



**2023 Missouri Valley
Short Course Senior Championships**

February 23 – 26, 2022

**Hosted by:
Topeka Swim Association**

TABLE OF CONTENTS

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

**Entry Deadline
6:00 PM CST, Monday February 20th 2023**

GENERAL INFORMATION

2023 Missouri Valley Short Course Championships:

Warm Up 4:00 PM		Thursday	Meet Start 5:15 PM	
Women			Men	
1		800 Free Relay*	2	
3		1000 Free*	4	

Warm Up 8:00AM		Friday	Meet Start 9:30AM	
Women			Men	
5		100 Fly	6	
7		200 Breast	8	
9		50 Free	10	
11		400 IM	12	
13		400 Free Relay **	14	

Warm Up 8:00AM		Saturday	Meet Start 9:30AM	
Women			Men	
41		200 IM	42	
43		200 Back	44	
45		100 Free	47	
46		100 Breast	48	
49		500 Free	50	
51		400 Medley Relay**	52	

Warm Up 8:00AM		Sunday	Meet Start 9:30AM	
Women			Men	
83		200 Medley Relay*	84	
85		200 Free	86	
87		200 Fly	88	
89		100 Back	90	
91		200 Free Relay*	92	
93		1650*	94	

*Timed Finals Event ** Timed Finals Events fastest heat to swim in Finals Session

MISSOURI VALLEY SHORT COURSE CHAMPS TIME STANDARDS													SCY Senior Champs 2023	
13-14 Athletes LCM		13-14 Athletes SCY		15 & Overs			Senior Champs	15 & Overs			13-14 Athletes SCY		13-14 Athletes LCM	
Bonus	Champs	Bonus	Champs	LCM	SCM	SCY		SCY	SCM	LCM	Champs	Bonus	Champs	Bonus
28.59	28.09	25.09	24.59	36.89	36.09	32.49	50 Free	28.99	32.19	32.99	22.09	22.59	25.29	25.79
1:01.99	1:00.99	54.49	53.49	01:19.29	01:17.69	01:09.99	100 Free	01:02.89	01:09.79	01:11.39	48.19	49.19	55.09	56.09
2:14.59	2:12.59	1:58.59	01:56.59	02:38.69	02:35.69	02:20.09	200 Free	02:07.19	02:21.09	02:24.29	1:46.09	1:48.09	2:00.99	2:02.99
4:44.09	4:40.09	5:16.99	5:11.99	05:34.19	05:27.59	06:14.39	400/500 Free	05:35.69	04:53.69	04:59.59	4:49.99	4:54.99	4:18.79	4:22.79
	9:40.99		10:44.99	11:19.09	11:05.79	12:40.89	800/1000 Free	11:54.89	10:25.49	10:37.99	10:05.99		9:04.19	
	18:29.99		18:04.99	21:54.59	21:36.59	21:28.79	1500/1650 Free	20:01.99	20:09.19	20:26.09	17:04.99		17:29.99	
1:08.79	1:07.79	1:00.99	59.99	01:31.49	01:30.29	01:21.39	100 Back	01:13.79	01:21.89	01:23.09	54.19	55.19	1:01.39	1:02.39
2:29.39	2:27.39	2:11.89	2:09.89	03:06.19	03:03.79	02:45.59	200 Back	02:30.59	02:47.19	02:49.59	1:57.79	1:59.79	2:13.19	2:15.19
1:18.99	1:17.99	1:09.49	1:08.49	01:39.99	01:37.99	01:28.29	100 Breast	01:19.59	01:28.39	01:30.39	1:00.69	1:01.69	1:09.39	1:10.39
2:50.59	2:48.59	2:30.29	2:28.29	03:33.59	03:29.59	03:08.89	200 Breast	02:43.39	03:01.39	03:05.39	02:12.39	2:14.39	2:30.99	2:32.99
1:08.49	1:07.49	1:00.59	59.59	01:33.69	01:32.29	01:23.09	100 Fly	01:11.69	01:19.49	01:20.99	52.89	53.89	1:00.09	1:01.09
2:33.99	2:31.99	2:14.99	2:12.99	03:07.39	03:04.69	02:46.39	200 Fly	02:30.69	02:47.29	02:50.09	01:59.09	2:01.09	2:14.99	2:16.99
2:31.79	2:29.79	2:14.09	2:12.09	02:53.19	02:49.99	02:33.19	200 IM	02:21.69	02:37.29	02:40.49	01:58.59	2:00.59	2:14.79	2:16.79
5:24.99	5:20.99	4:47.39	4:43.39	06:03.19	05:56.79	05:21.49	400 IM	05:41.69	06:19.29	06:25.69	04:16.39	4:20.89	4:51.59	4:55.59
						01:51.19	200 Free Relay	01:38.39						
						04:05.59	400 Free Relay	03:33.99						
						08:49.19	800 Free Relay	07:52.79						
						04:36.79	200 Medley Relay	04:04.99						
						04:36.79	400 Medley Relay	04:04.99						

Sanction: Held under the sanction of Missouri Valley Swimming, Inc. on the behalf of USA Swimming, Inc.

Meet Sanction No. MV-23-13

Time Trials Sanction No. MV-23-14TT

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.

Location: Capitol Federal Natatorium, 530 Tuffy Kellogg Drive, Topeka, KS 66606 Facility: Two (2) Twenty-Five (25) Yard Courses will be available for the meet. Both the East Course and West Course will utilize Colorado Timing System equipment. Both courses have Keifer competition lane lines. The East Course will be using Paragon competition starting blocks and the West Course will be using Spectrum competition starting blocks. The depth of the East Course is five feet at each end. The depth of the West Course is five feet at the start end and four feet at the turn end. At the discretion of the Meet Referee, some swimmers and/or events may be swum in the West Course. A separate four-lane 25 yard warm up/warm down pool will be available. The competition courses have been certified in accordance with 104.2.2C(4). A copy of this certification is on file with USA Swimming.

Meet Director: Kim Hoobler (785) 207-5440 entries@swimtsa.com

Meet Referee: Jae Davis (316) 759-9093 jae.lynn.davis@gmail.com

Admin Referee: Rachel Hagen

Entries Chair: Kim Hoobler (785) 207-5440 entries@swimtsa.com

Meet Programs: Programs will not be available at the venue. Copies of the meet program will be posted around the venue for the convenience of athletes and fans. The meet will be available on Meet Mobile.

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. All officials working the session must be present at this meeting.

Admissions: Spectators are encouraged to attend. The event is free of charge for spectators.

Timing Assignments: Each club attending is required to provide timers based upon the number of entries from their team. The host clubs will send sessions and lane assignments prior to the meet.

Swimmers must provide their own timers and counters for the 1000 and 1650 freestyle events.

Swimmers must provide their own counter for the 500 freestyle.

ENTERING THE MEET

Membership: All athletes must be 2023 registered athlete members of USA Swimming. 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.

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.

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 **seven (7) individual events** for the entire meet.

For the 1000 and 1650, 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, alternate distance entries will be designated as bonus swims for seeding purposes, but not count towards the swimmers maximum bonus swims (2).

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

Any 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. The maximum distance for a bonus event is 400 meters/500 yards.

Age-Up Exemption Rule: Swimmers aged 14 who turn 15 after 2/23/2023 (first day of meet) to 3/2/2023 (first day of Short Course Age Group Championships), will be able to enter MVS Senior Championships using the 15 and over qualifying standards. These entries should be emailed to the entry chair, prior to the entry deadline of **6:00 PM CST, Monday February 20, 2023.**

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

Entries: DEADLINE FOR THE RECEIPT OF ENTRIES IS 6:00 PM CST, Monday February 20, 2023.

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

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, swimmers must be listed in the relay event entry.**

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

Entries **must** be submitted by Hy-Tek Meet Manager file, and emailed to entries@swimtsa.com prior to the entry deadline.

Fees: Individual events: \$10.00

Relay events: \$20.00

Deck Entries: \$20.00 for individual events, \$40 for relays

Facility Surcharge: \$20.00

Checks should be made payable to: TOPEKA SWIM ASSOCIATION, INC

Mail payment to: Topeka Swim Association P.O. Box 3755 Topeka, Kansas 66604

Deck Entries: Deck entries are permitted prior to the scratch deadlines and must be accompanied by sufficient proof of time. Deck entries will be seeded at the lowest conforming time.

MEET PROCEDURE, FORMAT AND RULES

Format: This is an LSC Championship meet with Prelims/Finals.

Each event during Finals will consist of Bonus (C), Consolation (B) and Championship (A) Final heat.

The following exceptions apply:

1. All relays will be timed finals. On Friday and Saturday the fastest seeded heat will be swum at the beginning of the Finals Session. All other relays will be completed in their assigned session. The 800 free relay will be swum fastest to slowest alternating women /men.
2. All heats of the 1000 and 1650 yard freestyle will be timed finals with heats alternating women/men and seeded fastest to slowest. Swimmers in these events must provide their own timers and counters.
3. The 500 Freestyle and 400 IM will have only the fastest sixteen (1-16) 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.

Events in finals will be conducted with Bonus finals first then Consolation Finals prior to the Championship Final.

Rules Current USA Swimming and Missouri Valley Swimming Rules including the Minor Athlete Abuse Prevention policy 2.0 ("MAAPP 2.0"), will govern this meet and will serve as the official guide for technical and procedural rules. Current (2023) 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 2023 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 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.

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.

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 ("MAAPP2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.

Flyover starts may be used for all events.

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 changing is 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:

- Failure to compete in a preliminary event will result in the swimmer missing their next event of the meet.
- 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.
- 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 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).

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

PENALTIES:

In individual events, if the swimmer does not achieve the slowest qualifying time and cannot prove the entry time, penalties will be assessed as follows:

- 1) For the first missed qualifying time, the swimmer's club shall pay a \$25 fine to the meet host. This fine must be paid prior to the beginning of the next day's events.
- 2) For the second missed qualifying time, the swimmer's club shall pay an additional fine of \$50 and he/she shall be barred from the remainder of the meet.
- 3) Swimmers barred from the remainder of the meet are ineligible to participate in all subsequent swims, both individual and relay.

The MVS Records Chair may, at his/her discretion, rescind fines upon receiving adequate proof of qualifying swim after the conclusion of the meet. This discretion does not extend to allowing a swimmer to continue to compete who has failed to prove qualifying swims for two (2) events that did not achieve the slowest qualifying time. MVS clubs are responsible for all proof-of-time fines incurred by swimmers representing their group and must pay such fines prior to entering future championship competitions sponsored by Missouri Valley.

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. 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 for the Time Trial events are \$20.00 for individual event and \$40.00 per relay event. These 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 2023 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: Thursday (timed finals): Warm-ups: 4 PM, Meet Start: 5:15 PM
Friday (preliminaries): Warm-ups: 8:00 AM, Meet Start: 9:30 AM
Saturday (preliminaries): Warm-ups: 8:00 AM, Meet Start: 9:30 AM
Sunday (preliminaries): Warm-ups: 8:00 AM, Meet Start: 9:30 AM

There will be a minimum of two (2) hours between the end of the preliminaries and the beginning of the finals.

Facility doors will open 30 minutes prior to the start of warm ups.

Actual starting time for Finals will be announced at the meet.

Warm-up assignments for these sessions will be determined after entries are received.

Warm-up for finals sessions will be open.

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.

Seeding: To be seeded in the 1000 and 1650 free the swimmer must positively check in. If a swimmer does not check in for the 1000 or 1650 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.

SCY 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) SCY 2) LCM 3) SCM, followed by Bonus Entries in course order 1) SCY 2) LCM 3) SCM

The 1650 and 1000

Awards: Individual events: Medals for 1st – 3rd place finishers. Relay events: Medals for 1st – 3rd place finishers.

1. High point: High point awards will be given to the top 3 males and top 3 females.
2. High point scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
3. Banners will be presented to the top three teams.

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

Senior Recognition: At the discretion of the meet referee, a recognition of high school seniors will take place at the conclusion of warmups at the Saturday finals session. The host club will provide a form for seniors to fill out.