

**ROCKWOOD SWIM CLUB  
PRESENTS**

**2010 OZARK QUALIFIER  
FEBRUARY 13 & 14, 2010**

**HELD UNDER USA SWIMMING INC., AND OZARK SANCTION # 5251**

**LOCATION:** Lafayette High School  
17050 Clayton Road  
Wildwood, MO 63011

**ELIGIBLE TEAMS:** BGCD, BSC, CARU, CRCY, EDWY, GATORS, HEAT, HHST, LOVE, MDSC, MMTS, RFSC, RPLX, RSCA, SALU, SCCY, SEAL, STLS, TCAY, UCITY, YOSI

**WARM UPS:**

<b>Saturday and Sunday AM (11-12, 19 &amp; Under)</b>	
7:00 – 7:30 AM	Group A**
7:30 – 8:00 AM	Group B**
8:15 AM	Meet Start
<b>Saturday and Sunday PM (10 &amp; Under, 13-14)</b>	
11:45 – 12:15 PM	Group A**
12:15 – 12:45 PM	Group B**
60 Min. after warm-ups start and not before 1:00 PM	Meet Start

**\*\* The last five (5) minutes of each session may be used for Sprints.**

**WARM UP PROCEDURE:**

The host teams reserve the right to extend the warm-up periods for safety considerations. Warm up lanes will be assigned. Warm up procedure will be defined by Ozark LSC 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 in which he/she is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he/she is entered

**FORMAT:** All events will be timed finals.

**CHECK-IN:** Positive check-in is required by all swimmers for each session. Check-in is required at least 30 minutes prior to start of each session. Failure to positively check-in will result from the swimmer being scratched from that session.

**ELIGIBILITY:**

Currently registered USA swimmers who have not yet achieved the Ozark Championship Qualifying Time (Q Time) for the events being swum. The 19 & Under age group will conform to the 15 & Over Q time. USA registrations status "Applied for" will not be accepted. Registration numbers must accompany the entry. Swimmers entered in the meet who are not current members will be dropped from the meet, their entry fees will not be refunded, and Ozark fine of \$100 will be assessed. Swimmer's age on Saturday, February 13, 2010 determines age for the meet. All coaches must hold a valid USA Swimming Coach's Card and all officials must be USA certified.

**ENTRIES:**

**Entries due by Noon on Tuesday, January 26, 2010.**

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

Teams are encouraged to use the TM Event file as posted on the Calendar page on [www.ozarkswimming.org](http://www.ozarkswimming.org).

**EMAIL ENTRIES** will be accepted at [rscameetentry@gmail.com](mailto:rscameetentry@gmail.com) . **WHEN ENTRIES ARE RECEIVED VIA EMAIL, A HARD COPY AND CHECK MUST BE RECEIVED WITHIN 7 CALENDAR DAYS.** Make checks payable to **Rockwood Swim Club**. Email entries will receive confirmation that their email was received. If confirmation is not received please contact Beth Paskoff at the number below. (Please note - office hours are T-W-Th - 9:00am – 12:00pm)

**MAIL ENTRIES AND FEES:**

**Beth Paskoff - Meet Entry Chair**      **636-230-3636**  
Rockwood Swim Club  
17165 Lafayette Trails Ct.    *Do not put entry in mailbox*  
Wildwood, MO 63038        *without postage!*  
Email Address: [rscameetentry@gmail.com](mailto:rscameetentry@gmail.com)

**FEES:**

\$3.00 per Individual Event  
\$6.00 per Relay Team Event  
\$6.00 Swimmer Surcharge

**AWARDS:**

A High Point Trophy will be awarded to the top individual male and female point scorers in each age group. Only points scored within an age group will be counted towards that age group's high point trophy. Individual Point Scoring: 9-7-6-5-4-3-2-1

**Individual Awards: 1<sup>st</sup> – 8<sup>th</sup> Double Ribbons**  
**Relay Awards: 1<sup>st</sup> – 3<sup>rd</sup> Double Ribbons**

**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.**

*The use of cell phones or any video recording devices are prohibited in the locker rooms or changing areas.*

**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 art 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.

**OFFICIALS:**

ALL OFFICIALS WILL BE OZARK / USA SWIMMING CERTIFIED.

**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 Relay

**MEET STAFF:**

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

**CONCESSIONS:**

Concessions will be available. All food and drink is restricted to the "concession area".  
**FOOD AND BEVERAGES ARE NOT PERMITTED IN THE POOL OR GYM AREA.**  
This is in accordance with Rockwood School policy and is expected of every participant as guests in their facilities.

**HEAT SHEETS & RESULTS:**

Heat sheets will be posted in the bullpen area and available for sale in Concessions. Results will be posted at the meet. Final results may be ordered by contacting the Meet Secretary.

**CHECK-IN:**

Swimmers should check in with their coaches 45 minutes before each session. Failure to check in for a session may result in the swimmer being scratched for that session. The host team reserves the right to pre-seed the meet if the timeline permits.

**500 FREESTYLE:**

A swimmer entered in the 500FR must provide their own person to count laps. Host team will provide timers.

**BULLPEN:**

A bull pen will be provided for all sessions.

**HOSPITALITY:**

A hospitality room will be provided for coaches and meet officials.

**OTHER:**

Smoking is prohibited on all Rockwood School District campuses, both in the buildings and on the surrounding campus grounds.

**VENDOR:**

B & B Aquatics will be available during the meet.

**2010 OZARK QUALIFIER****SATURDAY, FEBRUARY 13 AM SESSION**

<b>GIRLS' EVENTS</b>	<b>EVENT</b>	<b>BOYS' EVENTS</b>
1	11-12 200 IM	2
3	19 & UNDER 200 IM	4
5	11-12 50 BREAST	6
7	19 & UNDER 100 BREAST	8
9	11-12 100 FLY	10
11	19 & UNDER 100 FLY	12
13	11-12 100 BACK	14
15	19 & UNDER 100 BACK	16
17	11-12 50 FREE	18
19	19 & UNDER 50 FREE	20
21	11-12 200 M.R.	22
23	19 & UNDER 200 M.R.	24
<b>10 MINUTE BREAK</b>		
25	11-12 500 FREE	26
27	19 & UNDER 500 FREE	28

**SATURDAY, FEBRUARY 13 PM SESSION**

29	10 & UNDER 200 IM	30
31	13 – 14 200 IM	32
33	10 & UNDER 50 BREAST	34
35	13 – 14 100 BREAST	36
37	10 & UNDER 100 FLY	38
39	13 – 14 200 FLY	40
41	10 & UNDER 100 BACK	42
43	13 – 14 100 BACK	44
45	10 & UNDER 50 FREE	46
47	13 – 14 50 FREE	48
49	10 & UNDER 200 M. R.	50
51	13 – 14 200 M. R.	52
<b>10 MINUTE BREAK</b>		
53	13 – 14 500 FREE	54

<b>2010 OZARK QUALIFIER</b>		
<b>SUNDAY, FEBRUARY 14 AM SESSION</b>		
<b>GIRLS' EVENTS</b>	<b>EVENT</b>	<b>BOYS' EVENTS</b>
55	11-12 100 FREE	56
57	19 & UNDER 100 FREE	58
59	11-12 100 IM	60
61	19 & UNDER 200 FREE	62
63	11-12 100 BREAST	64
65	19 & UNDER 200 BREAST	66
67	11-12 50 BACK	68
69	19 & UNDER 200 BACK	70
71	11-12 50 FLY	72
73	19 & UNDER 200 FLY	74
75	11-12 200 FR. R.	76
77	19 & UNDER 200 FR .R.	78
<b>10 MINUTE BREAK</b>		
79	19 & UNDER 400 IM	80
81	11-12 200 FREE	82

<b>SUNDAY, FEBRUARY 14 PM SESSION</b>		
83	13 – 14 200 FREE	84
85	10 & UNDER 100 FREE	86
87	13 – 14 200 BREAST	88
89	10 & UNDER 100 BREAST	90
91	13 – 14 100 FREE	92
93	10 & UNDER 50 BACK	94
95	13 – 14 200 BACK	96
97	10 & UNDER 50 FLY	98
99	13 – 14 100 FLY	100
101	10 & UNDER 100 IM	102
103	13 – 14 200 FR. R.	104
105	10 & UNDER 200 FR. R.	106
<b>10 MINUTE BREAK</b>		
107	13 – 14 400 IM	108
109	10 & UNDER 200 FREE	110