ROCKWOOD SWIM CLUB
St. Louis, MO

Spring Fling

Swim Your Own Age

April 16, 17, & 18, 2010

Held under Ozark Swimming Sanction #5274

General Information:

***Location*:** Marquette High School
2351 Clarkson Rd.
Chesterfield, MO 63017

Directions: From I-270, take I-64 / Hwy 40 West to Clarkson / Olive Street exit, 19B. Go South (left) on Clarkson and continue to Marquette High School (on the right).

Course: 8-lane, 25 yard pool, equipped with Paragon starting blocks, Kiefer McNeil Non-turbulent lane markers and a Colorado Timing System.

Format: All events will be timed finals.

Event Limits: Each swimmer may swim four (4) individual events plus relays each day. Each team may enter two (2) relays per team in each event. A swimmer must swim at least one individual event at any time during the meet to be eligible for a relay.

"RCSA is committed to providing a meet fully accessible to persons with disabilities. Please contact the meet director for more information."

Meet Operation:

Warm-ups:

Friday Evening:

Warm-ups	5:30-6:00 p.m.	Group A*
	6:00-6:30 p.m.	Group B*

*Optional Sprints during last 5 minutes of each session.
Meet starts *6:45 p.m.*

Saturday & Sunday mornings: *Ages: 11, 12, 13, 14*

Warm ups:	7:00-7:30 a.m.	Group A*
Warm ups:	7:30-8:00 a.m.	Group B*

*Optional sprints during the last 5 minutes of each session
Meet Starts *8:15 a.m.*

Saturday & Sunday afternoons: *Ages: 7, 8, 9, 10, 6&U (Sun)*

Warm ups:	12:00-12:30 p.m.	Group A*
Warm ups:	12:30-1:00 p.m.	Group B*

*Optional sprints during the last 5 minutes of each session
Meet Starts: *75 min after warm-ups and not before 1:15 p.m.*

Warm-up Procedures: Saturday and Sunday warm-ups will be divided into two groups. 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 be instructed in the safety rules and will be assigned to a lane/coach.

Check-in: **All swimmers must positively check-in for each session. Check-in is required at least 30 minutes prior to the session start. Failure to do so will result in the swimmer being scratched from that session.**

The host team reserves the right to pre-seed Saturday and Sunday events if the timeline permits.

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's 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 (INCLUDING THOSE TIMING THE 500FR), RUNNERS, SAFETY, BULLPEN, OR HOSPITALITY WILL BE PERMITTED ON THE POOL DECK. THIS RULE WILL BE STRICTLY ENFORCED.**

Cell phones with video and video recording devices are prohibited in all locker rooms.

Swimwear: **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 appropriate. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

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 Marshall.

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.

Bullpen: Swimmers should report to the Bullpen for their events.

Distance Events: Swimmers entered in the 500 Freestyle on Friday **MUST PROVIDE THEIR OWN LAP COUNTER**. Host team will provide timers.

The host team reserves the right to add an additional heat of Girls and Boys limited events to be filled by swimmers from the host team.

Awards:

Friday Night events:	Ribbons for places 1-8
All other events:	Ribbons for places 1-8
Relay events:	Ribbons for places 1-3

Relays: Coaches must list full first and last name of swimmers on all relay cards. Relay cards **MUST** be turned in to the computer table **45 minutes** prior to the start of Relays.

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.

Vendors: ***B & B Aquatics*** will be available during all sessions on Saturday and Sunday.
Fine Designs will be selling Spring Fling meet attire on Saturday and Sunday.

Heat Sheets And Results: Heat sheets will be available for sale. Results will be posted at the meet.
Final results can be requested by contacting the Meet Entry Secretary.

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 currently registered with USA Swimming. "Applied for" will not be accepted. Registration numbers must accompany entries. Swimmers who are entered and are found to be not registered will be dropped from the meet, will forfeit their meet entry fees, and are subject to a $100 per athlete Ozark fine. Swimmers age on Friday, April 16, 2010 determines age for the meet.

General: The meet will be limited to a total of 525 swimmers. No team entry will be split. Teams not accepted will have entries returned by Friday, April 2, 2010. **No deck entries.**

Entries: A swimmer may enter four individual events plus relays per day on Saturday and Sunday. Friday night events are limited as follows: 10 & U--fastest 32. 11-12 and 13-14--fastest 40. 14 & U 500 free--fastest 40. Proof of time is required for entry to Friday night events and must be submitted with entry. Teams will be notified of the cuts by **April 16th, 2010**.
NOTE: If swimmers are cut from any of the limited events, refunds may be requested and paid to the TEAM in one lump sum. The request **MUST** be made within one week of the end of the meet.

Please submit entries with short course yard times. Teams using HY-TEK Team Manager may submit their entries via e-mail or on 3.5 magnetic disks as a Commlink File. All entries must include a hard copy of the entries and a check. **WHEN ENTRIES ARE RECEIVED VIA E-MAIL, A HARD COPY AND CHECK MUST BE RECEIVED WITHIN 7 CALENDAR DAYS.** A confirmation e-mail will be sent following receipt of e-mail entries. If confirmation is not received within 24 hours of your electronic submission, call Beth Paskoff at **636-230-3636**. (Please note entries will be opened only during RSC office hours, Tuesday through Thursday, 9:00am – 12:00pm CDT.) **Confirmation of receipt does not mean entry is accepted.** When the hard copy and check has been received within 7 days, the team will be notified of acceptance. **Entries requiring a signature or postage will not be accepted.** *Please provide email, phone and fax contact information.*

Entry Fees: $3.00 per individual event
$6.00 per relay event
$6.00 swimmer surcharge

Entry Deadline: Entry deadline is **Tuesday, March 30, 2010 at 5:00pm** or until the meet entry limit is reached. Entries will open **Tuesday, March 9, 2010 at 9am.**

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

Beth Paskoff-Meet Entry Secretary (636) 230-3636
Rockwood Swim Club
17165 Lafayette Trails Ct.
Wildwood, MO 63038

DO NOT PUT ENTRIES IN MAILBOX WITHOUT POSTAGE!

E-mail address: **rscameetentry@gmail.com**

Meet Directors:	Diane Garcia	(636) 225-7147
	Julie Jacobsmeyer	(636) 519-7552
Referee:	Ernie Paskoff	(636) 273-9873
Safety Coordinator:	Drew Selman	(314) 541-4961
Officials Coordinator:	Tom Lombardo	(314) 952-3667

SCHEDULE OF EVENTS

Girls Event #	Friday Evening Event	Boys Event #
1 (fastest 32)	10&U 200 IM	2 (fastest 32)
3 (fastest 40)	11-12 200 IM	4 (fastest 40)
5 (fastest 40)	13-14 400 IM	6 (fastest 40)
7 (fastest 32)	10&U 200 Free	8 (fastest 32)
9 (fastest 40)	11-12 200 Free	10 (fastest 40)
11 (fastest 40)	14&U 500 Free**	12 (fastest 40)

****Swimmers in this event must provide their own person to count laps. Host team will provide timers.****

Saturday Morning		
Girls Event #	**Event**	**Boys Event #**
13	11 Year Old 100 Free	14
15	12 Year Old 100 Free	16
17	13 Year Old 100 Free	18
19	14 Year Old 100 Free	20
21	11 Year Old 50 Fly	22
23	12 Year Old 50 Fly	24
25	13 Year Old 200 Fly	26
27	14 Year Old 200 Fly	28
29	11 Year Old 100 Back	30
31	12 Year Old 100 Back	32
33	13 Year Old 100 Back	34
35	14 Year Old 100 Back	36
37	11 Year Old 50 Breast	38
39	12 Year Old 50 Breast	40
41	13 Year Old 200 Breast	42
43	14 Year Old 200 Breast	44
	5 minute Break	
45	11-12 200 Medley Relay	46
47	13-14 200 Medley Relay	48

Saturday Afternoon		
Girls Event #	**Event**	**Boys Event #**
49	10 Year Old 100 Free	50
51	9 Year Old 100 Free	52
53	8 Year Old 25 Free	54
55	7 Year Old 25 Free	56
57	10 Year Old 50 Fly	58
59	9 Year Old 50 Fly	60
61	8 Year Old 50 Fly	62
63	7 Year Old 50 Fly	64
65	10 Year Old 100 Back	66
67	9 Year Old 100 Back	68
69	8 Year Old 25 Back	70
71	7 Year Old 25 Back	72
73	10 Year Old 50 Breast	74
75	9 Year Old 50 Breast	76
77	8 Year Old 50 Breast	78
79	7 Year Old 50 Breast	80
	5 minute Break	
81	9-10 200 Medley Relay	82
83	8 & U 100 Medley Relay	84

Sunday Morning		
Girls Event #	**Event**	**Boys Event #**
85	11 Year Old 100 Fly	86
87	12 Year Old 100 Fly	88
89	13 Year Old 100 Fly	90
91	14 Year Old 100 Fly	92
93	11 Year Old 50 Back	94
95	12 Year Old 50 Back	96
97	13 Year Old 200 Back	98
99	14 Year Old 200 Back	100
101	11 Year Old 100 Breast	102
103	12 Year Old 100 Breast	104
105	13 Year Old 100 Breast	106
107	14 Year Old 100 Breast	108
109	11 Year Old 50 Free	110
111	12 Year Old 50 Free	112
113	13 Year Old 50 Free	114
115	14 Year Old 50 Free	116
	5 minute Break	
117	11-12 200 Free Relay	118
119	13-14 200 Free Relay	120

Sunday Afternoon		
Girls Event #	**Event**	**Boys Event #**
121	10 Year Old 50 Free	122
123	9 Year Old 50 Free	124
125	8 Year Old 50 Free	126
127	7 Year Old 50 Free	128
129	6&U 25 Free	130
131	10 Year Old 100 Fly	132
133	9 Year Old 100 Fly	134
135	8 Year Old 25 Fly	136
137	7 Year Old 25 Fly	138
139	6&U 25 Fly	140
141	10 Year Old 50 Back	142
143	9 Year Old 50 Back	144
145	8 Year Old 50 Back	146
147	7 Year Old 50 Back	148
149	6&U 25 Back	150
151	10 Year Old 100 Breast	152
153	9 Year Old 100 Breast	154
155	8 Year Old 25 Breast	156
157	7 Year Old 25 Breast	158
159	6&U 25 Breast	160
	5 minute Break	
161	9-10 200 Free Relay	162
163	8 & U 100 Free Relay	164