



**2023 Missouri Valley  
District Championships West**

**February 10-12, 2023**

**Hosted by:**

**Wichita Swim Club**

**Entry Deadline  
6.00 PM CST, Monday February 6th, 2023**

## General Information

### Order of Events

Warm – Ups: 4:00 PM

Women

1  
3  
5  
7  
9

Warm Up: 7:00 AM

Women

11  
13  
15  
17  
19  
21  
23  
25  
27  
29  
31  
33  
35  
37  
39  
41  
43  
45  
47

Friday Afternoon

Event

10 & Under 200 IM\*  
11 – 12 200 IM\*  
13-14 400 IM\*  
11 – 12 500 Freestyle\*  
13-14 1000 Freestyle\*

Saturday Morning

Event

13-14 200 Medley Relay  
11-12 200 Medley Relay  
10 & Under Medley Relay  
13-14 500 Freestyle  
10 & Under 100 Butterfly  
11 – 12 100 Butterfly  
13-14 100 Butterfly  
10 & Under 100 Freestyle  
11 – 12 100 Freestyle  
13-14 100 Freestyle  
10 & Under 100 Breast  
11 – 12 100 Breast  
13-14 100 Breast  
10 & Under 100 IM  
11 – 12 100 IM  
13-14 200 IM  
10 & Under 50 Back  
11 – 12 50 Back  
13-14 200 Back

Meet Start: 5:30 PM

Men

2  
4  
6  
8  
10

Meet Start: 8:40 AM

Men

12  
14  
16  
18  
20  
22  
24  
26  
28  
30  
32  
34  
36  
38  
40  
42  
44  
46  
48

Warm Up: 7:00 AM

Women

49  
51  
53  
55  
57  
59  
61  
63  
65  
67  
69  
71  
73  
75  
77  
79  
81  
83

Sunday Morning

Event

13-14 200 Free Relay  
11-12 200 Free Relay  
10 & Under Free Relay  
10 & Under 50 Freestyle  
11 – 12 50 Freestyle  
13-14 50 Freestyle  
10 & Under 100 Backstroke  
11 – 12 100 Backstroke  
13-14 100 Backstroke  
10 & Under 200 Freestyle  
11 – 12 200 Freestyle  
13-14 200 Freestyle  
10 & Under 50 Breast  
11 – 12 50 Breast  
13-14 200 Breast  
10 & Under 50 Butterfly  
11 – 12 50 Butterfly  
13-14 200 Butterfly

Meet Start: 8:40 AM

Men

50  
52  
54  
56  
58  
60  
62  
64  
66  
68  
70  
72  
74  
76  
78  
80  
82  
84

**Swimmers must provide their own timers and counter for the 1000**

*Note: There will be a minimum of two (2) hours between the end of Preliminaries and the beginning of Finals. Actual starting time for Finals will be announced at the meet.*

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

Meet Sanction No. MV-23-22      Time Trials Sanction No. MV-23-23TT

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:** Garvey Aquatic Center 8323 East Douglas Ave. Wichita, KS

**Facility:** 10-lane, 25 yard pool with non-turbulent lane lines. Daktronics Timing System with touchpads and horn start. 10-lane display scoreboard. Spectrum Xcellerator starting platforms with adjustable track-start footrest, side handles for forward start, and backstroke bar handles. Additional lanes are available for warm-up/warm-down. Pool is 8 ft. deep at the start end and 8 ft. deep at the turn end. The competition course has been certified in accordance with 104.2.2c(4). The copy of this certification is on file with USA Swimming.

**Meet Director: Kristie Green      (316) 633-1639      wscvolunteer@gmail.com**

**Meet Referee: Craig Isom      (620) 218-9008      cisom905@gmail.com**

**Admin Referee: Adam Tripp      (316) 644-0000      adam.t.tripp@gmail.com**

**Entries Chair: Brandon Shinsato      (316) 683-1491      entries@wichitaswimclub.org**

**Meeting Schedule:** Coaches meetings will be held 30 minutes prior to the start of Friday's 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.

**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 freestyle.

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.

**Entries:** Entries will only be accepted from Missouri Valley registered teams and unattached swimmers registered in Missouri Valley assigned to this championship meet site. Entries **must** be submitted by Hy-Tek Meet Manager file, and emailed to [entries@wichitaswimclub.org](mailto:entries@wichitaswimclub.org) prior to the entry deadline. Additionally, a PDF of meet entries must accompany the electronic entry file with Bonus entries **CLEARLY MARKED**.

The District Championship Meet is a pre-seeded meet; as such, there shall be no deck entries allowed.

**Team entries must be received by the Entry Chair no later than 6:00pm on Monday, February 6, 2023**

**Fees:** Individual events: \$10.00 per event and \$20 for relay events

Facility surcharge: \$15.00 per swimmer

Checks should be made payable to: WICHITA SWIM CLUB

Mail payment to: Wichita Swim Club 8323 E Douglas Ave. Wichita, KS 67207

**Eligibility & Bonus:** Swimmers must have achieved a District short course (SCY or SCM) or long course (LCM) qualifying time by the entry deadline for the present meet.

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.

A swimmer with an LSC Championship SC qualifying time in an event is not permitted to swim that same event at District SC Championships. However, if a swimmer has an LSC Championship SCM or LCM qualifying time in an event, the swimmer is still eligible to compete in that event at District SC Championships as an exhibition event.

Swimmers that have achieved a SCM or LCM qualifying time, but not the SCY qualifying time, shall enter with the time they have actually achieved. The entry report must clearly note the submitted time as a SCM or LCM time.

Age of the swimmer on the first day of the meet determines age group classification for the entire meet.

The top 2 swimmers in each 10 & under, 11-12, and 13-14 event will automatically qualify for the Short Course Age Group Championships meet in that event if they do not achieve the SC Championships standard. Coaches must enter those athletes by using the special instructions outlined in the Championship meet information.

**Distance Freestyle Events:** Swimmers with a 1650 qualifying time may enter the 1000 freestyle event. For such entries, the swimmer shall enter with the event/time they have actually achieved. The entry report must clearly note the submitted event/time as a 1000 or 1650 freestyle.

The top 2 swimmers in the 1000 free will be eligible to swim both the 1000 and the 1650 at MV Championship meet as a special qualifier. Coaches must enter those athletes by using the special instructions outlined in the Championship meet information.

**Bonus Swims:** Each swimmer achieving and entering a minimum of one District qualifying time shall be allowed to enter a maximum of two (2) bonus events in which he/she has not achieved the District qualifying time. Swimmers wishing to enter a bonus event must have a provable time in that event, NT will not be permitted.

Bonus entries are only permitted for 50, 100 and 200 yard events.

Proof of time rules apply to all entries not specifically designated as "Bonus" swims. Thus, if a swimmer has not designated the event as a "bonus" swim, does not swim the qualifying time standard for the event at the meet, and cannot prove attainment of the qualifying time, the swimmer cannot then designate the swim as a "bonus" swim.

For bonus swims, swimmers shall enter at their best time, but the 'Bonus' feature must be used in their team management software and that designation must be clearly marked in the electronic and hard copy of team entries.

**Age-Up Exemption Rule:** Swimmers aged 10 or 12 who age up from 2/11/2023 (first day of meet) to 3/2/2023 (first day of Short Course Age Group Championships) with times too fast to qualify for this championship meet will be allowed to compete in this meet under the following conditions:

1. 10, 12, or 14 year old swimmers who do not qualify for an event in their new age group at Short Course Championships may enter it in this meet.
2. 10, 12, or 14 year old swimmers meeting condition 1 (above) and aging up between championship meets will be seeded correctly by time in that event, however, they will swim exhibition only and will not be eligible to receive an award or to swim in finals in that event.

**Disability 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.

## **MEET PROCEDURE, FORMAT AND RULES**

**Format:** This is an LSC Championship meet and will be conducted in a Preliminaries/Finals format with the fastest eight (8) swimmers advancing to championship finals. The following exceptions apply:

1. All Friday events will be conducted as timed finals.
2. All 10 & Under events at a distance of 200 yards or greater will be conducted as timed finals.
3. With the exception of the fastest seeded heat, all 10 & Under 200 freestyles will be swum in preliminaries and seeded fastest to slowest. The fastest seeded heat of the 10 & Under 200 freestyle will swim in the finals session.
4. On Saturday, the 500 freestyle is a timed final event. With the exception of the fastest seeded heat, all 500 freestyle heats will be swum in preliminaries and seeded fastest to slowest. The fastest seeded heat of the 500 freestyle will swim in the finals session.

**Relays:** Teams may enter a maximum of three relays in each event. Each Coach shall pick up entry forms from the clerk of course and fill out completely with first name, last name, and order of swimming for each entered relay. Relay forms shall be returned one (1) hour prior to the start of relays. However, relay order may be changed up to the time of the swim.

All relays will be swim during Prelim sessions.

No relay only swimmers.

**Warm-up:** Friday (timed finals): Warm-ups: 4:00 PM, Meet Start: 5:30 PM

Saturday & Sunday (prelims): Warm-ups: 7:00 AM, Meet Start: 8:40 AM

There will be a minimum of two (2) hours between the end of the Preliminaries and the beginning of the Finals. Actual starting time for Finals will be announced prior to the conclusion of the preliminaries session.

Warm-ups for the Friday 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.

At the discretion of the Meet Referee, warm up times may be changed to reflect the number of swimmers entered on any given day.

Warm-up for Finals sessions will be open. A lane will be reserved for 10 & under swimmers only.

Swimmers without a coach at the meet must check in with the Meet Referee and will be assigned to a coach during the warm-up portion of the meet.

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 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.

**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.

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.

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 the water without the use of a 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.

**Scratches:** *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:**

- Any swimmer who does not scratch an event in prelims and is a no-show will be barred from his/her next event.
- Swimmers who no show an event for which they have positively checked-in will be barred from their next event.
- Swimmers who no-show a timed final event that does not require positive check-in will not be penalized.
- Any swimmer who qualifies for finals, 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 finals, 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.

The Meet Director will send a list to the LSC immediately following the Meet. The swimmer will have their club contacted by the LSC immediately following receipt of the list. Within thirty days (30) after the postmark of the notification from the LSC, payment must be received or the swimmer is barred from future Missouri Valley Championship Meets. A list will be sent to the Meet Directors of future Missouri Valley Championship Meets. If payment is NOT received within the thirty (30) day time period, and is deemed late by the LSC, a penalty of DOUBLE the fine will be incurred by the swimmer.

Scratch deadline for Friday's events are 15 minutes after the start of warm-up. Scratch deadline for Saturday and Sunday's events is 30 minutes prior to the beginning of the preliminary session.

If coaches do not arrive prior to the scratch deadlines, they must make prior arrangements with the Meet Referee if they want to scratch a swimmer.

#### **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 may be held between Preliminaries and Finals on Saturday and Sunday at the discretion of the Meet Referee.

On Saturday, priority will be given equally to Friday and Saturday events, followed by, if time permits, Sunday events. On Sunday, priority will be given to Sunday events, followed by, if time permits, Friday events, followed by, if time permits, Saturday events.

Swimmers must compete in at least one (1) individual event in the District Championship to be eligible to enter a time trial. Swimmers may swim no more than two (2) individual time trials during the District championship.

Individual time trial events DO count as one of the swimmer's maximum of three (3) events per day. Deadlines for Time Trial entries will be established by the Meet Referee.

Fees for the Time Trial events are \$20.00 per individual event. These must be paid with the entry and are non-refundable.

**Officials:** Attending stroke and turn judges from any team 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 display 2023 USA Swimming membership credentials while acting in any official capacity on the deck of the pool.

**Seeding:** Entries will be seeded according to USA Swimming rules and regulations (rule 102.5) and this meet announcement.

The Preliminaries and Timed Finals (except positive check-in events) will be pre-seeded prior to the meet. Finals will be seeded prior to the start of the warm up session for Finals.

Positive check-in is required for the 400 IM, 500 Free and 1000 Free. Swimmers must check in with the Clerk of the Course and confirm their intention to compete.

***The positive check-in deadline for Friday's events will be 15 minutes after the start of warm-ups. The positive check-in deadline for Saturday's events will be 30 minutes prior to the start of the morning session.***

Entry times conforming to course length for this championship meet (SCY) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "nonconforming times".

For this championship meet, the seeding order is: 1) "conforming times" (SCY) 2) "nonconforming times" (LCM then SCM) 3) Bonus swims.

**Awards:** Medals for individual events 1st through 3rd and ribbons 4th through 8th for the following age group: 10 & Under, 11-12, 13-14. Medals for relay events 1<sup>st</sup> through 3<sup>rd</sup>.

Trophies will be awarded to the top-3 overall scoring teams.

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