



RCA Spring Long Course Invitational

April 8-10, 2022

**Held under the Sanction of USA Swimming
Ozark Swimming Sanction # TBD**

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.

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.			
Parking	Parking is available in front of the pool. Additional parking is located in the lot adjacent to the pool in front of Central Junior High School, right behind the pool on the north side, or on the west side of the pool along Clark Street			
Facility	Central Municipal Pool is 50 meters by 25 yards, equipped with a fully automated Colorado timing system. Six, Eight or Ten lanes will be used for competition. Continuous warm-up/warm-down space is provided during the competition.			
Pool Certification	The competition course has been certified in accordance with 104.2.2C(4). The copy of such 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. The pool depth is a minimum of six feet at both ends of the competition course.			
Contacts	Meet Directors:	John Dennis Sabrina Ressel	bellhud0308@yahoo.com alexiei981@gmail.com	573-275-1970 573-587-4838
	Entry Coordinator/Fees:	Bobby Brewer	rcaheadcoach@gmail.com	314-719-6618
	Meet Referee:	Christopher Theall	cjtheall@gmail.com	573-271-1383
	Officials Coordinator:	Christopher Theall	cjtheall@gmail.com	573-271-1383
	Administrative Official:	Rachel Theall	rachel.morgantheall@gmail.com	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.
- It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- "Deck Changes" are prohibited. Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.
- "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."
- All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of 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.

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, April 8, 2022** determines age for the meet.

Format

- All events are timed finals.
- The meet is pre-seeded except for the "Limited Events" described below.
- The Meet Referee and Meet Director may insert additional breaks between events or utilize more lanes (e.g. 10 lanes for distance events) in order to maintain an appropriate timeline for the athletes.

Limited Events

- All events 400 meters 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 **Tuesday, April 6, 2022**. Alternative events will be allowed if entries are provided to the entry coordinator no later than 30 minutes prior to the start of the first session of the meet and if open lanes are available in pre-seeded events.
- 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.
- Swimmers who fail to swim a Limited Event after checking in will not be allowed to swim their next event.
- The **400 I.M.**, **800 Freestyle** and **1500 Freestyle** events will be swum fastest to slowest in alternating heats of women and men.
- Swimmers in the **800 Freestyle** and **1500 Freestyle** events must provide one (1) timer and one (1) counter.
- The **400 Freestyle** event will be swum slow to fast without alternating girls and boys heats.

ENTRY INFORMATION

Entry Limits

- The meet will be limited to 400 swimmers.
- No team entries will be split.
- Swimmers are limited to 2 individual events on Friday and 4 individual events per day on Saturday and Sunday.
- No deck entries will be accepted, except as described earlier for swimmers cut from Limited Events.
- 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 long course meters (LCM) only. SCM and SCY times must be converted.
- Send the entry file as an email attachment to rcaheadcoach@gmail.com.
- 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 **Wednesday, March 2, 2022** at 8:00am CST.
- All entries must be received by, **Friday April 1, 2022** at 8:00pm CST.

Payment Information

- \$5.00 per swimmer per individual event
- \$15.00 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 Bobby Brewer, Entry Coordinator
1716 Whitener St.
Cape Girardeau, MO 63701

SCORING AND AWARDS

Scoring

- Scoring will be to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- Events listed as 9-12 will be scored as 9-10 and 11-12.
- Events listed as 11 & Over will be scored as 11-12, 13-14 and 15 & Over.
- Events listed as 13 & Over will be scored as 13-14 and 15 & Over.

Awards

- No awards will be offered at this meet.

OTHER

Heat Sheets

- The Psych Sheet will be posted on the meet website on or before **Thursday, April 6, 2022**.
- Heat sheets will be available for sale during the meet.
- Positive Check-in Events will be available in the program as a "psych sheet". Heat and lane assignments for these 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](http://www.ozarkswimming.org) and emailed to each team following the meet.

Concession/Vendor Info

- Concessions and hospitality will be available during the meet by River City Aquatics
- Swim apparel will be available for sale throughout the meet courtesy of **SwimQuik**

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 Spring LC Invite - SCHEDULE OF EVENTS

Friday PM Session

Warm-ups at 4:00 PM
Session starts at 5:00 PM

1	11 & Over 400 IM	2
3	11 & Over 1500 Freestyle	4

Saturday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

5	10&under 100 Breaststroke	6
7	11-12 100 Breaststroke	8
9	10&under 50 Freestyle	10
11	11-12 50 Freestyle	12
13	10&under 100 Butterfly	14
15	11-12 100 Butterfly	16
17	10&under 100 Freestyle	18
19	11-12 100 Freestyle	20
21	10&under 50 Backstroke	22
23	11-12 50 Backstroke	24
25	11-12 200 Backstroke	26
5 minute break		
27	9-12 400 Freestyle	28

Saturday PM Session

Warm-ups at end of AM session (not before 12:00 pm)
Session starts 60 minutes after end of AM session

29	13 & Over 200 IM	30
31	13-14 100 Backstroke	32
33	15 & Over 100 Backstroke	34
35	13 & Over 200 Butterfly	36
37	13-14 50 Freestyle	38
39	15 & Over 50 Freestyle	40
41	13 & Over 200 Breaststroke	42
5 minute break		
43	13 & Over 400 Freestyle	44

Sunday AM Session

Warm-ups at 7:00 AM
Session starts at 8:00 AM

45	10&under 200 IM	46
47	11-12 200 IM	48
49	10&under 100 Backstroke	50
51	11-12 100 Backstroke	52
53	10&under 50 Butterfly	54
55	11-12 50 Butterfly	56
57	11-12 200 Butterfly	58
59	10&under 200 Freestyle	60
61	11-12 200 Freestyle	62
63	10&under 50 Breaststroke	64
65	11-12 50 Breaststroke	66
67	11-12 200 Breaststroke	68
5 minute break		
69	11-12 800 Freestyle	70

Sunday PM Session

Warm-ups at end of AM session (not before 12:00 pm)

Session starts 60 minutes after end of AM session

71	13 & Over 200 Freestyle	72
73	13-14 100 Breaststroke	74
75	15 & Over 100 Breaststroke	76
77	13 & Over 200 Backstroke	78
79	13-14 100 Butterfly	80
81	15 & Over 100 Butterfly	82
83	13-14 100 Freestyle	84
85	15 & Over 100 Freestyle	86
5 minute break		
87	13 & Over 800 Freestyle	88

ENTRY SUMMARY AND RELEASE FORM
RCA Spring Long Course Invitational - April 8-10, 2022
Ozark Swimming Sanction # TBD

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 \$15.00 = _____

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

Total amount entered = _____

MAKE CHECKS PAYABLE TO RIVER CITY AQUATICS AND BRING TO MEET OR MAIL TO:

River City Aquatics
Attn: Bobby Brewer, Entry Coordinator
1716 Whitener St
Cape Girardeau, MO 63701

Do not send entries, disks, or paper backup with this form.
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:** _____