



**2023 Missouri Valley
Short Course Age Group Championships
March 2-5, 2023**

Shawnee Mission School District Aquatic Center • Lenexa, Kansas

Hosted by:

The Kansas City Blazers Swim Team



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**Entry Deadline
6:00PM CST, Tuesday February 21st 2023**

GENERAL INFORMATION

2023 Missouri Valley Short Course Championships:

Warm Up 4:00 PM	Thursday	Meet Start 5:15 PM
Women		Men
1	14 & Under 800 Free Relay*	2
3	12 & Under 500 Free*	4
5	11- Over 1000 Free*	6

Warm Up 8:00AM	Friday	Meet Start 9:30AM
Women		Men
7	10 & Under 200 IM	8
9	11-12 200 IM	10
11	13-14 100 Fly	12
13	10 & Under 100 Breast	14
15	11-12 100 Breast	16
17	13-14 200 Breast	18
19	10 & Under 50 Free	20
21	11-12 50 Free	22
23	13-14 50 Free	24
25	11-12 200 Back**	26
27	13-14 400 IM	28
29	10 & Under 400 Free Relay**	30
31	11-12 400 Free Relay**	32
33	13-14 400 Free Relay**	34

Warm Up 8:00 AM	Saturday	Meet Start 9:30 AM
Women		Men
35	10 & Under 100 IM	36
37	11-12 100 IM	38
39	13-14 200 IM	40
41	10 & Under 50 Back	42
43	11-12 50 Back	44
45	13-14 200 Back	46
47	10 & Under 100 Free	48
49	11-12 100 Free	50
51	13-14 100 Free	52
53	10 & Under 100 Fly	54
55	11-12 100 Fly	56
57	13-14 100 Breast	58
59	11-12 200 Breast**	60
61	13-14 500 Free	62
63	10 & Under 200 Medley Relay**	64
65	11-12 200 Medley Relay**	66
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Warm Up 8:00 AM	Sunday	Meet Start 9:30 AM
Women		Men
69	10 & Under 200 Free Relay*	70
71	11-12 200 Free Relay*	72
73	13-14 200 Free Relay*	74
75	10 & Under 200 Free	76
77	11-12 200 Free	78
79	13-14 200 Free	80
81	10 & Under 50 Fly	82
83	11-12 50 Fly	84
85	13-14 200 Fly	86
87	10 & Under 100 Back	88
89	11-12 100 Back	90
91	13-14 100 Back	92
93	10 & Under 50 Breast	94
95	11-12 50 Breast	96
97	11-12 200 Fly*	98
99	13-14 1650*	100

*Timed Finals Event ** Timed Finals Events fastest heat to 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-23-15

Time Trials Sanction No. MV-23-16TT

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: SMSD Aquatic Center- 17251 W 87th St, Lenexa, KS 66219

Facility: 50-meter x 25 yard competition course configured for dual-25 yd competition for prelims (82 degrees), 4 lane, 25-yard warm-up, cool-down pool (86 degrees), 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. Both the North and South competition course is certified in accordance with 104.2.2C (4). A copy of this certification is on file with USA Swimming.

Meet Director: Marisa Laing laingml@gmail.com 913-236-1206

Meet Referee: Britta Hasiuk britta.hasiuk@gmail.com 832-445-8573

Admin Official: Stacy Christie stacychristie@gmail.com 770-241-3296

Entries Chair: George Adcock

kcbentries@gmail.com

Meet Programs: Heat sheets for spectators will be available free of charge via pdf on the Blazers website and also 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: There will be an admission fee of \$30 for the whole meet or \$10 per session, charged for all spectators over 13 years of age.

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: 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.

Special Qualifiers: Athletes placing first and second in an event at Short Course District Championships will automatically qualify to swim that event at Short Course Championships.

An automatic qualifying swim will count as a proven time allowing for bonus events.

Automatic qualifiers will be entered at the time that they swam the qualifying swim at MVS Districts. These events will then be designated a bonus event for seeding purposes, but not count towards the swimmers maximum bonus swims (2).

Swimmers qualifying as Automatic Qualifiers in the 1000 Free may also enter the 1650 free. Swimmers should enter with the time that they swam in the 1000 at MVS Districts and the seeding procedure for the 1650/1000 will be followed.

The procedure for entering these events is as follows:

Athletes and their events should be entered in the teams MM entry file. The entry time for all automatic qualifying events must be the time swum at the MVS Short Course District Championships in which they qualified.

Special entry events and bonus swims for athletes **MUST** also be sent by email and will be confirmed by the Entry Chair/Meet Director.

Please include the following details:

The name and USA-S ID of the swimmer

The event number and description

The best time/ qualifying time achieved by the swimmer

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, Tuesday February 21, 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.

Time trial events count towards a swimmer's three (3) events per day.

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 kcentries@gmail.com prior to the entry deadline.

Additionally, a PDF of meet entries must accompany the electronic entry file with Bonus entries **CLEARLY MARKED**.

Fees: Individual events: \$10 per event
Relay events: \$20 per event
Deck Entries: \$10 per event
Facility Surcharge: \$20 per swimmer

Checks should be made payable to: Kansas City Blazers

Mail payment to: 6501 Antioch Rd Merriam KS 66202

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.

The fee for a deck entered individual event is \$20 and a relay is \$40

MEET PROCEDURE, FORMAT AND RULES

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

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

The following exceptions apply:

1. All prelims/ finals events for 10 & Under shall have only the fastest eight (1-8) swimmers advancing to finals.
2. The 200 Back, 200 Breast for 11-12, will be swum as timed finals events with the fastest seeded heat to be swum in the finals session. The 200 Fly will be swum as a timed finals events in prelims.
3. 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.
4. There will be a 10 min break after relays in Thursdays timed finals session. There will be a 10 min break prior to relays in Fridays and Saturdays preliminary session. There will be a 5 min break after relays in Sunday's preliminary session.
5. All heats of the 1000 and 1650 yard freestyle will be timed finals with heats alternating women/men and seeded fastest to slowest. For the 1000 13-14 & 11-12 will swim together but will be scored separately. *11-12 swimmers must qualify with the 13-14 qualifying time.*
6. The 13-14 500 Freestyle and 400 IM will have only the fastest eight (1-8) 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.
7. The 12 & Under 500 Freestyle is a timed finals event and will be swum fastest to slowest, alternating women/men. The 10 & Under and 11-12 will swim together but will be scored separately. *10 & Under swimmers must qualify with the 11-12 qualifying time.*

Events in finals will be conducted with Consolation Finals prior to the Championship Final with the Championship Final being paraded and awards will be presented on the podium at the conclusion of each event.

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 2022 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 starting procedure and 'no recall' provision of USA Swimming Rules shall be used. Flyover starts may be used for all events during the preliminary sessions.

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.

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 or B 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 or B 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(auto-qualifying times excepted) 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 per individual event and \$40 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 2022 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-ups for the Thursday session and preliminary sessions will be split and will have assigned lanes. Warm-up assignments for these sessions will be determined after entries are received.

Warm-up for finals sessions will be open. There will be lane space reserved for 10 & Unders.

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.

Timed finals with the fastest seeded heat swimming in another session will follow USA swimming rule 102.5.4. In events with between 9 and 11 swimmers the fastest heat may not have a full eight swimmers.

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

Awards: Individual events: Medals for 1st – 3rd place finishers and ribbons for 4th – 8th place finishers in each event for each age group.

1. Relay events: Medals for 1st – 3rd place finishers.
2. At a minimum top 3 finishers will be presented with their awards after the conclusion of their event.
3. High point: High point awards will be given to the top 3 males and top 3 females in each age group.
4. Individual scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay scoring is double the individual value.
5. Team Scoring: Trophies will be awarded to the top 3 overall scoring teams.
6. Team Scoring: Banners will be awarded to the highest scoring team in each gender and age group (10 & Under Girls, 10 & Under Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys)
7. 14 & Under relays will be scored for overall team scores only.

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