

MISSOURI VALLEY SWIMMING
LEVEL I CHAMPIONSHIPS

- DATES:** December 11-13, 2009
- SANCTIONED BY:** Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc.
Meet Sanction No: MV-09-129
- HOST:** Wichita Swim Club
- LOCATION:** Garvey Aquatic Center
8323 East Douglas Ave
Wichita, KS 67207
- COURSE:** 25 yards, 16 lanes (10 lanes at the deep end and 6 lanes at the shallow end), non-turbulent lane lines; Daktronics Electronic Timing System with touch pads and horn start at the deep end; Colorado Electronic Timing System with touch pads and horn start at the shallow end; 10 line alphanumeric scoreboard at the deep end; 6 line scoreboard at the shallow end; 20 yard lesson pool for warm-up/warm-down on Friday, shallow end will be used for warm-up/warm-down on Saturday and Sunday. 10 & Under and 11-12 age groups will swim Friday night events in the shallow end. 13-14 and Senior events will be swam in the deep end on Friday. Slow heats of the women's 1000 and men's 1650 may be moved to the shallow end on Friday if the timeline necessitates. All events for all age groups on Saturday and Sunday prelims and finals will be swam in the deep end. The course is a certified pool pursuant to USA Swimming Rules and Regulations.
- TYPE OF MEET:** Championship meet format with Preliminaries and Finals (top 16) in each event with the exception of the 1000 and 1650 freestyle and Friday events.
- STARTING TIMES:**
- | | | |
|-----------|-------------------|---------------------|
| Friday: | Warm-ups: 4:00 PM | Meet Start: 5:40 PM |
| Saturday: | Warm-ups: 7:00 AM | Meet Start: 8:40 AM |
| Sunday: | Warm-ups: 7:00 AM | Meet Start: 8:40 AM |
- There will be a minimum of two (2) hours between the end of the Preliminaries and the beginning of Finals. Actual starting time for Finals will be announced at the meet.
- RULE AUTHORITY:** *2009 USA Swimming Official Rules for Swimming and the 2009 Missouri Valley Swimming Rules will govern the meet. The Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect at this meet.*
- Note:** Individuals without a valid 2009 or 2010 USA Swimming coach membership card will not be allowed access to the deck and will not be allowed to participate in any coaching capacity. Swimmers without a coach at the meet must check in with the Meet Referee and will be assigned to a coach during the warm-up portion of the meet. As per MVS Rules, all coaches and officials must display a 2009 or 2010 USA Swimming membership card while acting in any official capacity on the deck of the pool.
- WARM-UPS:** Warm-ups for the Friday session and Preliminary sessions will be split and will have assigned lanes. Warm-up times for these sessions will be determined after entries are received. Warm-ups for Finals sessions will not be split and will not have assigned lanes.
- ELIGIBILITY:** All swimmers must be registered as 2009 or 2010 athlete members of USA Swimming. 2009/2010 USA Swimming registrations will be verified by the MVS Registration Chair prior to the meet. Clubs who have entered unregistered swimmers must pay for their swimmers' registrations before they may participate in the meet. Swimmers must meet the required time standards. Senior events are open to any swimmer who meets the qualifying time. Age of the swimmer on the first day of the meet determines the age of the swimmer for the entire meet.

- ENTRIES:** Please submit entries using a Hy-Tek compatible file accompanied by Hy-Tek entry summary sheets. Actual best 25-yard times should be submitted. Non-conforming times will be seeded at the minimum qualifying standard.
- ENTRY FEES:** Entry fees are \$3.50 per event.
Make checks payable to the Wichita Swim Club
Mail entries and fees to: Wichita Swim Club
8323 East Douglas Ave
Wichita, KS 67207
316-683-1491
Entries may be sent electronically to entries.wsc@gmail.com. Please indicate a phone number for collect calls and an email address for contact concerning problems with entries.
- ENTRY DEADLINE:** Entries must be received by Monday, December 7th by 6:00 pm
- ENTRY LIMIT:** Swimmers may enter a maximum of three (3) events per day.
- SEEDING:** With the exception of the 1000 and 1650 freestyle, the meet will be pre-seeded by Hy-Tek Meet Manager. To be seeded in the 1000 and 1650 free the swimmer must positively check in.
- 1000/1650 FREESTYLE:** Heats of these events will be swum fastest to slowest alternating women and men. Positive check-in will be required for these events. Failure to positive check-in may result in being scratched from the event at the discretion of the meet referee.
- DECK ENTRIES:** Deck entries will be accepted provided there are empty lanes in the event. Deck entries will be \$7.00 per event. Deck entries must be received a minimum of 30 minutes prior to the start of the session. Deck entries will not be accepted without payment to the Clerk of the Course.
- SCRATCHES:** The meet will be pre-seeded, except to be seeded in the 1000 and 1650 you must positively check in. There is no penalty for missing a race during prelims. The Missouri Valley Scratch rule will be in effect for finals. If a swimmer fails to either scratch or swim a finals event, he/she will be barred from the remainder of the meet. Scratches for finals must be turned into the announcer within 30 minutes of the finalists being announced.
- MEET REFEREE:** To be designated by MVS Officials Chairperson
- OFFICIALS:** All officials are encouraged to participate and must display a 2009 or 2010 USA Swimming membership card while acting in any official capacity on the deck of the pool. An officials' meeting will be held 30 minutes prior to the start of each session. All officials working the session must be present at this meeting.
- MEET DIRECTOR:** Craig Plank and Kathi Cernohous
8323 East Douglas Ave
Wichita, KS 67207
316-737-9913
wichitaswimclub@gmail.com
- SAFETY MARSHAL:** TBD
- AWARDS:** Medals for 1st – 3rd place finishes and ribbons for 4th – 8th finishes will be awarded in each event. High point awards will be given to the top 2 males and females in each age group. All awards must be picked up by the swimmer or coach by the end of the meet. No awards will be mailed.
- SCORING:** No team scores will be kept.
High Point Scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

- 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 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. 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.
- Concessions:** A large selection of healthy items will be available.
- ACCOMODATIONS:**
- | | |
|-------------------|---------------------|
| Hyatt Regency | Holiday Inn |
| 400 West Waterman | 549 South Rock Road |
| Wichita, KS | Wichita, KS |
| 316-293-1234 | 316-686-7131 |

ORDER OF EVENTS

LEVEL I CHAMPIONSHIPS

Qualifying times are 2009-2012 USA Swimming National 'A' times

Warm-Ups: 4:00 PM

Women

1
3
5
7
9
11
13

Friday Afternoon

Event

10 & Under 200 IM
11-12 200 IM
13-14 400 IM
Senior 400 IM
10 & Under 200 Freestyle
11-12 500 Freestyle
Senior 1000 Freestyle
Senior 1650 Freestyle

Meet Start: 5:40 PM

Men

2
4
6
8
10
12
14

Warm-Ups: 7:00 AM

Women

15
17
19
21
23
25
27
29
31
33
35
37
39
41
43
45
47
49
51
53

Saturday Morning

Event

Senior 200 IM
13-14 200 IM
11-12 100 IM
10 & Under 100 IM
Senior 100 Freestyle
13-14 100 Freestyle
11-12 100 Freestyle
10 & Under 100 Freestyle
Senior 200 Butterfly
11-12 100 Butterfly
10 & Under 100 Butterfly
Senior 100 Backstroke
13-14 100 Backstroke
11-12 50 Backstroke
10 & Under 50 Backstroke
Senior 200 Breaststroke
11-12 100 Breaststroke
10 & Under 100 Breaststroke
13-14 500 Freestyle
Senior 500 Freestyle

Meet Start: 8:40 AM

Men

16
18
20
22
24
26
28
30
32
34
36
38
40
42
44
46
48
50
52
54

Warm-Ups: 7:00 AM

Sunday Morning

Meet Start: 8:40 AM

Women

Event

Men

55	Senior 200 Backstroke	56
57	11-12 100 Backstroke	58
59	10 & Under 100 Backstroke	60
61	Senior 100 Breaststroke	62
63	13-14 100 Breaststroke	64
65	11-12 50 Breaststroke	66
67	10 & Under 50 Breaststroke	68
69	Senior 50 Freestyle	70
71	13-14 50 Freestyle	72
73	11-12 50 Freestyle	74
75	10 & Under 50 Freestyle	76
77	Senior 100 Butterfly	78
79	13-14 100 Butterfly	80
81	11-12 50 Butterfly	82
83	10 & Under 50 Butterfly	84
85	Senior 200 Freestyle	86
87	13-14 200 Freestyle	88
89	11-12 200 Freestyle	90
91	Senior 1650 Freestyle	
	Senior 1000 Freestyle	92

Note: There will be a minimum of two (2) hours between the end of Preliminaries and the beginning of Finals. Actual starting time for Finals will be announced at the meet.