

**SWIM QUIK MID-AMERICA LEAGUE EAST
CHAMPIONSHIPS
February 13 and 14, 2010**

HOST/SPONSOR: Swim Quik and the Kansas City Blazers Swim Team in association with the Johnson County Park and Recreation Dept.

SANCTION: **Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Numbers MV-10-09.**

MEET TYPE: Age Group and Senior Timed Finals

LOCATION: **Bridger Middle School
18200 E M-78
Independence, MO 64057**

FACILITY: Eight lane, 25-yard pool with Colorado Electronic Timing System and 8-lane scoreboard. Warm-up/ warm-down lanes available during meet.

FACILITY NOTE: *No Food or Drink allowed in the pool, bleachers or field house. All food is to be kept in the cafeteria/commons area.*

**PARTICIPATING
TEAMS:**

- | | |
|--------------------------------|-------------------------------|
| 1. KC Blazers Swim Team | 5. Warrensburg Swim Team |
| 2. Kansas City Storm | 6. Clay Platte YMCA Blue Wave |
| 3. Northland Unified Swim Team | 7. Kansas City Swim Academy |
| 4. Tsunami Swim Team | |

Note: Teams may join up to January 15, 2010

RULES: 2010 USA Swimming Rules and Regulations and MVS Rules will govern the meet.

START TIMES: Saturday and Sunday

Session I

Warm-up group 1: 7:00 – 7:30 a.m.

Warm-up group 2: 7:30 a.m. – 8:00 a.m.

Meet Start: 8:10 a.m.

Session II

Warm-up: 12:45 – 1:30 p.m.

Meet Start: 1:40 p.m.

Group and lane assignments based on number of swimmers.

Note: A special 1650 Free event will be swum immediately following Session I on each day in the main pool course. During this event, the 10 lane, 20-yard course pool area will be available for warm-up for Session II, with the main course open after the 1650 heats.

COACH MEETING: Administrative meeting at 7:30 a.m. on Saturday.

ELIGIBILITY: Entrants **must** be registered as 2010 athlete members of USA Swimming. MVS Registration Chair prior to the meet will verify status. Age of swimmer on the first day of the meet determines age group classification for the entire meet.

ENTRIES: **All entries must be submitted electronically and received by Wednesday, February 3rd to jhawkfaninkc@yahoo.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: Kevin Neeley
13525 W 74th Terrace
Shawnee, KS 66216
816-729-4308

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

ENTRY FEES: \$3.50 per individual event entry
\$5.00 per relay team entry

Team check payable to KC Blazers must accompany 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. Each team is allowed a maximum 3 relays per event.

Special Senior 1650 Free Event: The Senior 1650 Free will **not** count as one of the 7 events for the meet but is a non-scored event, and will be limited to non-sectional/Region VIII qualifiers. A maximum of 24 swimmers (3 heats) will swim each day of the meet, Saturday for women and Sunday for men. Heat 1 of each day will be swum one swimmer per lane and heat 2 will be swum with two swimmers per lane. The 20 yard course area may be used for warm-up, and **swimmers must be prepared to swim this event immediately at the conclusion of Session I with their own timer and counter.**

Special 11-12 500 Free Event: The 11-12 500 Free will **not** count as one of the 7 events for the meet but is a non-scored event, and will be limited to non Division I qualifiers. A maximum of 24 swimmers (3 heats) will swim each day of the meet, Saturday for women and Sunday for men. **Swimmers must be prepared to swim this event with their own timer and counter.**

SEEDING: The meet will be pre-seeded except events 1650 Free, 500 Free and 400 IM, which will be deck seeded and require positive check-in. These events will be swum fastest to slowest. We will alternate women and men in Senior 500 Free and 400 I.M and 13-14 200 Free.

Late/ Deck entries will be accepted at the discretion of the meet director and/or the meet referee. Double fees will apply. Late/ Deck will not be accepted without payment.

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 10:30 a.m. for Session I and 2:30 p.m. for Session II each day. Each team member's name, age, and order of swim must be included.

OFFICIALS:

Meet Referee:	Gillian Houghton
Lead Starter:	Stephen Brimacombe
Meet Director:	Troy Laflin KCBMeetDirector@gmail.com

KCB Office: 913-362-2127

CONCESSIONS: Food and other refreshment will be available for purchase.

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

**SCORING/
AWARDS**

All Awards for this meet are donated by Swim Quik.

1. Team trophy awarded to the highest place team based on percentage of best times, determined by the number of best times swum divided by total individual entries. "No Time" entries will not be included. To qualify, a team must have 50 swims in the meet, not including disqualification.

2. Team trophy to highest team based on score:
Individual events: 9-7-6-5-4-3-2-1
Relay events: 18-14-12-10-8-6-4-2

3. Most Valuable Swimmer awards for high point for individual events for the boy and girl in each age group 10 & under through Senior. The 500 Free and 1650 events are not part of the most valuable swimmer award.

4. Medals for 1st, 2nd and 3rd place, and ribbons 4th through 8th place for individual events. Ribbons 1st, 2nd, and 3rd for relay events.

Results will be posted in the pool lobby area as available.

FINAL RESULTS: Final results will be posted on the Missouri Valley website and may include the swimmer's name, age, times and USA Swimming number. Also, results will be available on the KCB website (kcbblazers.com) the following day in both Meet Manager and Team Manager formats.

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 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 a designated sprint warm up.
 - b. Coaches shall continually supervise their swimmers during meets and practice sessions.

ORDER OF EVENTS

GIRLS

BOYS

	<u>EVENT #</u>		<u>EVENT</u>		<u>EVENT #</u>	
<u>SATURDAY AM</u>	1	10 & Under	200 yd. I.M.		2	
	3	11 & 12	200 yd. I.M		4	
	5	10 & Under	50 yd. Fly		6	
	7	11 & 12	100 yd Fly		8	
	9	10 & Under	100 yd. Free		10	
	11	11 & 12	100 yd. Free		12	
	13	10 & Under	50 yd. Back		14	
	15	11 & 12	100 yd. Back		16	
	17	10 & Under	200 yd. Medley Relay		18	
	19	11 & 12	200 yd. Medley Relay		20	
	21	*11 & 12	500 yd. Free			
	89	* Senior	1650 yd. Freestyle			
	<u>SATURDAY PM</u>	23	Senior	100 yd. Free		24
		25	13 & 14	100 yd. Free		26
27		Senior	200 yd. I.M.		28	
29		Senior	100 yd. Breast		30	
31		13 & 14	100 yd. Fly		32	
33		Senior	200 yd. Fly		34	
35		Senior	100 yd. Back		36	
37		13 & 14	100 yd. Back		38	
39		Senior	200 yd. Medley Relay		40	
41		13 & 14	200 yd. Medley Relay		42	
43		Senior	500 yd. Free		44	
45		13 & 14	200 yd. Free		46	
<u>SUNDAY AM</u>	47	10 & Under	50 yd. Free		48	
	49	11 & 12	50 yd. Free		50	
	51	10 & Under	50 yd. Breast		52	
	53	11 & 12	100 yd. Breast		54	
	55	10 & Under	200 yd. Free		56	
	57	11 & 12	200 yd. Free		58	
	59	10 & Under	100 yd. I.M.		60	
	61	11 & 12	100 yd. I.M		62	
	63	10 & Under	200 yd. Free Relay		64	
	65	11 & 12	200 yd. Free Relay		66	
		*11 & 12	500 yd. Free		22	
	* Senior	1650 yd. Freestyle		90		
<u>SUNDAY PM</u>	67	13 & 14	50 yd. Free		68	
	69	Senior	50 yd. Free		70	
	71	Senior	100 yd. Fly		72	
	73	13 & 14	100 yd. Breast		74	
	75	Senior	200 yd. Breast		76	
	77	Senior	200 yd. Free		78	
	79	13 & 14	200 yd. I.M.		80	
	81	Senior	200 yd. Back		82	
	83	13 & 14	200 yd. Free Relay		84	
	85	Senior	200 yd. Free Relay		86	
	87	Senior	400 yd. I.M.		88	

*Senior 1650 Free on Saturday and Sunday will be limited to swimmers slower than the Sectional/Region VIII time standard and limited to the Top 24. These two events are non-scored.

* 11-12 500 Free on Saturday and Sunday will be limited to swimmers slower than Division I standards and will be limited to the top 24. These two events are non-scored.