



2023 RSCA FALL DISTANCE September 16 & 17, 2023



SPONSOR/HOST	Rockwood Swim Club		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ- [REDACTED] - USA Swimming, Inc., Ozark Swimming, Inc., and Rockwood Summit High School shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. - 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 CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., and Chuck Fruit Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark 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/Ozark 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 AND ALL LIABILITY OR CLAIMS 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.		
LOCATION:	Rockwood Summit High School, 1780 Hawkins Road, Fenton, MO 63026 636-891-6800		
FACILITY:	- Short course, 25-yards, 13-foot start end depth, 4-foot turn end depth, 8 lanes, Kiefer McNeil non-turbulent lane markers, Paragon starting blocks. Colorado Timing System. Indoor facility. - The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming		
MEET DIRECTOR	Katherine Becker	rockwoodswimboard@gmail.com	314-599-6387
ADMIN OFFICIAL	Jean Ann Lashley	jeanlashley@sbcglobal.net	580-678-2222
MEET REFEREE	Nathan Cook	ncook7176@gmail.com	314-223-0871
MEET MARSHALS	Sherry Pfannerstill David Morris	sherry@pfannerstill.com davidmorris2006@gmail.com	314-374-4313
ELIGIBILITY:	- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. - No on deck Ozark Swimming athlete registration will be permitted. - Swimmers entered in the meet who do not hold current 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 per athlete will be imposed on the swimmer's club, made payable to Ozark Swimming. • Open to all USA Swimming athletes registered before the first day of the meet. • The meet will be limited to a total of 500 swimmers. NO team entry will be split. • Age on Saturday, September 16, 2023 will determine age for the entire meet.
DISABILITY SWIMMERS:	• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	• All swimmers will swim in the same session each day. Events will be divided between 12 & Under events and Open events, except for the 500 Free, 400 IM, and 1650 Free which are 11 & Over and 13 & Over respectively. • All events will be timed finals.
SCHEDULE:	• Morning sessions: Warm-ups at (Group A) 7:45-8:15 AM, (Group B) 8:15-8:45 AM, with optional sprints during the last 5 minutes of each session; competition starts at 9:00 AM. • Afternoon session: Warm-up at (Group A) 12:00-12:30 PM, (Group B) 12:30-1:00 PM with optional sprints during the last 5 minutes of each session; competition starts at 1:15 PM. • Lane assignment and warm-up times for individual clubs will be posted on the Rockwood Swim Club website no later than September 10th and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES OPENS MONDAY AUGUST 28, 2023 AT 9:00 AM. The deadline is Wednesday, August 30, 2023. • Entries must be submitted in short course yard times using Hy-Tek compatible format. • Teams must submit entries via email. • "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. • Swimmers may enter a maximum of four individual events per day. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding. • Email entries to: Beth Paskoff at rscameetentry@gmail.com
SEEDING:	• All events, except 17 & 18 (500 Fr), 1 & 2 (400 IM), 41 & 42 (1650 Fr) will be pre-seeded. • Events #17 & 18 (500 Fr), 1 & 2 (400 IM), 41 & 42 (1650 Fr) will require a positive check-in to swim. • Positive check-in will close at 9am. • SWIMMERS MUST POSITIVELY CHECK-IN TO BE SEEDED IN THE EVENT • Positive Check In events will be swum fastest to slowest; 1650 will be swum fastest to slowest alternating Girls and Boys. • Splits for the 1000 Freestyle will be taken during the 1650 Freestyle. If you would like your official split taken, please alert your coach.
FEES:	• Individual events: \$5.00 • Swimmer Surcharge: \$15.00 • \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club. • Checks should be made payable to: Rockwood Swim Club • Mail payment to: c/o Beth Paskoff – Meet Entry Secretary 1401 Froesel Drive, Ellisville, MO 63011 • Payment must be received within 7 days of acceptance into the meet. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

	● IMPORTANT: If payment is sent via Express Mail/FedEx/UPS, etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
AWARDS:	● No awards will be given at this meet
SCORING	N/A
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 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. 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.
RULES:	● The current USA Swimming Rules and Regulations will apply. ● Any swimmer entered in the meet must be certified by a USA-S 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 requirement. ● The flyover start procedure will be used for all sessions. ● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. ● Deck changes are prohibited. ● Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership. ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area. ● 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 the 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. ● A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
OFFICIALS:	● Officials will be needed for all positions and all sessions for this meet. ● Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jean Ann Lashley at (jeanlashley@sbcglobal.net), no later than January 30th.
TIMERS:	● Host club will provide timers ● Swimmers will need to provide their own counter for the 500 Free ● Swimmers in the 1650 Free need to provide their own TIMER and COUNTER
GENERAL:	On Saturday, swimmers should report to the Bullpen for their events. There will not be a bullpen on Sunday.

	Heat Sheets will be posted on Rockwood Swim Club website. Final results can be requested by contacting the Meet Entry Secretary. Concessions will be available on Saturday and Sunday. 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. A hospitality room will be provided for coaches and USA officials.
FACILITY RULES:	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. Smoking is prohibited on all Rockwood School District campuses, both in the buildings and on the surrounding campus grounds.

**RSCA Fall Distance
ORDER OF EVENTS**

Saturday September 16, 2023		
Morning Session Warm-up: 7:45 AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Open 400 IM	2
3	Open 200 IM	4
5	Open 200 Fly	6
7	Open 100 Fly	8
9	Open 200 Back	10
11	Open 100 Back	12
13	Open 200 Breast	14
15	Open 100 Breast	16
17	Open 500 Free*	18
Saturday, September 16, 2023		
Afternoon Session Warm-up: 12:00 PM; Start: 1:15 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	12 & Under 200 Free	20
21	12 & Under 100 IM	22
23	12 & Under 50 Fly	24
25	12 & Under 100 Fly	26
27	12 & Under 50 Back	28
29	12 & Under 100 Back	30
31	12 & Under 50 Breast	32
33	12 & Under 100 Breast	34
35	12 & Under 50 Free	36
37	12 & Under 100 Free	38
39	12 & Under 200 IM	40

Sunday, September 17, 2023		
Morning Session Warm-up: 7:45AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	11 & Over 1000/1650**	42