



**2021 Missouri Valley  
Long Course Championships  
July 29<sup>th</sup>-August 1st, 2021  
Hosted by:  
Columbia Swim Club**

**Mizzou Aquatic Center  
213 Rothwell Gymnasium  
Columbia, MO 65211**

**TABLE OF CONTENTS**

General Information .....	2
Entering the Meet .....	4
Meet Procedure, Format & Rules .....	5

**Entry Deadline  
11:59 PM CST, Monday July 26<sup>TH</sup>, 2021**

# GENERAL INFORMATION

## 2021 Missouri Valley Long Course Championships ORDER OF EVENTS

THURSDAY JULY 29, 2021

### TIMED FINALS SESSION 1

WARM-UP: 3:30PM

COMPETITION: 4:30PM

WOMEN	EVENT	MEN
1	OPEN 800 FREE RELAY*	2
3	10-UNDER 400 FREESTYLE*	4
5	11-12 400 FREESTYLE*	6
7	13-OVER 800 FREESTYLE*	8

FRIDAY JULY 30, 2021

### PRELIMINARIES SESSION 2

WARM-UP: 7:00AM

COMPETITION: 8:20AM

9	11-12 200 FREESTYLE	10
11	13-OVER 200 FREESTYLE	12
13	11-12 50 BACKSTROKE	14
15	13-OVER 100 BREASTSTROKE	16
17	11-12 100 BUTTERFLY	18
19	13-OVER 100 BUTTERFLY	20
21	11-12 200 BREASTSTROKE*	22
23	13-OVER 400 INDIVIDUAL MEDLEY	24
25	11-12 400 FREESTYLE RELAY*	26
27	13-14 400 FREESTYLE RELAY*	28
29	OPEN 400 FREESTYLE RELAY*	30

### TIMED FINALS SESSION 3

WARM-UP: not before 12:00PM

COMPETITION: 12:40PM

WOMEN	EVENT	MEN
31	10-U MIXED 200 FREESTYLE RELAY*	X
33	10-U 50 BREASTSTROKE*	34
35	10-U 100 FREESTYLE*	36
37	10-U 50 BUTTERFLY*	38
39	10-U 100 BACKSTROKE*	40
41	10-U 200 INDIVIDUAL MEDLEY*	42
43	10-U 200 MEDLEY RELAY*	44

SATURDAY JULY 30, 2021

### PRELIMINARIES SESSION 5

WARM-UP: 7:00AM

COMPETITION: 8:20AM

45	11-12 200 INDIVIDUAL MEDLEY	46
47	13-OVER 200 BUTTERFLY	48
49	11-12 50 FREESTYLE	50
51	13-OVER 50 FREESTYLE	52
53	11-12 100 BREASTSTROKE	54
55	13-OVER 200 BREASTSTROKE	56
57	11-12 50 BUTTERFLY	58
59	13-OVER 100 BACKSTROKE	60
61	11-12 200 BACKSTROKE*	62
63	13-OVER 400 FREESTYLE	64
65	11-12 200 FREESTYLE RELAY*	66
67	13-14 200 FREESTYLE RELAY*	68
69	OPEN 200 FREESTYLE RELAY*	70

### TIMED FINALS SESSION 6

WARM-UP: not before 12:00PM

COMPETITION: 12:40PM

71	10-U MIXED 200 MEDLEY RELAY*	X
73	10-U 200 FREESTYLE*	74
75	10-U 50 BACKSTROKE*	76
77	10-U 100 BREASTSTROKE*	78
79	10-U 50 FREESTYLE*	80
81	10-U 100 BUTTERFLY*	82
83	10-U 200 FREESTYLE RELAY*	84

SUNDAY AUGUST 1, 2021

### PRELIMINARIES SESSION 8

WARM-UP: 7:00AM

COMPETITION: 8:20AM

85	11-12 50 BREASTSTROKE	86
87	13-OVER 200 BACKSTROKE	88
89	11-12 100 BACKSTROKE	90
91	13-OVER 100 FREESTYLE	92
93	11-12 100 FREESTYLE	94
95	13-OVER 200 INDIVIDUAL MEDLEY	96
97	11-12 200 BUTTERFLY*	98
99	13-14 400 MEDLEY RELAY*	100
101	OPEN 400 MEDLEY RELAY*	102
103	11-12 200 MEDLEY RELAY*	104
105	13-OVER 1500 FREESTYLE*	106

\*Timed Final Events



For the 800 and 1500, a swimmer may use qualifying times in the 1000 SCY, 1650 SCY, 800 LCM, 1500 LCM, 800 SCM, or 1500 SCM for either event. For such entries, the swimmer's actual event time shall be used for seeding purposes. Any entries utilizing the alternate distance (1000/800 for 1650 or 1650/1500 for 1000) qualification must be reported to the Entries Chair, including provable event time, via email, no later than the entry deadline.

Swimmers with a 400 freestyle LCM or SCM or a 500 freestyle SCY time may enter the 400 freestyle. For such entries, the swimmer must enter with the event/time they have actually achieved.

Any 11 and over swimmer qualifying AND entering in a minimum of one (1) event may enter up to two (2) bonus events having achieved the bonus qualifying time standard in those events. Bonus events count towards both the daily and meet event limits.

#### **10 & Under Eligibility & Bonus:**

Swimmers must have achieved a MVS Championship qualifying time by the entry deadline for the meet. See the Missouri Valley Swimming website for qualifying time standards

10 & Under swimmers may enter all events for which they qualify but may swim a maximum of **five (5) individual events** per day and a maximum of **seven (7) individual events** for the entire meet.

Any 10 & Under swimmer qualifying AND entering in a minimum of one (1) event may enter up to two (2) bonus events having achieved the bonus qualifying time standard in those events. Bonus events count towards both the daily and meet event limits.

**Special Qualifiers:** Athletes placing first and second in an event at MV Long Course District Championships will automatically qualify to swim that event at MV Long Course Championships. An automatic qualifying swim will count as a proven time allowing for bonus events.

The procedure for entering these events is as follows:

If not already swimming individual events at Long Course Championships, the swimmer must be entered in the team's OME entry as a "relay only" swimmer.

Special entry events and bonus swims for athletes using the above relay only swimmer registration, **MUST** be sent by email and will be hand entered by the Entry Chair/Meet Director.

Please include the following details:

The name and USA-S ID of the swimmer

The event number and description

The best time achieved by the swimmer

#### **Eligibility for swimmers with a disability:**

USA-S swimmers with a disability approved time(s) must meet or exceed the [Nationally Approved Motivational Time Standards](#) for USA-S swimmers with a disability. USA-S swimmers with qualifying times for one event may swim up to 2 bonus swims in the self-reported ability placements (P1, P2, and P3) not to exceed daily and meet entry limits.

The ability standards are provided as a means to place swimmers with similar impairments into general groups and provide the appropriate nationally recognized time-standards as a qualification for entry. Inclusion in any one of these groupings will be athlete/coach-reported and any questions should be referred to the host LSC's Executive Director.

Disability entry events and bonus swims for athletes **MUST** be sent by email and contain the same information as the above entry procedures for Special Qualifiers. Please include the self-reported placement in your email.

#### **Entries: DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 PM CST, Monday July 26th, 2021.**

Swimmers who have achieved a SCY or SCM qualifying time, but not the LCM qualifying time shall enter using the actual course and time used for qualification.

Time trial events count towards a swimmer's three (3) events per day.

Teams may enter a maximum of three (3) relays in each relay event. ALL relays must meet the qualifying time requirements and must be entered as an aggregate of swimmers entering the meet.

Entries will only be accepted from Missouri Valley registered teams and unattached swimmers registered in Missouri Valley.

Entries **must** be submitted using USA Swimming's online meet entry (OME).

All entry questions should be directed to:

**Fees:** Individual events: \$7.50 per event  
Relay events: \$15.00 per event  
Deck Entries: \$15.00 per individual event and \$30.00 for Relays  
Facility Surcharge: \$20.00 per swimmer

Checks should be made payable to: Columbia Swim Club  
Mail payment to: Greg Huskey  
330 E. Weejo Ct.  
Columbia, MO. 65202

**Deck Entries:** Deck entries are permitted prior to the seeding deadline (detailed below) and must be accompanied by sufficient proof of time. Deck entries will be seeded at the lowest conforming time.

**Coaches Registration:** All attending coaches should register via OME during the entry process. There is no limit to the number of coaches registered from each team. Any coach not registered via OME, will not be allowed on the pool deck until their credentials have been verified.

## **MEET PROCEDURE, FORMAT AND RULES**

### **Format:**

**11-Over Prelims/Finals:** This is a Prelims/Finals meet with the Top 16 11-12, 13-14 and Top 24 Senior swimmers advancing to Finals. 13-14 and Senior will be swum together in prelims then will be separated out for finals. Each event during Finals will consist of Bonus (C) (15-Over events only, C final reserved for 15-18 year olds), Consolation (B) and Championship (A) Final heat. The following exceptions apply:

1. The 13-14 and 15 & Over 400 Freestyle and 400 IM will have only the fastest eight (1-8) swimmers advancing to finals. In prelims these events will swim the first two fastest circle seeded heats of women, the first two fastest circle seeded heats of men, then alternating heats of women/men, fast to slow.
2. The 800 and 1500 freestyle events are swum as timed finals. The Thursday evening 800 will alternate women then men swimming fastest to slowest. For the 1500, the fastest heat of each of the women and men 13-Over swimmers will swim in finals, swimmers in the top 8 may elect to down seed prior to the positive check in deadline. Event 89-90 will be swum first in Sunday evening finals. The slower heats will swim in prelims and will alternate women then men swimming fastest to slowest. 13-14 and Senior will be scored separately.
3. 11-12 200 Butterfly, Backstroke and Breaststroke will be timed finals with the **top eight (8)** seeded swimmers swimming in finals. Except for Sunday (200 Butterfly) which will all be swum in prelims.
4. 11-12 400 freestyle will swim alternating women then men swimming fastest to slowest.

*Please note: The Bonus C final is optional at the discretion of the meet referee, Age Group Chair and Senior Chair depending on number of entries.*

**10-Under Timed Finals:** The 10-Under Sessions are timed finals. The 10 & Under 400 freestyle will swim alternating women then men swimming fastest to slowest.

**Relays:** Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the clerk of course and fill out completely with first name, last name and order of swimming for each entered relay. Relay forms shall be returned one (1) hour prior to the start of relays. However, relay order may be changed up to the time of the swim. For relays in swimming in finals, relay cards are due 15 minutes after the start of warm-ups for the finals session.

1. The Open 800 Freestyle relays will be swum fast to slow.
2. 11-12, 13-14 and Open relays shall swim slowest to fastest according to event order in prelims.
3. Friday and Saturday relays will be swum at the end of Preliminaries except for the fastest heat (8) for 11-12, 13-14 and Open, which will be swum at the beginning of the finals session.
4. 11 and over swimmers may swim a maximum of one relay per day.
5. 10 & Under mixed relays must consist of two (2) female athletes and two (2) male athletes.

**Seeding:** To be seeded in the 800 and 1500 free the swimmer must positively check in. If a swimmer does not check in for the 800 or 1500 free they will be scratched from the event at the discretion of the meet referee.

Entries will be seeded according to USA Swimming rules and regulations (rule 102.5) and this meet announcement.

LCM times shall be considered 'conforming-times.' Times from all other courses shall be considered 'non-conforming times'.

The seeding order is:

Entries meeting the qualifying time standard in course order 1) LCM 2) SCM 3) SCY and then 4) LCM Bonus Entries.

**Rules:** Current USA Swimming and Missouri Valley Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.

Current (2021) 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 2021 USAS Coach Membership will not be allowed access to the deck area and will not be allowed to participate in any coaching capacity.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Flyover or chase 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.

It is the responsibility of each coach and/or swimmer to indicate which events are to be scratched and to return the scratch form to the Clerk of the Course by the scratch deadline prior to each session.

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.

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.

The use of flash photography at the start of any heat of any event is strictly prohibited.

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.

Deck changes are prohibited.

#### **Scratch Rules:**

Scratch procedures are in accordance with current USA Swimming National Championship rules and regulations (Rule 207.11.6) and this meet announcement. No Show penalties are as listed below:

1. Failure to compete in a preliminary event will result in the swimmer missing their next event of the meet.
2. Any swimmer who qualifies for an A, B or C final, who fails to declare intent to scratch or to scratch per USA Swimming Championship procedures and fails to compete in said final race shall be removed from the remainder of the meet.
3. 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).
4. A swimmer who positively checks in or who does not scratch their last individual event of the meet and fails to compete is penalized \$50.00 in prelims.

100% of all fines go to the Missouri Valley Athlete Travel Fund.

The Host Club 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.

Failure to compete in an event will not affect time trials.

Scratches for Thursday's session are due 60 minutes prior to the start of the meet. Scratches will be accepted via email to the Entries Chair between the entry deadline and the first day of the meet (Thursday.)

Scratches for Friday, Saturday and Sunday preliminary sessions are due by 5:30pm the previous evening.

**Time Trials:** Time Trials will be held between preliminaries and finals on Friday, Saturday, and Sunday. On Friday, priority will be given to Friday events, followed by, if time permits, Saturday and Sunday events. On Saturday, priority will be given to Saturday events, followed by, if time permits, Sunday and Friday events. On Sunday, priority will be given to Sunday events, followed by Friday and Saturday events. Time Trials may be limited or cancelled at the discretion of the Meet Referee.

Individual time trial events (but not relays) DO count as one of the swimmers maximum of three (3) events per day (five (5) for 10 & Under athletes). Time Trial Events DO NOT count towards the swimmers maximum of seven (7) events for the meet.

Deadlines for Time Trial entries will be established by the Meet Referee.  
Fees must be paid with the entry and are non-refundable.

**Officials:** 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 carry proof (physical or electronic) of 2018 USA Swimming certification credentials while acting in any official capacity on the deck of the pool. This meet has been designated as a National Qualifying Meet to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Requests for evaluation should be made to the meet referee. The meet attire for officials is blue pants, skirts or shorts, white polo shirts and white shoes. At finals, pants are encouraged but not required.

**Warm Up & Session Start Times:**

Day	Session	Warm-up	Meet Start	Session	Warm-up	Meet Start	Session	Warm-up	Meet Start
<b>Thursday</b>							<i>Timed Finals</i>	3:30pm	4:30pm
<b>Friday</b>	<i>11-Over Prelims</i>	7:00am	8:20am	<i>10-Under Timed Finals</i>	Not Before 12:00pm	12:40pm	<i>11-Over Finals</i>	4:00pm	5:00pm
<b>Saturday</b>	<i>11-Over Prelims</i>	7:00am	8:20am	<i>10-Under Timed Finals</i>	Not Before 12:00pm	12:40pm	<i>11-Over Finals</i>	4:00pm	5:00pm
<b>Sunday</b>	<i>11-Over Prelims</i>	7:00am	8:20am				<i>11-Over Finals</i>	4:00pm	5:00pm

Facility doors open 30mins. prior to each days warm-ups.

**11-12, 13-14 and Senior Sessions**

**Warm-up/Start:** Warm-ups will be assigned. Warm-ups may be split for the preliminary sessions. (If split, each warm-up session shall be a minimum of 35 minutes.) **Finals Warm-up** will be open. **During finals**, there will be designated start and pace lanes during the **last 20 minutes** of warm-up. **Finals** will begin one hour after the start of warm-up.

**10-Under Session**

**Warm-ups:** Warm-ups will be assigned. Warm-ups will begin at the conclusion of the 11-Over Prelims Session, but not before 12:00pm. Additional information regarding the start time for the 10&U will be provided during the Prelim session.

Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants. 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 without a coach at the meet must check in with the Meet Referee or designee and will be assigned to a coach during the warm-up portion of the meet.

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 warming-up or down during the meet, swimmers shall not perform racing starts and must circle swim.

**Awards:** Individual events: Medals for 1<sup>st</sup> – 3<sup>rd</sup> place finishers and ribbons for 4<sup>th</sup> – 8<sup>th</sup> place finishers in each event for each age group

1. Relay events: Medals for 1<sup>st</sup> – 3<sup>rd</sup> place finishers.
2. High point: High point awards will be given to the top 3 males and top 3 females in each age group.
3. Individual scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay scoring is double the individual value.
4. Team Scoring: Trophies will be awarded to the top 3 overall scoring teams. Banners will be awarded to the highest scoring team in each gender and age group (10 & Under Girls, 10 & Under Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15 & Over Girls, 15 & Over Boys)
5. 10 & Under mixed relays will be scored for overall team scores only.

All awards must be picked up by the swimmer or coach by the end of the meet. No awards will be mailed.

**COVID-19 Guidelines:**

We have taken enhanced health and safety measures – for athletes, officials, personnel, and spectators. You must follow all posted instructions of the facility. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending and participating in Long Course Championships, you voluntarily assume all risks related to exposure to COVID-19.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, MISSOURI VALLEY SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.