

**MISSOURI VALLEY SWIMMING**  
**LEVEL II EAST CHAMPIONSHIPS**

- DATES:** December 5-6, 2009
- SANCTIONED BY:** Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc.  
Meet Sanction No: MV-09-126
- HOST:** Northland United Swim Team
- LOCATION:** Gladstone Community Center  
6901 N. Holmes  
Gladstone, MO 64118  
Phone: 816-423-4200
- PARTICIPATING TEAMS:** Adair Swim Association, Atchison Ymca Swim Club, Columbia Swim Club, Grand River Ymca Gators, Heart Of America Swim Club, Jasper County Killer Whales, Jefferson City Area Ymca, Kansas City Blazers, Kansas City Storm, Mid-Missouri Aquatic Club, Missouri State Aquatics, Northland United Swim Team, Ottawa Swim Club, Pony Express Swim Team, Raytown Riptide, Southwest Missouri Otters, Springfield Aquatics, Tiger Shark Swim Team Club, Trident's Swim Team, Tsunami Swim Team of K.C., Warrensburg Swim Team
- COURSE:** 25 Yard, 8 lane pool with non-turbulent racing lines. Horn start with custom designed starting blocks. Daktronics Timing System will be used.  
20 Yard, 4 lane cool down pool will be available.
- TYPE OF MEET:** The meet will be a "timed finals" meet with only individual events. There will be no relay events.
- PROOF OF TIME:** Proof of time will not be required; however, the meet results will be analyzed by the Age Group Chair, the Senior Chair, and Meet Procedures Chair. Should they determine that abuses of entry times have occurred, they will require the offending clubs or individuals to furnish proof of time for their entries at the following year's meet.
- ELIGIBILITY:** All swimmers must be registered as 2009 or 2010 athlete members of USA Swimming and members of Missouri Valley Swimming. Only those swimmers who meet the qualifying times are eligible to enter the meet. Please check Missouri Valley website for the current Level II qualifying times. The Missouri Valley Registration Chair will verify registration of entrants prior to the meet. Clubs who have entered unregistered swimmers must pay for their swimmers' registrations before they may participate in the meet. Age of the swimmer on the first day of the meet determines age classification for the entire meet.
- AGE-UP RULE:** If a swimmer whose 11th, 13th, or 15th birthday falls on or after the Level II Meet but before the Level I Meet, and has Level I times in his/her younger age group but does not qualify for Level I in the next older age group, he/she may enter Level II in the next older age group classification in any event in which he/she meets the qualifying time. The swimmer may compete in only one age group in the meet. These times need to be well marked and explained on the entry sheet.
- BONUS SWIM:** A swimmer who qualifies for a backstroke, breaststroke, or butterfly event at any distance in his/her age group may enter the same stroke at any other distance. The swimmer shall enter at the slowest yard entry time (Custom Timed) in those distances in which he/she has not actually achieved the qualifying time; do not enter at "No Time."

**Please note:** The 15-18 age group is limited to swimmers aged 15-18 years old. This is not a Senior classification open to all registered athletes achieving the qualifying times.

**ENTRY LIMIT:** Swimmers are limited to three (3) events per day and six (6) events during the entire meet.

**ENTRY FEES:** Entry fees are \$3.50 per individual event.

**ENTRY DEADLINE:** Entries must be received by **6:00pm on Monday, November 30, 2009**. Late entries will not be accepted. Entries must be sent via email in a Hy-Tek compatible file. Hard copies of all entries must accompany fees and sent to the Entry Chair listed below.

Make all checks payable to the NLU Swim Team.

**MAIL ENTRY FEES TO:** Adona Guardado  
8246 NW Waukomis Dr.  
Kansas City, MO 64151  
816-739-5023

Please indicate a phone number for collect calls and an email address for contact concerning problems with entries.

**STARTING TIMES:** Saturday Morning  
Age Groups: 10 & Under and 15-18  
Warm-ups: 8:30 AM  
Meet Start: 9:30 AM

Saturday Afternoon  
Age Groups: 11-12 and 13-14  
Warm-ups: Not before 1:00 PM  
Meet Start: Not before 2:00 PM

Sunday Morning  
Age Groups: 10 & Under and 15-18  
Warm-ups: 7:30 AM  
Meet Start: 8:30 AM

Sunday Afternoon  
Age Groups: 11-12 and 13-14  
Warm-ups: Not before 12:00 PM  
Meet Start: Not before 1:00 PM

Late starting times on Saturday will allow many teams to travel Saturday morning. Teams traveling greater distances will receive an assignment to the second warm-up session on Saturday morning.

**Note:** There will be a split session for morning warm-ups. When all entries are received, a warm-up schedule will be sent to each club.

Missouri Valley and USA Swimming Warm-Up rules will be used. 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 warm-up.

**SCRATCH RULE:** Missouri Valley Swimming Scratch Rule will apply.

**SEEDING:** The meet will be pre-seeded.

**RULE AUTHORITY:** 2009 USA Swimming Rules and Regulations and 2009 Missouri Valley Swimming Rules will govern the meet. MVS Safety Guidelines and Warm-up Procedures will be in

effect.

**Note:** Persons without a valid 2009 USAS Coach Membership will not be allowed access to the deck area and will not be allowed to participate in any coaching capacity.

Swimmers without a coach at the meet must check in with the Referee and will be assigned to a coach during the warm-up portion of the meet.

- MEET REFEREE:** “To be designated by MVS Officials Chairperson”
- OTHER OFFICIAL:** Chris Prinslow  
Starter
- OFFICIALS:** Every attempt will be made to use Missouri Valley Referees as meet officials, but attending MVS stroke and turn judges should come prepared to volunteer their services. Teams attending the meet should contact the Meet Director with the names of MVS stroke and turn judges who are available through their team.
- There will be an officials meeting 30 minutes prior to the start of each session. All officials working the session must be present at this meeting.
- All officials must display a 2009 USA Swimming membership card while acting in any official capacity on the deck of the pool.
- MEET DIRECTOR:** Adona Guardado  
8246 NW Waukomis Dr.  
Kansas City, MO 64151  
816-739-5023  
aguardado@kc.rr.com
- SAFETY MARSHAL:** Angela Callahan
- AWARDS:** Ribbons for 1<sup>st</sup> through 6<sup>th</sup> place finishes. All awards must be picked up by the swimmer or coach by the end of the meet. No awards will be mailed.
- SCORING:** Events will not be scored for teams.
- 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.
- LANE TIMERS:** Each club attending is requested to help provide timers, based on the number of entries from the team.
- WARM-UP PROCEDURES:** Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer’s events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up.
- 1) Pre-Meet Warm-Up Period
    - A. Marshals will remain on duty for the entire warm-up period.
    - B. Marshals will be responsible for the control and supervision of the swimmers both in and out of the pool.
    - C. Control and Supervision are the key words for safe swimming.
  - 2) Coaches shall continually supervise their swimmers during all the meet and warm-up sessions.
  - 3) Swimmers or coaches not following the prescribed warm-up procedures or directions of marshals or USA Swimming officials may be barred from the use of

the warm-up area.

- 4) Backstrokers shall ensure that they are not starting at the time that a swimmer is on the blocks. Swimmers shall not step onto the starting blocks if a backstroker is waiting to start.
- 5) No running on the pool deck.
- 6) In the case of a recall start, swimmers on the deck shall not jump or dive into the pool in order to stop swimmers.
- 7) When using the side lanes for warming up or down during the meet, swimmers shall not perform racing starts and must circle swim.
- 8) Changes to warm-up procedures and other factors necessary to ensure swimmer safety may be made by the host team with the consent of the referee.
- 9) Warm-up areas are for the use of USA Swimming registered swimmers only and are not to be used as a cooling off area by spectators.
- 10) Swimmers are not permitted to dive into the pool during the General Warm-Up period. Any swimmers diving into the pool during the general warm-up period may be disqualified from one or more events at the discretion of the meet referee. Diving is permitted during designated sprint warm-ups.

**PROGRAMS:**

Meet programs will be for sale at the meet.

**SPECTATORS:**

To assure coaches and officials adequate visibility of the swimming venue, all spectators, including athletes, are requested to remain four (4) feet or more from the edge of the pool.

**SERVICES/VENDORS:**

The Gladstone Community Center will have full concessions available.  
Fine Designs and Action Accents will be there.

**ACCOMODATIONS:**

**Hampton Inn**  
8551 Church Road  
Kansas City, MO 64157  
816-415-9600

**Fairfield Inn by Marriott**  
8101 N Church Road  
Kansas City, MO 64158  
(816) 792-4000

**DIRECTIONS:**

# ORDER OF EVENTS

## LEVEL II EAST CHAMPIONSHIPS

Warm-Ups: 8:30 AM

Women

1  
3  
5  
7  
9  
11  
13  
15  
17  
19

### Saturday Morning

Event

10 & Under 200 IM  
15-18 200 IM  
10 & Under 50 Back  
15-18 100 Back  
10 & Under 100 Breast  
15-18 200 Breast  
10 & Under 200 Free  
15-18 200 Free  
10 & Under 50 Fly  
15-18 100 Fly

Meet Start: 9:30 AM

Men

2  
4  
6  
8  
10  
12  
14  
16  
18  
20

Warm-Ups: 1:00 PM

Women

21  
23  
25  
27  
29  
31  
33  
35  
37  
39

### Saturday Afternoon

Event

13-14 200 IM  
11-12 200 IM  
13-14 100 Back  
11-12 50 Back  
13-14 200 Breast  
11-12 100 Breast  
13-14 200 Free  
11-12 200 Free  
13-14 100 Fly  
11-12 50 Fly

Meet Start: 2:00 PM

Men

22  
24  
26  
28  
30  
32  
34  
36  
38  
40

For qualifying times, see the MVS website at <http://www.missourivalleyswimming.com/standards/index.asp#mvs>

Warm-Ups: 7:30 AM

Women

41  
43  
45  
47  
49  
51  
53  
55  
57  
59  
61

**Sunday Morning**

Event

10 & Under 100 Free  
15-18 100 Free  
10 & Under 100 Back  
15-18 200 Back  
10 & Under 50 Breast  
15-18 100 Breast  
10 & Under 100 Fly  
15-18 200 Fly  
10 & Under 50 Free  
15-18 50 Free  
10 & Under 100 IM

Meet Start: 8:30 AM

Men

42  
44  
46  
48  
50  
52  
54  
56  
58  
60  
62

Warm-Ups: 12:00 PM

Women

63  
65  
67  
69  
71  
73  
75  
77  
79  
81  
83

**Sunday Afternoon**

Event

11-12 100 Free  
13-14 100 Free  
11-12 100 Back  
13-14 200 Back  
11-12 50 Breast  
13-14 100 Breast  
11-12 100 Fly  
13-14 200 Fly  
11-12 50 Free  
13-14 50 Free  
11-12 100 IM

Meet Start: 1:00 PM

Men

64  
66  
68  
70  
72  
74  
76  
78  
80  
82  
84

For qualifying times, see the MVS website at <http://www.missourivalleyswimming.com/standards/index.asp#mvs>