**Rose State Swim Meet (Southwest Conference)**

**Location:** The Aquatic Center is located on the Northwest corner of Campus, directly behind the tennis courts.   
Aquatic Center  
6420 S.E. 15th Street Midwest City, OK 73110

**Parking:** There are 3 parking lots directly North, Northwest and northeast of the Building. Please do not park in blue or yellow lined parking spaces. White spaces are free and you will not get ticketed. Map is provided below. Aquatic Center and Parking is circled. You may enter the Aquatic center from the east and west sides of the building.

**Facility:** Rose State Pool is a 6 lane 25 METER pool.

**Deck:** Swimmers and Spectators are welcome on deck**.** There is no admission fee for spectators**.** We will have one set of bleachers and several benches for swimmers/teams. Extra folding chairs for teams is recommended. Due to limited seating, spectators will need to bring their own chairs.

**Timing:** Timing will be done with two manual timers per lane and meet manager will average the two times which will be used as the final time.

**Swimmer/Team:** All swimmers currently a student, faculty, or staff on an invited swim club.

**Eligibility:** Swimmers with all requirements met are welcome to compete. All swimmers who have not met the requirements of their respected club must refer to their club representatives for further information. Teams interested in competing must meet all deadlines and requirements in order to take part of the competition.

**Entry Fee:** $10 per swimmer. Please make single check payable to Rose State Swim Club.

**Entry Limits:** 4 individuals, no limit on relays. The 800 will be limited to the top 16 from each gender.

**Warm-up/Start:** Warm-up: 11:00AM, Start: 12pm

**Entry Deadlines:** Entries must be received by **Saturday, October 20th, 2018 at 11:59pm**. Entries must be emailed to [christopher-nation@raider.rose.edu](mailto:Christopher-nation@raider.rose.edu) by Excel Spreadsheet, or Word Document. (No Hy-Tek Meet Manager entries please).

**Lodging:** There are several hotels located around the college. Since the college is located in close proximity to Tinker Air Force Base there are many hotels in Midwest City. Feel free to email me if you have any questions regarding lodging.

**Food:** Athletes and coaches are allowed to bring refreshments and coolers, but NO GLASS is allowed on the pool deck. Water will be provided by the host team. Food for all meet participants will be provided within the same building after the meet is over.

**Coach’s Meeting:** There will be a coach’s meeting will be at 11:30am.

Order of events:

|  |  |
| --- | --- |
| 1. **Women 200 medley relay** | 2. **Men 200 medley relay** |
| 5 Minute Break |  |
| 3. Women 400 individual medley | 4. Men 400 individual medley |
| 5. Women 50 backstroke | 6. Men 50 backstroke |
| 7. Women 200 butterfly | 8. Men 200 butterfly |
| 9. Women 100 freestyle | 10. Men 100 freestyle |
| 5 minute Break |  |
| 11. **Women 800 freestyle relay** | 12. **Men 800 freestyle relay** |
| 5 minute Break |  |
| 13. Women 200 backstroke | 14. Men 200 backstroke |
| 15. Women 50 butterfly | 16. Men 50 butterfly |
| 17. Women 200 freestyle | 18. Men 200 freestyle |
| 10 minute Break |  |
| 19. Women 100 breaststroke | 20. Men 100 breaststroke |
| 21. Women 400 freestyle | 22. Men 400 freestyle |
| 23. **Women 400 medley relay** | 24. **Men 400 medley relay** |
| 5 minute Break |  |
| 25. Women 50 freestyle | 26. Men 50 freestyle |
| 27. Men 200 breaststroke | 28. Women 200 breaststroke |
| 29. Women 800 freestyle | 30. Men 800 freestyle |
| 31. **Women 200 freestyle relay** | 32. **Men 200 freestyle relay** |
| 5 minute Break |  |
| 33. Women 100 backstroke | 34. Men 100 backstroke |
| 35. Women 50 breaststroke | 36. Men 50 breaststroke |
| 37. Women 100 butterfly | 38. Men 100 butterfly |
| 39. Women 200 individual medley | 40. Men 200 individual medley |
| 41. **Women 400 freestyle relay** | 42. **Men 400 freestyle relay** |
| 43. Women Mile | 44. Men Mile |

Aquatic Center and Parking Map – (parking in red, aquatic center in blue)

