



RCA Intrasquad Meet #1
February 27, 2021
Held under the Sanction of USA Swimming
Ozark Swimming Sanction # 6088

Acknowledgement of Covid-19 Risk

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc. cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, OZARK SWIMMING, RIVER CITY AQUATICS, THE CITY OF CAPE GIRARDEAU, THE CAPE GIRARDEAU SCHOOL DISTRICT, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES, OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Athlete Name _____ (Please Print First and Last Name)

Athlete Signature _____ Date _____

Parent/Guardian Name _____ (Please Print First and Last Name)

Parent/Guard Signature _____ Date _____

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 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 Directors:	Mike Greene Sabrina Ressel	memphismike3@gmail.com alexial981@gmail.com	573-450-5251 573-587-4838
	Entry Coordinator/Fees:	Bobby Brewer	bbrewer@rivercityaquatics.org	573-382-0609
	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

- This is a closed meet and limited to swimmers from the host club and swimmers invited by the host club.
- 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, February 27, 2021** determines age for the meet.

Format

- All events are timed finals.

- The meet is pre-seeded except for the 500 Yard Freestyle and the 1000 Yard Freestyle Events. The 500 Yard Freestyle and the 1000 Yard Freestyle events will require positive check-in. Coaches must check in their swimmers for these events within 30 minutes prior to the start of the session in which they are scheduled.
- The Meet Referee and Meet Directors may extend scheduled breaks or insert additional breaks between events in order to maintain an appropriate timeline for the athletes.

ENTRY INFORMATION

Entry Limits

- Swimmers are limited to 5 individual events for this meet.
- RCA has sole discretion to determine which entries to accept.
- 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 will be sent to the invited coaches via email.
- Enter times in short course yards (SCY) only. LCM and SCM times must be converted.
- Send the entry file as an email attachment to bbrewer@rivercityaquatics.org.
- Confirmation of receipt of entries will be by reply e-mail. If confirmation is not received within 2 business days, please contact Bobby Brewer (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, February 22, 2021** at 10:00am CST.
- All entries must be received by **Monday, February 22, 2021** at 8:00pm CST.

Payment Information

- \$20.00 per swimmer
- Please make checks payable to "River City Aquatics".
- Payment from all visiting teams, and a signed *Meet Summary/Release Form* must be received prior to the start of warm-up on Friday February 26, 2021.
- Each individual athlete participant in the meet must turn in a signed Covid-19 acknowledgement form (page 1 of this meet information document) to the RCA meet directors prior to entering the water for warm-up. These forms include the signature requirement of the athlete and a parent/guardian and should be collected by the athlete's Head Coach and turned in to the RCA meet directors upon arrival on Friday afternoon. Athletes will be prohibited from participating if this form is not completed and submitted correctly.

SCORING AND AWARDS

Scoring

- This meet will not be scored.

Awards

- This meet will not have awards.

OTHER

Heat Sheets

- The Psych Sheet will be posted on the meet website on or before **Wednesday, February 24, 2021**.
- The Meet Program will be posted on the RCA website on or before **Friday, February 26, 2021**.

Results

- Meet Mobile will be used throughout the meet. Official Meet Results will also be posted on the RCA website following the meet.
- Final results will also be available on the [Ozark Swimming website](#) and emailed to each team following the meet.

Concession/Vendor Info

- This meet will not have a concession stand or a meet vendor. Hospitality will be provided for coaches and officials.

Spectator Information

- Spectators will not be permitted in the pool facility for this meet. Athletes, Coaches, Officials, required meet volunteer personnel, and City of Cape Girardeau lifeguard and facility staff will be the only ones permitted in the facility.
- RCA will attempt to provide a livestream link for parents to view the meet online. This link will be provided to each Head Coach for distribution to their parents and posted on the meet page of the RCA website.

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 Intrasquad Meet #1 SCHEDULE OF EVENTS

Saturday AM Session

Warm-ups at 8:00 AM
Session starts at 9:00 AM

2	12&under Mixed 50 Freestyle
5 minute break	
3	12&under Mixed 100 Breaststroke
4	12&under Mixed 50 Breaststroke
5 minute break	
5	12&under Mixed 100 Backstroke
6	12&under Mixed 50 Backstroke
7	12&under Mixed 100 Freestyle
5 minute break	
8	12&under Mixed 50 Butterfly
9	12&under Mixed 100 Butterfly
5 minute break	
10	12&under Mixed 200 IM

Saturday PM Session

Warm-ups at 1:00pm
Meet Starts at 2:00pm

11	13 & Over Mixed 200 IM
12	13&over Mixed 50 Freestyle
5 minute break	
13	13&over Mixed 100 Butterfly
14	13&over Mixed 200 Freestyle
15	13&over Mixed 100 Backstroke
5 minute break	
16	13&over Mixed 100 Freestyle
17	13&over Mixed 100 Breaststroke
5 minute break	
18	13&over Mixed 500 Freestyle

ENTRY SUMMARY AND RELEASE FORM

RCA Intrasquad Meet #1 –February 27, 2021

Ozark Swimming Sanction # 6088

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 \$20.00 = _____

MAKE CHECKS PAYABLE TO RIVER CITY AQUATICS AND HAND DELIVER ALONG WITH THIS SIGNED RELEASE AND ALL INDIVIDUAL ATHLETE WAIVERS TO THE MEET DIRECTOR WHEN YOU ARRIVE FOR YOUR TEAM'S FIRST SESSION (Required athlete waiver is page 1 of this meet info document)

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: _____