



2024 RSCA 8 & Under Champs March 9 & 10, 2024



SPONSOR/HOST	<ul style="list-style-type: none"> Rockwood Swim Club 		
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-6245 USA Swimming, Inc., Ozark Swimming, Inc., and Lafayette High School 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 Rockwood 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:	Rockwood Summit High School, 1780 Hawkins Road, Fenton, MO 63026 636-891-6800		
FACILITY:	<ul style="list-style-type: none"> Short course, 25-yards, 13-foot start end depth, 4-foot turn end depth, 8 lanes, Kiefer McNeil non-turbulent lane markers, Paragon starting blocks. Colorado Timing System. Indoor facility. 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 		
MEET DIRECTOR	Katherine Becker	sportsranter@hotmail.com	314-599-6387
ADMIN OFFICIAL	Jean Ann Lashley	jeanlashley@sbcglobal.net	580-678-2222
MEET REFEREE	Brian Perkins	btpqa@aol.com	314-799-5685
MEET MARSHALS	Sherry Pfannerstill David Morris	sherry@pfannerstill.com davidmorris2006@gmail.com	314-374-4313
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. 		

	<ul style="list-style-type: none"> The meet will be limited to a total of 500 swimmers. NO team entry will be split. Age on Saturday, March 9, 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 swimmers will swim in the same session each day. Events will be divided between 8 & Under events, 11-12, 9-10 and 13-14 events. All events will be timed finals.
SCHEDULE:	<ul style="list-style-type: none"> Morning sessions: Warm-ups at (Group A) 7:35-8:00 AM, (Group B) 8:00-8:25 AM, (Group C) 8:25-8:50 AM, with optional sprints during the last 5 minutes of each session; competition starts at 9:00 AM. Afternoon sessions: Warm-up at (Group A) 12:00-12:25 PM, (Group B) 12:25-12:50 PM, (Group C) 12:50-1:15 PM with optional sprints during the last 5 minutes of each session; competition starts at 1:30 PM Lane assignment and warm-up times for individual clubs will be posted on the Rockwood Swim Club website no later than March 1st and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES OPENS MONDAY FEBRUARY 12 , 2024 AT 9:00 AM. The deadline is Wednesday, February 14, 2024.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yard times using Hy-Tek compatible format. Teams must submit entries via email. “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. Swimmers may enter a maximum of four individual events per day. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding. No deck entries. Email entries to: Beth Paskoff at rscomeetentry@gmail.com
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. No deck entries will be allowed.
FEES:	<ul style="list-style-type: none"> Individual events: \$5.00 Relay events: \$6.00 Swimmer Surcharge: \$15.00 \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club. Checks should be made payable to: Rockwood Swim Club Mail payment to: c/o Beth Paskoff – Meet Entry Secretary 1401 Froesel Drive, Ellisville, MO 63011 Payment must be received within 7 days of acceptance into 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.
AWARDS:	<ul style="list-style-type: none"> For 8 and Under swimmers ribbons will be awarded for places 1-8 in individual events and the top three places for relay teams. 1st - 3rd place high point award for top 8 & Under male and female finishers Team awards for the top 3 8 & Under teams.
SCORING	<ul style="list-style-type: none"> Events and Relays scored as follows: Individual 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relays 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

SAFETY	<ul style="list-style-type: none"> ● 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 and held harmless 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.
RULES:	<ul style="list-style-type: none"> ● 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 all sessions. ● 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>. ● 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 on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership. <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. ● 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"> ● Officials will be needed for all positions and all sessions for this meet. ● Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jean Ann Lashley at (jeanlashley@sbcglobal.net), no later than March 1st.
TIMERS:	<ul style="list-style-type: none"> ● Host club may ask for volunteer timers from clubs attending the meet.
GENERAL:	<p>On Saturday and Sunday, swimmers should report to the Bullpen for their events. Heat Sheets will be posted on Rockwood Swim Club website. Final results can be requested by contacting the Meet Entry Secretary.</p> <p>Concessions will be available on Saturday and Sunday. 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.</p>

	A hospitality room will be provided for coaches and USA officials.
FACILITY RULES:	<p>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.</p> <p>Smoking is prohibited on all Rockwood School District campuses, both in the buildings and on the surrounding campus grounds.</p>

**RSCA 8 & Under Champs
ORDER OF EVENTS**

Saturday March 9, 2024		
Morning Session		
Warm-up: 7:35 AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11-12 200 IM	2
3	8 & Under 25 Breast	4
5	11-12 50 Breast	6
7	8 & Under 50 Back	8
9	11-12 100 Back	10
11	8 & Under 25 Free	12
13	11-12 100 Free	14
15	8 & Under 100 IM	16
17	11-12 100 Fly	18
19	8 & Under 50 Fly	20
10 Minute Break		
21	11-12 200 Medley Relay	22
23	8 & Under 100 Medley Relay	24
Afternoon Session		
Warm-up: 12:00 PM; Start: 1:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
25	9-10 200 IM	26
27	13-14 200 IM	28
29	9-10 50 Breast	30
31	13-14 100 Breast	32
33	9-10 100 Back	34
35	13-14 200 Back	36
37	9-10 50 Free	38
39	13-14 100 Free	40
41	9-10 100 Fly	42
43	13-14 200 Fly	44
10 Minute Break		
45	9-10 200 Medley Relay	46
47	13-14 200 Medley Relay	48

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Sunday, March 10, 2024		
Morning Session		
Warm-up: 8:00AM; Start: 9:00 AM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
49	11-12 200 Free	50
51	8 & Under 25 Fly	52
53	11-12 50 Fly	54
55	8 & Under 50 Breast	56
57	11-12 100 Breast	58
59	8 & Under 25 Back	60
61	11-12 50 Back	62
63	8 & Under 50 Free	64
65	11-12 50 Free	66
67	8 & Under 100 Free	68
69	11-12 100 IM	70
10 Minute Break		
71	11-12 200 Free Relay	72
73	8 & Under 100 Free Relay	74
Afternoon Session		
Warm-up: 12:00 PM; Start: 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
75	9-10 200 Free	76
77	13-14 200 Free	78
79	9-10 100 Breast	80
81	13-14 200 Breast	82
83	9-10 50 Back	84
85	13-14 100 Back	86
87	9-10 100 Free	88
89	13-14 50 Free	90
91	9-10 50 Fly	92
93	13-14 100 Fly	94
95	9-10 100 IM	96
10 Minute Break		
97	9-10 200 Free Relay	98
99	13-14 200 Free Relay	100