



TITLE SPONSOR:



Meet type: Age Group and Senior A-B-C,

Two sessions on Saturday and three sessions on Sunday

Date: October 17-18, 2015

Sanction: Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Number: MV-15-90

Location: Platte County Community Center North

3101 Running Horse Rd.

Platte City, MO 64079

Host: COOL Swim Team

Pool: Eight (8) lane, 25-yd pool, non-turbulent racing lane lines. Horn start, with starting blocks. Pool depth is 12 feet at the starting end, and 5 feet at the turn end. There will be two (2) 25 yard cool down/warm up lanes available in a separate pool during the meet. The competition course has not been certified in accordance with 104.2.2C(4)

Rule Authority:

* 2015 USA Swimming Rules and Regulation and Missouri Valley Swimming Rules will govern the meet.
* 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.
* All deck officials must be able to prove, to the satisfaction of the referee, that they hold a current USA Swimming official membership.
* 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 within the water.  It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
* Use of audio or visual recording devises, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
* Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Coach Membership:

Each coach must be able to prove, to the satisfaction of the referee, that they hold a current USA Swimming coach membership.

Eligibility:

* All swimmers must be registered and in good standing with USA Swimming for 2015.
* The swimmer’s age on the first day of the meet determines his/her age for the entire meet.

Seeding:

* Entry times are “Yard Times” only.
* “No Time” entries will be seeded in the slowest heats.
* The meet will be pre-seeded.
* Heats will be swum slowest to fastest with the exception of the 500 Free.

Entry Procedure:

* Each Swimmer is limited to FOUR (4) individual events and ONE (1) relay per day. Swimmers may only swim one (1) session per day.
* The 500 freestyle on Sunday evening will **NOT** count in the individual event limit and is open to participants of all ages. Swimmers with NO TIMES will be accepted.
* Entries will be limited to the first 64 swimmers who enter the 500. COOL swimmers will be given priority. Swimmers participating in the 500 must bring their own timers (2) and counter(1).
* The 500 will be swum fastest to slowest, boys and girls mixed in each heat. Seeded at the referee’s discretion.
* Entries should be submitted on HYTEK format with entry times in yards.
* USA Swimming registration number must appear electronically on the HYTEK file emailed to the Entry Chair.
* Entries without a USA Swimming number will not be accepted.
* Entries will be limited to the first 450 swimmers, based on email date. Teams will not be split.
* E-mailed HYTEK zip and MM (Team Unify) files will be accepted as described in ENTRY DEADLINE below.

Entry Fees:

* Individual events are $4.50 per event; relays are $7.00 per event.
* Deck entries will be accepted ($8.00 for individual events, $12.00 for relays), at the discretion of the referee, and must be turned in 30 minutes prior to the start of the session.
* Make Checks payable to **COOL Swim Team** and mail entries to the Entry Chair:

Rachel Hagan

12843 Flint St.

Overland Park, KS 66213

(913) 530-6123

[meetdirector@coolswimteam.com](mailto:meetdirector@coolswimteam.com)

Entry Deadline:

* The Entry Chair must receive entries and all fees by **6:00 PM on Friday, October 9, 2015**.
* All team entries must include the coach’s name and the name, address, and phone number of the team’s entry chairperson if different than the coach.
* Please include your e-mail address.

Awards: Ribbons will be given to 1st-8th place in individual events for A, B, and C levels in all age groups. Mystery Heat prizes will be provided by our title sponsor: TYR

**Awards and prizes will not be mailed.**

Officials: Meet Director: Rachel Hagan

meetdirector@coolswimteam.com

Administrative Official: Heather Thill

[hthill@coolswimteam.com](mailto:hthill@coolswimteam.com)

Referee: Rebecca Hoagland

rhoagland@cotaenterprises.com

913-207-1461

Meet times: **AM Sessions:**

Warm-ups at 7:00am.

Meet starts at 8:45am

**PM Sessions:**

Warm-ups will begin immediately after the conclusion of the morning session.

Warm-ups will begin no earlier than 1:00 p.m.

Afternoon session will begin no earlier than 2:00 p.m.

**Sunday 500 Session:**

Session will start at the conclusion of the afternoon session.

There will be a 20 minute warm-up allotted.

Coaches Meeting: At the discretion of the referee a coaches meeting may be held 15 minutes before the morning sessions.

Warm-ups:

* Warm-up lane assignments will be emailed to the coaches prior to the meet, listed on www.coolswimteam.com and will be included in the coach’s packet.
* Missouri Valley and USA Swimming Safety Guidelines and Warm-Up Procedures will be in effect at the meet. Swimmers may not dive into the pool during 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 during the designated sprint warm up.

Timers & Judges:

* Visiting teams are encouraged to provide certified stroke and turn judges.
* Officials’ meeting will be held 30 minutes before the beginning of each session.

Meet Results:

* At the conclusion of the final session, copies of the meet results will be available for any coach who provides a USB memory stick.
* Final Results will be posted on the Missouri Valley Website and may include the swimmer’s name, age, times and USA Swimming number.

Concessions: Concessions will be available at Platte County Community Center North

Sportswear: Swim Quik will be on site Saturday and Sunday.

Crash Area: Crash Area in the gym adjacent to the competition pool for swimmers and spectators. Bleachers will be used for spectators. Swimmers should plan to crash in the specified gym area.

**ORDER OF EVENTS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **SATURDAY MORNING—Session 1** |  |  |
| 1 | Girls | 11-12 100 Freestyle | Boys | 2 |
| 3 | Girls | 10 & U 50 Freestyle | Boys | 4 |
| 5 | Girls | 11-12 50 Breaststroke | Boys | 6 |
| 7 | Girls | 10 & U 100 Breaststroke | Boys | 8 |
| 9 | Girls | 11-12 50 Backstroke | Boys | 10 |
| 11 | Girls | 10 & U 100 Backstroke | Boys | 12 |
| 13 | Girls | 11-12 100 Butterfly | Boys | 14 |
| 15 | Girls | 10 & U 50 Butterfly | Boys | 16 |
| 17 | Girls | 11-12 100 IM | Boys | 18 |
| 19 | Girls | 10 & U 100 IM | Boys | 20 |
| 21 | MIXED | 11-12 200 Mixed Medley Relay\* | MIXED | 21 |
| 22 | MIXED | 10 & U 200 Mixed Medley Relay\* | MIXED | 22 |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  | **SATURDAY AFTERNOON--Session 2** |  |  |
|  |  |  |  |  |
| 23 | Girls | 13-14 100 Freestyle | Boys | 24 |
| 25 | Girls | 15 & Over 100 Freestyle | Boys | 26 |
| 27 | Girls | 13-14 200 Breaststroke | Boys | 28 |
| 29 | Girls | 15 & Over 200 Breaststroke | Boys | 30 |
| 31 | Girls | 13-14 100 Butterfly | Boys | 32 |
| 33 | Girls | 15 & Over 100 Butterfly | Boys | 34 |
| 35 | Girls | 13-14 200 Backstroke | Boys | 36 |
| 37 | Girls | 15 & Over 200 Backstroke | Boys | 38 |
| 39 | Girls | 13-14 200 IM | Boys | 40 |
| 41 | Girls | 15 & Over 200 IM | Boys | 42 |
| 43 | MIXED | 13- 14 200 Free MIXED RELAY\* | MIXED | 43 |
| 44 | MIXED | 15 & Over 200 Free MIXED RELAY\* | MIXED | 44 |
|  |  |  |  |  |
|  |  | **SUNDAY MORNING—Session 3** |  |  |
| 45 | Girls | 11-12 50 Freestyle | Boys | 46 |
| 47 | Girls | 10 & U 100 Freestyle | Boys | 48 |
| 49 | Girls | 11-12 100 Breaststroke | Boys | 50 |
| 51 | Girls | 10 & U 50 Breaststroke | Boys | 52 |
| 53 | Girls | 11-12 100 Backstroke | Boys | 54 |
| 55 | Girls | 10 & U 50 Backstroke | Boys | 56 |
| 57 | Girls | 11-12 50 Butterfly | Boys | 58 |
| 59 | Girls | 10 & U 100 Butterfly | Boys | 60 |
| 61 | Girls | 11-12 200 Freestyle | Boys | 62 |
| 63 | Girls | 10 & U 200 Freestyle | Boys | 64 |
| 65 | MIXED | 11-12 200 MIXED FREE RELAY\* | MIXED | 65 |
| 66 | MIXED | 10 & U 200 MIXED FREE RELAY\* | MIXED | 66 |
|  |  |  |  |  |
|  |  | **SUNDAY AFTERNOON—Session 4** |  |  |
| 67 | Girls | 13-14 200 Freestyle | Boys | 68 |
| 69 | Girls | 15 & Over 200 Freestyle | Boys | 70 |
| 71 | Girls | 13-14 100 Backstroke | Boys | 72 |
| 73 | Girls | 15 & Over 100 Backstroke | Boys | 74 |
| 75 | Girls | 13-14 100 Breaststroke | Boys | 76 |
| 77 | Girls | 15 & Over 100 Breaststroke | Boys | 78 |
| 79 | Girls | 13-14 50 Freestyle | Boys | 80 |
| 81 | Girls | 15 & Over 50 Freestyle | Boys | 82 |
| 83 | Girls | 13 & Over 200 Butterfly | Boys | 84 |
| 85 | MIXED | 13-14 200 MIXED MEDLEY RELAY\* | MIXED | 85 |
| 86 | MIXED | 15 & Over 200 MIXED MEDLEY RELAY\* | MIXED | 86 |
| **\*The MIXED Relays can have any combination of boys and girls in the Relay.** |  |  |  |  |
|  |  | **500 FREESTYLE—Session 5** |  |  |
|  |  |  |  |  |
| 87 | MIXED | MIXED 500 Freestyle | MIXED | 87 |

**Entries will be limited to the first 64 swimmers who enter the 500.**

**Swimmers participating in the 500 must bring their own timers (2) and counter (1).**