

Rockwood Swim Club
St. Louis, Missouri
October 22-23, 2022



Held under the sanction of USA Swimming and Ozark

Swimming #

General Information:

Location	Marquette High School 2351 Clarkson Road Chesterfield, Missouri 63017
Directions	Located at the corner of Clarkson Road and Kehrs Mill Road in Chesterfield
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. Swimming depth is 4 feet in the shallow end and 10 feet in the deep end.
Format	All events 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/Sunday Morning (8&U, 10&U, Open)
7:00-7:20 a.m. Session A*
7:20-7:40 a.m. Session B*
7:40-8:00 a.m. Session C*
Meet start not before 8:15 a.m.

Saturday/Sunday Afternoon (11-12, 13-14)
12:45-1:05 p.m. Session A*
1:05-1:25 p.m. Session B*
1:25-1:45 p.m. Session C*
Meet start not before 2:00 p.m.

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

**Warm-up
Procedures**

Saturday and Sunday 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 and 500 free. Check-in is required at least 30 minutes prior to the 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 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 enter a total of 4 events per day on Saturday and Sunday.

Distance Events

For the 500 Freestyle on Sunday, the host team will provide timers, **but each swimmer must provide own lap counter.** The 400 IM and 500 Free will be limited to the top 32.

Bullpen

Swimmers should report to the bullpen for their events.

Concessions:

Concessions will be available. 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.

Vendors

B&B Aquatics will have items for sale at the meet.
Fine Designs will be selling Halloween Howl meet attire on Saturday and Sunday.

Awards

All events: Ribbons for places 1-8

Heat Sheets

Heat sheets will be available for sale and posted online at www.rockwoodswim.org.

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.
<u>Entry Information:</u>	
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 host team. No team entry will be split. Entries will be accepted immediately. Teams not accepted will have entries returned by Friday, October 7, 2022. Teams are encouraged to use the TM Event file as posted for the Halloween Howl on the Calendar page on www.ozarkswimming.org . No deck entries will be accepted. Deck changes are prohibited.
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. NO REFUNDS WILL BE ISSUED. Entries requiring signature or postage will not be accepted. <i>Please provide e-mail, phone and fax contact information.</i>
Entry Fees	\$5.00 per individual event \$10.00 swimmer surcharge
Entry Deadline:	Entries open on Monday October 3, 2022, at 9:00 a.m. The meet entry deadline is Wednesday, October 5, 2022, at 5 p.m. CDT or until the meet entry limit is reached. Teams not accepted will have entries returned by Friday, October 7, 2022. Make checks payable to “Rockwood Swim Club” and mail to: 1401 Froesel Drive, Ellisville, MO 63011 (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: Tom Lombardo (314) 952-3677

Safety Coordinator: Sherry Pfannerstill 314-374-4313

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

Admin Official: Jean Ann Lashley – jeanlashley@sbcglobal.net

SCHEDULE OF EVENTS

Saturday Morning		
Girls Event #	Event	Boys Event #
1	10&U 200 IM	2
3	13&O 400 IM**	4
5	Open 200 Free	6
7	10&U 100 Free	8
9	8&U 25 Free	10
11	Open 100 Back	12
13	10&U 50 Back	14
15	8&U 50 Back	16
17	Open 200 Fly	18
19	10&U 100 Fly	20
21	8&U 25 Fly	22
23	Open 200 Breast	24
25	10&U 100 Breast	26
27	8&U 25 Breast	28
29	Open 50 Free	30

** 13 & Over 400 IM is Limited to Top 32 swimmers

Saturday Afternoon		
Girls Event #	Event	Boys Event #
31	11-12 200 IM	32
33	13-14 200 Free	34
35	11-12 50 Back	36
37	13-14 100 Back	38
39	11-12 100 Fly	40
41	13-14 200 Fly	42
43	11-12 100 Breast	44
45	13-14 200 Breast	46
47	11-12 50 Free	48
49	13-14 50 Free	50

Sunday Morning		
Girls Event #	Event	Boys Event #
51	10&U 200 Free	52
53	13&O 500 Free**	54
55	10&U 100 IM	56
57	Open 200 IM	58
59	8&U 50 Free	60
61	10&U 50 Free	62
63	Open 100 Free	64
65	8&U 25 Back	66
67	10&U 100 Back	68
69	Open 200 Back	70
71	8&U 50 Fly	72
73	10&U 50 Fly	74
75	Open 100 Fly	76
77	8&U 50 Breast	78
79	10&U 50 Breast	80
81	Open 100 Breast	82

** 13&O 500 Free is Limited to Top 32 swimmers

Sunday Afternoon		
Girls Event #	Event	Boys Event #
83	11-12 100 IM	84
85	13-14 200 IM	86
87	11-12 100 Free	88
89	13-14 100 Free	90
91	11-12 100 Back	92
93	13-14 200 Back	94
95	11-12 50 Fly	96
97	13-14 100 Fly	98
99	11-12 50 Breast	100
101	13-14 100 Breast	102
103	11-12 200 Free	104