



## **AQUA FREEZE 2019**

**January 25 – 27, 2019**

- Host:** Wichita Aqua Shocks
- Dates:** January 25 – 27, 2019
- Sanction:** Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Number MV-19-03
- Location:** Wichita State University  
Heskett Center  
Wiedemann Natatorium  
<http://www.wichita.edu/online/map2.html>  
1845 N. Fairmont  
Wichita, KS 67260-0062
- Type of Meet:** Senior and Age Group ABC Meet; No Time Standards
- Course:** 25-yard, six lane indoor pool; pool depth at the start end and turn end is 4'6"; Colorado electronic timing system with six line scoreboard; warm-up and cool down area will be available. The competition course has not been certified in accordance with 104.2.2C(4).
- Rule Authority:** 2018 United States Swimming Rules and Regulations and 2019 Missouri Valley Swimming Rules will govern the meet. Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect. The Missouri Valley Swimming Scratch Rule will apply.
- 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. 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.
- Deck changes are prohibited.**
- Use of audio or visual recording devices, including a cell phone, is NOT permitted in changing areas, rest rooms, or locker rooms.**
- 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.**
- General:** 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.

**Starting Times:**Friday Afternoon

- Warm-Ups: 4:00 PM
- Meet Start: 5:30 PM

Saturday & Sunday Morning

- Warm-Ups: 7:30 AM
- Meet Start: 8:45 AM

Saturday & Sunday Afternoon

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

**Eligibility:**

Swimmers must be 2019 members of USA Swimming. The swimmer's age as of Friday, January 25, 2019, determines their age for the meet.

**Coach Membership:**

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.

**Entries:**

Meet will be limited to 400 swimmers with entries on a first-come, first-served basis. No team will be split.

**Entry Limit:**

Swimmers may swim five (5) individual events plus one (1) relay each day. Swimmers in the "8 & Under" age group may swim in "12 & Under" age group events, but may not exceed the limit of 5 individual and 1 relay per day.

The following events will be limited to the 24 fastest Women and 24 fastest Men:

- 500 Freestyle
- 400 Individual Medley
- 1000 Freestyle
- Coaches will be notified if any of their swimmers are not entered.

**"If more than the maximum number of entries is received for either sex, it may be possible to exceed the entry limit only if there is less than the entry limit entered by the other sex in that event. As a result, it may be necessary to combine male and female swimmers in the same heats to allow for the most number of competitors to swim these events."**

**Entry Forms:**

Entries should be sent via email in a Hy-Tek compatible file, with all entry times shown in yards. Please email entries by the entry deadline to Steve Buehne, [aquashocks@hotmail.com](mailto:aquashocks@hotmail.com). Teams should ensure that all entries are accompanied with fee payment and are received by the entry deadline. **Registration of all athletes will be verified by the MVS Registration Chair prior to the meet. Those NOT registered will not be allowed to swim in the meet.**

**Entry Fees:**

\$5.00 per Individual Event  
\$7.00 per Relay Event  
\$5.00 per Swimmer Surcharge

Deck Entry Fees if empty lanes are available:

\$7.00 per Individual Event  
10.00 per Relay Event

Deck Entries will only be permitted and accepted if the swimmer is already entered in the meet. No deck entries will be accepted for swimmers not previously entered in the meet.

**Payment:** Make meet entry checks payable to "Wichita Aqua Shocks". Send checks and entries to:

Wichita Aqua Shocks  
1325 Hilltop Rd.  
Derby, KS 67037  
Phone - 316-641-4301  
Email – [aquashocks@hotmail.com](mailto:aquashocks@hotmail.com)

**Entry Deadline:** **Entries must be received no later than Saturday, January 19, 2019.**

**Seeding:** The meet will be pre-seeded. There will not be a Clerk of the Course.

The 400IM, 500 Free, and 1000 Free events will require positive check-in and then be seeded. **Deck entries will be accepted only if there are empty lanes.**

**Check-In Rule:** Swimmers shall **check-in** during Warm-Ups for the following events:

- 12-Under 500 Freestyle
- Open 400 Individual Medley and 1000 Freestyle

**Swimmers failing to positive check in may be scratched from the event at the discretion of the Meet Referee.**

1000 Freestyle (men and women) will be swum fastest to slowest, alternating women and men, and limited to the top 24 men and top 24 women. **Swimmers must provide their own timers and lap counters for the 1000 Freestyle event.**

**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 your team's warm-up times and lane assignments.

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 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. **The referee will designate specific times when one-way starts may be executed.**
- 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;
- Following all guidelines for sprint lanes.

**Awards:** Ribbons for the top six (6) finishers in each 8 & Under and 12 & Under individual event (including 10 & Under) for the A, B, C classes, and the top three (3) finishers in each 12 & Under relay event.

**Safety Guidelines:** Participating teams will be assigned to specific lanes for the warm-up period based on number of participants.

Swimmers without a coach at the meet must check in with the 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 session 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 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.

**Meet Director:** Angela Broadrick

**Meet Referee:** Dave Gantenbein, [dave.grant@kake.com](mailto:dave.grant@kake.com), 316-744-2614

**Admin Official:** Brenda Thome

**Safety Marshall:** With assistance from the WSU Heskett Center Aquatic Staff

**Coach:** Steve Buehne – Head Coach  
316-641-4301

**Results:** Final results will be posted on the Missouri Valley website and may include the swimmer's name, age, times.

## SCHEDULE OF EVENTS

### **FRIDAY**

Warm-Ups begin @ 4:00 PM – Meet @ 5:30 PM

<b>Women</b>		<b>Men</b>
1	12-U 200 IM	2
3	OPEN 400 IM	4
5	12-U 500 FREE	6
7	OPEN 1000 FREE	8

### SATURDAY-AM

Warm-Ups begin @ 7:30 AM - Meet @ 8:45 AM

<b>Women</b>		<b>Men</b>
9	12-U 50 Back	10
11	12-U 100 IM	12
13	12-U 100 Free	14
15	12-U 50 Breast	16
17	12-U 100 Fly	18
19	12-U 200 FR Relay	20

### SATURDAY-PM

Warm-Ups begin not earlier than: 12:30 PM - Meet not earlier than 1:45 PM  
(Times may be later)

<b>Women</b>		<b>Men</b>
21	Open 100 Breast	22
23	8-U 25 Breast	24
25	Open 100 Free	26
27	8-U 25 Free	28
29	Open 200 Fly	30
31	8-U 25 Fly	32
33	Open 200 Back	34
35	8-U 25 Back	36
37	Open 400 FR Relay	38
39	Open 500 Free	40

**SUNDAY-AM**

Warm-Ups begin @ 7:30 AM - Meet @ 8:45 AM

**Women**

**Men**

41	12-U	200 Free	42
43	12-U	50 Fly	44
45	12-U	100 Breast	46
47	12-U	50 Free	48
49	12-U	100 Back	50
51	12-U	200 Medley Relay	52

**SUNDAY-PM**

Warm-Ups begin **not earlier** than: 12:30 PM - Meet not earlier than 1:45 PM  
(Times may be later)

**Women**

**Men**

53	Open	100 Fly	54
55	Open	50 Free	56
57	Open	200 Breast	58
59	Open	100 Back	60
61	Open	200 Free	62
63	Open	200 IM	64
65	Open	400 Medley Relay	66