



2025 RSCA Polar Dash January 11-12, 2025



SPONSOR/HOST	Rockwood Swim Club		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-6278 - 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 Rockwood Swim Club 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	sportsranter@hotmail.com	314-599-6387
ADMIN OFFICIAL	Jean Ann Lashley	jeanlashley@sbcglobal.net	580-678-2222
MEET REFEREE	Brian Perkins	btppa@aol.com	314-799-5685
MEET MARSHALS	Sherry Pfannerstill Scott Marquart	sherry@pfannerstill.com scottamarquart@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, January 11, 2025 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 10 & Under and Open will swim in the morning session. - All 11-14 swimmers will swim in the afternoon session.. - All events will be timed finals.
SCHEDULE:	- Morning sessions: Warm-ups at (Group A) 7:45-8:05 AM, (Group B) 8:05-8:25 AM, (Group C) 8:25-8:50 AM, with optional sprints during the last 5 minutes of each session; competition starts at 9:00 AM. - Afternoon sessions: Warm-ups at (Group A) 12:00-12:25 PM, (Groups B) 12:25-12:50 PM, with optional sprints during the last 5 minutes of each session; competition starts at 1:00 PM - Lane assignment and warm-up times for individual clubs will be posted on the Rockwood Swim Club website no later than February 1st and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES OPENS MONDAY DECEMBER 9, 2024 AT 9:00 AM. The deadline is Wednesday, December 11, 2024. - 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 rscomeetentry@gmail.com
SEEDING:	All events will be pre-seeded.
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:	- Awards will be given out for each age group places 1-8 - Heat Winner prizes will be given out
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. - o 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 - o 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 Jin Lee and Julie Stein (rscaofficials@gmail.com), no later than December 20th.
TIMERS:	• Host club will provide timers
GENERAL:	On Saturday and Sunday, swimmers should report to the Bullpen for their events. 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.

RSCA Polar Dash ORDER OF EVENTS

Saturday January 11, 2025		
Morning Session		
Warm-up: 7:45 AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Open 50 Free	2
3	10 & Under 50 Free	4
5	8 & Under 25 Free	6
7	Open 100 Fly	8
9	10 & Under 50 Fly	10
11	8 & Under 25 Fly	12
13	Open 50 Back	14
15	10 & Under 100 Back	16
17	Open 100 Breast	18
19	10 & Under 50 Breast	20
21	8 & Under 25 Breast	22
23	Open 50 Fly	24
Afternoon Session		
Warm-up: 12:00 PM; Start: 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	11-14 100 Back	26
27	11-14 50 Free	28
29	11-14 100 Fly	30
31	11-14 50 Breast	32
33	11-14 100 IM	34

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Sunday, January 12, 2025		
Morning Session		
Warm-up: 7:45 AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	Open 100 Free	36
37	10 & Under 100 Free	38
39	8 & Under 50 Free	40
41	10 & Under 100 Fly	42
43	Open 100 Back	44
45	10 & Under 50 Back	46
47	8 & Under 25 Back	48
49	Open 50 Breast	50
51	10 & Under 100 Breast	52
53	Open 200 IM	54
55	Open 100 IM	56
Afternoon Session		
Warm-up: 12:00 PM; Start: 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
57	11-14 100 Free	58
59	11-14 50 Fly	60
61	11-14 100 Breast	62
63	11-14 50 Back	64
65	11-14 200 IM	66