



SPONSOR/HOST	Parkway Swim Club		
SANCTION	Held under sanction of Ozark Swimming, Inc., on behalf of USA Swimming, Inc.		
	Sanction Number: Pending		
MEET DIRECTOR	Ruth Price Email: <u>ruth.price323@sbcglobal.net</u>		
OFFICIALS CONTACT	Stephanie Petersen	Email: legos-lb@sbcglobal.net	
	Brett Shank	Email: brett.shank@yahoo.com	
ENTRY CHAIR	Jon David Williford	Email: jwilliford@parkwayschools.net	
MEET REFEREE	Stephanie Petersen	Email: legos-lb@sbcglobal.net	
	Brett Shank	Email: brett.shank@yahoo.com	
ADMIN OFFICIAL	TBD		
SAFETY MARSHALL	Blair Porter	Email: bp3434@swbellnet	
FACILITY ADDRESS	Walker Natatorium –	Kirkwood High School – 801 West Essex Avenue, Kirkwood, MO 63021	
PARKING		front of the Natatorium. All spaces are reserved for coaches, staff and	
		y little parking directly in front of the pool. Cars may park on Chopin	
		g lot on Essex or Dougherty Ferry Drive.	
FACILITY DESCRIPTION		of pool is an indoor 8 lane, 25 yard-course. It is equipped with an	
		tem, scoreboard, 8 starting blocks, and competitor non-turbulent lane	
		tional 5 lane, 20 yard pool for warm up/warm down separated by a bulk	
		or seeding is available and will be used as a swimmer crash area.	
POOL CERTIFICATION		se has been certified in accordance with 104.2.2C(4). The copy of this	
	certification is on file	` ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '	
WATER DEPTH		depth for racing starts has been measured in accordance with Article	
		is a minimum of six feet at both start and turn end of the competition	
	course.	·	
HEAT SHEETS	Heat sheets will be emailed to teams or posted no later than December 9, 2021.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRY OPEN	PKWY will begin to accept entries on Wednesday November 10, 2021 at 09:00 pm Central Time		
	or until the entry limit is reached		
ENTRY DEADLINE	PKWY will accept entries up until the entry deadline, Friday, December 3, 2021 at 9:00pm		
	Central time or until the entry limit is reached.		
ADDITIONAL ENTRY	Each club will receive a notification of receipt of entry. This notification does not guarantee		
INFORMATION	acceptance into the meet. Teams will be notified on Friday December 3, 2021 if entries were		
	able to be accepted within the entry limit. If the entry limit is reached, teams will be notified		
	on December 3, 2021 if their entry was not accepted.		
ENTRY LIMIT	Each session will be limited to 300 swimmers maximum plus the host club. Team entries will		
	not be split.		
CONFORMING TIMES	Swimmers should be entered at their actual time in short course yards. No times are allowed		
	and should be designated NT		
FORMAT	All of the technical and administrative rules of USA Swimming will apply. All events are timed		
	finals and will be swum fastest to slowest. Swimmers may enter and compete in up to twelve		
	individual events for the entire meet – no more than 2 events in Session 1, 5 events in Session		
	2 and 3, 1 event for Sessions 4 and 7 and 4 events for Sessions 5 and 6. In compliance with		
	USA Swimming Rules and Regulations Rule 102.2.3, a swimmer may compete in not more than		
	six (6) individual events per day.		
	Limited events are dis	cussed in "Seeding and Preseeding"	





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	This most will have seven sessions		
	This meet will have seven sessions Session 1 Friday evening 128 U 128 O and Open 2 ontry limit		
	Session 1 – Friday evening 12&U, 13&O and Open – 2 entry limit Session 2 – Saturday Morning (12&U) – 5 entry limit		
	Session 3 – Saturday Morning (12&6) – 3 entry limit Session 3 – Saturday Early Afternoon (13&O and Open) – 5	entry limit	
	Session 4 – Saturday Latry Afternoon (Open) – 1 entry limit	entry mint	
	, , , , , , , , , , , , , , , , , , , ,		
	Session 5 – Sunday Morning (12&U) – 4 entry limit	mi+	
	Session 6 – Sunday Late Morning (13&O, Open) – 4 entry lin	THE STATE OF THE S	
ENTRY PROCEDURES	Session 7 – Sunday Afternoon (Open) – 1 entry limit Teams are required to send an entry file that is compatible	Mail summany forms and shocks	
ENTRY PROCEDURES	·	Mail summary forms and checks to:	
	,	Jon David Williford	
	submitted by email to pkwymeetentry@gmail.com . The		
	signed meet entry summary form and the check for the	c/o Parkway Swim Club	
	team entry fees must be received by the entry deadline in	12657 Fee Fee Road	
	order to be considered for acceptance.	St. Louis, Missouri 63146	
	\$20.00 nor cuimmer for most		
	\$30.00 per swimmer for meet There is a \$10.00 surcharge per swimmer		
MEET DURATION	In compliance with USA Swimming Four-Hour Rule Regulation	ons (see rule 20E 2.1E). Events may	
IVICET DURATION	be combined and/or the number of entries limited in one	•	
	the length of the meet. Teams will be notified by email of s		
	,	•	
	limits. Proof of times may be required if events are limited	•	
	Updated times will not be accepted past December 3 at 5	:00nm Control Time for use in any	
	limited event and the USA Swimming SWIMS database wi	•	
	sheet is accurate. If swimmers are cut out of an event due to imitations, the entry will be refunded for said event or placed in a shorter one.		
PROOF OF TIMES	No proof of time is required, but teams are asked to ente	r swimmers at their actual time in	
TROOF OF THINES	order of priority: Short Course Yards, Long Course Meters,		
OFFICIALS	PKWY welcomes officials from participating teams. If you		
OTTICIALS	meet, please contact our Officials Coordinator, Stephanie P	_	
	and Brett Shank at brett.shank@yahoo.com. Apprentice se		
	get approval from Bill Rener (billrener@gmail.com)	assions may be available, but please	
SEEDING AND	All events are timed finals and seeded fastest to slowest.		
PRESEEDING	All events are timed finals and seeded fastest to slowest.		
T NESCEDING	The Open 400 IM, 500 Freestyle, 1000 Freestyle and 1650	Freestyle will be swum alternating	
	girls, then boys.	Treestyle will be swall alternating	
	giris, then boys.		
	The following events will be deck seeded with a positive check-in deadline of 30 minutes prior		
	to the start of the session and may be limited according to	•	
	to the start of the session and may be innited according to	and ronowing schedule.	
	Swimmers must provide their own lan counter and timer fo	r the 500 Freestyle, 1000 Freestyle	
	· ·	Swimmers must provide their own lap counter and timer for the 500 Freestyle, 1000 Freestyle and 1650 Freestyle Events. If the 500 Freestyle is limited, at least 40 spots will be reserved for	
	12&U swimmers if there are atleast 40 swimmers entered in the event. If the 1000 or 1650		
	Freestyle is limited, atleast 24 spots will be reserved for 12&U swimmers if there are atleast		
	24 swimmers entered in the event.		
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	The host team reserves the right to include an additional heat of girls and/or boys for each of		
	these events to be filled by the host team.		
DECK ENTRIES	There will be no deck entries at this meet.		
WARM-UP	Teams will be assigned warm-up lanes and times will be no		
INFORMATION	Swimmers who are unattached or otherwise do not have a c	•	
	check in the Meet Director upon arrival to be assigned to	•	
	Warm-up times listed below may change depending on me	et session entries.	
Session 1	First warm up: 5:05pm – 5:30pm	Meet start: 6:30pm	
	Second warm up: 5:30pm – 5:55pm		
	Third warm up: 5:55pm – 6:20pm		
Session 2	First warm up: 9:00am – 9:30am	Meet start: 10:10am	
	Second warm up: 9:30am – 10:00am		
Session 3	First warm up: not before 12:10pm – 12:40pm	Meet start: 1:15pm	
	Second warm up: not before 12:40pm – 1:10pm		
Session 4	Positive check in for 500 Free is at 3:50pm	Meet start: 4:15pm	
	Warmup: not before 3:40pm – 4:10pm		
Session 5	First warm up: 7:15am – 7:45am	Meet start: 8:20am	
	Second warm up:7:45am – 8:15am		
Session 6	First warm up: not before 11:00am – 11:30am	Meet start: 12:10pm	
	Second warm up: not before 11:30pm – 12:00pm	·	
Session 7	Positive check including for 1000 free and 1650 free by	Meet start: 3:10 pm	
	2:30 pm	·	
	Warm up: 2:30pm – 3:00pm		
AWARDS/SCORING	There will be no high points or award given out. The meet	 will not be scored.	
TIMERS	All timers will be provided by the host team, except for	the 500, 1000 and 1650 freestyle	
	events.		
RULES	2021 USA Swimming Rules and Regulations will govern the	conduct of the meet.	
DECK PRIVILIDGES	Only currently registered USA Swimming athlete and non	-athlete members and volunteers	
	necessary to run and operate the meet will be allowed of	on deck and/or locker room areas	
during the meet. Coaches must be currently registered with USA Swimmin		with USA Swimming as a Coach	
	member to act in a coaching capacity at the meet. Coaches	must constantly display their USA	
Swimming coach credential for deck assess. The meet referee or m		eree or meet director may ask for	
	credentials and deny access if the coach does not comply.		
ELIGIBILITY	The meet is open only to athletes registered with USA Swimming for 2021. "Applied for" will		
	not be accepted. On deck registrations will not be available. The host LSC may impose a \$10		
	fine to the individual athlete or club, per event, for entering non-registered swimmers in an		
	Ozark meet.		
RACING START	Any swimmer entered in the meet must be certified by a	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as	
CERTIFICTION	being proficient in performing a racing start or must start	_	
without the use of the backstroke ledge. When unaccompanied by a member-co			
responsibility of the swimmer or the swimmer's legal guardian to ensure compliance			
requirement."		•	





MEET REFEREE	The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for <i>any</i> issues that arise during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
	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 in accordance with 202.4.10(M).
SWIMMERS WITH DISABILITIES	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.
PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations rule 202.4.10(H), the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are prohibited from behind the starting blocks during the entire meet, including warm-up, competition and warm-down periods. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.
DECK CHANGING	Per USA Swimming rule 202.4.10(I), deck changes are prohibited.
PRE-MEET INFORMATION AND RESULTS	A technical bulletin will be e-mailed to all participating clubs prior to the meet which will include estimated timelines, warm-up assignments and any other pertinent information.
	Meet results will be posted at the pool and on Meet Mobile throughout each session. Final results will be posted on the Ozark Swimming website (www.ozarkswimming.org) following the meet.
RESTRICTIONS	As provided under 202.4.10(L), 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. The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No glass containers are allowed in the meet venue
RULES	In accordance with USA Swimming rule 202.4.10J, unless approved in writing in advance of the completion by the Program & Events Committee Chair or designee, 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.





	 Swimsuits for men may not extend above the naval or below the knee and for women may not cover the neck or extend past the shoulders or below the knee. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate. No swimmer is permitted to wear or use any device, substance of swimsuit to help his/her speed, pace, buoyancy or endurance during a race. Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee No Technical Suits shall be worn by any 12&U USA Swimming athlete member
Covid-19	We have taken enhanced health and safety measures – for athletes, officials, personnel, and spectators. You must follow all posted instructions of the facility. 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 guests with underlying medical conditions are especially vulnerable. By attending and participating in this meet you voluntarily assume all risks related to exposure to COVID-19.
	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 OZARK SWIMMING 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
OTHER INFOMRATION	There will be no spectators for this meet. The meet will be live recorded for virtual spectating. There will be a bull pen for the 12&Under swimmers on Saturday and Sunday morning located on deck. There will be no vendor available for this meet
	Limited concessions will be available Each team is responsible for its own valuables Each coach is responsible for the conduct of their team





	The meet will be conducted in 8 lanes with the pool located on the other side of the bulk head	
	designated as continuous warmup/down throughout each session.	
	In the event of circumstances necessitating changes during the meet, information will be	
	updated on the PKWY website at www.pkwy.org.	
DIRECTIONS	A Google map link is available on the PKWY team website (www.pkwy.org)	

	Session 1	
	Friday Evening (12&U, 13&O, Open)	
	Warm-up: 5:05 pm Meet Starts: 6:30 pm	
Girls	Event	Boys
1	12&Under 100IM	2
3	13&O 200IM	4
5	9-12 200IM	6
7	Open 400 IM*	8

^{*}No 10&Under swimmers may enter the Open events in this session.

	Session 2	
	Saturday Morning (12&U)	
	Warm-up: 9:00 am Meet Starts: 10:10 am	
Girls	Event	Boys
9	12&U 200 Freestyle	10
11	9 – 12 50 Backstroke	12
13	12&U 100 backstroke	14
·	5 minute break	
15	8&U 25 Breaststroke	16
17	9 – 12 50 Breaststroke	18
19	12&U 100 Breaststroke	20
	5 minute break	
21	9 – 12 100 Freestyle	22
23	12&U 50 Freestyle	24
	5 minute break	
25	8&U 25 Butterfly	26
27	9 – 12 50 Butterfly	28
29	12&U 100 Butterfly	30

	Session 3	
	Saturday Early Afternoon (13&O and Open)	
	Warm-up: 12:10 pm Meet Starts: 1:15 pm	
Girls	Event	Boys
31	13&O 200 Freestyle	32
	5 minute break	
33	Open 100 Butterfly	34
35	13&Over 200 Butterfly	36
·	5 minute break	





37	Open 100 Backstroke	38
39	13&Over 200 Backstroke	40
	5 minute break	
41	Open 100 Breastroke	42
43	13&Over 200 Breastroke	44
	5 minute break	·
45	13&Over 50 Freestyle	46

	Session 4	
	Saturday Late Afternoon (Open)	
	Warm-up: 3:50 pm Meet Starts: 4:15 pm	
Girls	Event	Boys
47	12&U 500 Freestyle	48
49	13&O 500 Freestyle	50

**Swimmers must provide their own lap counter and timer for the 500 Freestyle

	Session 5	
	Sunday Morning (12&U)	
	Warm-up: 7:15 am Meet Starts: 8:20 am	
Girls	Event	Boys
51	8&U 25 Backstroke	52
53	12&U 50 Backstroke	54
55	9 – 12 100 Backstroke	56
	5 minute break	
57	12&U 50 Breastroke	58
59	9 – 12 100 Breastroke	60
	5 minute break	
61	8&U 25 Freestyle	62
63	12&U 100 Freestyle	64
65	9 – 12 50 Freestyle	66
	5 minute break	
67	12&U 50 Butterfly	68
69	9 – 12 100 Butterfly	70

Session 6 Sunday Late Morning (13&O and Open)				
Warm-up: 10:30 am Meet Starts: 12:10 am				
Girls	Event	Boys		
71	13&O 100 Freestyle	72		
	5 minute break			
73	13&O 100 Butterfly	74		
75	Open 200 Butterfly	76		
	5 minute break			
77	13&Over 100 Backstroke	78		





79	Open 200 Backstroke	80	
5 minute break			
81	13&Over 100 breaststroke		
83	Open 200 Breaststroke	84	
5 minute break			
85	Open 50 Freestyle	86	

Session 7 Sunday Early Afternoon (Open) Warm-up: 2:30 pm Meet Starts: 3:10 pm				
Girls	:Event	Boys		
87	Open 1000 Freestyle (Limited Event)***	88		
89	Open 1650 Freestyle (Limited Event)***	90		

^{***}Swimmers must provide their own lap counter and timer for the 1000 and 1650 Freestyle Events. If the 1000 or 1650 Freestyle is limited, at least 24 spots will be reserved for 12&U swimmers if there are at least 24 swimmers entered in the event.

FEE SUMMARY AND RELEASE FORM

This summary form must be completed and returned with all entry fee by the start of the session on Friday, December 10, 2021. Please make certain to include all of the following:

- 1. Check for entries made payable to: Parkway Swim Club
- 2. This completed summary form

Mail the above to:

Jon David Williford c/o Parkway Swim Club 12657 Fee Fee Road St. Louis, Missouri 63146

Email: pkwymeetentry@gmail.com

Club	Club Code
Number of swimmers entered: Boys + Girls	= Total
Number of swimmers entered: x \$40.00 = \$	
TOTAL AMOUNT ENCLOSED = \$	
Contact Information:	
Club Official submitting entry:	Coach's Name:





Name:		
Address:	_	
City:		
•	_	
State, Zip:	 _	
Email:	_	