



Missouri Valley District Championships - West

February 19 - 21, 2016
Lawrence, KS



SANCTION:	Held under the sanction of Missouri Valley Swimming, Inc. on the behalf of USA Swimming, Inc. <ul style="list-style-type: none">• Meet Sanction No. MV-16-36• Time Trials Sanction No. MV-16-37TT
LOCATION:	Lawrence Indoor Aquatic Center 4706 Overland Drive Lawrence, KS 66044
FACILITY:	<ul style="list-style-type: none">• 25 yard, 10 lane with non-turbulence racing lane ropes. Horn start & custom-designed starting blocks with Colorado Timing System will be used. Pool depth at the start end is 10 feet and pool depth at the turn end is 13 feet.• This competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).• Preliminary heats will be conducted in 10 lanes, and 8 will be used for finals
MEET DIRECTOR:	<ul style="list-style-type: none">• Danica Thompson Email: aquadanicahawk@gmail.com
FORMAT:	<p>This is an LSC Championship meet with individual events only. This meet will be conducted in a Preliminaries/Finals format with the fastest eight (8) swimmers advancing to championship finals, subject to the following exceptions:</p> <ul style="list-style-type: none">• All Friday events will be conducted as timed finals.• All 10 & Under events at a distance of 200 yards or greater will be conducted as timed finals.• On Saturday, the 500 freestyle is a timed final event. With the exception of the fastest seeded heat, all 500 freestyle heats will be swum in preliminaries and seeded fastest to slowest. The fastest seeded heat of the 500 freestyle will swim in the finals session.• On Sunday, the 1650 freestyle is a timed final event. All heats of the 1650 freestyle will be swum during prelims as listed within the order of events, except that heats will be configured as alternating women/men and swum fastest to slowest• On Sunday, there will be a 15 minute break after the 200 butterfly in order to accommodate swimmers in the 1650 freestyle. At the discretion of the referee, this break may be eliminated if there are not female athletes swimming both of these events.
ELIGIBILITY & SPECIAL ENTRY RULES:	<ul style="list-style-type: none">• All athletes must be 2016-registered athlete members of Missouri Valley Swimming and USA Swimming and must be associated with one of the teams assigned to this championship meet site. Team assignments are available on the Missouri Valley Swimming website. The Registration Chair will verify registration of each athlete prior to the meet.

	<ul style="list-style-type: none"> Swimmers must have achieved a District short course (SCY or SCM) or long course (LCM) qualifying time by the entry deadline for the present meet. A swimmer with an LSC Championship SC qualifying time in an event is not permitted to swim that same event at District SC Championships. However, if a swimmer has an LSC Championship SCM or LCM qualifying time in an event, the swimmer is still eligible to compete in that event at District SC Championships. Swimmers that have achieved a SCM or LCM qualifying time, but not the SCY qualifying time, shall enter with the time they have actually achieved. The entry report must clearly note the submitted time as a SCM or LCM time. Age of the swimmer on the first day of the meet determines age group classification for the entire meet. <p>Distance Freestyle Events</p> <ul style="list-style-type: none"> Swimmers with a 1000 freestyle qualifying time may enter the 1650 freestyle event. Swimmers with a 1650 qualifying time may enter the 1000 freestyle event. For such entries, the swimmer shall enter with the event/time they have actually achieved. The entry report must clearly note the submitted event/time as a 1000 or 1650 freestyle. Please note the following details relative to the 1000/1650 events: These events are limited to swimmers aged 13 and over. Although 13-14 swimmers and 15 and over swimmers will be combined for seeding purposes, the event will be scored separately. Additionally, swimmers must still qualify for the 1000/1650 within their age group. <p>Age-Up Exemption Rule</p> <ul style="list-style-type: none"> Swimmers aged 10, 12, or 14 who age up from 2/19/2016 (first day of meet) to 2/26/2016 (first day of Short Course Championships) with times too fast to qualify for this championship meet will be allowed to compete in this meet under the following conditions: 10, 12, or 14 year old swimmers who do not qualify for an event in their new age group at Short Course Championships may enter it in this meet. 10, 12, or 14 year old swimmers aging up between championship meets will be seeded correctly by time in that event, however, they will swim exhibition only and will not be eligible to receive an award or to swim in finals in that event.
BONUS SWIMS:	<ul style="list-style-type: none"> Each swimmer achieving and entering a minimum of one District qualifying time shall be allowed to enter a maximum of two (2) bonus events in which he/she has not achieved the District qualifying time. Bonus entries are only permitted for 50, 100 and 200 yard events. Proof of time rules apply to all entries not specifically designated as "Bonus" swims. Thus, if a swimmer has not designated the event as a "bonus" swim, does not swim the qualifying time standard for the event at the meet, and cannot prove attainment of the qualifying time, the swimmer cannot then designate the swim as a "bonus" swim. For bonus swims, swimmers shall enter at their best time, but the 'Bonus' feature must be used in their team management software and that designation must be clearly marked in the electronic hard copy of team entries.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

<p>START TIMES AND RULES FOR WARM-UP:</p>	<p>Friday (timed finals): Warm-ups: 5:00 PM, Meet Start: 6:30 PM</p> <p>Saturday & Sunday (prelims): Warm-ups: 7:00 AM, Meet Start: 9:00 AM</p> <ul style="list-style-type: none"> • There will be a minimum of two (2) hours between the end of the Preliminaries and the beginning of the Finals. Actual starting time for Finals will be announced prior to the conclusion of the preliminaries session. • Warm-ups for the Friday session and Preliminary sessions will be split and will have assigned lanes. Warm-up assignments for these sessions will be determined after entries are received. • At the discretion of the Meet Referee, warm up times may be changed to reflect the number of swimmers entered on any given day. • Warm-up for Finals sessions will be open. • 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. • The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane. • If coaches in a lane cannot agree on a warm-up procedure, the session referee should be consulted and shall define that lane's procedure. The decision of the referee will be final. • Swimmers may not dive into the pool during general warm up. Swimmers must enter the pool by stepping 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 the session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up. • Swimmers may perform racing starts as determined by the coaches monitoring warm ups for that lane. Backstroke swimmers shall ensure that they are not starting at a time that a swimmer is on the blocks. Swimmers shall not step onto the starting blocks if a backstroke swimmer is waiting to start. • Coaches shall continually supervise their swimmers during all warm-up sessions. Swimmers or coaches not following the prescribed warm-up procedures or directions of marshals or USA Swimming officials may be barred from use of the warm-up area. • When using the side lanes from warming-up or down during the meet, swimmers shall not perform racing starts and must circle swim.
<p>ENTRIES:</p>	<p>Entry Limit</p> <ul style="list-style-type: none"> • Swimmers may enter all events for which they are eligible but may swim only three (3) individual events per day. Bonus swims and time trials do count toward the (3) individual events per day rule. <p>Entry Procedure</p> <ul style="list-style-type: none"> • Entries will only be accepted from Missouri Valley registered teams and unattached swimmers registered in Missouri Valley assigned to this championship meet site. • All entries must be submitted to the Entry Chair via email using the host-provided HYTEK meet event file OR an .sd3 or .hyv HYTEK compatible event file. The email containing the electronic file must also include a text/PDF file showing best times and proof of time. Any special qualifications or entries should be annotated with the necessary information, as indicated above. Please include a phone number and an email address for contact concerning problems with entries. • The District Championship Meet is a pre-seeded meet; as such, there shall be no deck entries allowed.

Proof of Time

- Date and location of qualifying swim must be clearly indicated for all entries, listed on the text/PDF best times report that accompanies the team's electronic entry. For each entry received without proof-of-time, it will be presumed that "No Proof" is available. Proof-of- Time Penalties are detailed below.
- Swimmers and clubs using qualifying swims from meets held outside of Missouri Valley, or in meets held under league blanket sanctions, or in any meet held prior to the 2013 long course season must bring printed copies of final meet results to the meet for use as proof-of-time.

Entry Chair

- Send fees and entry file to: Andrew Schmidt
 Email: entries@aquahawks.org
 Phone: 785-841-8891

Deadline

- Team entries must be received by the Entry Chair no later than 5:00pm on Monday, February 15, 2016 Fees
- Individual events: \$4.50 per event
- Facility surcharge: \$5.00 per swimmer
- Checks should be made payable to: Lawrence Aquahawks
- Mail payment to: Lawrence Aquahawks
 1901 W 31st #4575
 Lawrence, KS 66046

PENALTIES:**Proof of Time Penalties**

In individual events, if the swimmer does not achieve the qualifying time and cannot prove the entry time, penalties will be assessed as follows:

- For the first missed qualifying time, the swimmer's club shall pay a \$25 fine. The fine must be paid prior to the beginning of the next day's events.
- For the second missed qualifying time, the swimmer's club shall pay a \$50 fine and the swimmer shall be barred from the remainder of the meet. The fine must be paid prior to the beginning of Sunday's Finals.
- Swimmers barred from the remainder of the meet are ineligible to participate in all subsequent preliminary swims, both individual and relay, but may swim finals in events in which the swimmer qualified prior to being barred from the meet, with the exception that the barred swimmer may not swim any event, individual or relay, that is to be swum either as a timed final or for which the swimmer's entry time qualifies the swimmer or swimmer's relay to swim the event with finals.
- The MVS Records Chair may, at his/her discretion, rescind fines upon receiving adequate proof of qualifying swim after the conclusion of the meet. This discretion does not extend to allowing a swimmer to continue to compete who has failed to prove qualifying swims for two events, which did not achieve the slowest qualifying time.
- MVS clubs are responsible for all proof-of-time fines incurred by swimmers representing their club and must pay such fines prior to entering future championship meets sponsored by Missouri Valley.
- All fines shall be made payable to the meet host unless otherwise directed by the MVS Records Chair.

Over-Qualified Swimmer Penalties

A swimmer who swims in a District event in which the swimmer has already equaled or bettered the Championship qualifying time in that specific stroke, distance, and course shall be disqualified from the event and the time shall not be recognized for any USA Swimming purposes. In addition, the swimmer shall be barred from the remainder of the

	<p>meet and is ineligible to participate in all subsequent preliminary swims, both individual and relay, but may swim Finals in events in which the swimmer qualified prior to being barred from the meet, with the exception that a barred swimmer may not swim any event that is to be swum as either a timed final only or for which the swimmer's entry time qualifies the swimmer or the swimmer's relay team to swim the event with "finals."</p>
AWARDS:	<ul style="list-style-type: none"> • Medals for 1st through 3rd for all age groups and Ribbons 4th through 8th for the following age group: 10 & Under, 11 – 12, 13 – 14, and 15 & Over • All awards must be picked up by the swimmer or coach by the end of the meet. No awards will be mailed.
SEEDING:	<ul style="list-style-type: none"> • Entries shall be seeded according to USA Swimming rules. The preliminaries and Timed Finals (except positive check-in events) will be pre-seeded prior to the meet by Hy-Tek Meet Manager. Finals will be seeded by Hy-Tek prior to the start of the warm up session for Finals. Swimmers are considered to be checked in for their events when they send their entries to the meet Entry Chair, with the exception of the 400 IM, 500 free, 1000 free and 1650 free. • Positive check-in is required for the 400 IM, 500 Free, 1000 Free, and 1650 Free. Swimmers must check in with the Clerk of the Course and confirm their intention to compete before the scratch deadline in order to be seeded. • Deadlines for check in will be established by the meet Referee. Any swimmer failing to check in may be deemed scratched from the event in the discretion of the Meet Referee. • Entry times conforming to course length for this championship meet (SCY) shall be considered 'conforming times'. All other times meeting the appropriate standard shall be considered 'nonconforming times'. • For this championship meet, the seeding order is: 1) 'conforming times' (SCY) 2) 'nonconforming times' (LCM then SCM) 3) Bonus swims
SCRATCH RULES:	<p>SCRATCHES</p> <ul style="list-style-type: none"> • Scratch procedures are in accordance with current USA Swimming National Championship rules and regulations. • Scratch deadline for Friday's events are 15 minutes after the start of warm-up. Scratch and Check-In deadline for Saturday and Sunday's events is 30 minutes after the beginning of the previous day's finals. • If coaches do not arrive prior to the scratch deadlines, they must make prior arrangements with the Meet Referee if they want to scratch a swimmer or relay. <p>FINALS SCRATCHES</p> <ul style="list-style-type: none"> • Any swimmer who qualifies for an A or B Final, who fails to declare intent to scratch or to scratch per USA Swimming Championship Rules and fails to compete in said final race, which is his/her final race of the Meet, shall be fined one hundred dollars (\$100.00). • A swimmer who positively checks-in or who does not scratch from an individual event on the last day of the meet and fails to compete is penalized \$50.00 in prelims and \$100.00 in finals. Additionally this applies to timed finals events. 100% of this fine goes to the Missouri Valley Athlete Travel Fund. • The Meet Director will send a list to the LSC immediately following the Meet. The swimmer will have their club contacted by the LSC immediately following receipt of the list. Within thirty days (30) after the postmark of the notification from the LSC, payment must be received or the swimmer is barred from future Missouri Valley Championship Meets. • A list will be sent to the Meet Directors of future Missouri Valley Championship Meets. • If payment is NOT received within the thirty (30) day time period, and is deemed

	late by the LSC, a penalty of DOUBLE the fine will be incurred by the swimmer.
TIME TRIALS:	<ul style="list-style-type: none"> • Time trials will be held between Preliminaries and Finals on Saturday and Sunday. On Saturday, priority will be given equally to Friday and Saturday events, followed by, if time permits, Sunday events. On Sunday, priority will be given to Sunday events, followed by, if time permits, Friday events, followed by, if time permits, Saturday events. • Time trials are limited to swimmers with a legitimate and reasonable expectation of achieving a SC Championship qualifying time. Swimmers must compete in at least one (1) individual event in the District Championship to be eligible to enter a time trial. Swimmers may swim no more than two (2) individual time trials during the District championship. Individual time trial events DO count as one of the swimmer's maximum of three (3) events per day. • Deadlines for Time Trial entries will be established by the meet Referee. • Fees for the Time Trial events are \$9.00 per individual event. These must be paid with the entry and are non-refundable.
RULES:	<ul style="list-style-type: none"> • Current USA Swimming and Missouri Valley Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules. • MVS Safety Guidelines and Warm-up procedures will be in effect. The Meet Announcer will be available during the warm-up sessions to assist with announcing procedures and conduct of the warm-up period. • Current (2016) USA Swimming membership is required for coaches and working officials to be on deck. Coaches must be current with all safety certifications and background check requirements. At the request of the Meet Referee or special designee, coaches and officials must present their USA Swimming credentials. Persons without a valid 2016 USA-S Coach Membership will not be allowed access to the deck area and will not be allowed to participate in any coaching capacity. • 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. • Coaches meetings may be held 15 minutes prior to the start of each preliminary session and/or other times as requested by the Meet Referee. • 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. • Spectators should be seated in the bleachers on the north side of the pool. Spectators are not allowed in the swimmer crash area. • The starting procedure and 'no recall' provision of USA Swimming Rules shall be used. Flyover starts may be used for all events during the preliminary sessions. • The meet will be paced at the discretion of the Meet Referee. At the request of the swimmer's coach and at the discretion of the Meet Referee, at least 15 minutes will occur between swims for the same individual. • Each coach and/or unattached swimmer will be provided with Hy-Tek printouts of team entries by swimmer and scratch sheets for each session. It is the responsibility of each coach and/or swimmer to indicate which events are to be scratched and to return the sheets to the Clerk of the Course by the scratch deadline prior to each session. • Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks. • Deck changes are prohibited.

OFFICIALS:	<ul style="list-style-type: none"> • Attending stroke and turn judges from any LSC should come prepared to volunteer their services. Teams attending the meet should contact the Meet Referee with the names of MVS stroke and turn judges who are available through their team. • There will be an officials meeting one hour prior to the start of each session. All officials working the session must be present at this meeting. • Officials must display 2016 USA Swimming membership credentials while acting in any official capacity on the deck of the pool. • Meet Referee: Curtis Myers ic-clearly@sbcglobal.net • Administrative Referee: Angela Callahan • Safety Marshall: Keith Heckerman
TIMING ASSIGNMENTS:	<ul style="list-style-type: none"> • Each club attending is requested to provide timers based upon the number of entries from their team. Team sessions and lane assignments will be sent to participating teams prior to the meet. • Swimmers must provide their own timers and counters for the 400 IM, 1000 freestyle, and 1650 freestyle events. Swimmers must provide their own counter for the 500 freestyle.
GENERAL:	<ul style="list-style-type: none"> • Heat sheets will be available for purchase. • It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. • Final results will be posted on the Missouri Valley website and may include the swimmers' name, age, times and USA-S ID.

Hotels

Rooms have been blocked at the following Lawrence hotels:

Hampton Inn:



2300 W 6th St
Lawrence, KS 66049
(785) 841-4994

Comfort Inn:



BY CHOICE HOTELS

151 McDonald Dr
Lawrence, KS 66044
(785) 330-7241

Holiday Inn:



200 McDonald Dr
Lawrence, KS 66044
(785) 841-7077

Econo Lodge:



BY CHOICE HOTELS

2525 W 6th St
Lawrence, KS 66049
(785) 841-8410

Holiday Inn Express:



3411 S.W. Iowa
Lawrence, KS 66046
(785) 749-7555

Order of Events Districts Championships – West

Warm – Ups: 5:00 PM	Friday Afternoon	Meet Start: 6:30 PM
Women	Event	Men
1	10 & Under 200 IM	2
3	11 – 12 200 IM	4
5	15 & Over 400 IM	6
7	13 – 14 400 IM	8
9	11 – 12 500 Freestyle	10
11	13 – 14 500 Freestyle	12
13	13 & Over 1000 Freestyle	14

Swimmers must provide their own timers and counter for the 400 IM & 500 Freestyle.

Warm Up: 7:00 AM	Saturday Morning	Meet Start: 9:00 AM
Women	Event	Men
15	15 & Over 500 Freestyle	16
17	10 & Under 50 Butterfly	18
19	11 – 12 100 Butterfly	20
21	13 – 14 100 Butterfly	22
23	15 & Over 100 Butterfly	24
25	10 & Under 100 Freestyle	26
27	11 – 12 100 Freestyle	28
29	13 – 14 100 Freestyle	30
31	15 & Over 100 Freestyle	32
33	10 & Under 50 Breast	34
35	11 – 12 100 Breast	36
37	13 – 14 100 Breast	38
39	15 & Over 100 Breast	40
41	10 & Under 100 IM	42
43	11 – 12 100 IM	44
45	13 – 14 200 IM	46
47	15 & Over 200 IM	48
49	10 & Under 100 Back	50
51	11 – 12 50 Back	52
53	13 – 14 200 Back	54
55	15 & Over 200 Back	56

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.

Warm Up: 7:00 AM	Sunday Morning	Meet Start: 9:00 AM
Women	Event	Men
57	10 & Under 50 Freestyle	58
59	11 - 12 50 Freestyle	60
61	13 - 14 50 Freestyle	62
63	15 & Over 50 Freestyle	64
65	10 & Under 50 Backstroke	66
67	11 - 12 100 Backstroke	68
69	13 - 14 100 Backstroke	70
71	15 & Over 100 Backstroke	72
73	10 & Under 200 Freestyle	74
75	11 - 12 200 Freestyle	76
77	13 - 14 200 Freestyle	78
79	15 & Over 200 Freestyle	80
81	10 & Under 100 Breast	82
83	11 - 12 50 Breast	84
85	13 - 14 200 Breast	86
87	15 & Over 200 Breast	88
89	10 & Under Butterfly	90
91	11 - 12 50 Butterfly	92
93	13 - 14 200 Butterfly	94
95	15 & Over 200 Butterfly	96
97	13 & Over 1650 Freestyle	98

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.

Swimmers must provide their own timers and counter for the 400 IM & 500 Freestyle.

For qualifying times, see the MVS website at
https://www.teamunify.com/SubTabGeneric.jsp?team=mvslsc&_stabilid_=107504