

	<ul style="list-style-type: none"> • 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 <u>enter with the event/time they have actually achieved</u>. • Swimmers placing first and second in an event at MVS District Championships but not reaching the MVS Championship qualifying time standard may enter that event at the lowest non-conforming time standard. Entry procedure for these athletes will be outlined in the OME instructions.
DISABLED SWIMMERS:	<ul style="list-style-type: none"> • 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.
FORMAT:	<ul style="list-style-type: none"> • This is an LSC Championship meet with individual and relay events. There will be a Preliminaries/Finals format with the fastest eight (1-8) swimmers advancing to championship finals, and the next fastest eight (9-16) advancing to consolation finals. The following exceptions apply: • The 200IM and 200 free for 10 & Under are timed finals events. The fastest seeded heat of these events will compete in finals, and the rest will be swum in preliminaries. • All relays will be timed finals. All relays will compete as the first event of finals on Friday and Saturday. Sunday relays will take place at the end of prelims. Relay times must be a best aggregate time with all relay names listed in the entries. Relays for the 13-14 and Open age groups will be swum together but scored separately. The relay names will not be printed in the heat sheets. • All heats of the 1000 and 1650 yard freestyle will be timed finals and will be swum as the last event of preliminaries, with heats alternating women/men and seeded fastest to slowest. The 13-14 and Senior age groups will swim together but will be scored separately. Swimmers aged 12 & Under may compete in these events with the Senior qualifying time but will be exhibition only. Coaches may 'down seed' a swimmer to prelims, but must request so prior to the scratch deadline. • The 13-14 and Senior 500 Freestyle and 400 IM are timed finals events. The 11-12 500 Freestyle is a timed finals event. With the exception of the fastest seeded heat, all 500 Freestyle and 400 IM heats will be swum in preliminaries and will be swum fastest to slowest. The fastest seeded heat of the 500 Freestyle and 400 IM in all classifications will swim in the finals session. Additional provisions include the following: 1) Heats may be combined without regard to sex based on time 2) Both ends of the pool will be used for timed finals on Friday and preliminary sessions on Saturday and Sunday with the 13-14 and Senior age groups in the East pool and the 10&Under and 11-12 age groups in the West pool unless modified by the meet referee. 3) Both ends of the pool will be used for the 800 Free relay with women in the East pool and men in the West pool. • A ten-minute break will always separate relay from individual events, regardless of order, and precede the 1000 and 1650 freestyle events. At the discretion of the Meet Referee breaks may be added between other events. • At the discretion of the Meet Referee, the East and West pool event assignments may be changed. • Events in finals will be conducted with consolation finals prior to the championship final.

WARM-UP:

- Friday(preliminaries): Warm-ups: 8:40 AM, Meet Start: 10:00 AM
- Saturday(preliminaries): Warm-ups: 7:30 AM, Meet Start: 9:00 AM
- Sunday(preliminaries): Warm-ups: 7:30 AM, Meet Start: 9:00 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 at the meet.**
- 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.
- Warm-up for Finals sessions will be open.
- Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants.
- 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.
- 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.
- When using the side lanes from warming-up or down during the meet, swimmers shall not perform racing starts and must circle swim.

ENTRIES:

DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 PM CST, Monday February 20, 2017.

- Swimmers may enter all events for which they qualify but may swim a maximum of three (3) events per day and seven (7) events for the entire meet.
- Any swimmer qualifying AND entering in a minimum of one (1) event may enter up to two (2) bonus events without having achieved the qualifying time standard in the bonus event. Bonus events count towards both the daily and meet event limits. The maximum distance for a bonus event is 200 yards. Entries will be at the best SCY time available in OME.
- 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 or seven (7) events for the meet.
- All teams may enter an 'A' relay in each relay event regardless of if the relay has met the qualifying time or not. Teams wishing to enter 'B' or 'C' relays must be able

	<p>to prove that those relays meet the qualifying time. Teams may enter a maximum of three (3) relays in each relay event. If the 'A' relay does not meet the qualifying standard the slowest non-conforming time should be used.</p> <ul style="list-style-type: none"> • Entries will only be accepted from Missouri Valley registered teams and unattached swimmers registered in Missouri Valley. • Entries Chair: Shawn Geil, entries@swimtsa.com • Entries must be submitted using USA Swimming's online meet entry (OME). •
FEES:	<p>Individual events: \$4.50 per event Relay events: \$7.00 per event Deck Entries: \$9.00 per event Facility Surcharge: \$5.00 per swimmer</p> <ul style="list-style-type: none"> • Checks should be made payable to: Topeka Swim Association • Mail payment to: Topeka Swim Association, PO Box 3755, Topeka, KS 66604
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals for 1st – 3rd place finishers and ribbons for 4th – 8th place finishers in each event for each age group • Relay events: Medals for 1st – 3rd place finishers. • High point: High point awards will be given to the top 3 males and top 3 females in each age group. • High point scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 • Trophies will be presented to the top team in the large (126+ registered swimmers), medium (51-125 registered swimmers), and small (50 or fewer registered swimmers). • All awards must be picked up by the swimmer or coach by the end of the meet. No awards will be mailed.
SEEDING:	<ul style="list-style-type: none"> • 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
DECK ENTRIES & SEEDING DEADLINE	<ul style="list-style-type: none"> • Deck entries are permitted prior to the seeding deadline (detailed below) and must be accompanied by sufficient proof of time. • Scratches for Friday's preliminary session are due 60 minutes prior to the start of the meet. Scratches will be accepted via email to the Entries Chair between the entry deadline and the first day of the meet (Friday.) • Scratches for Saturday and Sunday preliminary sessions are due by 6:00pm the previous evening. • Finals sessions will be seeded prior to the start of the warm-up session for finals. • The fee for a deck entered individual event is \$9.00 and a relay is \$14.00

<p>SCRATCH RULES</p>	<p>SCRATCHES</p> <ul style="list-style-type: none"> • Scratch procedures are in accordance with current USA Swimming National Championship rules and regulations (Rule 207.11.6) and this meet announcement. • See seeding deadlines section above for deadlines to scratch from preliminaries and timed finals. <p>FINALS SCRATCHES</p> <ul style="list-style-type: none"> • 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). • A swimmer who positively checks-in or who does not scratch from an individual event on the last day of the meet and fails to compete is penalized \$50.00 in prelims and \$100.00 in finals. Additionally, this applies to timed finals events. 100% of this fine goes to the Missouri Valley Athlete Travel Fund. • The Host Club 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. • Failure to compete in an event will not affect time trials.
<p>TIME TRIALS</p>	<ul style="list-style-type: none"> • 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. • 11-12 Swimmers may time trial the 200 Fly, Back, or Breast, provided that they have achieved the meet qualifying time standard in the 100 of that stroke. • Individual time trial events (but not relays) DO count as one of the swimmers 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 \$9.00 per individual event and \$14.00 per relay event. These must be paid with the entry and are non-refundable.
<p>RULES:</p>	<ul style="list-style-type: none"> • Current USA Swimming and Missouri Valley Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules. • MVS Safety Guidelines and Warm-up procedures will be in effect. The Meet Announcer will be available during the warm-up sessions to assist with announcing procedures and conduct of the warm-up period. • All athletes must be 2017 registered athlete members of USA Swimming. All registrations will be verified by the MVS Registration Chair prior to the meet. • Current (2017) USA Swimming membership is required for coaches and working officials to be on deck. Coaches must be current with all safety certifications and

<p>TIMING ASSIGNMENTS:</p>	<ul style="list-style-type: none"> • Each club attending is required to provide timers based upon the number of entries from their team. TSA 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.
<p>GENERAL:</p>	<ul style="list-style-type: none"> • Meet programs for timed finals sessions and preliminaries will initially be available in the form of psych sheets; however, subsequent to the scratch deadline, heat sheets will be provided to the purchasers of the meet program. • It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries during the conduct of the event • Final results will be posted on the Missouri Valley website and may include the swimmer's name, age and USA-S ID.
<p>HOTELS:</p>	<p>Host Hotels will be listed under the MVS Championship link on the TSA website at: www.swimtsa.com</p>

ORDER OF EVENTS: MISSOURI VALLEY SHORT COURSE CHAMPIONSHIPS

<u>Women</u>	FRIDAY EVENTS	<u>Men</u>
1	10&Under 200 IM	2
3	11-12 200 IM	4
5	13-14 200 IM	6
7	Senior 200 IM	8
9	10&Under 100 Free	10
11	11-12 100 Free	12
13	13-14 100 Free	14
15	Senior 100 Free	16
17	10&Under 50 Back	18
19	11-12 50 Back	20
21	13-14 100 Back	22
23	Senior 100 Back	24
25	11-12 500 Free	26
27	13-14 400 Free Relay	28
29	Open 400 Free Relay	30
31	Open 1000 Free	32

<u>Women</u>	SATURDAY EVENTS	<u>Men</u>
33	13-14 500 Free	34
35	Senior 500 Free	36
37	10&Under 50 Breast	38
39	11-12 50 Breast	40
41	13-14 100 Breast	42
43	Senior 100 Breast	44
45	10&Under 100 Fly	46
47	11-12 100 Fly	48
49	13-14 200 Fly	50
51	Senior 200 Fly	52
53	10&Under 50 Free	54
55	11-12 50 Free	56
57	13-14 50 Free	58
59	Senior 50 Free	60
61	10&Under 100 IM	62
63	11-12 100 IM	64
65	13-14 400 IM	66
67	Senior 400 IM	68
69	10&Under 200 Medley Relay	70
71	11-12 200 Medley Relay	72
73	13-14 400 Medley Relay	74
75	Open 400 Medley Relay	76

<u>Women</u>	SUNDAY EVENTS	<u>Men</u>
77	10&Under 100 Back	78
79	11-12 100 Back	80
81	13-14 200 Back	82
83	Senior 200 Back	84
85	10&Under 50 Fly	86
87	11-12 50 Fly	88
89	13-14 100 Fly	90
91	Senior 100 Fly	92
93	10&Under 200 Free	94
95	11-12 200 Free	96
97	13-14 200 Free	98
99	Senior 200 Free	100
101	10&Under 100 Breast	102
103	11-12 100 Breast	104
105	13-14 200 Breast	106
107	Senior 200 Breast	108
109	10&Under 200 Free Relay	110
111	11-12 200 Free Relay	112
113	Open 800 Free Relay	114
115	Open 1650 Free	116

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.

Swimmers must provide their own timers and counter for the 1000/1650 Freestyle. Swimmers must provide their own counter for the 500 Freestyle.