

# **Parkway Swim Club**

## **Presents**

### **Last Chance Meet**

March 8-9<sup>th</sup>, 2014

Pattonville High School Aquatic Center

2497 Creve Coeur Road

Maryland Heights, MO 63043

**Sanction:** The meet is sanctioned by USA swimming #5673.  
It is dual sanctioned by the Ozark LMSC for USMS Inc., Sanction #224-S002.

**Hosted By:** Parkway Swim Club

**Facility:** 25 yard, 10 lane indoor pool with \_10\_ starting blocks and competitor non-turbulent lane lines.  
The length of the competition course without a bulkhead is in compliance and on file with USMS  
in accordance with articles 105.1.7 and 107.2.1.

**Parking:** Free parking is available at the school. Please do not park in front of any  
dumpsters.

**Warm ups: Saturday AM: Session 1 7-7:40 a.m. Session 2 7:40-8:20**  
**MEET STARTS AT 8:30 A.M.**

**Saturday PM: Session 1 3-3:40 p.m. Session 2 3:40-4:20 p.m.**  
**MEET STARTS AT 4:30 P.M.**

**Sunday AM: Session 1 7:00-7:40 a.m. Session 2 7:40-8:20 a.m.**  
**MEETS STARTS AT 8:30 A.M.**

#### **Warm Up Procedure**

Warm-up lanes will be assigned after the meet has been seeded. The host team reserves the right to extend or change the warm up period for safety considerations. Warm up procedure will be defined by Ozark LSC regulations and USMS regulations. One warm up lane will be reserved for masters swimmers throughout both warm up sessions.

#### **Eligibility**

All swimmers must be registered for the 2014 year with USA swimming or USMS. "Applied for" will not be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. USA Swimmers age on the first day of the meet will determine age for the meet. Masters swimmers age on the last day of the meet will determine age for the meet.

Any swimmer found not to have a current USA Swimming membership who swims in an Ozark sanctioned meet, and/ or the team is subject to a \$100 fine per swim.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmers legal guardian to ensure compliance of this request. Starts for Masters swimmers will be allowed as described in USMS rules.

All coaches must hold a valid USA Swimming Coaches Card and all officials must be USA certified.

## Entries

USA entries will be accepted starting at noon on Monday, February 24<sup>th</sup>, 2014. USA entries must be received by noon on Wednesday February 26<sup>th</sup>, 2014. Mailed Masters entries will be accepted until Saturday March 2, 2014. Online Masters entries are preferred and are available at [www.ozarklmsc.org](http://www.ozarklmsc.org) until Sunday March 3 at midnight.

USA Entries should be submitted via email. Telephone/ fax entries will not be accepted. Please enter using short course yards only. Email entries to Molly Legner at [elegner@pkwy.k12.mo.us](mailto:elegner@pkwy.k12.mo.us).

USA swimmers may swim 4 events PER DAY. Masters swimmers may swim up to 5 events per day.

### FEES for USA Swimmers:

**\$4.00 per individual event**

**\$7.00 swimmer surcharge**

### FEES for Masters Swimmers:

**\$25 for one day, \$30 for two days**

## Awards

No awards will be given.

## Scoring

Meet will not be scored.

## Seeding

The 400 IM, 500 Free and 1000 Free will be deck seeded after positive check in at start of each session. These 3 events are limited to the first 8 entries for Masters swimmers. The other events will be pre-seeded, with psych sheets sent to USA teams on Wednesday, March 5<sup>th</sup>. Deck entries for USA swimmers will be accepted up to the start of the meet. **There will not be any deck entries for Masters swimmers.**

## Competition Rules

The 2014 USA Swimming/ Ozark Swimming official rules and the 2014 USMS Swimming rules shall govern the meet as applicable, and all technical and administrative rules of USA Swimming and USMS Swimming will apply. Swimmers age as of March 8, 2014 shall determine age for the entire meet.

## Safety

**Possessing a still or video camera or a cell or video phone is absolutely prohibited in all dressing areas, locker rooms, bathrooms, or any other locations where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately be expelled from the meet with all fees forfeited, and subject to further Ozark LSC and/ or USA Swimming sanctions and penalties.**

## Swim Suits

The only suits allowed are those permitted by FINA and in compliance with current USA Swimming rules. The USA Swimming Rule, accepted by the Ozark Swimming House of Delegates, will be in effect. It reads as follows:

### 102.9 SWIMWEAR

#### 1. Design

- A. Swimsuits worn for all 12 and under group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.
- B. Swimsuits worn for competition must be non-transparent and conform to the

current concept of appropriate.

C. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

**Officials:** Meet Director: Michelle White  
Meet Referee: Stephanie Petersen  
Safety Marshall: Blair Porter

**Vendor:**

No Vendor will be available for this meet.

**Concessions:**

Concessions will be available at the meet.

**LAST CHANCE MEET**  
**Saturday, March 8, 2014**

**SATURDAY A.M. SESSION**  
**ORDER OF EVENTS**

|     | <b>GIRLS</b>                    | <b>BOYS</b> |
|-----|---------------------------------|-------------|
|     | 1            12& Under 50 Fly   | 2           |
| 801 | Mixed 18 and over 50 Fly        |             |
|     | 3            OPEN 200 Fly       | 4           |
| 803 | Mixed 18 and over 200 Fly       |             |
|     | 5            OPEN 100 Breast    | 6           |
| 805 | Mixed 18 and over 100 Breast    |             |
|     | 7            12 & Under 50 Back | 8           |
| 807 | Mixed 18 and over 50 Back       |             |
|     | 9            OPEN 200 Back      | 10          |
| 809 | Mixed 18 and over 200 Back      |             |
|     | 11           OPEN 200 Free      | 12          |
| 811 | Mixed 18 and over 200 Free      |             |
|     | 13           Open 400 IM        | 14          |
| 813 | Mixed 18 and over 400 IM        |             |

**SATURDAY P.M. SESSION**  
**ORDER OF EVENTS**

|     | <b>GIRLS</b>                     | <b>BOYS</b> |
|-----|----------------------------------|-------------|
|     | 15           OPEN 100 Free       | 16          |
| 815 | Mixed 18 and over 100 Free       |             |
|     | 17           12& Under 50 Breast | 18          |
| 817 | Mixed 18 and over 50 Breast      |             |
|     | 19           OPEN 200 Breast     | 20          |
| 819 | Mixed 18 and over 200 Breast     |             |
|     | 21           OPEN 100 Fly        | 22          |
| 821 | Mixed 18 and over 100 Fly        |             |
|     | 23           Open 500 Free       | 24          |
| 823 | Mixed 18 and over 500 Free       |             |

**LAST CHANCE MEET**  
**Sunday, March 9, 2014**

**SUNDAY A.M. SESSION**

|     | <b>GIRLS</b>                | <b>BOYS</b> |
|-----|-----------------------------|-------------|
|     | 25           OPEN 100 Back  | 26          |
| 825 | Mixed 18 and Over 100 Back  |             |
|     | 27           OPEN 50 Free   | 28          |
| 827 | Mixed 18 and Over 50 Free   |             |
|     | 29           OPEN 200 IM    | 30          |
| 829 | Mixed 18 and over 200 IM    |             |
|     | <b>10 MINUTE BREAK</b>      |             |
|     | 31           Open 1000 Free | 32          |
| 831 | Mixed 18 and over 1000 Free |             |

**USA Swimmers entry summary and release form**

The form is part of your entry and must be signed and returned for your entry to be accepted.

Entry deadline-Wednesday, February 27.

Club: \_\_\_\_\_ Code: \_\_\_\_\_ LSC: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Entry Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Number of Coaches attending: \_\_\_\_\_

**Entry Summary**

Number of swimmers entered \_\_\_\_\_ x \$7.00= \_\_\_\_\_

Number of individual entries \_\_\_\_\_ x \$4.00= \_\_\_\_\_

Total amount enclosed:= \_\_\_\_\_

Make your check payable to Parkway Swim Club

Mail to:

Molly Legner, Meet Entry Chair

c/o Parkway Swim Club

13157 North Olive Spur Rd

St. Louis, Mo 63141

## Masters entry form

**Send a copy of your 2014 USMS card along with entry form and entry fee (\$25 one day or \$30 two days, checks made out to SLAM) to Stephanie Petersen, 1132 Templeton Place, Town and Country, MO 63017, or enter online (preferred method). Find link for online entries at [www.ozarklmsc.org](http://www.ozarklmsc.org).**

Each Masters swimmer is limited to 5 events per day (not per session)

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Name as it appears on USMS card: \_\_\_\_\_ Sex \_\_\_\_\_  
USMS Club/Team \_\_\_\_\_

Address \_\_\_\_\_  
City/State/Zipcode \_\_\_\_\_

Birthdate \_\_\_\_\_ Phone # \_\_\_\_\_  
Email \_\_\_\_\_

#### SATURDAY A.M. EVENTS

##### Seed Time

|     |                              |       |
|-----|------------------------------|-------|
| 801 | Mixed 18 and over 50 Fly     | _____ |
| 803 | Mixed 18 and over 200 Fly    | _____ |
| 805 | Mixed 18 and over 100 Breast | _____ |
| 807 | Mixed 18 and over 50 Back    | _____ |
| 809 | Mixed 18 and over 200 Back   | _____ |
| 811 | Mixed 18 and over 200 Free   | _____ |
| 813 | Mixed 18 and over 400 IM     | _____ |

#### SATURDAY P.M. EVENTS

|     |                              |       |
|-----|------------------------------|-------|
| 815 | Mixed 18 and over 100 Free   | _____ |
| 817 | Mixed 18 and over 50 Breast  | _____ |
| 819 | Mixed 18 and over 200 Breast | _____ |
| 821 | Mixed 18 and over 100 Fly    | _____ |
| 823 | Mixed 18 and over 500 Free   | _____ |

#### SUNDAY A.M. EVENTS

|     |                             |       |
|-----|-----------------------------|-------|
| 825 | Mixed 18 and Over 100 Back  | _____ |
| 827 | Mixed 18 and Over 50 Free   | _____ |
| 829 | Mixed 18 and over 200 IM    | _____ |
| 831 | Mixed 18 and over 1000 Free | _____ |

**LIABILITY WAIVER** - please read and sign

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_