimmer may enter a maximum of seven (7) individual events for the meet. Any swimmers who enter more than the prescribed number of events will be scratched down to the event limit starting with the highest number event on the day the over entry occurs.

Relay Entries: Each club may enter a maximum of two (2) scoring relays per event. They will be designated A and B. Clubs may enter more than two relays, but only the A and B relays will score. All relays will be swum as timed finals. The 200 Medley Relay will be swum at the beginning of Prelims on Saturday and the 200 Free Relay will be swum at the beginning of Prelims on Sunday. Relay cards are due to the clerk of course at the end of the warm-up session on the day the relay will be swum. Relays designated C and below should be entered as NT.

Entries/Deadline: Email entries (SDIF format) are preferred for this meet. Entries will be accepted beginning **Wednesday, January 8, 2020 at 9:00 AM until Friday, January 17, 2020 at 12:00 PM**. No phone or fax entries will be accepted. Checks and release forms must be received by January 24, 2020. Times must be submitted in the course the time was achieved.

All entries must be email/mailed to:
Attn: Jon David Williford; pkwymeetentry@gmail.com
Parkway Swim Club
12657 Fee Fee Rd
Saint Louis, MO 63042

Fees: Individual Events: \$4.00
Relay Events: \$10.00
Swimmer Surcharge: \$10.00
All Checks should be made payable to Parkway Swim Club

Scoring: Scoring will be to 16 places as follows:
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Endurance Award for the lowest combined time in each gender for the 1000 Free, 400 IM, & 500 Free.

Sprint Award for the lowest combined time in each gender for all of the 100's of Strokes and 200 IM.

High Point Award for Top 3 Girls and Boys

General Conduct: This meet is held under the sanction of USA Swimming, and all technical and administrative rules of USA Swimming shall apply.

All swim suits must be in compliance with FINA and USA Swimming rules.

All coaches must hold a valid USA Swimming Coaches Card and all officials must be USA certified.

No parents are permitted on the pool deck unless they are volunteers assigned to work that session. All parent volunteers must wear nametags while on the pool deck that identify their volunteer position.

All prelim/final events will be pre-seeded. All relay events require coaches to submit relay cards by the designated times and this will count as positive check in. Any relays not turned in by the deadline will be scratched from the event.

There will be a positive check in for the distance events (400 IM, 500 Free, & 1000 Free). Swimmers must be checked in prior to the conclusion of warm up. Any scratch after positively checking in will result in the swimmer being scratched from their next individual event.

Swimmers must provide their own counter for the 500 Free and 1000 Free. Timers will be supplied for the 400 IM and 500 Free. Swimmers must provide a timer for the 1000 Free.

Warm-up procedures will be defined by the Ozark LSC safety regulations. A swimmer attending the meet without a USA-S registered coach must report to the meet referee prior to warming up. The referee or his designee shall instruct the swimmers in the safety rules and assign them to a lane for warm-up.

Scratches:

Any swimmers NOT reporting for or competing in a preliminary heat or individual timed final (except after positive check in) shall not be penalized.

Any swimmer who qualifies for a bonus, consolation, or championship final in an individual event who then fails to show up for said final event shall be ejected from their next individual event.

THERE WILL BE NO PENALTY FOR FAILURE TO COMPETE IN FINALS IF:

- The referee is notified in the event of illness or injury and accepts proof thereof,
- a swimmer qualifying for a bonus, consolation, or championship finals swim notifies the referee within thirty (30) minutes after the announcement of the finalists for that event that he/she may not intend to compete and further declares his/her intention within thirty (30) minutes following his/her last individual preliminary event; this is called Declaring an Intent to Scratch”
- the swimmer scratches his or her finals swim within thirty (30) minutes following the announcement of the finalists for that event. The swimmer or their coach must report to the announcer in order to scratch an event
- it is determined by the meet referee that failure to compete was caused by circumstances beyond the control of the swimmer.

Ozark Senior Champs January 24-26, 2020

Event Schedule:

Friday Night

Girls	Event	Boys
1	400 Medley Relay	2
3	400 IM (Timed Finals)	4
5	1000 Free (Timed Finals)	6

Saturday Prelims

Girls	Event	Boys
7	400 Free Relay	8
	5 minute break	
9	200 Free	10
11	100 Fly	12
13	200 Back	14
15	200 Breast	16
17	100 Free	18

Saturday Finals

Girls		Event		Boys
19		200 Medley Relay		20
		5 minute break		
9	Top 24	200 Free	Top 24	10
11	Top 24	100 Fly	Top 24	12
13	Top 24	200 Back	Top 24	14
15	Top 24	200 Breast	Top 24	16
17	Top 24	100 Free	Top 24	18

Sunday Prelims

Girls	Event	Boys
21	200 Free Relay	22
	5 minute break	
23	200 IM	24
25	50 Free	26
27	100 Back	28

29	100 Breast	30
31	200 Fly	32
	10 minute break	
33	500 Free	34

Sunday Finals

Girls		Event		Boys
23	Top 24	200 IM	Top 24	24
25	Top 24	50 Free	Top 24	26
27	Top 24	100 Back	Top 24	28
29	Top 24	100 Breast	Top 24	30
31	Top 24	200 Fly	Top 24	32
33	Top 8	500 Free	Top 8	34

Senior Champs Qualifying Times: 13-14 A times/ *Distance events 15-18 BB times

Girls	Qualifying Times	Boys
5:31.99 (BB)/5:13.59 (A)	400 IM*	5:05.59 (BB)/4:52.99 (A)
21:26.19 (BB)/20:02.99 (A)	1650 free*	20:02.89 (BB)/19:07.59 (A)
2:11.29	200 free	2:02.59
1:05.99	100 fly	1:01.29
2:23.39	200 back	2:14.69
2:44.59	200 breast	2:32.89
1:00.69	100 free	56.29
2:26.99	200 IM	2:17.19
27.99	50 free	25.69
1:06.19	100 back	1:01.79
1:15.99	100 breast	1:09.79
2:25.79	200 fly	2:15.69
6:12.09 (BB)/5:50.89 (A)	500 free*	5:45.99 (BB)/5:31.39 (A)