



St. Louis, Missouri

Polar Dash

January 7 & 8, 2023

USA Swimming Sanction # _____

General Information:

Location	Rockwood Summit High School 1780 Hawkins Road Fenton, Missouri 63026
Directions	From Hwy. 44, take Hwy 141 South to right on Hawkins Road. Rockwood Summit is on the right.
Course	8-lane, 25 yard indoor 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. Swimming depth is 4 feet in the shallow end and 10 feet in the deep end.
Format	All events will be timed finals.

RSCA is committed to providing a meet fully accessible to persons with disabilities. Please contact the Meet Director for more information.

Meet Operation:

Warm-ups

Saturday/Sunday Morning (8&U, 10&U, Open)		Saturday/Sunday Afternoon (11-12, 13-14)	
7:00-7:20 a.m.	Session A*	12:45-1:05 p.m.	Session A*
7:20-7:40 a.m.	Session B*	1:05-1:25 p.m.	Session B*
7:40-8:00 a.m.	Session C*	1:25-1:45 p.m.	Session C*
8:15 a.m.	Meet Start	2:00 p.m.	Meet Start

***Optional Sprints during the last 5 minutes of each session.**

Warm-up Procedures Lane assignments will be made based upon entry size for the session and each team. Teams will be notified of their warm-up session after all entries are received. The host team reserves the right to extend the warm-up periods for safety consideration. Warm-up procedures will be defined by Ozark Safety Regulations.

A swimmer attending the meet without a USA-S certified coach must report to the Meet Referee or Meet Director prior to warming up for each session he/she is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he/she has entered.

Rules Current USA Short Course Rules will govern the meet. There will be no recall on a false start. All coaches must hold a valid USA Swimming Coach card, and all officials must have their

current USA Swimming and certification cards DISPLAYED while on the pool deck. All technical and administrative rules of USA swimming will apply.

ONLY OFFICIALS, COACHES, SWIMMERS AND PARENTS WORKING AS TIMERS, RUNNERS, SAFETY, BULLPEN, OR HOSPITALITY WILL BE PERMITTED ON THE POOL DECK. THIS RULE WILL BE STRICTLY ENFORCED.

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 they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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 request.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. 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.

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 appropriateness. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

Deck changes are prohibited. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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 Marshal. 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.

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 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.
Event Limits	Swimmers may swim a total of 4 events per day and 1 relay.
Concessions:	Concessions will be available. 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.
Awards	All events: Ribbons for places 1-8.
Heat Sheets	Meet programs and heat sheets will be available for sale.
Results	Final results can be requested by contacting the Meet Entry Secretary or will be posted online at www.ozarkswimming.com .
Other	Smoking is prohibited on all Rockwood School District campuses, both in the buildings and on the surrounding campus grounds.
Hospitality	A hospitality room will be provided for coaches and USA officials.

Entry Information:

Eligibility	All swimmers must be athlete members of USA Swimming. “Applied for” will not be accepted. Registration numbers (USA numbers) must accompany the entry. Swimmers entered in the meet who do not hold current USA Swimming 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 will be imposed. Swimmer’s age on Saturday, January 7, 2023, determines age for the meet. No swimmer will be allowed to compete unless the swimmer is a member as provided in Article 302.
General	The meet will be limited to a total of 500 swimmers, including the host team. No team entry will be split. Teams not accepted will have entries returned by Friday, December 9, 2022. Teams are encouraged to use the TM Event file as posted for the RSCA Polar Dash on the Calendar page on www.ozarkswimming.org . No Deck entries will be accepted. Deck changes are prohibited.
Event Limits	Swimmers may swim a total of 4 events per day and 1 relay.

Entries

Please submit entries with short course yard times using HY-TEK Team Manager or Team Unify zip file. Teams may submit entries via e-mail. All entries must include a hard copy of entries and a check. **WHEN ENTRIES ARE RECEIVED VIA E-MAIL, A HARD COPY AND CHECK MUST BE RECEIVED WITHIN SEVEN (7) CALENDAR DAYS. NO REFUNDS WILL BE ISSUED.** A confirmation e-mail will be sent following the receipt of e-mail entries. If confirmation is not received within 24 hours of your electronic submission, call Beth Paskoff at (636) 891-6638.

Confirmation of receipt does not mean entry is accepted.

When the hard copy and check have been received-- within 7 days--the team will be notified of acceptance. **Entries requiring signature or postage will not be accepted.** *Please provide e-mail, phone and fax contact information.*

Entry Fees

\$5.00 per individual event
\$10.00 swimmer surcharge
\$6.00 per Relay

Entry Deadline

Entries open on Monday, December 12, 2022, at 9:00 a.m. The meet entry deadline is Wednesday December 14, 2022, at 5 p.m. CDT or until the meet entry limit is reached. Teams not accepted will have entries returned by Friday, December 14, 2022.

Make checks payable to "Rockwood Swim Club" and mail to:

**Beth Paskoff
Rockwood Swim Club
1401 Froesel Drive
Ellisville, MO 63011
(636) 891-6638.**

(Please do not put entry in mailbox without postage.)

Entry E-mail rscameetentry@gmail.com

Meet Director: Heather Luckner 636-485-1647 & Katherine Becker sportsranter@hotmail.com

Meet Coordinator: Melissa Lamons- melissalamons@hotmail.com

Meet Referee: Tom Lombardo (314) 952-3677

Safety Coordinator: Sherry Pfannerstill (314) 374-4313

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

Admin Official: Jean Ann Lashley – jeanlashley@sbcglobal.net & Dana LeVassuer dnalver_swim@hotmail.com

SCHEDULE OF EVENTS

Saturday Morning		
8&U, 10&U, and Open		
Girls Event #	Event	Boys Event #
1	Open 50 Free	2
3	10 & U 50 Free	4
5	8 & U 25 Free	6
7	Open 100 Fly	8
9	10 & U 50 Fly	10
11	8 & U 25 Fly	12
13	Open 50 Back	14
10 MIN BREAK		
15	Open 100 Breast	16
17	10 & U 50 Breast	18
19	8 & U 25 Breast	20
21	Open 50 Fly	22
10 MIN. BREAK		
23	Open 200 Medley Relay	24
25	10 & U 200 Medley Relay	26

Saturday Afternoon		
11-14		
Girls Event #	Event	Boys Event #
27	11-14 100 Back	28
29	11-14 50 Free	30
31	11-14 100 Fly	32
33	11-14 50 Breast	34
35	11-14 100 IM	36
10 MIN. BREAK		
37	13-14 200 Medley Relay	38
39	11-12 200 Medley Relay	40

Sunday Morning		
8&U, 10&U, and Open		
Girls Event #	Event	Boys Event #
41	Open 100 Free	42
43	10 & U 100 Free	44
45	8 & U 50 Free	46
47	Open 100 Back	48
49	10 & U 50 Back	50
51	8 & U 25 Back	52
53	Open 50 Breast	54
10 MIN. BREAK		
55	Open 200 IM	56
57	Open 100 IM	58
10 MIN. BREAK		
59	Open 200 Free Relay	60
61	10 & U 200 Free Relay	62

Sunday Afternoon		
11-14		
Girls Event #	Event	Boys Event #
63	11-14 100 Free	64
65	11-14 50 Fly	66
67	11-14 100 Breast	68
69	11-14 50 Back	70
71	11-14 200 IM	72
10 MIN. BREAK		
73	13-14 200 Free Relay	74
75	11-12 200 Free Relay	76