



AQUAFREEZE 2024

Host: The Nitros of Kansas

Dates: January 19-21, 2024

Location: Wichita State University

Heskett Center

Wiedemann Natatorium

1845 N Fairmont

Wichita, KS 67260

<http://www.wichita.edu/online/map2.html>

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

Sanction Number: MV-24-14

Type of Meet: Age Group ABC Meet; no Time Standards

Open sessions are any age swimmer.

Course: 25-yard, six lane indoor pool; Colorado electronic timing system with six-line scoreboard; pool depth is 4'6" at the start end and 4'6" at the turn end; warmup and cool down area will be available. The competition course has not been certified in accordance with 104.2.2C(4).

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.

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.

Flyover starts may be used for all events.

The meet will be paced at the discretion of the Meet Referee.

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, no spectators, including athletes, will be permitted on the pool deck.

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.

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 this meet. 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.

Starting Times:

Friday Evening

- Warm-Ups: 4:40 PM

- Meet Start: 5:45 PM

Saturday Distance

- Warm-Ups: 10:00 AM

- Meet Start: 11:00 AM

Saturday Afternoon

- Warm-Ups: TBD but not before 12:00 PM

- Meet Start: TBD but not before 1:20 PM

Sunday 13&over Pentathlon

- Warm-Ups: 8:40 AM

- Meet Start: 10:00 AM

Sunday Afternoon

- Warm-Ups: TBD but not before 12:00 PM

- Meet Start: TBD but not before 1:20 PM

Eligibility: Swimmers must be 2024 members of USA Swimming. The swimmer's age as of Friday, January 19, 2024 determines their age for the meet. 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. Teams will be fined \$100.00 per swimmer for any swimmer not USA Swimming registered and competing in the meet.

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

Officials and Coach Memberships:

Each coach must be able to prove to the satisfaction of the referee that (s)he holds a current USA Swimming Coach Membership, and that all certifications exist to be on deck at the meet. Current membership cards shall be displayed and visible at all times during the meet. Persons without a valid 2024 USA Swimming Coach Membership will not be allowed to participate in any coaching capacity.

All officials must present their current 2024 USA Swimming credentials upon request. Attending stroke and turn judges from any LSC are asked to come prepared to volunteer their services and to contact the Meet Referee or Meet Director upon arrival.

Entries: Entries should be submitted via email in a Hy-Tek compatible file accompanied by entry summary sheets with all entry times shown in yards by the entry deadline to:

Clinton Bailey: thenitroswsu@gmail.com

Teams should ensure that all entries (Hy-Tek file or MVS entry forms) are accompanied with fee payment and are received by the entry deadline.

Entry Deadline: Entries Must Be Received No Later Than Monday, January 15, 2024.

Entry Limit: Swimmers may swim five (5) individual events each day.

Entry Fees: \$7.00 per Individual Event

Relay Fees: \$12.00 per Relay Entry

Surcharge: \$10.00 per Swimmer

Deck Entry Fees if empty lanes are available: \$10.00 per Individual Event

Unless the capacity of the meet has been met, deck entries will be permitted and accepted if there are empty lanes in existing heats, if the swimmer is USA Swimming registered and is already entered in the meet, and will not cause a swimmer to exceed the maximum entry limit.

Payment: Make meet entry checks payable to "The Nitros of Kansas". Send checks and entries to (or present a check in person at the start of the meet):

Clinton Bailey

PO Box 131

Valley Center, KS 67147

Phone: 316-214-9398

Email: thenitroswsu@gmail.com

Seeding: This meet will be deck seeded. Scratches are due 40 min prior to meet start.

Warm-Ups: Warm-Up lanes will be assigned. Warm-Ups will be split if necessary and teams will be advised of their warm-up times. Coaches will be notified by email of warm-up times and lane assignments. Swimmers without a coach at the meet must check in with the Meet Referee and will be assigned 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 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. The referee will designate specific times when one-way starts may be executed.

During general warm-ups, the following MVS safety rules will apply:

- All lanes are general warm-up only;
- Circle swimming only;
- Swimmers may not dive or jump into the pool, and may not use the starting blocks, or racing starts off pool edge during general warm-up;
- No diving, use of the starting blocks, or racing starts off the edge of the pool.

At any time during general warm-ups, the coach of a team in control of any lane may convert the team's lane into a sprint lane by:

- Removing all swimmers in that lane from the water;
- Informing coaches in adjacent lanes;
- Informing the Safety Marshal; and
- Following all guidelines for sprint lanes.

Safety Guidelines:

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 the 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 the use of the warm-up area. When using the side lanes for warming up or down during the meet, swimmers shall not perform racing starts and must circle swim. Warm-up areas are for the use of USA Swimming registered swimmers only and are not to be used as a cooling off area by spectators. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not permitted.

WSU will provide lifeguards on the pool deck, and safety personnel throughout the facility, during the meet. For athletes and spectators with a medical emergency, those facilitators will provide and call for emergency care. There is an AED available.

Awards: Trophies awarded to top 3 Pentathlon scorers. Scoring will be based on Power Point scoring and awards will be given without regard to gender or age, as Power Point scoring negates that detail.

Ribbons for top 6 15&o, 13-14, 11-12, 9-10, 8&u in each category A, B, C based on entry time. NT is C category. Ribbons are awarded for all events except those swum during the Pentathlon.

Hospitality will be available for coaches, officials and volunteers.

Meet Director: Cecilia Bailey
Email: thenitrowsu@gmail.com
Phone: 316-210-4071

Meet Referee: Craig Isom
Email: cisom905@gmail.com
Phone: 620.218.9008

Administrative Official: Donovan Bailey
Email:

Safety Marshal: With assistance from the Heskett Center Staff

Results: Results will be posted for 8&U, 9-10, 11-12, 13-14 and 15&O. Final results will be sent to all participating teams and will be posted on the MVS website, and may include the swimmer's name, age and times.

Information contained in this document is subject to modification as the State of Kansas and/or Sedgwick County health orders may change. Any such changes will be communicated to coaches and participating teams as soon as possible.

FRIDAY PM – SESSION 1

Warm-Ups begin at 4:40PM - Meet @ 5:45PM

Girl		Boy
1	Open 200 Breast	2
3	Open 50 Fly	4
5	Open 100 Free	6
7	Open 100 Back	8
9	Open 200 Mixed Med Relay	9
10	Open 500 Free	11

SATURDAY AM – SESSION 2

Warm-Ups begin at 10AM - Meet @ 11AM

Girls		Boys
12	Open Mixed 1000 Free	12
13	Open Mixed 1650 Free	13

SATURDAY PM – SESSION 3

Warm-Ups not before 12:00PM - Meet not before 1:20PM

Girls		Boys
14	Open 100 Breast	15
16	8&U 25 Breast	17
18	Open 200 Fly	19
20	8&U 25 Fly	21
22	Open 50 Free	23
24	Open 200 IM	25
26	Open 50 Back	27
28	Open 200 Mixed Free Relay	28

SUNDAY AM – SESSION 4

Warm-Ups begin at 8AM - Meet @ 9:20AM

Girls		Boys
101	13&O 100 Back	102
103	13&O 100 Breast	104
105	13&O 100 Fly	106
107	13&O 100 Free	108
109	13&O 100 IM	110

SUNDAY PM – SESSION 5

Warm-Ups not before 12:00PM - Meet not before 1:15PM

Girls		Boys
29	Open 50 Breast	30
31	Open 100 Fly	32
33	Open 200 Free	34
35	8&U 25 Free	36
37	Open 100 IM	38
39	Open 200 Back	40
41	8&U 25 Back	42
43	Open 400 IM	44