



**2024 Parkway Be My Valentine
February 2 – 4, 2024**



SPONSOR/HOST	<ul style="list-style-type: none"> • Parkway Swim Club 	
SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: • USA Swimming, Inc., Ozark Swimming, Inc., and Parkway Swim Club 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 Parkway 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:	Walker Natatorium – Kirkwood High School – 801 West Essex Avenue, Kirkwood, MO 63021; 314-213-6110	
FACILITY:	<p>Kirkwood High School</p> <ul style="list-style-type: none"> • Indoor 25 yard pool; with eight (8) competition lanes (non-turbulent lane lines) and a five (5) lane, 20 yard warm-up/cool down pool available throughout the meet. • 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. • 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. • 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. • Overhead Balcony seating for spectators available, as well as generous on-deck areas for swimmers and coaches. • Water Temperature - 79 degrees • Full 8-lane scoreboard showing splits and cumulative times 	
MEET DIRECTOR	Name: Ruth Price	Email: ruth.price323@sbcglobal.net
ADMIN OFFICIAL	Name: Erin Shank Name: Trish Hagar	Email: erin.d.shank@gmail.com Email: hagars6@yahoo.com
MEET REFEREE	Name: Brett Shank	Email: brett.shank@yahoo.com
MEET MARSHALS	Name: Kian Quigley Name: Jennifer Howard	Email: kquigley1@parkwayschools.net Email: jennifer.howard@bayer.com

ELIGIBILITY:	<ul style="list-style-type: none"> 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. Age on February 2, 2024 will determine age for the entire meet. 	
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> All events are timed finals. 	
SCHEDULE:	<ul style="list-style-type: none"> 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 - 5:40pm Second warm up: 5:40pm - 6:05pm	Meet start: 6:15pm
SESSION 2	First warm up: 8:15am - 8:40am Second warm up: 8:40am - 9:05am	Meet start: 9:15am
SESSION 3	First warm up: 1:30pm – 2:00pm Second warm up: 2:00 pm – 2:30pm	Meet start: 2:30pm
SESSION 4	First warm up: 7:15am - 7:40am Second warm up: 7:40am - 8:05am	Meet start: 8:15am
SESSION 5	First warm up: 12:30pm - 12:55pm Second warm up: 12:55pm - 1:20pm	Meet start: 1:30pm
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES: Sunday, January 26, 2024 by 10:00 pm.</p> <ul style="list-style-type: none"> Entry times must be submitted in the course the qualifying time was achieved using Hy-Tek compatible format. Teams are asked to enter swimmers at their actual time in order of priority: Short Course Yards, Long Course Meters, Short Course Meters “No Time” (NT) entries will be accepted. Swimmers may enter a maximum of 6 individual events per day. A swimmer may swim <u>EITHER</u> the 1650 freestyle or 1000 Freestyle. Teams must submit entries via e-mail. E-mail entries will receive confirmation of receipt. Email entries to: kquigley1@parkwayschools.net If you do not receive confirmation, please contact Kian Quigley via email at kquigley1@parkwayschools.net by January 29, 2024 at 10:00 am. You will have until noon on January 30, 2024 to make corrections after review of your entry report (no exceptions). Corrections must be made by email. Updated times or additions will not be accepted. Not updated meet entry files will be accepted. No phone or fax entries will be accepted. No Deck Entries will be accepted. Entries will be processed in the order received and accepted to the greatest extent possible. 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. The Meet Director in conjunction with the Meet Referee and Admin Official reserve the right to limit entries in any events, if necessary, to prevent too lengthy of a session. This may include combining heats and events, which may require reseeding. 	
SEEDING/SCRATCHES/PENALTIES:	<ul style="list-style-type: none"> Events will be swum fastest to slowest There will be a positive check in for each session. Positive check-in means, “I am here and I intend to swim.” Positive check in will close 35 minutes before the session start time (i.e. at the beginning of second warm up). Positive check-in sheets will be located on the windows in the Natatorium lobby. Each swimmer must highlight his/her name on the Sign In sheets. Any swimmers not checked in will be scratched from that session's events. Events may be combined and/or the number of entries limited in one or more events in 	

	<p>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.</p> <ul style="list-style-type: none"> • Updated times will not be accepted past January 29, 2024 at 5:00pm Central. The USA Swimming SWIMS database may 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 • Swimmers must provide their own lap counter for the 500 Freestyle and 1000/1650 Freestyle. Swimmers must provide their own timer for the 500 and 1000/1650 Freestyle • The 400 IM will be seeded fastest to slowest. • The 1000/1650 freestyle heats will run fastest to slowest.
FEES:	<ul style="list-style-type: none"> • Individual Events: \$5 per individual event • Swimmer Surcharge: \$20 per swimmer • \$2 of the Swimmer Surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host clubs. <p>Check should be made payable to: Parkway Swim Club 12657 Fee Fee Rd. St. Louis, MO 63146</p> <ul style="list-style-type: none"> • Payment must be received by the start of 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 • There will be no refunds.
AWARDS:	<ul style="list-style-type: none"> • Awards will be given to the <u>high point winners</u> for each gender in the following age groups (8&U, 9/10, 11/12, 13/14 and 15&O)
SAFETY:	<ul style="list-style-type: none"> • In accordance with the recommendations of USA Swimming and Ozark Swimming, Inc., host clubs will operate this meet under the guidance of 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.
TIME TRIALS:	<ul style="list-style-type: none"> • Time trials may be conducted at the completion of each session on Saturday and Sunday. • The limitation on the total number of individual events in which a swimmer may compete each day is 6 events (USA Swimming Rules and Regulations Article 102.2 & 102.3) • Time Trial will only be accepted/seeded after payment is accepted and meet registration form is completed for any swimmers not originally entered in the meet. • Deadline: All fees and any required registration forms must be submitted 60 minutes before the end of each session Saturday and Sunday.
RULES:	<ul style="list-style-type: none"> • 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 any issues that arise during the course of the meet. • 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 the all sessions at the discretion of the Referee. • 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>. 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 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

	<p>on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership.</p> <ul style="list-style-type: none"> • 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 • Coaches with expired or non-current credentials will be required to leave the deck area. <ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • Parkway welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Meet Referee, Brett Shank (brett.shank@yahoo.com). Apprentice sessions may be available but please get approval from Bill Rener (billrener@gmail.com) • Officials’ meetings will occur 45 minutes prior to session start times in the hospitality room.
TIMERS:	<ul style="list-style-type: none"> • Timers will be provided by the host clubs, with the exception of the 500 and 1000/1650 Free. • For the 500 and 1000/1650 Free, each swimmer must provide 1 timer • Timers’ meetings will occur 15 minutes prior to session times in the lobby.
GENERAL:	<ul style="list-style-type: none"> • Concessions will be available. • Hospitality will be provided for all coaches and officials. • Psych sheets will be posted and emailed to the contact person of each individual club and be available on Meet Mobile. • Heat Sheets (upon completion of positive check in) will be posted at the venue. • Results will be posted in the venue, available on Meet Mobile, and emailed to the contact person of each individual club, as well as posted to Ozarkswimming.com. Meet Mobile results are NOT official.
FACILITY RULES:	<ul style="list-style-type: none"> • Spectators will be allowed for the meet, following school district guidelines • 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. • There will be a bull pen for the 12&U swimmers on Saturday and Sunday morning located on deck • 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. • No glass containers are allowed • All trash should be properly disposed of, and exit doors and aisles should not be blocked

ORDER OF EVENTS

GIRLS	FRIDAY PM SESSION 1	BOYS
1	12&U 200 Mixed Medley Relay	2
3	13&O 200 Mixed Medley Relay	4
5 MINUTE BREAK		
5	12&U 100 IM	6
7	13&O 400 IM	8
9	12&U 200 Freestyle	10
11	13&O 200 Freestyle	12

GIRLS	SATURDAY AM SESSION 2	BOYS
13	Open 200 Medley Relay	14
5 MINUTE BREAK		
15	13&O 200 IM	16
17	13&O 100 Breaststroke	18
19	Open 200 Backstroke	20
21	13&O 100 Freestyle	22
23	13&O 100 Butterfly	24
25	Open 500 Freestyle	
	Open 1000 Freestyle	28
	Open 1650 Freestyle	74

GIRLS	SATURDAY PM SESSION 3	BOYS
29	11-12 200 Medley Relay	30
31	10&U 200 Medley Relay	32
5 MINUTE BREAK		
33	12&U 200 IM	34
35	8&U 25 Breaststroke	36
37	12&U 100 Breaststroke	38
39	12&U 50 Butterfly	40
41	8&U 25 Backstroke	42
43	12&U 100 Backstroke	44
45	12&U 50 Freestyle	46

GIRLS	SUNDAY AM SESSION 4	BOYS
47	Open 200 Freestyle Relay	48
5 MINUTE BREAK		
49	Open 200 Breaststroke	50
51	13&O 100 Backstroke	52
53	13&O 50 Freestyle	54
55	Open 200 Butterfly	56
	Open 500 Freestyle	26
27	Open 1000 Freestyle	
73	Open 1650 Freestyle	

GIRLS	SUNDAY PM SESSION 5	BOYS
57	11-12 200 Freestyle Relay	58
59	10&U 200 Freestyle Relay	60

5 MINUTE BREAK		
61	12&U 50 Breaststroke	62
63	8&U 25 Butterfly	64
65	12&U 100 Butterfly	66
67	12&U 50 Backstroke	68
69	8&U 25 Freestyle	70
71	12&U 100 Freestyle	72