



PARKWAY SWIM CLUB
2020 Parkway Turkey Invite
November 20-22, 2020



SPONSOR/HOST	Parkway Swim Club		
SANCTION	Held under sanction of Ozark Swimming, Inc., on behalf of USA Swimming, Inc. Sanction Number: Pending		
MEET DIRECTOR	Ruth Price	Email: ruth.price323@sbcglobal.net	
OFFICIALS CONTACT	Stephanie Petersen	Email: legos-lb@sbcglobal.net	
ENTRY CHAIR	Jon David Williford	Email: jwilliford@parkwayschools.net	
MEET REFEREE	Stephanie Petersen	Email: legos-lb@sbcglobal.net	
ADMIN OFFICIAL	TBD	TBD	
SAFETY MARSHALL	Blair Porter	Email: bp3434@swbellnet	
FACILITY ADDRESS	Walker Natatorium, 801 W Essex Ave, Kirkwood, Missouri 63122		
PARKING	Parking is reserved for Meet Referee, Meet Workers, and swimmers or parents to drop off only. We will NOT have any spectators allowed inside/outside pool area.		
FACILITY DESCRIPTION	Walker Natatorium is an indoor 8 lane, 25 yard-course, separated by a bulkhead with a 5 lane 20 yard warm-up lanes. It is equipped with an automated timing system, scoreboard, 8 starting blocks, wedge blocks, and competitor non-turbulent lane lines.		
POOL CERTIFICATION	The competitive course has been certified in accordance with 104.2.2C(4). The copy of this certification is on file with USA Swimming		
WATER DEPTH	The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth is a minimum of six feet at the start and 3 feet 8 inches at the turn end of the competition course. No starts will occur from the turn end of the pool.		
HEAT SHEETS	Heat sheets will be posted on meet mobile and emailed coaches, Thursday, November 19		
EVENTS	This meet will be conducted in accordance with the attached schedule of events		
ENTRY BY INVITE	PKWY will begin to accept entries by invite only.		
ENTRY DEADLINE	PKWY will accept entries up until the entry deadline, Friday, November 13, 2020 at 9:00 pm Central time or until the entry limit is reached.		
ADDITIONAL ENTRY INFORMATION	Each club will receive a notification of receipt of entry. <u>This notification does not guarantee acceptance into the meet.</u> Teams will be notified on Saturday November 14, 2020 if entries were able to be accepted within the entry limit. If the entry limit is reached, teams will be notified on November 14, 2020 if their entry was not accepted.		
ENTRY LIMIT	Entries will be limited to 300 swimmers total for the meet, including host team.		
CONFORMING TIMES	Swimmers should be entered at their actual time in short course yards. No times are allowed and should be designated NT		
FORMAT	<p>All of the technical and administrative rules of USA Swimming will apply. Friday events are timed finals, Saturday and Sunday events are prelim/finals. Swimmers may enter and compete in up to seven individual events, 3 events max on Saturday/Sunday.</p> <p>12 and under swimmers must have 1-BB time to enter meet and receive 3 bonus events, 2-BB times and receive 4 bonus events.</p> <p>13 and older swimmers must have 1 –A time to enter meet and receive 4 BB bonus events, 2- A times and receive 5 BB bonus events.</p> <p>Host club will have final say on accepting BB times from Parkway Swim Club members.</p>		
ENTRY PROCEDURES	Teams are required to send an entry file that is compatible with Hy-Tek Meet Manager. All entries should be submitted by email to pkwymeetentry@gmail.com . The	<p>Mail summary forms and checks to: Jon David Williford c/o Parkway Swim Club 12657 Fee Fee Road</p>	



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	signed meet entry summary form and the check for the team entry fees must be received by the entry deadline in order to be considered for acceptance. \$7.00 per athlete for entry to meet \$3.00 per event for the meet	St. Louis, Missouri 63146
MEET DURATION	In compliance with USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits. Proof of times may be required if events are limited. Updated times will not be accepted past November 15, 2020 at 5:00pm Central Time for use in any limited event and the USA Swimming SWIMS database will be used to verify that the psych sheet is accurate. If swimmers are cut out of an event due to imitations, the entry will be refunded for said event or placed in a shorter one.	
PROOF OF TIMES	No proof of time is required, but teams are asked to enter swimmers at their actual time in order of priority: Short Course Yards, Long Course Meters, Short Course Meters	
OFFICIALS	PKWY welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Officials Coordinator, Stephanie Petersen at legos-lb@sbcglobal.net Apprentice sessions may be available, but please get approval from Bill Rener (billrener@gmail.com)	
SEEDING AND PRESEEDING	All events are timed finals and seeded fastest to slowest.	
DECK ENTRIES	There will be no deck entries at this meet.	
WARM-UP INFORMATION	Teams will be assigned warm-up lanes and times will be notified prior to the day of the meet. Swimmers who are unattached or otherwise do not have a coach to supervise warm-up should check in the Meet Director upon arrival to be assigned to a certified coach for warm-up.	
	Friday	
Session 1 Flight A	Warm-up: 5:05 – 5:35pm	Meet start: 5:40pm
Session 1 Flight B	Warm-up: not before 7:00pm	Meet start: not before 7:30pm
	Saturday and Sunday	
Session 2/5 Flight A	Warm-up: 7:00 – 7:30am	Meet start: 7:40am
Session 2/5 Flight B	Warm-up: not before 9:00am	Meet start: not before 9:30am
Session 3/6 Flight A	Warm-up: not before 11:00am	Meet start: not before 11:30am
Session 4/7 Flight A	Warm-up: 3:30pm	Meet start: 4:10pm
Session 4/7 Flight B	Warm-up: not before 5:30pm	Meet start: not before 6:00pm
AWARDS/SCORING	High point awards for each age group, 10 and under, 11-12, 13-14, 15-18	
TIMERS	All timers will be provided by the host team.	
RULES	2020 USA Swimming Rules and Regulations will govern the conduct of the meet.	
DECK PRIVILIDGES	Only currently registered USA Swimming athlete and non-athlete members and volunteers necessary to run and operate the meet will be allowed on deck and/or locker room areas during the meet. Coaches must be currently registered with USA Swimming as a Coach member to act in a coaching capacity at the meet. Coaches must constantly display their USA Swimming coach credential for deck assess. The meet referee or meet director may ask for credentials and deny access if the coach does not comply.	



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ELIGIBILITY	The meet is open only to athletes registered with USA Swimming for 2021. "Applied for" will not be accepted. On deck registrations will not be available. The host LSC may impose a \$100 fine to the individual athlete or club, per event, for entering non-registered swimmers in an Ozark meet. A swimmers age as of meet start Friday, November 20, 2020.
RACING START CERTIFICATION	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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."
MEET REFEREE	The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for <i>any</i> issues that arise during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition in accordance with 202.4.10(M).
SWIMMERS WITH DISABILITIES	Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations rule 202.4.10(H), the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are prohibited from behind the starting blocks during the entire meet, including warm-up, competition and warm-down periods. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.
DECK CHANGING	Per USA Swimming rule 202.4.10(I), deck changes are prohibited.
PRE-MEET INFORMATION AND RESULTS	A technical bulletin will be e-mailed to all participating clubs prior to the meet which will include estimated timelines, warm-up assignments and any other pertinent information. Meet results will be posted at the pool and on Meet Mobile throughout each session as available. Final results will be posted on the Ozark Swimming website (www.ozarkswimming.org) following the meet. The meet will be live recorded for virtual spectating.
RESTRICTIONS	As provided under 202.4.10(L), 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.



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	<p>The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods</p> <p>Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.</p> <p>No glass containers are allowed in the meet venue</p>
<p>RULES</p>	<p>In accordance with USA Swimming rule 202.4.10J, unless approved in writing in advance of the completion by the Program & Events Committee Chair or designee, Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p> <p>In accordance with USA Swimming rule 102.8</p> <ol style="list-style-type: none"> 1. Swimsuits for men may not extend above the naval or below the knee and for women may not cover the neck or extend past the shoulders or below the knee. 2. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate. 3. No swimmer is permitted to wear or use any device, substance of swimsuit to help his/her speed, pace, buoyancy or endurance during a race. Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee 4. No Technical Suits shall be worn by any 12&U USA Swimming athlete member
<p>Covid-19</p>	<p>We have taken enhanced health and safety measures – for athletes, officials, and personnel. You must follow all posted instructions of the facility. 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 guests with underlying medical conditions are especially vulnerable. By attending and participating in this meet you voluntarily assume all risks related to exposure to COVID-19.</p> <p>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.</p> <p>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 AND OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR 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</p>



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	OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
OTHER INFORMATION	There will be no spectators for this meet. The meet will be live recorded for virtual spectating There will be no vendor available for this meet Concessions will NOT be available Each team is responsible for its own valuables Each coach is responsible for the conduct of their team In the event of circumstances necessitating changes during the meet, information will be updated on the PKWY website at www.pkwy.org .
DIRECTIONS	A Google map link is available on the PKWY team website (www.pkwy.org)

Friday: Timed Finals

Session I-

Flight A: Limited events, 12&Under 500 free limited 24 girls/24 boys, 400 IM 32 boys, 32 girls 1650 free, 24 girls, 24 boys

Flight B: Limited events, 12&Under 500 free 16 girls, 16 boys, 400 IM 24 boys, 24 girls

QT	Girls	Event	Boys	QT
6:38.19	1	12&Under 500 free	2	6:27.49
5:37.59	3	13&over 400 IM	4	5:17.09
21:43.19	5	13&over 1650 free	6	20:43.19

**15-18 will still need BB qualifying time to enter event.

Saturday: Prelim/finals

(Flight A Girls Session and Flight B Boys Session – limited to 8 heats per event and/or max 100 swimmers per session)

Session IV: Finals, 13-14, 15 and over: top 16 return to finals, (11-12, 10 and under-top 8 return to finals) Pending meet numbers for Finals, may have a Boys final and Girls final.

Qualifying times:12 and under (1BB, B times allowed for 3 events, 2BB, B times 4 events), 13 and over (1A, times allowed for 4 bonus events, 2A, times allowed for 5 bonus events)

Session II: 13 and over, 200 IM, 50 free, 200 back, 100 fly, 200 breast, 100 free

QT	Girls	Event	Boys	QT
2:37.59	7	13&Over 200 IM	8	2:28.49
30.19	9	13&Over 50 free	10	27.79
2:34.89	11	13&Over 200 back	12	2:25.09
1:10.89	13	13&Over 100 fly	14	1:06.09
2:57.29	15	13&Over 200 breast	16	2:43.99
1:05.40	17	13&Over 100 free	18	1:00.89

Session III: 12 and under, 200 free, 100 IM, 50 fly, 100 breast, 50 free, 100 back

QT	Girls	Event	Boys	QT
2:28.99	19	12&Under 200 free	20	2:23.49
1:18.09	21	12&Under 100 IM	22	1:14.09
33.89	23	12&Under 50 fly	24	34.19
1:27.19	25	12&Under 100 breast	26	1:24.49
31.29	27	12&Under 50 free	28	30.29



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1:18.09	29	12&Under 100 back	30	1:15.69
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Sunday: Prelim/finals

(Flight A Girls Session and Flight B Boys Session – limited to 8 heats per event and/or max 100 swimmers per session)

Session IV: 13 and over, 200 free, 100 breast, 200 fly, 100 back, 500 free

QT	Girls	Event	Boys	QT
2:21.29	31	13&Over 200 free	32	2:12.79
1:21.69	33	13&Over 100 breast	34	1:15.49
2:36.89	35	13&Over 200 fly	36	2:26.89
1:11.19	37	13&Over 100 back	38	1:06.39
6:18.69	39	13&Over 500 free	40	5:58.99

Session V: 12 and under, 100 free, 50 breast, 100 fly, 50 back, 200 IM

QT	Girls	Event	Boys	QT
1:08.29	41	12&Under 100 free	42	1:05.89
39.99	43	12&Under 50 breast	44	39.49
1:17.59	45	12&Under 100 fly	46	1:16.09
35.39	47	12&Under 50 back	48	34.99
2:47.29	49	12&Under 200 IM	50	2:43.99

Session VI: Finals, 13-14, 15 and over: top 16 return to finals, (11-12, 10 and under-top 8 return to finals) Pending meet numbers for Finals, may have a Boys final and Girls final.



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FEE SUMMARY AND RELEASE FORM

This summary form must be completed and returned with all entry fee by the start of the session on Friday, November 20, 2020. Please make certain to include all of the following:

1. Check for entries made payable to: **Parkway Swim Club**
2. This completed summary form

Mail the above to:
 Jon David Williford
 c/o Parkway Swim Club
 12657 Fee Fee Road
 St. Louis, Missouri 63146
 Email: pkwymeetentry@gmail.com

Club _____ Club Code _____

Number of swimmers entered: Boys _____ + Girls _____ = Total _____

Number of swimmers entered: _____ x \$7.00 = \$ _____

Number of events entered: _____ x \$3.00 = \$ _____

TOTAL AMOUNT ENCLOSED = \$ _____

Contact Information:

Club Official submitting entry:

Coach's Name:

Name: _____

Address: _____

City: _____

State, Zip: _____

Telephone: _____

Email: _____



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St Louis County - Low frequency sports a. Phase 3: Recommend moving to this phase on August 24th . i. No restrictions on practices. Competitions (games) are allowed however additional precautions should be made to decrease congregation of athletes and spectators. ii. Please see specific recommendation for cross county meets in Appendix 1. iii. For other specific precautions for other sports or activities please reference the national organization for that activity or contact the task force directly. iv. Recommend only competitions within the region (as defined above), however tournament style play is NOT allowed, including showcases. v. Daily screenings are still required before any physical activity. Athletes should remain in their mask/face covering until they begin vigorous physical activity. As soon as activity has ended athletes should be required to wear mask/face covering again. Any time the athlete is not actively engaged in physical activity (i.e. meetings, standing on sideline, injured not participating) they must be wearing a mask/face covering. vi. Spectators must still be limited and required to wear mask/face covering and to social distance. 1. NOTE: it is the responsibility of the host site to enforce these recommendations related to spectators' limitations