



St. Louis, Missouri



Fall Distance Classic
September 24th & 25th 2022

Held under the sanction of USA Swimming and Ozark Swimming # OZ-6185

General Information:

Location: Rockwood Summit High School
1780 Hawkins Road
Fenton, Missouri 63026

Directions: From Hwy 44, take Hwy 141 South to right on Hawkins Road. Rockwood Summit is on the right.

Course: 8-lane, 25 yard indoor pool, equipped with Paragon starting blocks, Kiefer McNeil non-turbulent lane markers and a Colorado Timing System. 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 is 4 feet in the shallow end and 12 feet in the deep end.

Format: Saturday A.M., Saturday P.M, and Sunday A.M. will be Timed Finals.

RSCA is committed to providing a meet fully accessible to persons with disabilities. Please contact the Meet Director for more information.

Meet Operation:

Warm-ups:

Saturday Morning

7:45-8:15 a.m. Session A*

8:15-8:45 a.m. Session B*

Meet Start: Not before 9:00 a.m.

Saturday Afternoon

12:00-12:30 p.m Session A*

12:30-1:00 p.m. Session B*

Meet Start: Not before 1:15 p.m

Sunday Morning

7:45-8:15 a.m. Session A*

8:15-8:45 a.m. Session B*

Meet Start: Not before 9:00 a.m.

****Optional Sprints during last 5 min. of each session***

Saturday and Sunday Morning Warm-up Procedures:

Saturday and Sunday morning warm-ups will be divided into two groups. Lane assignments will be made based upon entry size for the session and each team. Teams will be notified of their warm-up session after all entries are received. The host team reserves the right to extend the warm-up periods for safety consideration. Warm-up procedures will be defined by Ozark Safety Regulations.

A swimmer attending the meet without a USA-S certified coach must report to the Meet Referee or Meet Director prior to warming up for each session he/she is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he/she has entered.

Check-In: Positive check-in is required by all swimmers for the 400 IM, 500 free and 1000/1650 free. Check-in is required at least 30 minutes prior to start of each session. Failure to positively check-in will result in the swimmer being scratched from that session.

The host team reserves the right to pre-seed Saturday and Sunday timed finals events if the timeline permits.

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 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.

ONLY OFFICIALS, COACHES, SWIMMERS AND PARENTS WORKING AS TIMERS (INCLUDING THOSE TIMING THE 500FR/1650FR), RUNNERS, SAFETY, BULLPEN, OR HOSPITALITY WILL BE PERMITTED ON THE POOL DECK. THIS RULE WILL BE STRICTLY ENFORCED.

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 they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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 request.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

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.

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

appropriate. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

Deck changes are prohibited. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Safety: In accordance with USA Swimming and Ozark Guidelines, the warm-up sessions and the meet will be under the guidance of a meet Safety Marshal.

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.

Covid : 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 AND [THE LSC] 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 THEREWITH.

MASK AND SPECTATOR POLICY -

For current Rockwood School District Covid policies - <https://www.rsdmo.org/safetogether>

For current Saint Louis County ordinances and recommendations regarding Covid -

<https://stlouiscountymo.gov/st-louis-county-departments/public-health/covid-19/>

Conduct: Loud radios, running, roughhousing, and ball playing in the bullpen / hallways will be prohibited. Unauthorized areas will be clearly marked and entrance into those designated areas will be prohibited to all meet participants and spectators.

Event Limits: Swimmers may swim a total of four (4) events on Saturday and one (1) events on Sunday.

Distance: For the 1000/1650 freestyle on Sunday, **each swimmer must provide own lap counter AND timer.**

Splits for the 1000 Freestyle will be taken during the 1650 Freestyle. If you would like your official split taken, please alert your coach. 1650 will be swum fastest to slowest alternating Girls and Boys.

For the 500 Freestyle on Saturday, host team will provide timers but **each swimmer must provide own lap counter.**

Concessions: Concessions will be available on Saturday only. All food and drink is restricted to the concession area. COOLERS, FOOD, AND BEVERAGES ARE NOT PERMITTED IN THE BULLPEN OR POOL AREA. Coolers brought into the building must be left in the hall outside of the bullpen and pool and their contents consumed only in the concession area. This is in accordance with Rockwood School District policy and is expected of every participant as guests in their facilities.

Awards: All events: No awards will be given at this meet.

Heat Sheets: Meet programs and heat sheets will be available for sale.

Results: Final results can be requested by contacting the Meet Entry Secretary.

Other: Smoking is prohibited on all Rockwood School District campuses, both in the buildings and on the surrounding campus grounds.

Hospitality: A hospitality room will be provided for coaches and USA officials.

Entry Information:

Eligibility: All swimmers must be athlete members of USA Swimming. "Applied for" will not be accepted. Registration numbers (USA numbers) must accompany the entry. Swimmers entered in the meet who do not hold current USA Swimming membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered a \$100 fine will be imposed. Swimmer's age on Saturday, September 23rd 2022, determines age for the meet.

No swimmer will be allowed to compete unless the swimmer is a member as provided in Article 302.

General: The meet will be limited to a total of 500 swimmers, including the host team. No team entry will be split. Entries will be accepted immediately. **The Meet Entry Deadline is September 14, 2022, at 5 p.m. CDT.** Teams are encouraged to use the TM Event file as posted for the Fall Distance Classic on the Calendar page on www.ozarkswimming.org. **No Deck entries or late entries will be accepted.**

Entries: Please submit entries with short course yard times. Teams using HY-TEK Team Manager should submit their entries via e-mail. All entries must include a hard copy of entries and a check. **WHEN ENTRIES ARE RECEIVED VIA E-MAIL, A HARD COPY AND CHECK MUST BE RECEIVED WITHIN 7 CALENDAR DAYS.** A confirmation e-mail will be sent following the receipt of e-mail entries. If confirmation is not received within 24 hours of your electronic submission, call Beth Paskoff at (636) 891-6638.

Confirmation of receipt does not mean entry is accepted.

When the hard copy and check have been received-- within 7 days--the team will be notified of acceptance. **Entries requiring signature or postage will not be accepted.** *Please provide e-mail, phone and fax contact information.*

Entry Fees: \$5.00 per individual event
\$10.00 swimmer surcharge

Entry Deadline:

Entries open on September 12, 2022, at 9:00 a.m. The meet entry deadline is September 14, 2022, at 5 p.m. CDT or until the meet entry limit is reached. Teams not accepted will have entries returned by September 16, 2022.

Make checks payable to "Rockwood Swim Club" and mail to:

Beth Paskoff--Meet Entry Secretary
Rockwood Swim Club
17165 Lafayette Trails Ct.
Wildwood, MO 63038
(636) 891-6638

(Please do not put entry in mailbox without postage.)

Entry E-mail: rscameetentry@gmail.com

Meet Director: Heather Luckner 636-485-1647

Meet Coordinator: Melissa Lamons 314-570-3869

Referee: Jeff McCoskey 618-332-6773

Safety Coordinator: Sherry Pfannerstill 314-374-4313

Officials Coordinator: Jean Ann Lashley – jeanlashley@sbcglobal.net

Admin Official: Dana LeVassuer dnalver_swim@hotmail.com

SCHEDULE OF EVENTS

Saturday Morning		
Open		
Girls Event #	Event	Boys Event #
1	400 IM	2
3	200 Fly	4
5	200 Back	6
7	200 Breast	8
9	500 Free*	10

Saturday Afternoon		
12 & Under		
Girls Event #	Event	Boys Event #
11	200 IM	12
13	100 Fly	14
15	100 Back	16
17	100 Breast	18
19	200 Free	20

*** Swimmers must provide their own lap counter for the 500 Free. Host team will provide timers.**

Sunday Morning		
11 & over 1000/1650		
Girls Event #	Event	Boys Event #
21	11 & Over 1000/1650 Free **	22

****Depending on lane usage, after 2 heats of 1650 a 5-10 minute break will follow.**

**** Swimmers must provide their own lap counter AND timer for the 1000/1650 Free.**