

**CENTRAL ZONES 14 & UNDER CHAMPIONSHIPS**

**SHAWNEE MISSION AQUATIC CENTER**

August 3-6<sup>th</sup> 2023

**Meet entries may be submitted by LSC only.**

**Separate entries from individuals or clubs will not be accepted.**

**Meet Site:** Lenexa Kansas

**Participating Teams:** AR, IA, IL, MN, MV, MW, ND, OK, OZ, SD

**GENERAL INFORMATION**

- SANCTION:** Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Number MV-23-62  
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.
- HOSTED BY:** Kansas City Blazers
- MEET DIRECTORS:** Marissa Laing  
6501 Antioch Road Merriam KS 66202  
[laingml@gmail.com](mailto:laingml@gmail.com)  
[\(913\) 940 5095](tel:9139405095)
- OFFICIALS:** Referee: Brian Perkins [btpqa@aol.com](mailto:btpqa@aol.com) (314) 799-5685  
Admin Referee: Betsy Purcell [betsypurcell417@gmail.com](mailto:betsypurcell417@gmail.com)  
Championship Meet Coordinator: Lisa Montplaisir [lisa.montplaisir@gmail.com](mailto:lisa.montplaisir@gmail.com)  
Meet Marshal/Volunteer Coordinator: Karen Sgroi [blazersvolunteer@gmail.com](mailto:blazersvolunteer@gmail.com)
- MEET SITE:** *Shawnee Mission School District Aquatic Center* 17251 W 87th St, Lenexa, KS 66219
- FACILITY:**
- A. 50-meter indoor competition course. The depth of the pool is 7ft at the start end and 13 ft at the turn end. Daktronics System throughout facility, two 8 lane scoreboards, 1 full-color digital display board, 2 Stark Movable Bulkheads, 6" Competitor Gold Medal Lane Ropes. Competition course is certified in accordance with 104.2.2C (4). A copy of this certification is on file with USA Swimming
  - B. 4 lane, 25-yard warm-up, cool-down pool. Available during all sessions.
  - C. Locker rooms are on the south side of the pool deck. Locker rooms are for athlete use only.
  - D. Bleacher seats on the pool deck capacity for 500 athletes.
  - E. 1,200 spectator seating capacity, tickets required for admission. No camping is permitted anywhere in the venue. Seats may not be reserved.
  - F. Concessions will be available during prelims and 10 & under Sessions in the lobby area.
- MEDICAL SUPERVISION:** Certified lifeguards will be on deck to administer first-aid if needed.

- GENERAL ADMISSION TICKETS:**
- A. Each LSC will receive six (6) complimentary admission tickets and programs per session. The Meet Directors and Meet Referee recommend that these complimentary items be presented to “home club coaches” who are in attendance and who are observing the meet from the spectator seating areas.
  - B. General Admission pricing for spectators is as follows:
    - \$35.00 All Session Pass, Ages 13 & Over. (Includes 10 & under sessions)
    - \$10.00 10 & Under Session Pass, Ages 13 & Over. (Admission for the 10 & Under competition sessions Friday and Saturday only)
    - \$20.00 Daily pass, Ages 13 & Over. (All Sessions for the day of purchase)
    - \$15.00 Evening Finals Pass, Ages 13 & Over. (Admission for the finals session day of purchase)
    - Free admissions to children 12 and Under.
  - C. Free parking is available, parking maps are available on the [Meet webpage](#).

**MEET PROGRAM/FINAL RESULTS:** Meet Programs will be available free on Meet Mobile and as a pdf on the [Meet webpage](#). Results will be posted on Meet Mobile, the meet webpage and hard copies (wall report) postings.

**HOTEL INFORMATION:** Hotel information can be found on the [Kansas City Blazers website](#). Room blocks are available at reduced rates.

**MEET WEBSITE:** [www.kcblazers.com](http://www.kcblazers.com) under the swim meets tab Central Zones 14 & under Championships

**ATHLETE SOCIAL/ COACH SOCIAL INFORMATION:** Friday Night Sound Bites: There will be live music on the upper commons of Lenexa City Center on Friday night from 7-10pm. This is sponsored by Kansas City Blazers in conjunction with [Lenexa Public Market](#). Food is available for purchase at the Public Market.

**VOLUNTEERS:** Timers and officials from visiting LSCs are encouraged and welcomed.

**ZONE APPAREL:** Swim Quik will be onsite providing unique apparel items for sale and all forms of aquatic equipment and gear. Apparel will be available for pre order. A pre order link will be posted to the meet page and sent to LSC representatives.

**OTHER INFORMATION:** Teams and families are encouraged to monitor the meet website for updates and meet information. This will be a large event, requiring pre-ordering of spectator tickets, apparel, memorabilia, commemorative program, photographs, etc. On-site retail sales will be available for these items, though in limited quantities. Pre-ordering is highly recommended to ensure that your items are available.

**ENTRIES**

- ELIGIBILITY:**
- A. Membership: All athletes must be premium (not seasonal) USA Swimming members with the LSC they represent and be age 14 or under. USA Swimming app is acceptable proof of USA Swimming membership.
  - B. Swimmer’s Age: Age of swimmer for pool competition shall be as of the first day of the pool competition.
  - C. Certification: 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.

- D. Registration and validity of all athletes will be verified by the MVS Registration Chair prior to the meet. Those not registered or found to be invalid will not be allowed to swim in the meet.
- E. Swimmers must have achieved a National AAA time (LCM, SCM, SCY) between the first day of the first Zone Meet of the previous year and the entry deadline date for the current Central Zone Meet.
- F. Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is short course yards (Y) or short course meters (S).
- G. Those who have achieved a AAA qualifying time in the 1500/1650 are eligible to swim the 800 and those who have achieved a AAA time in the 800/1000 are also eligible to swim the 1500.
- H. 13-14 athletes who have achieved a AAA qualifying time in the 100 stroke (back, breast, fly) are also eligible for the corresponding 50. Entry times for the 50 will be submitted as an override time.
- I. Swimmers who achieve individual event cuts for the meets listed below prior to July 15<sup>th</sup> shall not be eligible to compete in that particular stroke and distance, including relay events. Swimmers who have achieved an individual event cut for the meets listed below prior to their respective assigned Zone Championship entry deadline in the 100 back, 100 breast, or 100 fly shall not be eligible to enter the corresponding 50 stroke or swim that stroke in the 200 medley relay.
  - 1) National Championships
  - 2) Summer Junior National Championships
  - 3) US Open
- J. Entry times must be verifiable in SWIMS (USA Swimming Times database)
- K. Disability Swimmers: Each LSC may enter six (6) swimmers with a disability age 14 and Under in any manner deemed appropriate who are not required to have achieved the qualifying time standards for their age group/events, but must have an official time in any event entered.
- L. If the LSC has no qualifiers or fewer than two (2) qualifiers in an event, the LSC may enter up to two (2) swimmers maximum in that event. The non-qualifying entries shall be entered at NT and will be swum last. However, non-qualifying distance events will be seeded by time; thus, submission of a best-time for the event is required.

**ENTRY DEADLINE:**

- A. Entries must be verified and submitted to the host entry chairperson electronically by Monday 6:00pm preceding the meet.
  - The documents of the pool entries and other meet information including the completed Swimmers with a Disability Entry Form, Meet Staff Form and Relay-only Entry Form must accompany the team entry file and be sent electronically.

- Meet Entry chair must verify receipt of entries by email or follow-up phone call to the host entry chair.
- B. Each LSC shall receive a team entry report and psych sheet including an exception report of the LSC team entries via e-mail by 9 p.m. Monday preceding the meet.
- Any corrections to the original entries should be formatted in a new entry file and sent to the entry chair via email by **Noon** on Tuesday.
  - **Justification** of the exception report should be included in a word document or PDF file.
  - Entry fees are due before the start of the General Meeting.
  - No new swimmers may be added to LSC entries after the Tuesday Noon deadline.
  - Any corrections or updates after Noon on Tuesday shall go to the eligibility jury.
- C. **There will be no deck entries at this meet.**

**ENTRY FEES:**

\$6.00 per individual pool event  
 \$12.00 per relay  
 \$20.00 per athletes facility surcharge  
 \$1.00 per swimmer Central Zone surcharge  
 Make check payable to: Kansas City Blazers  
 Checks may be delivered on deck during check-in.  
 If mailing, send entry fee payments to: Kansas City Blazers 6501 Antioch Road  
 Merriam KS 66202

**ENTRY CHAIRMAN:**

Send entries to: Andrew Schmidt [kcbentries@gmail.com](mailto:kcbentries@gmail.com) (913) 826 3043

**ENTRY LIMITS:**

- A. Swimmers may enter no more than six (6) individual events of which no more than three (3) may occur on any given day.
- B. Each LSC may enter two (2) relays per relay event.
- C. No limit exists on the number of swimmers that an LSC may enter in an individual event.

**ENTRY RESPONSIBILITY:**

- A. The LSC coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Zone Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
- B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone and/or their designee.

**RELAY ENTRIES:**

- A. The LSC must coordinate relay entries.
- B. Determination of the swimmers composing the relays is at the discretion of the LSC.
- C. List relay-only swimmers on the appropriate form and submit with entries.

- DISABILITY ENTRIES:**
- A. Swimmers with disabilities shall be highlighted on the hard copy of the LSC's meet entry.
  - B. Classification of a swimmer with a disability is irrelevant.
  - C. LSCs must use the Disability Entry Form to enter a swimmer with a disability.

- DIVISIONS:**
- A. **Competition Divisions:** The competition shall be divided into two (2) divisions: Able-Bodied Swimmers (D1) and Swimmers with a Disability (D2).
    - Divisions shall be seeded together in prelims, but swum separately at finals.
    - D2 shall have A finals only in the same events as D1.
    - The Referee, in consultation with the swimmer and/or the swimmer's coach, shall have the authority to make special seeding accommodations during prelim and/or timed final events for D2 swimmers.
    - The Meet Referee, Administrative Official, and Central Zone Championship Meet Coordinator, in consultation with the swimmer, and/or swimmer's coach, will determine the placement and order of D2 events in Finals. This includes, but not limited to, combining gender, age group, distance or event. A conference call will be conducted by the Meet Referee, Administrative Official, and Central Zone Championship Meet Coordinator from each meet site, once entries have been closed and D2 events/entries have been identified, to ensure consistency in format and procedure throughout the Central Zone 14 and Under Championship Meets.
    - D2 events shall be scored.
    - D2 events shall be included in the awards ceremony.

Prior to all sessions of the meet, if deemed necessary for the safety of the D2 swimmers, a separate warm-up lane shall be designated for D2 swimmers only.

- ENTRY PROCEDURES:**
- A. The LSC must submit its entries as one team, using the **LSC** as the club designation.
    - All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted.
    - LSC entry chair shall verify times and eligibility of swimmers before submitting entries to host.
  - B. Each LSC must identify, on the official entry form, the name of the LSC and the name, address and telephone number, and email of the person in charge of entries for that LSC.
  - C. Each swimmer entry must include first and last name; age as of the first day of the Meet; and complete USA Swimming registration number. For relay only swimmers, the Relay-Only Swimmer Entry Form must be included with the entry.
  - D. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding.

- LSC REPRESENTATIVE:**
- A. Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. It is recommended that these persons NOT be the LSC's Head Coach.
  - B. These designated persons must be identified to the Meet Director either with the meet entries or at the General Meeting on Wednesday *date* prior to the start of the Meet.

- DECK PASSES/  
CREDENTIALS:**
- A. Deck Passes/Credentials for LSC coaches and team managers will be issued to the representative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) passes. USA Swimming registration (USA Swimming App acceptable) must be shown at check-in to receive a deck pass.
  - B. Each athlete, coach, official and volunteer will be issued a meet credential.
  - C. Credentials must be displayed at all times while in the venue.

## **RULES**

**RULES:** Current USA Swimming rules including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), will govern this meet. Participating athletes must be ages 14 & Under, registered with USA Swimming in one of the participating LSCs, and have achieved qualifying times as described in the Eligibility section of this document. All adult participants participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition

- Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms, or locker rooms during warm-up or competition.
- 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.
- Flash photography will not be allowed during the start of any heat. Individuals using flash photography near the start of a heat may be ejected from the meet facility.
- Deck changes are prohibited

- SAFETY/WARM-UP  
PROCEDURES:**
- A. Safety procedures of USA Swimming, including feet-first entry, will be followed.
  - B. Specific warm-up procedures will be posted and distributed at the General Meeting.
  - C. Coaches must be in control of their swimmers during their warm-up times.
  - D. 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

**SEEDING/CONDUCT:**

**A. Conduct:**

- Preliminary/Finals format except for the following events identified in table below:
- In finals, the consolation heat shall precede the championship heat.
- Fly-over starts will be used for the prelim sessions. Fly-over starts will only be used in the afternoon 10 & Under sessions if necessary because of timeline concerns and if agreed upon by the meet director, meet referee, and championship coordinator.
- 10 & Under – Timed Finals.

**B. Seeding Order:**

- First – Conforming times (L)
- Second – Non-conforming times (S then Y)
- Third – Bonus NT

**C. Distance Events:**

Distance	Age-Group	Description
1500 Free	11-12	Swum fastest to slowest, alternating gender Thursday evening.
1500 Free	13-14	Swum fastest to slowest, alternating gender Sunday following prelims.
800 Free	11-12 13-14	The top 8 of each age/gender shall swim in finals on Friday, with preliminary heats swimming fastest to slowest alternating by gender.
400 Free	11-12	Top 8 of each age/gender shall swim in finals on Saturday, with preliminary heats swimming fastest to slowest alternating by gender.
400 IM	11-12 13-14	Swum fastest to slowest, alternating gender Thursday evening.
200 strokes (back, breast, fly)	11-12	Top 8 of each age/gender shall swim in finals with preliminary heats swimming slowest to fastest.

**D. Relays:**

- 11-12 and 13-14 relays will be timed finals. All heats of a particular event will be swum in one session.

10 and Under relays will be swum timed finals during their sessions.

**SCRATCHES/CHECK-IN:**

- A. **Scratch Rules:** All individual events will conform to USA Swimming National Scratch Procedure Rules (207.11.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or a swimmer may declare a false start.
- B. **Scratch Deadline:** A scratch box will be available at registration, the General Meeting, and throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.
  - Scratch deadline for First Day's events shall be 15 minutes after the conclusion of the General Meeting.
  - Scratch deadline for Second Day's events shall be 30 minutes after the start of First Day's evening finals session.
  - Scratch deadline for Third Day's events shall be 30 minutes after the start of *Second Day's* evening finals session.
  - Scratch deadline for Fourth Day's events shall be 30 minutes after the start of Third Day's evening finals session.
- C. **Positive Check-in:** Entrants in the 800 and 1500 free must check in and confirm their intention to compete prior to the scratch deadline in order to be seeded. 800 entrants shall declare at check-in their desire for an early swim by clearly marking AM on the check-in sheet next to their name. A swimmer who fails to positively check in for the 800 and/or the 1500 free will not be allowed to swim in the event.
- D. **Relay Check-in:** Teams shall check in relays and confirm their intention to compete prior to the scratch deadline to be seeded.
- E. **Relay cards** designating the swimmers' names shall be submitted to meet management on the day of the relay. Names and order of swimmers may be changed up to the time of the swim. Only coaches may make changes to relays.
- F. **Scratching from Finals.**
  - USA Swimming National Scratch Procedure Guidelines (207.11.6 D) will be followed.
  - LSCs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim unless excused under Exceptions for Failure to Compete.
    - 1) All funds shall remain with the meet host.Failure on the part of the LSC to pay imposed penalties shall result in barring from future zone championships.

**ELIGIBILITY PROTESTS:**

- A. Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted to the Eligibility Jury. Details on the process for an eligibility protest can be found in the Central Zone Policies & Procedures Manual.

**SCORING:**

- A. Individual Pool events:  
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- B. Relay events:  
40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2



**FINALS, READY AREA  
AND SWIMMER  
INTRODUCTIONS:**

- A. Swimmers in the 11-12 and 13-14 championship finals shall report to the ready area in the North West corner of the pool deck prior to the start of the championship Final of the previous event.
  - Finalists will be paraded to the blocks from the ready area.
  - Championship Finals swimmers' names shall be announced prior to the start of the race while swimmers are behind the blocks.
  - Consolation heat swimmers must report behind the starting blocks prior to their heat.
  - Consolation Finals swimmers' names shall be announced while the swimmers are competing in water.
- B. All 10 & U swimmers shall report directly to their assigned lanes.
  - 10 & Under Finals swimmers' names shall be announced while swimmers are competing in the water for all but the fastest heat.
  - Swimmers' names for the fastest heat will be announced prior to the start of the race while swimmers are behind the blocks.

**RESULTS:**

- A. Results will be posted and announced.
  - Electronic results will be continually posted on Meet Mobile.
  - Hard copy results (wall reports) will be posted in the stands on the south side, as well as on deck at the east side of the competition pool by the warm up pool.
  - After the meet, final results will be available on the Central Zone website: [www.centralzones.org](http://www.centralzones.org), [the Missouri Valley LSC website](http://the Missouri Valley LSC website), and the Kansas City Blazers website: [www.kcblazers.com](http://www.kcblazers.com)
  - An unlocked meet backup will be emailed to the CZ Webmaster, CZ Secretary, CZ Records Coordinator, and CZ Directors within 24 hours of the end of competition.
  - Results published on the Central Zone Website will be produced in publication format. Locked backups, files for the teams, and scores will also be posted.
  - Results will be sent to USA Swimming headquarters in compliance with host-USA Swimming Contract.
- B. Relay lead-off splits and initial splits
  - All valid lead-off splits from relays will be uploaded to SWIMS.
  - All requests for initial splits from an individual event must be made to the Meet Referee and the Admin Referee for approval. Request Form will be required.

All requests for initial splits not made at the meet shall be directed to the attention of the Meet Referee and the Admin Official for processing. Requests submitted later than 45 days after the conclusion of the meet will not be accepted. The local LSC Times Officer will be responsible for adding any updates approved by the Meet Referee and Admin Official to the SWIMS database.

**ATHLETE CONDUCT:**

- A. CODE OF CONDUCT and MEDICAL RELEASE sample forms can be found through USA Swimming.

- B. Deck changes are prohibited.

### **Schedule:**

#### **TEAM REGISTRATION:**

- A. Registration will be held at: Thursday, from 8 am to 1 pm.  
B. All teams should schedule their arrival to register during these hours. Teams wishing to have a morning warmup session on Thursday during registration must let the Host team know by June 30<sup>th</sup> for that to be scheduled.  
C. Note: This registration period is for team managers/coaches only; swimmers do not need to register individually with the meet host.  
D. LSCs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue.

#### **MEET SCHEDULE:**

- A. Age Groups 11-12 and 13-14:
- Prelims for 11-12 and 13-14: Warm-up 7 am, Start 8:40 am.
  - Timed Finals (Thursday): Warm-ups starting no earlier than 2:30pm (11-14 aged athletes only), Competition starting no earlier than 3:00pm.
  - Finals Friday, Saturday, Sunday – Start time will be determined after entries are processed.
  - Warm-ups may be split for the preliminary sessions. (If split, each warm-up session shall be a minimum of 40 minutes.)
  - Warm-up for finals will start at conclusion of 10 and under session.
  - Finals will start one hour after the start of warm-up.
- B. Age Group 10-U:
- Timed finals: Friday, Saturday: Warm-up at the conclusion of the am session.
  - Meet Start: one hour later.
  - Warm-ups for 10 and under events may be split.
  - Note: Start times for 10 & U sessions and finals sessions will be posted on the CZ website by 6:00 p.m. Tuesday, prior to the meet and at the venue
- C. At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

#### **AWARDS:**

- A. Individual Pool events: 1-8 place: medals with neck ribbons; 9-16 place: ribbons.  
B. Relay events: 1-3 place: medals with neck ribbons; 4-8 place: ribbons.  
C. High Point Award: 1-3 for boys and girls in each age group for pool events only.  
D. Team Awards: 1-3 combined points.  
E. Awards ceremonies: Swimmers finishing in places 1-8 and relays finishing in places 1-3 will be recognized on the awards platform located at the east side of the pool deck.
- 10 and Under awards (medals) will be presented at the end of each stroke series. If award breaks are possible, based upon timeline

considerations, subject to the discretion of the Meet Referee, breaks will be taken to present awards. Award breaks will be published.

- 11-12 and 13-14 awards (medals) will be presented during evening finals at the end of each stroke series. Award breaks will be published.
- Awards (ribbons) for places 9-16 in individual events will be announced, with ribbons distributed to the LSC coaches for distribution to athletes.

Awards (ribbons) for places 4-8 in relay events will be announced, with ribbons distributed to the LSC coaches for distribution to athletes.

**GENERAL MEETING:**

A pre-meet General Meeting is scheduled for Thursday at 12 pm, in the hospitality room for all coaches and LSC representatives.

- Meet procedures and meet information will be discussed.
- At least one representative from each LSC must be present for this meeting.
- Members of the Technical Jury will be identified.
- No deviation from the published Meet Information may occur without unanimous agreement by all designated LSC representatives.
- Warm-up lanes and times will be assigned at this meeting. Procedures will be distributed.

**OFFICIALS' MEETING:**

This meet will be an Officials Qualifying Meet (OQM).

- *An officials' meeting will convene one hour prior to the start of each session.*
- Uniform for officials is white collared shirt, Navy (Blue) shorts, pants, or skirts (prelims) and Navy pants or skirts (finals), with white shoes.
- Referee: Brian Perkins [btpqa@aol.com](mailto:btpqa@aol.com)

**THURSDAY WARM-UP/  
TEAM PICTURES:**

Warm-up information will be posted on the Meet Website, but will not occur before 8:00am Thursday August 3rd. Tentative warm ups schedule is posted below confirmed photo and warm up times will be sent to LSC representatives prior to the meet.

Team Photos: Team photographs will be taken inside the aquatic center and will be followed by warm-ups. Links for Photos and purchasing will be sent to LSC representatives and posted on the [meet webpage](#).

TEAM	PICTURES	START OF WARM-UP	END OF WARM-UP
MISSOURI VALLEY	7:30AM	8:00AM	9:00AM
MID WESTERN	8:00AM	8:30AM	9:30AM
OZARK	8:30AM	9:00AM	10:00AM
IOWA	9:00AM	9:30AM	10:30AM
OKLAHOMA	9:30AM	10:00AM	11:00AM
ARKANSAS	10:00AM	10:30AM	11:30AM
MINNESOTA	10:30AM	11:00AM	12:00PM
SOUTH DAKOTA	11:00AM	11:30AM	12:30PM
ILLINOIS	11:30AM	12:00AM	1:00AM
NORTH DAKOTA	12:00PM	12:30PM	1:30PM

Thursday evening Timed Finals		
Girls	Event	Boys
101	Mixed 11-12 200 MR	101
102	Mixed 13-14 200 MR	102
103	11-12 400 IM	104
105	13-14 400 IM	106
107	11-12 1500 Free	108

<b>Friday morning 11-14 Prelims</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
205	11-12 200 IM	206
207	13-14 200 IM	208
209	11-12 50 Back	210
211	13-14 50 Back	212
213	11-12 100 Breast	214
215	13-14 100 Breast	216
217	11-12 100 Free	218
219	13-14 200 Free	220
221	11-12 200 Fly	222
223	13-14 100 Fly	224
225	11-12 800 Free	226
227	13-14 800 Free	228

<b>Friday midday 10U Timed Finals</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
251	50 Back	252
253	50 Breast	254
	Back and Breast awards	
255	100 Free	256
257	50 Fly	258
	Free and Fly awards	
259	400 Free	260
261	200 Free Relay	262
	400 and Relay awards	

<b>Saturday morning 11-14 Prelims</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
301	11-12 400 Medley Relay	302
303	13-14 400 Medley Relay	304
305	11-12 50 Fly	306

<b>Friday evening 11-14 Finals</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
201	11-12 200 Free Relay	202
203	13-14 200 Free Relay	205
	Thursday and Relay awards	
205	11-12 200 IM	206
207	13-14 200 IM	208
209	11-12 50 Back	210
225	11-12 800 Free Girls swum after 209 Boys swum after 210	226
211	13-14 50 Back	212
227	13-14 800 Free Girls swum after 211 Boys swum after 212	228
	200 IM, 50 Back, 800 awards	
213	11-12 100 Breast	214
215	13-14 100 Breast	216
217	11-12 100 Free	218
219	13-14 200 Free	220
	Breast and Free awards	
221	11-12 200 Fly	222
223	13-14 100 Fly	224

307	13-14 50 Fly	308
309	11-12 50 Free	310
311	12-14 50 Free	312
313	11-12 200 Breast	314
315	13-14 200 Breast	316
317	11-12 100 Back	318
319	13-14 100 Back	320
321	11-12 400 Free	322
323	13-14 400 Free	324

<b>Saturday midday 10U Timed Finals</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
351	200 Medley Relay	352
	Medley Relay awards	
353	50 Free	354
355	200 IM	356
	Free and IM awards	
357	100 Back	358
359	200 Free	360
	Back and Free awards	
361	100 Breast	262
363	100 Fly	364
	Breast and Fly awards	

<b>Sunday morning 11-14 Prelims</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
401	11-12 400 Free Relay	402
403	13-14 400 Free Relay	404
405	11-12 100 Fly	406
407	13-14 200 Fly	408
409	11-12 200 Back	410

<b>Saturday evening 11-14 Finals</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
325	11-12 200 Medley Relay	326
327	13-14 200 Medley Relay	328
	200 Fly and Relay awards	
305	11-12 50 Fly	306
307	13-14 50 Fly	308
309	11-12 50 Free	310
311	12-14 50 Free	312
313	11-12 200 Breast	314
315	13-14 200 Breast	316
	Fly, Free, and Breast awards	
317	11-12 100 Back	318
319	13-14 100 Back	320
321	11-12 400 Free	322
323	13-14 400 Free	324
	Back and Free awards	

411	13-14 200 Back	412
413	11-12 50 Breast	414
415	13-14 50 Breast	416
417	11-12 200 Free	418
419	13-14 100 Free	420

<b>Sunday midday Timed Finals</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
451	13-14 1500 Free	452

<b>Sunday evening 11-14 Finals</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
405	11-12 100 Fly	406
407	13-14 200 Fly	408
	Fly awards	
409	11-12 200 Back	410
411	13-14 200 Back	412
	Back awards	
413	11-12 50 Breast	414
415	13-14 50 Breast	416
417	11-12 200 Free	418
419	13-14 100 Free	420
	Breast and Free awards	