



Ozark Senior Champs 2024 March 1-3, 2024



SPONSOR/HOST	<ul style="list-style-type: none">FAST & Seahawks
SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-TBDUSA Swimming, Inc., Ozark Swimming, Inc., and Pattonville 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 Chuck Fruit Aquatic Center 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:	Pattonville High School 2497 Creve Coeur Mill Road, Maryland Heights, MO 63043 314-213-8051
FACILITY:	<ul style="list-style-type: none">Pattonville High School Natatorium is an indoor 11-lane, 25-yard course. It is equipped with an automated timing system and 8-lane scoreboard. There is an elevated seating area for spectators.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	Name: Stephanie Seiffert & Melinda Montgomery
ADMIN OFFICIAL	Name: Angie Dorsey & Melinda Montgonery
MEET REFEREE	Name: Derek Brown / dereksbrown@gmail.com / 919-450-5904
MEET MARSHALS	Names: Brian and Jen Ullery
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.All current registered 15 & Over swimmers are eligible for the Ozark Senior Champs meet.

	<ul style="list-style-type: none"> ● Any current registered 13-14 swimmer who has achieved a 15-16 A qualifying time is allowed in that/those event(s) for the Ozark Senior Champs 2024 meet; 13-14 swimmers will ONLY be eligible for individual events - not relays. <ul style="list-style-type: none"> ○ Swimmers who only have the Long Course Meter (LCM) or Short Course Meter (SCM) cut for an individual event must enter at the LCM or SCM time achieved. ○ 15 & Over swimmers with NTs / No Times are allowed in the meet. ● Age on March 1, 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 13-14 aged swimmers and 15 & Over aged swimmers will swim a timed final session on Friday. All 13-14 and 15 & Over swimmers will swim Saturday and Sunday preliminary sessions. All 15 & Over swimmers will swim Saturday and Sunday finals sessions. ● The top 24 15 & Over swimmers will swim the final session on Saturday and Sunday evenings in a bonus (C final), consolation (B final), and final (A final) heat format. ● With limited space/facility constraints at the site, there will be no Ready Room; swimmers should check in for their finals heat (A, B, & C finals) along with alternates in the far corner of the pool by Lane 11 aside from the computer table. Swimmers will then head behind the blocks when their event heat is next. ● Swimmers in C and B finals heats will have their names announced while they swim their finals heat; swimmers in A finals heat will have their name announced while standing behind the blocks after the conclusion of the B final heat and before the starter signals swimmers on the blocks / in the water (per Backstroke). ● For each competition session, Lane 9 will be closed during racing; Lanes 10 and 11 will remain open for continuous warm up and cool down; feet first entry is required for these lanes.
SCHEDULE:	<ul style="list-style-type: none"> ● Friday evening timed finals warm ups will begin at 5:30 pm with the meet starting at 6:20 pm. ● Saturday and Sunday morning prelim sessions: warm up will begin at 8:15 am with the meet starting at 9:25 am. ● Saturday and Sunday evening final sessions: warm up will begin at 4:00 pm with the meet starting at 5:10 pm. ● Lane assignment and warm-up times for individual clubs will be posted on FAST's and/or Seahawks' website no later than Wednesday, February 28, 2024, and will also be emailed to the contact person of the participating clubs. ● If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES: Wednesday, February 14, 2024 at 5:00 pm</p> <ul style="list-style-type: none"> ● Entries must be submitted using Hy-Tek compatible format. ● Teams must submit entries via email to Andrew Westerman at entries@fast-swimming.com. You will receive confirmation of receipt via email. No phone or fax entries accepted. ● "No Time" (NT) entries will be accepted. ● Swimmers may enter a maximum of seven (7) individual events for the entire meet and not more than three (3) individual events per day and two (2) relay events per day. ● Relay teams must be designated A, B, C, etc. if more than one per club is entered per event. Relays are timed finals events. <ul style="list-style-type: none"> ○ Only 15 & Over swimmers are allowed in relays ○ A & B relays will be scored; C relays and so on will be listed as exhibition ● All 15 and over swimmers are eligible for the Ozark Senior Champs meet. ● Any 13-14 swimmer who has achieved a 15-16 A qualifying time is allowed in that/those event(s) for the Ozark Senior Champs meet.

	<ul style="list-style-type: none"> ○ 13-14 year olds will be listed as exhibition and will only swim in the prelim sessions, will not be counted in team scoring, and cannot qualify for any final heat (A - Final, B - Consolation, or C- Bonus heats) or alternate position ● Swimmers who achieved times in another course other than the course used for the Ozark Senior Champs 2024 meet should be entered with the time from that course; e.g. achieved a qualifying time in long course meet - must enter with long course time. ● 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 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. ● Deck entries will not be accepted.
SEEDING:	<ul style="list-style-type: none"> ● All events, except #s 3, 4, 5, 6, 19, and 20 will be pre-seeded. ● Events #3 and 4 (400 IM), 5 and 6 (1000 Freestyle), 19 and 20 (500 Freestyle) will require a positive check-in to swim. ● SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. ● Scratch Procedures: The 400 IM, 1000 Freestyle and 500 Freestyle will require a positive check-in to swim. Positive check-in on Friday (400 IM & 1000 Freestyle) will close at the start of the session. Positive check-in on Saturday (500 Freestyle) will close 30 minutes after the start of the prelim session. <ul style="list-style-type: none"> ○ The 400 IM will be seeded fastest to slowest. ○ The 1000 Freestyle heats will alternate girls/boys, fastest to slowest. ○ All other events will be seeded slowest to fastest, with the top 3 heats circle seeded ● For the 400 IM, 1000 Freestyle, and the 500 Freestyle events, the top 8 15 & Over swimmers will make up the fastest heat of these events. The 13-14 swimmers will then be seeded accordingly in the next fastest heats with the remaining 15 & Over swimmers in those events. This will be created for the heat sheets after the positive check-in time closes. <ul style="list-style-type: none"> ○ The 500 Freestyle will have the top 8 15 & Over swimmers swim in the finals session on Saturday evening; the top 13-14 swimmers will be placed in the next fastest heats in prelims along with the remaining 15 & Over swimmers. This will be created for the heat sheets after the positive check-in time closes. ○ See footnotes in Event List ● National Championship Rule 207.11.6 scratch rule will be in effect for all Prelim/Final individual events except as noted. ● Any swimmer who positively checks in for the 400 IM, 1000 Freestyle and/or the 500 Freestyle and fails to swim will result in the swimmer being ejected from their next individual event. ● Alternates for finals events will NOT be penalized for not showing up to swim. ● Any swimmer not reporting to or competing in a preliminary heat or timed final event (except the 400 IM, 500 Freestyle and/or the 1000 Freestyle after positive check-in) shall not be penalized. ● Any swimmer who qualifies for a C-Bonus, B-Consolation, or A-Championship Final in an individual event and fails to scratch for that event who then fails to show up for that final event shall be ejected from their next individual event. ● There MAY be no penalty to compete in finals when a swimmer qualifies and does not scratch IF the Meet Referee accepts a proof of illness or injury.
FEES:	<ul style="list-style-type: none"> ● Individual Events: \$7 per event ● Relay Events: \$20 per relay team ● Swimmer Surcharge: \$20 per swimmer ● \$2 of the Swimmer Surcharge is paid to Ozark Swimmer. The remaining surcharge amount is being retained by the host clubs.

	<ul style="list-style-type: none"> • Checks should be made payable to: FAST • Mail payment to: P.O. Box 8595, St. Louis, 63126 • 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.
AWARDS:	<ul style="list-style-type: none"> • Coaches, please fill out the following Google Form for your participating graduating seniors in the Ozark Senior Champs 2024 meet: https://docs.google.com/forms/d/e/1FAIpQLSfg3npHR5U3YMpqjRtjcFKCxZv-tk6AYbtGhjmw3FdkVBw5HQ/viewform?usp=sf_link • Seniors will be honored on Saturday prelims during the break after warm ups and should line up alongside Lane 11 on the deck. • Awards will be as follows: <ul style="list-style-type: none"> ○ A Distance IM award will be given to the lowest cumulative time for the 15 & Over female and male swimmer who competes in the 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle, and 400 IM events ○ A Sprint IM award will be given to the lowest cumulative time for the 15 & Over female and male swimmer who competes in the 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, and 200 IM events ○ A Freestyle award will be given to the lowest cumulative time for the 15 & Over female and male swimmer who completes in the 50 Freestyle, 100 Freestyle, 200 Freestyle, 500 Freestyle, and 1000 Freestyle events ○ Individual Top High Point 15 & Over female and male swimmers ○ The top 3 team scores
SCORING:	<ul style="list-style-type: none"> • Scoring will be done according to an 8-lane pool for 16 places in A & B finals; C finals do not score (102.24.3 Rule Book). • 13-14 aged swimmers will not be scored in the meet. • 15 and over aged swimmers will be scored in the meet. • Only A & B relay teams will score. Additional relay teams will be listed as exhibition.
SAFETY:	<ul style="list-style-type: none"> • An AED is on site. • Medically trained meet marshals will be on site to assist with medical emergencies.
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.

	<ul style="list-style-type: none"> 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 Michael Nolte, fastofficials@fast-swimming.com, or 314-852-5216 no later than Monday, February 26, 2024. Officials meetings will occur 45 minutes prior to session start times.
TIMERS:	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the FAST and SEA websites no later than Wednesday, February 21, and will also be emailed to the contact person of each of the individual clubs. Timers meeting will be 15 minutes prior to the start of each session.
GENERAL:	<ul style="list-style-type: none"> Hospitality will be provided at the meet.
FACILITY RULES:	<ul style="list-style-type: none"> Pattonville High School requests that the elevator only be used by those attending the meet who are unable to use the stairs to access the spectator seating in the bleachers. Anyone not meeting those requirements found using the elevator may be asked to leave the meet.

Ozark Senior Champs 2024

Order of Events

Friday, March 1, 2024 - Timed Final Events		
Warm Up: 5:30 pm Meet Start: 6:20 pm		
Women	Event	Men
Event #1	15 & Over 800 Freestyle Relay	Event #2
Event #3	13 & Over 400 IM ¹	Event #4
Event #5	13 & Over 1000 Freestyle ²	Event #6
¹ 400 IM will have the top 8 seeds in 15 & Over swimmers in the fastest heat ² Swimmers in the 1000 Freestyle will need provide 1 timer and 1 counter; alternating heats of girls/boys; top 8 seeds in 15 & Over swimmers in the fastest heat		

Saturday, March 2, 2024 - PrelimsWarm Up: 8:15 am Meet Start: 9:25 am

Women	Event	Men
Event #7	15 & Over 400 Medley Relay (timed final event)	Event #8
10 Minute Break / Graduating Seniors Recognition Time		
Event #9	13 & Over 200 IM	Event #10
Event #11	13 & Over 100 Backstroke	Event #12
Event #13	13 & Over 200 Butterfly	Event #14
Event #15	13 & Over 50 Freestyle	Event #16
Event #17	13 & Over 100 Breaststroke	Event #18
Event #19	13 & Over 500 Freestyle ³	Event #20
³ 500 Freestyle is timed final event with top 8 seeds in 15 & Over swimming in finals; 13-14 swimmers and remaining 15 & Over swimmers will be seeded for the prelim session		

Saturday, March 2, 2024 - Finals - Top 24 15 & Over SwimmersWarm Up: 4:00 pm Meet Start: 5:10 pm

Women	Event	Men
Event #21	15 & Over 200 Medley Relay (timed final event)	Event #22
10 Minute Break		
Event #19	15 & Over 500 Freestyle ^{3a}	Event #20
Event #9	15 & Over 200 IM	Event #10
Event #11	15 & Over 100 Backstroke	Event #12
Event #13	15 & Over 200 Butterfly	Event #14
Event #15	15 & Over 50 Freestyle	Event #16
Event #17	15 & Over 100 Breaststroke	Event #18
^{3a} 500 Freestyle top 8 seeds in 15 & Over swimming in finals as a timed final event		

Sunday, March 3, 2024 - Prelims
Warm Up: 8:15 am Meet Start: 9:25 am

Women	Event	Men
Event #23	15 & Over 400 Freestyle Relay (timed final event)	Event #24
10 Minute Break		
Event #25	13 & Over 200 Freestyle	Event #26
Event #27	13 & Over 200 Breaststroke	Event #28
Event #29	13 & Over 100 Butterfly	Event #30
Event #31	13 & Over 200 Backstroke	Event #32
Event #33	13 & Over 100 Freestyle	Event #34

Sunday, March 3, 2024 - Finals - Top 24 15 & Over Swimmers

Warm Up: 4:00 pm Meet Start: 5:10 pm

Women	Event	Men
Event #35	15 & Over 200 Freestyle Relay (timed final event)	Event #36
10 Minute Break		
Event #25	15 & Over 200 Freestyle	Event #26
Event #27	15 & Over 200 Breaststroke	Event #28
Event #29	15 & Over 100 Butterfly	Event #30
Event #31	15 & Over 200 Backstroke	Event #32
Event #33	15 & Over 100 Freestyle	Event #34