MID-AMERICA LEAGUE CHAMPIONSHIPS
February 10-11, 2018

HOST/SPONSOR: Ad Astra Area Aquatics in association with the Lawrence Parks and Recreation.

SANCTION: **Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Number MV-18-24**

MEET TYPE: Timed Finals

LOCATION: **Lawrence Indoor Aquatic Center**
4706 Overland Drive
Lawrence, KS 66049
(*Directions on page 6)*

COURSE: 8-10 Lanes, 25 yards, non-turbulence lane lines. Horn start & custom-designed starting blocks and Colorado Timing System will be used. The competition course has been certified in accordance with 104.2.2C(4). A copy of the certification is on file with USA Swimming

PARTICIPATING TEAMS: All members of the MAL League

Note: Teams may join the MAL up to January 31, 2018

RULES:

- 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.
- All athletes must be 2018 registered athlete members of USA Swimming. All registrations will be verified by the MVS Registration Chair prior to the meet.
- Current (2018) 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 2018 USAS 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 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.
- Swimmers are to use the crash area during the meet.
- 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.
- 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.
- 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

WARM UPS: 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.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

START TIMES: Saturday and Sunday

Session I
Warm-up group 1: 7:00 – 7:25 a.m.
Warm-up group 2: 7:25 a.m. – 7:50 a.m.
Meet Start: 8:00 a.m.
Session II
Warm-up: Not before 12p.m.
Meet Start: Not before 1:00p.m.

Group and lane assignments will be based on number of swimmers.

Note: The 1650 Freestyle event will be swum immediately following Sunday morning session. 1650 Free swimmers may warm-up in the continuous warm-up / warm-down area of the pool. There will be no designated warm-up time for the 1650 free.

COACH MEETING: Administrative meeting will be at 7:50 a.m. on Saturday.

ELIGIBILITY: Entrants **must** be registered as 2018 athlete members of USA Swimming.

Registration of all athletes will be verified by the MVS Registration Chair prior to the meet. Those not registered will not be allowed to swim in the meet. Age of swimmer on the first day of the meet determines age group classification for the entire meet.

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.

Note: The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms**.**

ENTRIES: **All entries must be submitted electronically and received by Monday, February 5th** to aaaaentries@gmail.com using HyTek software and accompanied by a Team Manager entry summary printout with payment of fees. All entries must include each swimmer's USA Swimming registration number. Also include a contact person's phone number and email address**.**

ENTRIES CHAIR: Katie Price
aaaaentries@gmail.com
785-766-7423

Actual best times should be submitted. *"No Time"* entries will be accepted and seeded in the slowest heats.

ENTRY FEES: $10.00 Facility Surcharge
$4.50 per individual event entry
$7.00 per relay team entry

Late/ Deck entries will be accepted at the discretion of the meet director and/or the meet referee. Fees will be **$9.00 for individual event entries** and **$14.00 for relay team entries**. Late/ Deck will not be accepted without payment.

Please make all checks payable to the ***Ad Astra Area Aquatics.*** All entries and payments can be mailed to: PO Box 4193, Lawrence, KS 66046

Payment must be received by the <u>start of the meet</u> for all entries.

ENTRY LIMIT: Seven Individual (7) Events limit for meet. Individual events no more than 4 in one day, plus one (1) relay each day of the meet per swimmer. The Open 1650 Free will **not** count as one of the 7 events for the meet. The 11-12 500 Free will **not** count as one of the 7 events for the meet.

SEEDING/COUNTERS/TIMERS:

The meet will be pre-seeded except the 1650 Free, 500 Free and 400 IM, which will be deck-seeded and require positive check-in. Those who do not check in for deck a seeded event will not be allowed to swim in that event.

Open 1650: Swimmers must be prepared to swim this event immediately at the conclusion of the Sunday morning session. 1650 free check-in deadline is one hour after the start of the morning session. Swimmers must provide their own timers and counters for the 1650 Freestyle. The 1650 Freestyle will be swum fastest to slowest and will alternate women and men.

11-12 500: The check-in deadline for the 11-12 500 freestyle is at the conclusion of warm-ups on Saturday. Swimmers must provide their own timers and counters for the 500 Freestyle.

Open 500/400IM: The check-in deadline for the Open 500 Free and 400 I.M. will be 15 minutes after the start of the meet each day. Swimmers must provide their own timers and counters for the Open 500 Freestyle. Swimmers must provide their own timers for the 400 I.M. The Open 500 Freestyle and 400 I.M will be swum fastest to slowest and will alternate women and men.

SCRATCHES: MVS Scratch Rule will be in effect. Scratches are due at the scoring table at least 30 minutes before the start of each session.

RELAYS: Relay forms must be completed and returned to the scoring table no later than 15 minutes prior to the start of the session. The order of swim and each team member's name and age must be included.

OFFICIALS: Meet Referee: Kenny Woodlief
kenny.woodlief@ericsson.com
913-633-1981
Administration Official: Cassie Campbell
Safety Marshall: Angie Ward

HEAT SHEETS: Heat sheets for the meet will be available for purchase.

SCORING/ AWARDS: Ribbons for 1-8th place will be awarded for individual events
Ribbons for 1-3rd place will be awarded for relay events

12-under events will be swum together and awarded separately (10-U and 11-12)
13-over events will be swum together and awarded together.
Open events will be awarded together.

Results will not be posted in the pool lobby area as available. The meet will be on meet mobile only.

FINAL RESULTS: Final results will be posted on the Missouri Valley website.

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 are key words for safe swimming.

B. Safety Guidelines - Missouri Valley Safety Guidelines will apply to warm-up sessions.
1. Coaches' Responsibilities
   a. Coaches shall instruct swimmers as to the safety guidelines and procedures to be followed at all meets. Swimmers must enter the pool during general warm up 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.

b. Coaches shall continually supervise their swimmers during meets and practice sessions.

FACILTY RULES: No Food On Deck

DIRECTIONS:

Coming to Lawrence on I-70 West: Take the West Lawrence exit 202. Stay on McDonald Drive, right lane and exit to Hwy 40 West/6th Street (before the 6th Street overpass). On 6th, turn right, keep going west for about 2 ½ miles. At the intersection of 6th and Wakarusa Drive, turn right into the Free State High School area. (Dillon's is before the light on the left side of 6th Street and McDonalds at the intersection.) The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on I-70 East: Take the LeCompton Interchange exit 197. Take the Lawrence exit to Hwy 40. Turn left on Hwy 40/6th Street. At the intersection of 6th and Wakarusa Drive, turn left into the Free State High School area. (McDonalds is on the right side of the road at the intersection.) The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on K-10 West: K-10 will turn into Clinton Parkway after crossing Iowa Street/Hwy 59. Stay on this road for about 2 ½ miles, then turn right (north) on Wakarusa Drive. Go north for about 2 miles to intersection with 6th Street. (McDonalds is on the left side.) Keep going north, pass the intersection into the Free State High School area. The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on Hwy 59 North: Turn left on Hwy 10/ Clinton Pkwy, then follow the above direction on K-10

ORDER OF EVENTS

	Girls	Age Group	Event	**Boys**
	Event #			Event #
SATURDAY AM	1	10 & U	200 Free Relay	2
	3	11-12	200 Free Relay	4
	5	12 & U	200 IM	6
	7	12 & U	50 Breaststroke	8
	9	12 & U	100 Freestyle	10
	11	12 & U	50 Backstroke	12
	13	12 & U	100 Butterfly	14
	15	*12 & U	500 Freestyle	16
SATURDAY PM	17	13 & O	200 Medley Relay	18
	19	13 & O	100 Free	20
	21	13 & O	200 IM	22
	23	13 & O	100 Breast	24
	25	Open	200 Fly	26
	27	13 & O	100 Back	28
	29	* Open	500 Free	30
SUNDAY AM	31	10 & U	200 Medley Relay	32
	33	11-12	200 Medley Relay	34
	35	12 & U	200 Freestyle	36
	37	12 & U	100 Breaststroke	38
	39	12 & U	50 Freestyle	30
	41	12 & U	50 Butterfly	32
	43	12 & U	100 Backstroke	34
	45	12 & U	100 IM	36
	61	* Open	1650 Free	62
SUNDAY PM	47	13 & O	200 Free Relay	48
	49	13 & O	50 Free	50
	51	13 & O	100 Fly	52
	53	Open	200 Breast	54
	55	13 & O	200 Free	56
	57	Open	200 Back	58
	59	* Open	400 IM	60

*Swimmers must provide their own timers for the 1650 Freestyle, 500 Freestyle and 400 I.M. events.
*Swimmers must provide their own counters for the 1650 Freestyle and 500 Freestyle events
*The 1650 Freestyle, Open 500 Freestyle and 400 I.M will be swum fastest to slowest.
*The 1650 Freestyle, Open 500 Freestyle and 400 I.M will alternate women and men.
*The 12-Under 500 Freestyle will be swam in event order, slow to fast