



**2019 Missouri Valley  
Long Course Championships  
July 25 – 28, 2019**

**Hosted by:  
Columbia Swim Club**

**Mizzou Aquatic Center  
213 Rothwell Gymnasium  
Columbia, MO 65211**

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**Entry Deadline  
11:59 PM CST, Monday July 22, 2019**

# GENERAL INFORMATION

## 2019 Missouri Valley Long Course Championships ORDER OF EVENTS

THURSDAY JULY 25, 2019

### TIMED FINALS SESSION 1

WARM-UP: 4:00PM

COMPETITION: 5:00PM

WOMEN	EVENT	MEN
1	Open 800 FREE RELAY*	2
3	10-UNDER 400 FREESTYLE*	4
5	11-12 400 FREESTYLE*	6
7	13-OVER 1500 FREESTYLE*	8

FRIDAY JULY 26, 2019

### PRELIMINARIES SESSION 2

WARM-UP: 7:00AM

COMPETITION: 8:20AM

9	13-OVER 200 FREESTYLE	10
11	11-12 200 FREESTYLE	12
13	13-OVER 100 BREASTSTROKE	14
15	11-12 50 BREASTSTROKE	16
17	13-OVER 100 BUTTERFLY	18
19	11-12 100 BUTTERFLY	20
21	13-OVER 400 INDIVIDUAL MEDLEY	22
23	11-12 200 BACKSTROKE*	24
25	13-OVER 400 FREESTYLE RELAY*	26
27	11-12 400 FREESTYLE RELAY*	28

### TIMED FINALS SESSION 3

WARM-UP: not before 11:00AM

COMPETITION: 12:00PM

WOMEN	EVENT	MEN
29	10-U 50 BREASTSTROKE*	30
31	10-U 100 FREESTYLE*	32
33	10-U 50 BUTTERFLY*	34
35	10-U 200 FREESTYLE RELAY*	36

SATURDAY JULY 27, 2019

### PRELIMINARIES SESSION 5

WARM-UP: 7:00AM

COMPETITION: 8:20AM

37	13-OVER 200 BUTTERFLY	38
39	11-12 200 INDIVIDUAL MEDLEY	40
41	13-OVER 50 FREESTYLE	42
43	11-12 50 FREESTYLE	44
45	13-OVER 200 BREASTSTROKE	46
47	11-12 100 BREASTSTROKE	48
49	13-OVER 100 BACKSTROKE	50
51	11-12 50 BACKSTROKE	52
53	13-OVER 400 FREESTYLE	54
55	11-12 200 BUTTERFLY*	56
57	13-OVER 200 FREESTYLE RELAY*	58
59	11-12 200 FREESTYLE RELAY*	60

### TIMED FINALS SESSION 6

WARM-UP: not before 11:00AM

COMPETITION: 12:00PM

61	10-U 200 INDIVIDUAL MEDLEY*	62
63	10-U 100 BACKSTROKE*	64
65	10-U 50 FREESTYLE*	66
67	10-U 100 BREASTSTROKE*	68
69	10-U 200 MEDLEY RELAY*	70

SUNDAY JULY 28, 2019

### PRELIMINARIES SESSION 8

WARM-UP: 7:00AM

COMPETITION: 8:20AM

71	11-12 50 BUTTERFLY	72
73	13-OVER 200 BACKSTROKE	74
75	11-12 100 BACKSTROKE	76
77	13-OVER 100 FREESTYLE	78
79	11-12 100 FREESTYLE	80
81	13-OVER 200 INDIVIDUAL MEDLEY	82
83	11-12 200 BREASTSTROKE*	84
85	13-OVER 400 MEDLEY RELAY*	86
87	11-12 200 MEDLEY RELAY*	88
89	13-OVER 800 FREESTYLE*	90

### TIMED FINALS SESSION 9

WARM-UP: not before 11:00AM

COMPETITION: 12:00PM

91	10-U 200 FREESTYLE*	92
93	10-U 50 BACKSTROKE*	94
95	10-U 100 BUTTERFLY*	96

\*Timed Final Events

**SANCTION:** Held under the sanction of Missouri Valley Swimming, Inc. on the behalf of USA Swimming, Inc.  
Meet Sanction No. MV-19-64  
Time Trials Sanction No. MV-19-65TT

**ADDRESS:** Mizzou Aquatic Center  
213 Rothwell Gymnasium  
Columbia, MO 65211

**FACILITY & CRASH AREA:** 50-Meter, 8 lane competition course; 8 lane, 25-yard warm-up, cool-down pool; Colorado Time System throughout facility; 8 lane alphanumeric scoreboard; 2 Full-color digital display boards; 96" touch pads; 2 Stark Movable Bulkheads; pool depth at start end is 8.5'; pool depth at turn end is 8-8.5'; 6" Competitor Gold Medal Lane Ropes. Electronic timing system. The competition course has been certified in accordance with 104.2.2C(4). A copy of this certification is on file with USA Swimming. Diving well available for warm-up and warm-down ONLY. Diving boards and Platforms are off limits. NOTE: Swimmer crashing, coolers, and folding chairs are NOT allowed in the spectator stands - there will be a large parent/swimmer crash zone adjacent to the pool for this purpose. The doors to the MU Student Recreation Complex will open at 6:30 a.m. on Friday, Saturday, and Sunday. Doors will open at 3:30pm on Thursday.

Mizzou Aquatic Center Statement of Sportsmanship  
Coaches and student-athletes of visiting institutions and organizations, as well as individuals employed by or associated with that institution, including alumni, fans, patrons and boosters, shall conduct themselves with honesty and good sportsmanship. Unacceptable behavior including tampering, vandalism, or destruction of Mizzou Aquatic Center, MizzouRec, or University of Missouri property, physical or verbal abuse, or refusal to follow instructions given by MizzouRec staff will result in disciplinary action, reimbursement for damages, and/or potential suspension from the facilities and programs. Anyone asked to leave by the staff will not be refunded any paid charges.

**PARKING:** Parking passes must be purchased for Thursday July 25<sup>th</sup> & Friday July 27<sup>th</sup> with the following links:  
**Free** parking is available after 6p.m. Friday and on weekends on levels 1 thru 3 in the Virginia Ave. Parking Garage located across Hitt St. from the Recreation Complex.  
  
Bus parking is available in lot. See MU campus parking link above

**MEET DIRECTOR:** [Shelly Manion](#), 785-845-3067

**MEET REFEREE:** [Dilynne Huskey](#), 573-228-2085,  
[Chris Lorson](#), 573-777-0112,

**ADMIN REFEREE:** [Greg Huskey](#), 573-228-0385,

**ADMISSION/ MEET PROGRAMS:** There will be an admission fee of \$8.00 per day (includes all sessions) for spectators age 13 and over for Friday, Saturday and Sunday. Thursday admission is \$3.00 (includes heat sheet). 10&Under sessions are \$4.00. Heat sheets will be available for \$5.00 per day (includes heat sheets for all sessions per day).

**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.

**CONCESSIONS:** Will be located in the crash area.

**SUIT DEALER:** Elsmore Swim Shop will be provided in the crash area.

**TIMING ASSIGNMENTS:** Timers will be required from each team based on the number of attendees. **Swimmers must provide their own timers and counters for the 800 and 1500 freestyle events. (800 and 1500 freestyle events swum in evening finals will not need to provide their own timers)**

## **ENTERING THE MEET**

**MEMBERSHIP:** All athletes must be 2019 registered athlete members of USA Swimming. All registrations will be verified by the MVS Registration Chair prior to the meet. Those not registered will not be allowed to swim in the meet.

**ELIGIBILITY & BONUS:** Swimmers entering the meet must have at least one MVS Championship qualifying time in Short Course (SCY or SCM) or Long Course (LCM) by the entry deadline in order to enter the meet.

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 event. Bonus events count towards both the daily and meet event limits. The maximum distance for a bonus event is 400 meters/500 yards.

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.

**SPECIAL QUALIFIERS:** Athletes placing first and second in an event at Long Course District Championships will automatically qualify to swim that event at Long Course Championships. An automatic qualifying swim will count as a proven time allowing for bonus events. This qualifying swim does not have to be entered as a bonus event if an athlete already has a Long Course Championship cut. The procedure for entering these events is as follows:

- Entries **MUST** be sent by email and will be hand entered by the Entry Chair.
- Entry Chair:

Please include the following details:

- The name and USA-S ID of the swimmer
- The event number and description
- The best time achieved by the swimmer

**800/1500:** If a swimmer has achieved the qualifying time in one of the distance events, they may use that to enter the other distance event. They will be entered at the lowest non-conforming time. The 800 and 1500 will be seeded by conforming then non-conforming times. The lowest non-conforming time for distance events is SCY. Swimmers who want to enter bonus events by using the qualifying time in another distance event must email the entries chair directly as OME will not permit this entry.

**RELAYS:** Teams may enter a maximum of **three (3) relays** in each relay event. **ALL** relays must meet the qualifying time requirements, and will be entered as an aggregate of swimmers entering the meet.

**ENTRIES & OME:** **DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 PM CST, Monday July 22, 2019.**  
Entries will only be accepted from Missouri Valley registered teams and unattached swimmers registered in Missouri Valley. Entries must be submitted using USA Swimming's online meet entry (OME). Directions for using this system are available in the OME module. When submitting entries teams must register all attending coaches in OME.

All entry questions should be directed to entry chair

**FEES:**  
**Individual Events:** \$5.00 per event  
**Relay Events:** \$7.00 per event  
**Deck Entries:** \$9.00 per individual event, \$14.00 per relay event  
**Swimmer Surcharge:** \$10.00 per swimmer

**Checks should be made payable to: Columbia Swim Club**  
**Mail payment to: Greg Huskey**  
**330 E. WeeJo Ct.**  
**Columbia, MO. 65202**

**DECK ENTRIES:** Deck entries are permitted prior to the seeding/scratch deadline and must be accompanied by sufficient proof of time. All deck entries will be seeded at the lowest non-conforming time (LCM Bonus).  
The fee for a deck entered individual event is \$9.00 and a relay is \$14.00.

**DISABILITY SWIMMERS:** Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Referee. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

## **MEET PROCEDURE**

**RULES:** 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.  
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 may occur between swims for the same individual.

**MEMBERSHIP REQUIREMENT:** Current (2019) 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 2018 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. 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.

**SEEDING:** The meet will be deck seeded after all scratches and positive check-in.  
Entries will be seeded according to USA Swimming rules and regulations (rule 102.5) and this meet announcement. Seeding priority for this meet will be:

1. LCM
2. SCM
3. SCY
4. LCM Bonus The lowest seeding priority for this meet is LCM Bonus.

**11-Over Prelims/Finals:** This is a prelims/finals meet with the top 16 11-12, 13-14 and Senior swimmers advancing to finals. 13-14 and Senior will be swum together in prelims then will be separated out for finals. Finals events will be seeded prior to the start of the warm-up session for finals.

Each event during finals will consist of a Consolation (B) and Championship (A) Final heat. The following exceptions apply.

- 800&1500 Freestyle are conducted as timed finals. The Thursday evening 1500 will alternate women then men swimming fastest to slowest. For the 800, the fastest heat of each of the women and men 13-Over swimmers will swim in finals. Event 89-90 will be swum first in Sunday evening finals. The slower heats will swim in prelims and will alternate women then men swimming fastest to slowest. 13-14 and Senior will be scored separately.
- 11-12 200 Butterfly and Backstroke will be timed finals with the **top eight (8)** seeded swimmers swimming in finals. 11-12 200 Breaststroke will be timed finals with all heats swimming in prelims.
- The 13-14 and Senior 400 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.

**10-Under Timed Finals:** The 10-Under Session is timed finals and will be swum slowest to fastest.

**10-Under/11-12 400 Freestyle:** The 10-Under and 11-12 400 freestyle will swim alternating women then men swimming fastest to slowest.

#### **Relays:**

Relays will be seeded by conforming then non-conforming times. The lowest non-conforming time for relay events is SCY. Entries for all relays must be checked in prior to the scratch deadline in order to be seeded.

Each coach shall pick up relay 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. For relays in swimming in finals, relay cards are due 15 minutes after the start of warm-ups for the finals session.

1. The Open 800 Freestyle relays will be swum fast to slow.
2. 11-12, 13-14 and Senior relays shall swim slowest to fastest according to event order in prelims.
3. Friday and Saturday relays will be swum at the end of Preliminaries with the exception of the fastest heat (8) for 11-12, 13-14 and Senior, which will be swum at the beginning of the finals session.
4. During Friday and Saturday Preliminaries 13-14 and 15 & Over relays will compete together but will be scored and awarded separately.
5. 13-14 and Senior relays will compete together with the exception of the fastest heat for each age group.
6. All 13-14 and Senior relays will be scored and awarded separately.

#### **SCRATCH PROCEDURE & CHECK-IN:**

#### **SCRATCHES**

1. Scratch procedures are in accordance with current USA Swimming National Championship rules and regulations with the following exception. If you do not scratch and no show a prelims event, you will be barred from your next event. If you do not scratch and no show a finals event, you will be barred from the rest of the meet.
2. Scratch and Check-In (1500) deadline for Thursday's events are 15 minutes after the start of warm-up. Scratch and Check-In (800 and Relays) deadline for Friday, Saturday and Sunday's events is 30 minutes after the beginning of the previous day's finals.
3. If coaches do not arrive prior to the scratch deadlines, they must make prior arrangements with the Meet Referee/ Admin Referee if they want to scratch a swimmer or relay.

#### **FINALS SCRATCH**

1. 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).
2. 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.
3. 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.

4. A list will be sent to the Meet Directors of future Missouri Valley Championship Meets.
5. 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.

**SESSION WARM-UP & START TIMES:**

Day	Session	Warm-up	Meet Start	Session	Warm-up	Meet Start	Session	Warm-up	Meet Start
<b>Thursday</b>							<i>Timed Finals</i>	4:00pm	5:00pm
<b>Friday</b>	<i>11-Over Prelims</i>	7:00am	8:20am	<i>10-Under Timed Finals</i>	Not Before 11:00am	12:00pm	<i>11-Over Finals</i>	4:00pm	5:00pm
<b>Saturday</b>	<i>11-Over Prelims</i>	7:00am	8:20am	<i>10-Under Timed Finals</i>	Not Before 11:00am	12:00pm	<i>11-Over Finals</i>	4:00pm	5:00pm
<b>Sunday</b>	<i>11-Over Prelims</i>	7:00am	8:20am	<i>10-Under Timed Finals</i>	Not Before 11:00am	12:00pm	<i>11-Over Finals</i>	4:00pm	5:00pm

**11-12, 13-14 and Senior Sessions**

**Warm-up/Start:** Warm-ups will be assigned. Warm-ups may be split for the preliminary sessions. (If split, each warm-up session shall be a minimum of 35 minutes.) **Finals Warm-up** will be open. **During finals**, there will be designated start and pace lanes during the **last 20 minutes** of warm-up. **Finals** will begin one hour after the start of warm-up.

**10-Under Session**

**Warm-ups:** Warm-ups will be assigned. Warm-ups will begin at the conclusion of the 11-Over Prelims Session, but not before 11:00am. Additional information regarding the start time for the 10&U will be provided during the Prelim session.

**WARM-UP RULES & PROCEDURE:**

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.

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.

When using the side lanes from warming-up or down during the meet, swimmers shall not perform racing starts and must circle swim.

#### **AWARDS:**

**Individual events:** Medals for 1<sup>st</sup> – 3<sup>rd</sup> place finishes and ribbons for 4<sup>th</sup> – 8<sup>th</sup> place finishes in each event for age groups 10 & Under, 11-12, 13-14 and Senior.

**Relay events:** Medals for 1<sup>st</sup> – 3<sup>rd</sup> place finishes in age groups 10 & Under, 11-12, 13-14 and Senior.

**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 swimmers or coaches by the end of the meet. No awards will be mailed.

#### **MEET RESULTS:**

Final results will be posted on the Missouri Valley website.

#### **TIME TRIALS:**

If the time schedule permits, at the discretion of the Meet Director and Meet Referee, Time Trials may be held after the prelims sessions and the 10-Under sessions Friday, Saturday and Sunday or after Sunday evening finals, and may be limited in length. The decision of the Meet Director and Meet Referee on that shall be final. Priority will be given to the current day's events.

There are no limits on the number of time trials swum for the meet, but the swimmer may not exceed (3) three individual events per day. Swimmers in the 10 & Under sessions may enter one time trial per day regardless of the (3) three individual events per day limit.

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.

#### **RULES & REGULATIONS:**

The pool deck will be "closed" to anyone not volunteering, officiating, or running the meet. USA Swimming credentials will be required to be on 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.

Deck changes are 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.

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.

#### **OFFICIALS:**

Teams attending the meet should contact the Meet Referee with the names of MVS stroke and turn judges who are available through their team.

Officials must display 2019 USA Swimming credentials while acting in any official capacity on the deck of the pool.

Officials meetings will be held 60 minutes prior to the beginning of each session. Meetings will be located in the Tom Wilkerson room.

This meet has been designated as an "Officials Qualifying Meet" (QM19-108) under the national certification procedure. Evaluations will be offered for N2 SR, DR, CJ, and AR as well as N2/N3 Stroke and Turn for eligible officials. [Request your evaluation here.](#)



