



*Presents*

***The **M**ovember Senior Invitational***  
**November 22 – 24, 2019**

**Hosted by:**  
**Empire KC Swim Club**

**Gladstone Community Center**  
**6901 N Holmes Street**  
**Gladstone, MO 64118**

Portions of the proceeds from meet fees, swimmer surcharges and Speedo's Nathan Adrian's SwimQuik Store will be donated to Nathan Adrian's Foundation to further Men's Cancer Research.

**Entries Open**

**Tuesday, October 29, 2019 8:00 AM CST**

**Entry Deadline**

**Tuesday November 12, 2019 11:59 PM CST**

**2019 Speedo Movember Senior Invitational  
ORDER OF EVENTS**

**FRIDAY NOVEMBER 22, 2019  
TIMED FINALS SESSION 1**

**WARM-UP: 3:30PM**

**COMPETITION: 5:10PM**

1	200 Free Relay	2
3	500 Free	4
5	400 IM	6
7	50 Free Prelim***	8
9	400 Medley Relay	10
	***50 Free Final will be in Session 3	

**SATURDAY NOVEMBER 23, 2019**

**PRELIMINARIES SESSION 2**

**FINALS SESSION 3**

**WARM-UP: 7:00AM**

**COMPETITION: 8:40AM**

**WARM-UP: 4:00PM**

**COMPETITION: 5:10PM**

11	200 IM	12
13	100 Butterfly	14
15	200 Freestyle	16
17	100 Breaststroke	18
19	100 Backstroke	20
21	200 Medley Relay *	22

11	200 IM	12
13	100 Butterfly	14
15	200 Freestyle	16
17	100 Breaststroke	18
19	100 Backstroke	20
7	50 Freestyle	8
21	200 Medley Relay*	22

**SUNDAY NOVEMBER 24, 2019**

**PRELIMINARIES SESSION 4**

**FINALS SESSION 5**

**WARM-UP: 7:00AM**

**COMPETITION: 8:40AM**

**WARM-UP: 3:00PM**

**COMPETITION: 4:10PM**

23	200 Backstroke	24
25	100 Freestyle	26
27	200 Breaststroke	28
29	200 Butterfly	30
31	400 Freestyle Relay*	32
33	1650 Freestyle *	34

23	200 Backstroke	24
25	100 Freestyle	26
27	200 Breaststroke	28
29	200 Butterfly	30
31	400 Freestyle Relay*	32
33	1650 Freestyle*	34

*\*Timed Final Events / Top 8 Swim In Finals Session*

**SANCTION:** Held under the sanction of Missouri Valley Swimming, Inc. on the behalf of USA Swimming, Inc.  
Meet Sanction No. MV-19-102

**ADDRESS:** Gladstone Community Center  
6901 N. Holmes Street  
Gladstone, MO 64118

**FACILITY & CRASH AREA:** 25 yard eight lane pool with non-turbulent racing lane lines. Horn start, custom-designed starting blocks and Colorado Timing System will be used. The depth of the competition course at the start end is 6 feet, and the depth at the turn end is 6 feet. The competition course has not been certified in accordance with 104.2.2C(4). .

**PARKING:** Parking is available in the parking lot on the east side of the community center and along the street west of the community center.

**MEET DIRECTOR:** Brandon Hess, [bchess99@gmail.com](mailto:bchess99@gmail.com) 816-876-9086

**MEET REFEREE:** Judith Deedy, [jgdeedy@gmail.com](mailto:jgdeedy@gmail.com) 816-896-0318  
Tim Bruck, [tim.bruck@gmail.com](mailto:tim.bruck@gmail.com) 913-485-8390

**ADMIN OFFICIAL:** Doug Worth, [entries@esclions.com](mailto:entries@esclions.com) 816-260-1242  
Lisa Boulden, 816-507-2223

**ADMISSION/ MEET PROGRAMS:** Admission is free. Heat sheets will be available for \$5.00 per prelim sessions, \$3 for finals sessions.

**MEETING SCHEDULE:** Coaches meetings will be held 30 minutes prior to the start of Friday's preliminary session and other times as requested by the Meet Referee.  
There will be an officials meeting one hour prior to the start of each session.

**CONCESSIONS:** Will be located in the lobby of the building.

**SUIT DEALER:** SwimQuik apparel and gear along with Nathan Adrian's Movember line will be provided in lobby of the community center.

**TIMING ASSIGNMENTS:** ***Swimmers must provide their own timers and counters for the 1650 freestyle events.***

**FEES:** **Individual Events:** \$5.00 per event  
**Relay Events:** \$7.00 per event  
**Deck Entries:** \$10.00 per individual event, \$14.00 per relay event **Swimmer**  
**Surcharge:** \$10.00 per swimmer

**Checks should be made payable to: Empire KC Swim Club**  
**Mail payment to: C/O - Jim Menges, Treasurer**  
**PO Box 7177**  
**Lees Summit, MO. 64064**

**DECK ENTRIES:** Deck entries are permitted prior to the seeding/scratch deadline and must be accompanied by sufficient proof of time and USA Swimming Registration.  
The fee for a deck entered individual event is \$10.00 and a relay is \$14.00.

**DISABILITY SWIMMERS:** Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Referee. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet.  
The starting procedure and 'no recall' provision of USA Swimming Rules shall be used.  
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 may occur between swims for the same individual.

**MEMBERSHIP REQUIREMENT:** Current (2019 and 2020)) 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 2019 or 2020 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 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. 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.

## SEEDING:

The meet will be deck seeded after all scratches and positive check-in.

Entries will be seeded according to USA Swimming rules and regulations and this meet announcement. Seeding priority for this meet will be:

1. SCY
2. LCM
3. SCM

**Prelims/Finals:** This is a prelims/finals meet with 3 heats competing in finals. The top 16 swimmers advance to the Championship Final (A) and Consolation (B) Final. The C Final will be limited to the 14 & Under swimmers. All ages will compete together in prelims. Finals events will be seeded prior to the start of the warm-up session for finals.

The following exceptions apply.

- 1650 Freestyle is conducted as timed finals. The 1650 will alternate women then men swimming fastest to slowest. The fastest heat (8) of each of the women and men swimmers will swim in finals. Event 33/34 will swim first in Sunday evening finals. The slower heats will swim in prelims and will alternate women then men, swimming fastest to slowest.
- The 500 Freestyle and 400 IM will be conducted as timed finals during session 1 (Friday). These events will be alternating women and men, fastest to slowest.
- Positive check in is required one (1) hour before the session begins for the following events: 500 Freestyle, 400 IM and the 1650 Freestyle.

**Relays:** Relays will be seeded by conforming then non-conforming times. Positive check in is required for all relays prior to the scratch deadline in order to be seeded.

Relay cards are available from the clerk of course and are to be filled 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 swimming in finals, relay cards are due 15 minutes after the start of warm-ups for the finals session.

1. Relays shall swim slowest to fastest according to event order in prelims.
2. Saturday and Sunday relays will swim at the end of preliminaries, with the exception of the fastest heat (8) for women and men, which will swim in the finals session.

## MEMBERSHIP:

All athletes must be 2019 or 2020 registered athlete members of USA Swimming. All registrations will be verified by the MVS Registration Chair prior to the meet. Those not registered will not be allowed to swim in the meet.

## ELIGIBILITY & BONUS:

Swimmers entering the meet must have the 15-16 "A" standard for each event in Short Course (SCY or SCM) or Long Course (LCM) by the entry deadline in order to enter the meet.

Any swimmer qualifying AND entering in a minimum of one (1) event may enter up to two (2) bonus events. Bonus events count towards both the daily and meet event limits. The maximum distance for a bonus event is 500 yards.

Swimmers may enter all events for which they qualify but may swim a maximum of **three (3) individual events** per day and a maximum of **eight (8) individual events** for the entire meet.

EKC reserves the right to enter any of its athletes.

**SCRATCHES:**

- Scratch deadline for Friday's events are 15 minutes after the start of warmup.
- Scratch deadlines 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/ Admin Referee if they want to scratch a swimmer or relay.
- There is no penalty for failing to compete in a preliminary heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmers three event/day limit. A swimmer qualifying for an A,B or C final who fails to compete shall be barred from the next event or pay a \$50.00 penalty reinstatement fee.

**SESSION WARM-UP & START TIMES:**

Day	Session	Warm-up	Meet Start				Session	Warm-up	Meet Start
Friday	1	3:30pm	5:10pm						
Saturday	2	7:00am	8:40am				3	4:00pm	5:10pm
Sunday	4	7:00am	8:40am				5	3:00pm	4:10pm

**All warm-up sessions are open. During all warm-up sessions there will be a designated start and pace lanes during the last 20 minutes of warm-up.**

**WARM-UP RULES & PROCEDURE:**

MVS Safety Guidelines and Warm-up procedures will be in effect.

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 in 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.

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.

**AWARDS:** **Individual events:** Moustache Medals for 1<sup>st</sup> – 3<sup>rd</sup> place finishes and ribbons for 4<sup>th</sup> – 8<sup>th</sup> place finishes in each event.  
**Relay events:** Medals for 1<sup>st</sup> – 3<sup>rd</sup> place finishes.  
**High point:** High point awards will be given to the top 3 males and top 3 females.  
**High point scoring:** 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
**Hot Heats:** Speedo gear/apparel and other prizes will be given to winners of randomly select heats.

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

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

**RULES &  
REGULATIONS:**

The pool deck will be “closed” to anyone not volunteering, officiating, or running the meet. USA Swimming credentials will be required to be on deck.

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. 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.

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.

**OFFICIALS:** Officials must display 2019 or 2020 USA Swimming credentials while acting in any official capacity on the deck of the pool.  
Officials meetings will be held one (1) hour prior to the beginning of each session. Meetings will be located in the hospitality room.