

KC Swim Academy

Long Course Development Meet

- MEET FORMAT:** Timed finals only. The 400 IM and 400 free will be swam alternating women/ men, fastest to slowest seed. The meet will be pre-seeded.
- DATE:** April 21-22, 2012
- SANCTION:** Held under the Sanction of Missouri Valley Swimming, Inc., on behalf of USA Swimming, Inc., Sanction Number:
- LOCATION:** **Lee Summit R-VII Aquatic Center**
3498 SW Windemere Drive
Lee's Summit, Missouri 64082
(816) 986-1465
- COURSE:** 50 meter 8 lane pool with non-turbulent lane lines. Daktronics 2000 Timing System with 2 back-up timers per lane and an 8 line scoreboard will be used. Racing course is 13 feet deep in the deep end and 7 feet deep in the shallow end. The competition pool has not been certified in accordance with 104.2.2C(4)

**RULE OF
AUTHORITY:**

- 2012 USA Swimming Rules and Regulation and Missouri Valley Swimming Rules will govern.
- MVS Safety Guidelines and Warm-up procedures will apply.
- All deck officials must be able to prove, to the satisfaction of the referee, that they hold a current USA Swimming official membership.
- Exhibition swimming is not allowed.
- Each coach must be able to prove, to the satisfaction of the referee, that they hold a current USA swimming coach membership.
- All swimmers must be registered and in good standing with USA Swimming for 2012.
- The swimmer's age on the first day of the meet (**April 21, 2012**) determines his/her age for the entire meet.
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**WARM-UPS AND
STARTING TIMES:**

Saturday Session #1

Warm-up: 12:00 – 12:45pm

Start: 1:00pm

Saturday Session #2

Not before 2:30pm

There will be a 45 minute warm-up

Meet starts one hour after warm-up begins

Saturday Session #3

There will be a 15 minute break at the conclusion of session #2

Sunday Session #4

Warm-up 8:00-8:45am

Meet starts: 9:00am

Sunday Session #5

Warm-up: not before 11:30am

There will be a 45 minute warm-up

Meet starts: one hour after beginning of warm-up

Sunday Session #6

15 minute break after completion of session #5

During general warm-ups, swimmer may NOT dive into pool. Any swimmer diving into the pool during general warm-ups may be disqualified from one or more events with the discretion of the meet referee. Warm-up assignments will be available at the start of each warm-up period. Coaches shall continually supervise their swimmers during all meet and warm-up sessions

**ENTRY
PROCEDURES:**

All entries must be submitted in Hy-Tek format to the Entries Chair via email and must include the swimmer's 2012 USA swimming registration number. Each entry accepted will be confirmed via a return email receipt. Please include a phone number and an email address for contact concerning problems with entries. The meet will be pre-seeded. "No Time" entries will be accepted and will be seeded in the slowest heats. Entry limit is 400 swimmers to ensure that appropriate sessions will be conducted within the USA Swimming four hour planning rule.

ENTRY FEES: \$4.50 per event

DECK ENTRIES: \$9.00 per event

****Make all payments payable to KC Swim Academy****

ENTRY LIMIT: Swimmers may enter FOUR (4) individual events per DAY.

ENTRY DEADLINE: All entries must be submitted electronically and received by Friday April 13th, 2012 at 5:00pm to: flyman70@gmail.com using Hy-Tek software.

**MEET DIRECTOR
AND ENTRIES
CHAIR:**

Scott Virden
13225 W. 61st street
Shawnee, KS 66216
913 832-2332

MEET REFEREE: Mike Asbury: Email: wasbury@kc.rr.com (816) 734-8165

SAFETY MARSHALL: Marissa Leonard

SERVICES/VENDORS: Action Accents will be on-site at the meet with goggles, caps, suits and other swim accessories.

HEAT SHEETS: Heat Sheets will be available for purchase

OFFICIALS: All officials are encouraged to participate and must display a 2012 USA Swimming membership card while acting in any official capacity on the deck of the pool. An officials' meeting will be held approximately thirty (30) minutes prior to the start of each session and will cover stroke rules, assignments or officials, jurisdiction, etc.

FINAL RESULTS: Final results will be posted on the Missouri Valley website and may include the swimmer's name, age, times and USA Swimming number.

Order of Events

WOMEN

MEN

Saturday Session 1: Warm-ups: 12:00 – 12:45pm.

Meet Starts: 1:00pm

1	12 and under 100 free	2
3	12 and under 50 back	4
5	12 and under 100 breast	6
7	12 and under 50 fly	8
9	12 and under 200IM	10

Saturday Session 2: Warm-ups: Not before 2:30pm Meet starts: 1 hour after warm-up begins

11	Open 200 free	12
13	Open 100 back	14
15	Open 200 breast	16
17	Open 100 fly	18

Saturday Session 3: **There will be a 15 minute break before the 400 free**

19	Open 400 free	20
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Sunday Session 4:

Warm-ups: 8:00-8:45am

Meet starts: 9:00am

21	12 and under 50 free	22
23	12 and under 100 back	24
25	12 and under 50 breast	26
27	12 and under 100 fly	28
29	12 and under 200 free	30

Sunday Session 5:

Warm-ups: not before 11:30

Meet starts: 1 hour after beginning of warm-up

31	Open 100 free	32
33	Open 200 back	34
35	Open 100 breast	36
37	Open 50 free	38
39	Open 200 fly	40

Sunday Session 6:

15 minutes after completion of Session #5

41	Open 400 IM	42
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