

2021 RSCA Get Your Best Yards Times Meet

July 20, 2021

RSCA SANCTION	Held under the Sanction of USA Swimming #OZ-6132 on behalf of USA Swimming, Inc.,
TYPE OF MEET:	Open - Timed finals. No awards.
LOCATION:	Marquette High School, 2351 Clarkson Road, Chesterfield, MO 63017
FACILITY:	25 yard 6 lane competition course; Colorado Time System will be used; The competition course has not been certified in accordance with 104.2.2C(4). Pool depth at start end is 10'. Pool depth at turn end is 4'. Use of audio or visual
TIME:	Tuesday, July 20, 2021 Warmups: 4:30 p.m., Meet Start 5:30 p.m.
FEES:	\$5.00 fee per individual event \$10.00 Swimmer surcharge \$6.00 per relay
ELIGIBILITY:	Entries limited to currently registered USA swimmers. USA Swimming memberships applied for will not be accepted. Ozark swimmers' registration will be checked at the registration table. Swimmers registered in other LSCs must provide proof of registration. Teams will incur a \$100 fine for each non-registered swimmer entered. No swimmer will be allowed to compete unless the swimmer is a member as provided in Article 302.
ENTRIES:	Please submit entries with short course yards times. Teams using Hy-Tek Team Manager or Team Unify should submit their entries via email. All entries must include a hard copy of entries and a check. WHEN ENTRIES ARE RECEIVED VIA EMAIL, a hard copy and check must be received within 7 calendar days. A confirmation email will be sent following the receipt of email entries. If confirmation is not received within 24 hours of your electronic submission, call Beth Paskoff at 636-891-6638.
ENTRY DEADLINE:	Entries open on Monday, July 12, 2021 at 9:00 a.m. The meet entry deadline is Wednesday, July 14, 2021 at 5:00 p.m. CDT or until the meet entry limit is reached. Teams not accepted will have entries returned by Friday, July 16, 2021.
ENTRY LIMITS:	Swimmers may enter a total of 4 events per day.
DISTANCE EVENTS:	The 1650 will be swum fastest to slowest. 1000 splits will be taken during the swim. The entire 1650 must be completed for the split to count. Each swimmer must provide their own lap counter.
BULLPEN	There will not be a bullpen during this meet.
COVID-19	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 individuals 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. 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 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 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 OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION Masks are recommended, but we will comply with the St. Louis County recommendations for mask wearing. Please see St. Louis County Youth Sports Guidelines at the following link: https://bit.ly/3oW1KeI
TIMERS:	Timers will be provided by the host team. Swimmers in distance events are required to provide their own person to count laps.

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's 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. 102.9 SWIMWEAR .1 Design A. Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee. B. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. C. The Referee shall have the authority to bar offenders from the competition until they comply with the rule. 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. Violators may be reported to law enforcement or other government authorities and/or may be barred from the facility during this sanctioned event
SAFETY:	In accordance with USA Swimming and Ozark Guidelines, the warm up sessions and the meet will be under 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 facility will be prohibited. Unauthorized areas will be clearly marked and entrance to those designated areas will be prohibited to all meet participants.
SWIMWEAR:	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 appropriateness. 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.
OTHER:	No food, drink or gum is allowed on the deck, stands or in the locker rooms. Smoking is prohibited on campus. No vendors provided. Cell phones with video and video recording devices are prohibited in all locker rooms. ONLY OFFICIALS, COACHES, SWIMMERS AND PARENTS WORKING AS TIMERS (INCLUDING THOSE TIMING THE 500FR/1650FR), RUNNERS, SAFETY, OR HOSPITALITY WILL BE PERMITTED ON THE POOL DECK. This rule will be strictly enforced.
Meet Director: Meet Coordinator: Meet Referee: Safety Coordinator: Officials Coordinator: Admin Official:	Niles Stephens Brian Perkins (314) 799-5685 Sherry Pfannerstill (314) 374-4313 Jean Ann Lashley Beth Paskoff (636) 891-6638

SCHEDULE OF EVENTS - TUESDAY, JULY 20, 2021		
Girls' Event #	Event	Boys' Event #
1	100 Free	2
3	200 Back	4
5	200 Breast	6
7	200 Fly	8
9	50 Back	10
5-minute warm-up/cool down break		
11	50 Breast	12
13	500 Free	14
15	200 IM	16

17	50 Fly	18
5-minute warm-up/cool down break		
19	200 Free	20
21	100 IM	22
23	400 IM	24
25	50 Free	26
5-minute warm-up/cool down break		
27	100 Back	28
29	100 Breast	30
31	100 Fly	32
33	200 Med. Relay	34
35	200 Free Relay	36
37	400 Med. Relay	38
39	400 Free Relay	40
41	800 Free Relay	42
5-minute warm-up/cool down break		
43	1650 Free / 1000 Free Split	44