



ROCKWOOD SWIM CLUB

St. Louis, MO

“Get Your Best Yard Times”

July 19-20, 2022

*Held under the Sanction of USA Swimming
and Ozark Swimming # Pending*

General Information:

Location: Lafayette High School
17050 Clayton Road
Wildwood, MO 63011

Directions: Lafayette High School is located at the corner of Highway 109 and Clayton Road.

Course: 8-lane, 25 yard 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.

Time: Tuesday, July 19, 2022 and Wednesday, July 20, 2022
Warmups at 4:30 PM – Meet starts at 5:30

Eligibility: All swimmers must be athlete members of USA Swimming. Applied for will not be accepted. 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, made payable to Ozark Swimming. Swimmer's age on Tuesday, July 19, 2022, determines age for the meet. Registration numbers must accompany entries.

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

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 requirement.

Entries: Swimmers are limited to four individual events plus two relays per day. The lineup of events will be the same both days.

Please register on-line the day before the meet.

Entry Fees:	\$5.00 per individual event \$10.00 swimmer surcharge (\$2 is provided to Ozark) \$6.00 per relay.
Timers:	Timers will be provided by the host team. Long Distance Swimmers will need to provide a lap counter.
Rules:	Current USA Short Course Rules will govern the meet. There will be <u>NO</u> recall on a false start. All coaches must hold a valid USA Swimming coach's card and all officials must have their current USA Swimming and certification cards <u>DISPLAYED</u> while on the pool deck. All technical and administrative rules of USA Swimming will apply. <i>ONLY OFFICIALS, COACHES, SWIMMERS AND PARENTS WORKING AS TIMERS (INCLUDING THOSE TIMING THE 500FR), RUNNERS, SAFETY, BULLPEN, OR HOSPITALITY WILL BE PERMITTED ON THE POOL DECK. This rule will be strictly enforced.</i> Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
Swimwear:	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. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming 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.
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 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.

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.

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

General: No food, drink or gum is allowed on the deck, stands or in the locker rooms.

Meet Director: Ulrike Orpe (425) 209-6111

Meet Coordinator: Ruth Bishop (314) 607-4301

Referee: Brian Perkins

Safety Coordinator: Sherry Pfannerstill (314) 374-4313

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

Admin Official: Jean Ann Lashley



Girls' Event #	Event	Boys' Event #
1	100 Free	2
3	200 Back	4
5	200 Breast	6
7	200 Fly	8
9	50 Back	10
5-minute warm-up/cool down break		
11	50 Breast	12
13	500 Free	14
15	200 IM	16
17	50 Fly	18
5-minute warm-up/cool down break		
19	200 Free	20
21	100 IM	22
23	400 IM	24
25	50 Free	26
5-minute warm-up/cool down break		
27	100 Back	28
29	100 Breast	30
31	100 Fly	32
33	200 Med. Relay	34
35	200 Free Relay	36
37	400 Med. Relay	38
39	400 Free Relay	40
41	800 Free Relay	42
5-minute warm-up/cool down break		
43	1650/1000 Free	44