

# AQUA SHOCK SUMMER SIZZLER 2009

June 12-14, 2009

**Host:** Wichita AquaShocks

**Dates:** June 12-14, 2009

**Sanction:** Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Number MV-09-13.

**Location:** Rock River Rapids  
1900 E James  
Derby, KS 67037  
<http://www.derbyrec.com/rockriverrapids.htm>

**Type of Meet:** Senior and Age Group ABC Meet; no Time Standards

**Course:** 50-Meter, eight lane outdoor pool; Colorado electronic timing system with single line scoreboard; warm-up and cool down area will be available.

**Rule Authority:** 2009 United States Swimming Rules and Regulations and 2009 Missouri Valley Swimming Rules will govern the meet. Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect. The MVS Scratch Rule will apply.

**Rule Change:** Swim Suits  
Swimsuits worn for all 14 & Under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.

## 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 in during designated sprint warm-up.

## **Starting Times:** Friday Afternoon

- Warm-Ups: 4:00 PM
- Meet Start: 5:30 PM

## Saturday & Sunday Morning

- Warm-Ups: 7:00 AM
- Meet Start: 8:15 AM

## Saturday & Sunday Afternoon

- Warm-Ups: TBA but not before 11:30 AM
- Meet Start: TBA but not before 1:30 PM

**Eligibility:** Swimmers must be 2009 members of USA Swimming. The swimmer's age as of Friday, June 12, 2009 determines their age for the meet.

**Entries:** Meet will be limited to 400 swimmers with entries on a first-come, first-serve basis. No team will be split.

**Entry Limit:** Swimmers may swim five (5) individual events plus one (1) relay each day. Swimmers in the "8 & Under" age group may swim in "12 & Under" age group events, but may not exceed the limit of 5 individual and 1 relay per day.

The following events will be limited to the 24 fastest Women and 24 fastest Men:

- 400 Freestyle
- 400 Individual Medley
- 800 Freestyle
- Coaches will be notified if any of your swimmers are not entered.

If more than the maximum number of entries is received for either sex, it may be possible to exceed the entry limit only if there is less than the entry limit entered by the other sex in that event. As a result it may be necessary to combine male and female swimmers in the same heats to allow for the most number of competitors to swim these events.

**Entry Forms:** Entries should be submitted on standard MVS entry forms or Hy-Tek disk, accompanied by Hy-Tek entry summary sheets with all entry times shown in yards. You may also email entries to Steve Buehne at [aquashocks@hotmail.com](mailto:aquashocks@hotmail.com) with a follow up disk and "Meet Summary" mailed by the entry date. Teams should ensure that all entries (Hy-Tek file or MVS entry forms) are accompanied with fee payment and are received by the entry deadline.

**Entry Fees:** \$3.50 per Individual Event  
\$5.00 per Relay Team

Deck Entry Fees if available:  
\$7.00 per Individual Event  
10.00 per Relay Team

**Payment:** Make meet entry checks payable to "Wichita AquaShocks"  
Send checks and entries to Alicia Buehne:

Wichita AquaShocks  
P.O. Box 771523  
Wichita, KS 67277  
Home Ph. : 316-641-4301

**Entry Deadline:** Entries must be received no later than **Wednesday June 3, 2009**

**Seeding:** This meet will be pre-seeded.  
There will not be a Clerk of the Course.

The 400 IM, 400 Free, and 800 Free events will require positive check-in and then be seeded. Deck entries will be accepted unless capacity of the meet has been met.

**Check-In Rule:** Swimmers shall **check-in** during Warm-Ups for the following events:

- 12-Under 400 Freestyle
- Open 400 Individual Medley and 800 Freestyle

800 Freestyle (men and women) will be swum fastest to slowest, alternating women and men, but scored separately (13-14, Open) and limited to the top 24 men and 24 women. **Swimmers must provide their own timers and lap counters for the 800 Freestyle event.**

**Warm-Ups:** Warm-Up lanes will be assigned. Warm-Ups will be split if necessary and teams will be advised of their warm-up times. Coaches will be notified by email of your team's warm-up times and lane assignments. Assignments will also be posted on our website: [www.wichita-aqua-shocks.org](http://www.wichita-aqua-shocks.org)

During general warm-ups, the following MVS safety rules will apply:

- All lanes are general warm-up only;
- Circle swimming only;
- Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner;
- No diving, use of the starting blocks, or racing starts off the edge of the pool.

At anytime during general warm-ups, the coach of a team in control of any lane may convert the team's lane into a sprint lane by:

- Removing all swimmers in that lane from the water;
- Informing coaches in adjacent lanes;
- Informing the Safety Marshal;
- Following all guidelines for sprint lanes

**Scoring:** Team points will be awarded for 1<sup>st</sup> through 16<sup>th</sup> place.

Individual events will be scored for the top 16 as follows:

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays will be scored as follows:

40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Events for the 8 & Under age group will **not** be scored. They will, however, still receive awards.

**Awards:** Ribbons for the top (8) finishers in each individual event (including 8 & Under) for the A, B, C classes and the top (3) finishers in each relay event.

**Meet Director:** Scott Lassley  
Email: slassley62@yahoo.com  
316-838-7358 - Home  
316-250-8893 - Cell

**Meet Referee:** Greg Law Email: greg.law@cox.net

**Meet Starter :** Kim Blankenship

**Safety Marshall:** With assistance from the Rock River Rapids Aquatic Staff

**Head Coach :** Steve Buehne  
316-641-4301

**Senior Coaches :** Brandon Buehne, Shad Newbury, and Jesse Hollingsworth

**Age Group:** Chase Fosse  
Rhonda Clark  
Megan Gayer  
Spencer Sinclair  
Brent Turner

**Concessions:** Full concessions will be available Friday through Sunday.

#### **Hotel**

<b>Accommodations:</b>	Holiday Inn Select 549 S Rock Rd Wichita, KS 67207 Phone : 316-686-7131 Rate: \$84/night	Clubhouse Inn & Suites 515 S Webb Rd Wichita, KS 67207 Phone: 316-684-1111 Rate: \$69/night
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**Results:** Final results will be posted on the MVS website and may include the swimmer's name, age, times and USA Swimming number.

# ORDER OF EVENTS

## FRIDAY

Warm-Ups begin @ 4:00 PM – Meet @ 5:30PM

Women		Men
1	12-U 200IM	2
3	OPEN 400IM	4
5	12-U 400FREE	6
7	OPEN 800FREE	8

## Saturday-AM

Warm-Ups begin @ 7:30AM - Meet @ 8:45AM

Women		Men
9	12-U 200Free Relay	10
11	8-U 200Free Relay	12
13	12-U 50Free	14
15	8-U 50Breast	16
17	12-U 50Breast	18
19	12-U 200Free	20
21	8-U 50Fly	22
23	12-U 100Fly	24
25	8-U 50Back	26
27	12-U 50Back	28

## Saturday-PM

Warm-Ups begin **not earlier** than: 11:30AM - Meet @ 1:30PM  
(Times maybe later)

Women		Men
29	Open 200Free Relay	30
31	Open 100Back	32
33	Open 200IM	34
35	Open 100Breast	36
37	Open 50Free	38
39	Open 200Fly	40
41	Open 400Free	42

### **Sunday-AM**

Warm-Ups begin @ 7:30AM - Meet @ 8:45AM

<b>Women</b>			<b>Men</b>
<b>43</b>	<b>12-U</b>	<b>200Medly Relay</b>	<b>44</b>
<b>45</b>	<b>8-U</b>	<b>200Medly Relay</b>	<b>46</b>
<b>47</b>	<b>12-U</b>	<b>100Free</b>	<b>48</b>
<b>49</b>	<b>8-U</b>	<b>100Free</b>	<b>50</b>
<b>51</b>	<b>12-U</b>	<b>50Fly</b>	<b>52</b>
<b>53</b>	<b>12-U</b>	<b>100Breast</b>	<b>54</b>
<b>55</b>	<b>8-U</b>	<b>50Free</b>	<b>56</b>
<b>57</b>	<b>12-U</b>	<b>100Back</b>	<b>58</b>

### **Sunday-PM**

Warm-Ups begin **not earlier** than: 11:30am - Meet @ 1:30PM  
(Times maybe later)

<b>Women</b>			<b>Men</b>
<b>59</b>	<b>Open</b>	<b>200Medly Relay</b>	<b>60</b>
<b>61</b>	<b>Open</b>	<b>200Back</b>	<b>62</b>
<b>63</b>	<b>Open</b>	<b>100Free</b>	<b>64</b>
<b>65</b>	<b>Open</b>	<b>200Breast</b>	<b>66</b>
<b>67</b>	<b>Open</b>	<b>100Fly</b>	<b>68</b>
<b>69</b>	<b>Open</b>	<b>200Free</b>	<b>70</b>