

MID-AMERICA LEAGUE DUAL

KCB VS Unified Team

November 28, 2009

ROELAND PARK AQUATIC CENTER

- SPONSORED BY:** K. C. Blazers Swim Team
- SANCTIONED BY:** Mid-America League Blanket Sanction – **MV-09-109**
- LOCATION:** ROELAND PARK AQUATIC CENTER
4843 Rosewood, Roeland Park, KS 66205
Between Nall and Roe off 51st Street
(Just South of I-35 & Roe)
- ENTRY LIMIT:** KCB and the Unified Team made up of LAW, and any swimmers who are swimmers in Mid-America League. Each team may enter up to four entries per heat. KCB will swim in the odd number lanes and the combined team will swim in the even number lanes. LAW head coach will coordinate the Unified Team.
- Swimmers may swim up to three individual events and two relays.
- Coaches will provide data base by Monday, Nov. 23rd.
Scott Bliss- Call and arrange (913) 236-1209 by Nov. 23, 2009.
Email: scott.bliss@jocogov.org
- SCORING:** The meet will be scored as women's meets and men's meet.
- Scoring will be 7-4-3-2-1 for individual events and 9-4-2 for relay events. No team can score more than three individuals in one event or more than 2 relay's in one event.
- There will be two separate meets on the women's side:
1. The "A" heat of each event will be scored as one meet along with the two relays designated as "A" Relays. We will race 8 lanes.
 2. The "B" heat(s) of each individual event and the two relays designated as "B" meets will also be scored as a separate meet. We will race 8 lanes per heat.
 3. The women's "A" heat(s) will swim prior to the women's "B" heat and then the men's heat will do the same.
 4. The men's "B" meet is exhibition heat No Score.
- FEES:** Each swimmer will be responsible for a \$20.00 participation fee to cover facility and electronic timer expenses. This is a MAL League-Closed Meet
- START TIMES:** Warm up: 7:00 a.m.
Meet Start: 8:45 a.m.

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ORDER OF EVENTS

<u>WOMEN'S EVENT</u>	<u>EVENT</u>		<u>MEN'S EVENT</u>
1A	400 Medley Relay	"A" Meet	2A
1B	400 Medley Relay	"B" Meet	2B
			<i>5 Min Break</i>
3A	1000 Free	"A" Meet	4A
3B	1000 Free	"B" Meet	4B
5A	200 Free	"A" Meet	6A
5B	200 Free	"B" Meet	6B
			<i>5 Min Break</i>
7A	50 Free	"A" Meet	8A
7B	50 Free	"B" Meet	8B
9A	200 I.M.	"A" Meet	10A
9B	200 I.M.	"B" Meet	10B
			<i>5 Min Break</i>
11A	200 Fly	"A" Meet	12A
11B	200 Fly	"B" Meet	12B
13A	100 Free	"A" Meet	14A
13B	100 Free	"B" Meet	14B
15A	200 Back	"A" Meet	16A
15B	200 Back	"B" Meet	16B
			<i>5 Min Break</i>
17A	500 Free	"A" Meet	18A
17B	500 Free	"B" Meet	18B
19A	200 Breast	"A" Meet	20A
19B	200 Breast	"B" Meet	20B
			<i>5 Min Break</i>
21A	400 Free Relay	"A" Meet	22A
21B	400 Free Relay	"B" Meet	22B

WARM-UP PROCEDURES:

A. Pre-Meet Warm-up Period

1. Marshals will remain on duty for the entire warm-up period.
2. They will be responsible for the control and supervision of swimmers both in and out of the pool.
3. Control/supervision is key words for safe swimming.

B. Safety Guidelines-Missouri Valley Safety Guidelines will apply to warm-up sessions.

2. Coaches Responsibilities.

- a. Coaches shall instruct swimmers as to the safety guidelines and procedures to be followed at all meets. Swimmers may not dive into the pool during general warm-up. Any swimmer diving into the pool may be disqualified from one or more events at the discretion of the meet referee. Swimmers may dive during a designated sprint war-up.
- b. Coaches shall continually supervise their swimmers during meets and practice sessions.