



RCA Igloo Invitational
January 31 – February 2, 2020
Held under the Sanction of USA Swimming
Ozark Swimming Sanction # 6063

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 25 yards by 50 meters, equipped with a fully automated Colorado timing system. Six, Eight or Ten 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:	Greg Cugini	gcugini@rivercityaquatics.org 573-275-6922
	Entry Coordinator:	Jason Cravens	jcravens@rivercityaquatics.org 314-719-6618
	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 and such coach will handle all meet related matters concerning such swimmer.
- 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

- 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, January 31, 2020** determines age for the meet.

Format

- All events are conducted in an Open Age Group, but each age group will be scored separately for high point purposes (8&under, 9-10, 11-12, 13-14, 15&over).
- All events are timed finals and the meet will be pre-seeded with the exception of events 400 yards and longer. All events 400 yards and longer will require positive check-in (see limited events section below)
- All events will be run using 10 lanes. RCA has the sole discretion to switch to 8 or 6 lanes for any event should it be necessary to manage timelines properly.
- RCA has the sole discretion to add breaks between events to manage timelines appropriately.

Limited Events

- All events 400 yards and longer ("Limited Events") will require positive check-in and may be limited in order to keep the meet timeline reasonable.
- If a limit is imposed, notification of swimmers not making the cut in these events will be posted on the meet website on or before **Friday, January 24, 2020**. Alternative events will be allowed if entries are provided to the entry coordinator no later than **Monday, January 27, 2020** at 8:00 pm.
- Entries with no time for Limited Events will be accepted on a first-come, first-serve basis until the maximum (if any) is reached.
- Refunds may be requested and paid to the team in one lump sum. The request must be made within one week of the meet's end.
- Proof of time may be required and must be provided by the coach if the swimmer's time is in question for the Limited Events. The SWIMS database will be used to verify entry times.
- Coaches must check in their swimmers within 30 minutes prior to the start of each session.
- Swimmers not checked off will be scratched from that session.
- The **1000 Freestyle** events will be swum fastest to slowest in alternating heats of women and men. All other events will be swum slowest to fastest without alternating.
- Swimmers in the **500 Freestyle** and the **1000 Freestyle** events must provide one (1) timer and one (1) counter.

Relays

- Relay entry forms will be included in the coaches' packet and should be turned in prior to the scratch deadline.
- Coaches are asked to provide the full first and last names on the relay forms.

ENTRY INFORMATION

Entry Limits

- The meet will be limited to 350 swimmers.
- No team entries will be split.
- Swimmers are limited to 2 individual events on Friday and 5 individual events per day on Saturday and Sunday, 12 individual events for the entire meet, and one relay event per day.
- Deck entries for swimmers who are already entered in the meet by the entry deadline will be accepted at the discretion of the meet referee. Regular entry fees will apply for any deck entries allowed.
- RCA has sole discretion to determine which entries to accept. First come, first serve is not a criteria for acceptance.
- 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 is available for download on the [Ozark Swimming website](#).
- Enter times in short course yards (SCY) only. SCM and LCM times must be converted.
- Send the entry file as an email attachment to jcravens@rivercityaquatics.org.
- Confirmation of receipt of entries will be by reply e-mail. If confirmation is not received within 2 business days, please contact Jason Cravens (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 **Wednesday, January 15, 2020** at 9:00am CT.
- All entries must be received by **Wednesday, January 22, 2020** at 8:00pm CT.

Payment Information

- \$5.00 per swimmer per individual event
- \$8.00 per relay team per relay event
- \$8.00 surcharge per swimmer (includes \$2.00 Ozark LSC surcharge)
- Please make checks payable to "River City Aquatics".
- Payment and a signed *Meet Summary/Release Form* must be received within 5 business days after the email confirmation has been sent.
- Teams not accepted will have entries and fee payments returned.
- Send the signed Entry Summary and Release Form along with payment to:

River City Aquatics
C/O Jason Cravens, Entry Chair
1560 Bunker Hill
Cape Girardeau, MO 63701

SCORING AND AWARDS

Scoring

- This meet will not be scored for Team points.
- Individual event scoring for high point standings will be to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Awards

- High Point awards will be given to the top 3 male and top 3 female swimmers in the following age groups: 8&under, 9-10, 11-12, 13-14, 15&over
- In the event of a tie in total number of points, a 100 IM swim off will be held to determine the High Point winner for that age group (swim off will only be used to determine the first place high point ranking).
- Awards must be picked up by the team coach or team representative. No awards will be mailed.

OTHER

Heat Sheets

- The Psych Sheet will be posted on the meet website on or before **Tuesday, January 28, 2020**.
- Heat sheets will be available for sale during the meet.
- Limited Events will be available in the program as a "psych sheet". Heat and lane assignments for the limited events will be posted as soon as the seeding process is complete.

Results

- Results will be posted at the pool during the meet.
- Final results will be available on the [Ozark Swimming website](#) and emailed to each team following the meet.
- Concessions and hospitality will be available during the meet by River City Aquatics

Hotels

- Comfort Suites 2904 Old Orchard Rd 573-204-0014
- Drury Lodge 104 S Vantage Dr 573-334-7151
- Drury Suites 3303 Campster Dr 573-339-9500
- Hampton Inn 103 Cape West Parkway 573-651-3000
- Holiday Inn Express 3253 William St 573-334-4491
- Pear Tree Inn 3248 William St 573-334-3000
- Super 8 Motel 2011 N Kingshighway 573-339-0808
- Auburn Place 3265 Williams St 573-651-4486
- Candlewood Suites 485 South Mt. Auburn Rd 573-334-6868

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>

SCHEDULE OF EVENTS

Friday PM Session
Warm-ups at **5:00PM**
Session starts at **5:45 PM**

Girls	Event	Boys
1	Open 200 IM	2
3	Open 500 Free	4

Saturday AM Session
Warm-ups at **10:00 AM**
Session starts at **11:00 AM**

Girls	Event	Boys
5	Open 200 Free Relay	6
	5 minute break	
7	Open 200 Free	8
9	Open 50 Back	10
11	Open 100 Breast	12
13	Open 50 Fly	14
15	Open 200 Back	16
17	Open 100 Free	18
19	Open 200 Fly	20

Saturday PM Session
Session starts 15 minutes after end of AM session

Girls	Event	Boys
21	Open 1000 Free	22

Sunday AM Session
Warm-ups at **10:00 AM**
Session starts at **11:00 AM**

Girls	Event	Boys
23	Open 200 Medley Relay	24
	5 minute break	
25	Open 100 IM	26
27	Open 50 Free	28
29	Open 200 Breast	30
31	Open 100 Fly	32
33	Open 100 Back	34
35	Open 50 Breast	36
37	Open 400 IM	38

ENTRY SUMMARY AND RELEASE FORM
RCA Igloo Invitational – January 31, 2020 – February 2, 2020
USAS Sanction # 6063

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 \$8.00 = _____

Number of individual event entries _____ x \$5.00 = _____

Number of relay event entries _____ x \$8.00 = _____

Total amount entered = _____

MAKE CHECKS PAYABLE TO RIVER CITY AQUATICS AND MAIL TO:

River City Aquatics
Attn: Jason Cravens, Entry Chair
1560 Bunker Hill
Cape Girardeau, MO 63701

Do not send entries, disks, or paper backup with this form.
River City Aquatics accepts only e-mail entries for this meet.

Meet Entry Deadline: Wednesday, January 22, 2020 at 8:00pm CT

RELEASE

It is understood and agreed that River City Aquatics, City of Cape Girardeau, Cape Girardeau School District, USA Swimming, and Ozark Swimming shall be free and held harmless from any 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:** _____