



PARKWAY SWIM CLUB
2022 Ozark Senior Champs
March 4 - 6, 2022



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: ruth.price323@sbcglobal.net	
OFFICIALS CONTACT	Stephanie Petersen Brett Shank	Email: legos-lb@sbcglobal.net Email: brett.shank@yahoo.com	
ENTRY CHAIR	Jon David Williford	Email: jwilliford@parkwayschools.net	
MEET REFEREES	Stephanie Petersen Brett Shank	Email: legos-lb@sbcglobal.net Email: brett.shank@yahoo.com	
ADMIN OFFICIAL	Jon David Williford	Email above	
SAFETY MARSHALL	Blair Porter	Email: bp3434@swbell.net	
FACILITY ADDRESS	Walker Natatorium – Kirkwood High School – 801 West Essex Avenue, Kirkwood, MO 63021		
PARKING	No parking directly in front of the Natatorium. All spaces are reserved for coaches, staff and officials. There is very little parking directly in front of the pool. Cars may park on Chopin Street or in the parking lot on Essex or Dougherty Ferry Drive.		
FACILITY DESCRIPTION	Kirkwood High School pool is an indoor 8 lane, 25 yard-course. It is equipped with an automated timing system, scoreboard, 8 starting blocks, and competitor non-turbulent lane lines. There is an additional 5 lane, 20 yard pool for warm up/warm down separated by a bulk head. Balcony spectator seating is available.		
POOL CERTIFICATION	The competitive course has been certified in accordance with 104.2.2C(4). The copy of this certification is on file with USA Swimming		
WATER DEPTH	The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. The pool depth is a minimum of six feet at both ends of the competition course.		
HEAT SHEETS	Heat sheets will be emailed to teams or posted no later than March 3, 2022.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events		
ENTRY INVITE	PKWY will begin to accept entries on Wednesday February 16, 2022 at 09:00 pm Central Time. This meet is only open to Ozark LSC teams.		
ENTRY DEADLINE	PKWY will accept entries up until the entry deadline, Friday, February 25, 2022 at 10:00pm Central time or until the entry limit is reached.		
ADDITIONAL ENTRY INFORMATION	Each club will receive a notification of receipt of entry.		
ENTRY LIMIT	Each <u>session</u> will be limited to 350 swimmers maximum plus the host club. Team entries will not be split.		
FORMAT	<u>All of the technical and administrative rules of USA Swimming will apply.</u> All Friday events are timed finals. Saturday events except the 500 Free and all Sunday events will be swum as as prelims/finals with the top 24 swimmers advancing to A, B and C finals. For the 500 free on Saturday the top 16 swimmers will advance to finals. Relays will be competed as timed finals during prelims on Saturday and Sunday. Athletes are limited to 2 relay events and 8 individual events: 2 on Friday, 3 on Saturday and 3 on Sunday. Qualifying times (15-16 A times): If a swimmer achieves qualifying times in 1 event they get 3 bonus events, 2 or more events they get 5 bonus events. The 1000 free cannot be used as a bonus event.		



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	A bull-pen for finals will be provided. C finals swimmers will line-up behind the blocks; B and A finals swimmers will meet in the bull-pen. If a swimmer is NOT in the bull-pen by the start of the A final in the preceding event, the alternate will be used for the final. All swimmers must check-in to bull-pen before finals start at 5:20pm. <u>This meet will have five sessions</u> Session 1 – Friday evening timed finals Session 2 – Saturday Morning - Prelims Session 3 – Saturday Afternoon - Finals Session 4 – Sunday Morning - Prelims Session 5 – Sunday Afternoon - Finals	
ENTRY PROCEDURES	Teams are required to send an entry file that is compatible with Hy-Tek Meet Manager. All entries should be submitted by email to pkwymetentry@gmail.com. The signed meet entry summary form and the check for the team entry fees must be received by the entry deadline in order to be considered for acceptance. \$30.00 per swimmer for meet There is a \$7.00 surcharge per swimmer	Mail summary forms and checks to: Jon David Williford c/o Parkway Swim Club 12657 Fee Fee Road St. Louis, Missouri 63146
MEET DURATION	Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits. Proof of times may be required if events are limited. Updated times will not be accepted past February 28 at 5:00pm Central. The USA Swimming SWIMS database will be used to verify that the psych sheet is accurate. If swimmers are cut out of an event due to time limitations, the swimmer can be placed in a different event.	
PROOF OF TIMES	Proof of time is required if any times are not confirmed through SWIMS. Teams are asked to enter swimmers at their actual time in order of priority: Short Course Yards, Long Course Meters, Short Course Meters Qualifying times are listed below with the event list. If a swimmer achieves 2 qualifying times they receive 5 bonus events. Any event except the 1000 Free is available as a bonus event.	
OFFICIALS	PKWY welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Meet Referees, Stephanie Petersen at legos-lb@sbcsbc.globalnet and Brett Shank at brett.shank@yahoo.com	
SEEDING AND PRESEEDING	Both Friday events are timed finals. The Girls and Boys 400 IM will be seeded fastest to slowest. The 1000 free heats will alternate girls/boys, fastest to slowest. All other events will be seeded as prelims with the top 3 heats circle seeded. The 500 freestyle will be deck seeded with a positive check-in deadline of 30 minutes prior to the start of the session. Entries may be limited based on schedule constraints. Swimmers must provide their own lap counter for the 500 Freestyle and 1000 Freestyle. Swimmers must provide their own timer for the 1000 Free.	
DECK ENTRIES	There will be no deck entries at this meet.	



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WARM-UP INFORMATION	Teams will be assigned warm-up lanes and times, and they will be notified of their schedule prior to the meet. Swimmers who are unattached or otherwise do not have a coach to supervise warm-up should check in the Meet Director upon arrival to be assigned to a certified coach for warm-up.	
Session 1	First warm up: 5:15pm – 5:45pm Second warm up: 5:45pm – 6:15pm	Meet start: 6:20pm
Session 2 - Prelims	First warm up: 7:00am – 7:30am Second warm up: 7:30am – 8:00am	Meet start: 8:15am
Session 3 - Finals	First warm up: 4:15pm – 4:45pm Second warm up: 4:45pm – 5:15pm	Meet start: 5:20pm
Session 4 - Prelims	First warm up: 6:15am – 6:45am Second warm up: 6:45am – 7:15am	Meet start: 7:20am
Session 5 - Finals	First warm up: 4:15pm – 4:45pm Second warm up: 4:45pm – 5:15pm	Meet start: 5:20pm
AWARDS/SCORING	Awards will be given to the Top 3 high point winners for each gender. Overall points awards will be given to the top 3 teams.	
TIMERS	All timers will be provided by the host team except for the 1000 Free, as noted above.	
RULES	2022 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 on deck and/or in locker room areas during the meet. Coaches must be currently registered 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 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 2022. “Applied for” will not be accepted. On deck registrations will not be available. The host LSC may impose a \$100 fine to the individual athlete or club, per event, for entering non-registered swimmers in an Ozark meet.	
RACING START CERTIFICATION	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.	
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).	



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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 cell phones, is not permitted in changing areas, restrooms, or locker rooms. In addition, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) is 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 or 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. In accordance with USA Swimming rule 102.8 1. 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. 2. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate. 3. No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace, buoyancy or endurance during a race. Goggles may be worn, and rubdown oil may be 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. 4. No Technical Suits shall be worn by any 12&U USA Swimming athlete member.



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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 INFORMATION	Spectators will be allowed for the meet, following school district guidelines. The meet will be live recorded for virtual spectating. There will be no vendor available for this meet Each team is responsible for its own valuables Each coach is responsible for the conduct of their team
DIRECTIONS	A Google map link is available on the PKWY team website (www.pkwy.org)



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Session 1: Kirkwood

Friday Evening

Warm-up: 5:15 pm Meet Starts: 6:20 pm

Girls	Event	Boys
1	13&Over 400 IM	2
3	13&Over 1000 Free	4

Session 2: Kirkwood

Saturday Morning - Prelims

Warm-up: 7:00 am Meet Starts: 8:15 am

Girls	Event	Boys
5	13&Over 200 Medley Relay	6
	5 minute break	
7	13&Over 200 Freestyle	8
9	13&Over 100 Butterfly	10
11	13&Over 200 Backstroke	12
13	13&Over 200 Breaststroke	14
15	13&Over 500 Freestyle	16

Session 3 – Saturday Finals: Top 24 return in all events, except 500 free, top 16 return

Warm-up: 4:15pm, Meet Start: 5:20pm

Session 4: Kirkwood

Sunday Morning Prelims

Warm-up: 6:15 am Meet Starts: 7:20 am

Girls	Event	Boys
17	13&Over 200 Free Relay	18
	5 minute Break	
19	13&Over 200 IM	20
21	13&Over 50 Freestyle	22
23	13&Over 100 Backstroke	24
25	13&Over 100 Breaststroke	26
27	13& Over 200 Butterfly	28
29	13&Over 100 Freestyle	30

Session 5 – Sunday Finals: Top 24 return in all events

Warm-up: 4:15pm, Meet Start: 5:20pm



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Girls	Qualifying Times	Boys
	Friday	
5:04.99	400 IM	4:40.29
19:47.29/11:50.79	1000 free	18:30.39/11:02.59
	Saturday	
2:08.09	200 free	1:56.99
1:03.09	100 fly	56.49
2:19.69	200 back	2:06.89
2:39.49	200 breast	2:24.19
5:43.39	500 free	5:17.69
	Sunday	
2:22.99	200 IM	2:10.09
27.19	50 free	24.39
1:03.99	100 back	58.39
1:13.59	100 breast	1:05.59
2:21.69	200 fly	2:09.69
58.99	100 free	53.49

Senior Champs – Time Trial
\$10 per event, following Saturday and Sunday Finals session

	Session 6 and 7
Event Number	Saturday and Sunday
31	200 free
32	100 fly
33	200 back
34	200 breast
35	500 free
36	200 IM
37	50 free
38	100 back
39	100 breast
40	200 fly
41	100 free



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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, January 28, 2022. 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 \$37.00 = \$ _____

TOTAL AMOUNT ENCLOSED = \$ _____

Contact Information:

Club Official submitting entry:

Coach's Name:

Name: _____

Address: _____

City: _____

State, Zip: _____

Telephone: _____

Email: _____



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Recognizing Ozark LSC - Seniors

Saturday at the start of prelims

If all coaches could please send me their list of seniors and decisions on where to attend college. If they are swimming for the college, include that as well.

We will do a 10 minute recognition at the start of prelims on Saturday, March 5.