



**2019 Missouri Valley
Long Course
District Championships - West
July 19-21 2019**

**Hosted by:
Wichita Swim Club**

Garvey Aquatic Center

TABLE OF CONTENTS

General Information	2
Entering the Meet	3
Meet Procedure, Format & Rules	4

**Entry Deadline
9:00 PM CST, Monday July 15, 2019**

GENERAL INFORMATION
2019 Missouri Valley District Championships

ORDER OF EVENTS:

Warm Up 9:00AM		Friday 1 st Session	Meet Start 10:15AM	
Women			Men	
1		13-14 400 IM	2	
3		15 & Over 400 IM	4	
5		13-14 100 Breast	6	
7		15 & Over 100 Breast	8	
9		13-14 200 Freestyle	10	
11		15 & Over 200 Freestyle	12	
13		13-14 100 Fly	14	
15		15 & Over 100 Fly	16	

Friday 2 nd Session		
Women		Men
17	11-12 400 Free	18
19	10 & Under 50 Breast	20
21	11-12 50 Breast	22
23	10 & Under 100 Free	24
25	11-12 100 Free	26
27	10 & Under 50 Fly	28
29	11-12 50 Fly	30

Warm Up 8:00AM		Saturday 1 st Session	Meet Start 9:15AM	
Women			Men	
31		13-14 200 IM	32	
33		15 & Over 200 IM	34	
35		13-14 50 Free	36	
37		15 & Over 50 Free	38	
39		13-14 200 Breast	40	
41		15 & Over 200 Breast	42	
43		13-14 100 Back	44	
45		15 & Over 100 Back	46	
47		13-14 400 Free	48	
49		15 & Over 400 Free	50	

Saturday 2 nd Session		
Women		Men
51	11-12 200 IM	52
53	10 & Under 200 IM	54
55	11-12 100 Back	56
57	10 & Under 100 Back	58
59	11-12 50 Free	60
61	10 & Under 50 Free	62
63	11-12 100 Breast	64
65	10 & Under 100 Breast	66

Warm Up 8:00AM		Sunday 1 st Session	Meet Start 9:15AM	
Women			Men	
67		13-14 200 Back	68	
69		15 & Over 200 Back	70	
71		13-14 100 Free	72	
73		15 & Over 100 Free	74	
75		13-14 200 Fly	76	
77		15 & Over 200 Fly	78	
79		13 & Over 800 Free		
		13 & Over 1500 Free	80	

Sunday 2 nd Session		
Women		Men
81	11-12 200 Free	82
83	10 & Under 200 Free	84
85	11-12 50 Back	86
87	10 & Under 50 Back	88
89	11-12 100 Fly	90
91	10 & Under 100 Fly	92

Sanction: Held under the sanction of Missouri Valley Swimming, Inc. on the behalf of USA Swimming, Inc.
Meet Sanction No. MV-19-57 Time Trials Sanction No. MV-19-58TT

Location: Garvey Aquatic Center 8323 E Douglas Ave. Wichita, KS 67205

Facility: 50 meter, 8 lanes with non-turbulence racing lane ropes. Horn start & custom-designed starting blocks with Daktronics will be used. Pool depth at the start end is 8 feet and pool depth at the turn end is 4 feet. This competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). A copy of this certification is on file with USA Swimming.

Meet Director: [Jennifer Henry](#) (316) 683-1491

Meet Referee: [Phil Knapp](#), [Erik Wiechman](#)

Admin Official: [Leann Wiechman](#)

Entries Chair: [Alison Pick](#)

Meet Programs: Meet Programs and heat sheets will be available for purchase.

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, Age Group Chair, Senior Chair, or MVS Coaches Representatives.

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 800 and 1500 freestyle events.

ENTERING THE MEET

Membership: All athletes must be 2019 registered athlete members of USA Swimming. 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. Unattached athletes may enter the meet and should consult with the with the MVS Registration Chair regarding their site assignment.

Eligibility & Bonus: No time conversions are allowed; however, swimmers may qualify with short course qualifying times. Seeding order will be LCM, then SCY, then SCM. Swimmers who have achieved a SCY or SCM qualifying time, but not the LCM qualifying time, shall enter with the time they have actually achieved. The entry report must clearly note the submitted time as a SCY or SCM time. Qualifying times are available on the [Missouri Valley Swimming website](#).

Each swimmer achieving and entering a minimum of one District qualifying time shall be allowed to enter a maximum of two (2) additional bonus events in which he/she has not achieved the District qualifying time. **No bonus swims will be allowed in events longer than 200 meters, and a swimmer must have a provable time in the USA Database for that event.** The entry time for all "bonus events" shall be the swimmers actual best time for that event.

For the 1500-meter freestyle, entries will be accepted using either the 1500- or the 800-meter freestyle qualifying time. Seeding will be done using the 1500-meter time with those entries using the 800 time being seeded in the slowest heats. For the 800-meter freestyle, entries will be accepted using either the 800- or the 1500-meter freestyle qualifying time. Seeding will be done using the 800-meter time with those entered with the 1500-meter proof-of-time being seeded in the slowest heats. Any entries utilizing the alternate distance qualification must be reported to the Entries Chair, including provable event time, via email, no later than the entry deadline.

A swimmer may enter all events for which he/she qualifies. Swimmers may swim a maximum of five (5) individual events per day.

The meet will be pre-seeded except those events that require positive check-in.

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

Age-Up Rule: Swimmers aged 10, 12, or 14 who age up from 7/19/19 (first day of meet) to 7/25/19 (first day of LC Championships) with times too fast to qualify for this championship meet will be allowed to compete in this meet under the following conditions:

- 10, 12, or 14 year old swimmers who do not qualify for an event in their new age group at Missouri Valley Long Course Championships may enter it in this meet

- 10, 12, or 14 year old swimmers 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.

The swimmer may, however, compete in only one age group in the District Championship meet.

Any such entries must be reported to the Entries Chair by email, including athlete's name and USA-S ID, **event(s) number**, and entry time. The entries must be sent prior to the entry deadline.

Disabled 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.

Entries: DEADLINE FOR THE RECEIPT OF ENTRIES IS 9:00PM CST, Monday, July 15, 2019.

Entries will only be accepted from Missouri Valley registered teams and unattached swimmers registered in Missouri Valley. ALL entries must be submitted using [USA Swimming's Online Meet Entry \(OME\)](#) procedures. Entries will close July 15 at 9:00 PM CST. Wichita Swim Club will provide a Team Manager Event file on the Missouri Valley Swimming website. This will allow teams to establish the qualifying profile for their swimmers prior to using OME. When submitting entries, teams must register all attending coaches in OME.

Fees: Individual events: \$5.00 per event
Facility Surcharge: \$5.00 per swimmer

Checks should be made payable to: Wichita Swim Club
Mail payment to: 8323 E Douglas Ave, Wichita KS 67205

MEET PROCEDURE, FORMAT AND RULES

Format: The meet will consist of Timed Finals seeded slow to fast with the following exceptions:

The 800-meter freestyle and the 1500-meter freestyle will be swum together alternating heats, fastest seed to slowest seed. These 13 & Over events will be swum together, but scored and awarded based on 13-14 and 15& Over age groups.

Rules: Current USA Swimming and Missouri Valley Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.

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 2019 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. The starting procedure and 'no recall' provision of USA Swimming Rules shall be used. Flyover starts may be used for all events.

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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Deck changes are 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 the event.

Scratch & Check In: Except for the 800 and 1500 meter freestyle events, swimmers are considered to be checked-in for their events when their entries are received. **If a swimmer elects not to swim an event**, either the swimmer or his/her coach or representative must scratch the event a minimum of **45 minutes prior to the start of the session** in which the event is scheduled. If a swimmer fails to either swim or scratch, he/she shall be barred from his/her next event. In the event a swimmer enters more events per day than permitted (see entry limit) and does not scratch, the swimmer will be scratched from their final allowed event of that day.

Positive check-in will be required for the 800-meter and 1500-meter freestyle. **This rule will be strictly enforced.** Failure to check-in will result in the athlete being scratched from the event.

Each coach and/or unattached swimmer will be provided with Hy-Tek printouts of team entries by swimmer and scratch sheets for each session. It is the responsibility of each coach and/or swimmer to indicate which events are to be scratched by which swimmers and to return the sheets to the Clerk of the Course by the scratch deadline prior to each session.

Time Trials: Time trials will be available if time permits at the conclusion of each session each day. Time trials shall be restricted to those individuals who have a reasonable expectation of achieving an LSC Championship qualifying time or faster. A time trial swim counts as a swim toward the total number of swims permitted per day. Swimmers not entered in the meet are welcome to the time trials. However, in the discretion of the Meet Director and Meet Referee these swimmers will only be allowed to participate in time trial events following the afternoon sessions. Time trials will count towards the five(5) day event total.

The order of events for the time trials shall be as follows:

Friday: Friday events; Saturday events; Sunday events

Saturday: Saturday events; Sunday events; Friday events

Sunday: Sunday events; Friday events; Saturday events

Officials: Attending stroke and turn judges from any LSC 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 carry proof (physical or electronic) of 2019 USA Swimming certification credentials while acting in any official capacity on the deck of the pool.

Meet Schedule:

FRIDAY

13-14 and Senior

Session 1

Warm-ups: 9:00 – 9:35 AM

Session 2

Warm-ups: 9:35 – 10:10 AM

Meet starts: 10:15 AM

11-12 and 10 & Under

Warm up times will be determined after the entries have been received.

Warm-up not before 12:30.

Meet starts: 75 minutes after the conclusion of the AM Session, but not before 1:45pm.

SATURDAY/SUNDAY

13-14 and Senior

Session 1

Warm-ups: 8:00 – 8:35 AM

Session 2

Warm-ups: 8:35 – 9:10 AM

Meet starts: 9:15 AM

11-12 and 10 & Under

Warm up times will be determined after the entries have been received.

Warm-up not before 11:30.

Meet starts: 75 minutes after the conclusion of the AM Session, but not before 12:45pm.

Once entries are received, a warm-up schedule will be sent to each club entering the meet.

Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants. 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 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.

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

Seeding: The meet will be pre-seeded except those events that require positive check-in.

Entries will be seeded according to USA Swimming rules and regulations (rule 102.5) and this meet announcement. LCM 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) LCM 2) SCY 3) SCM, followed by Bonus Entries in course order 1) LCM 2) SCY 3) SCM.

Awards: Medals for 1st through 3rd for individual events. Ribbons for 4th-8th for individual events

The top 2 swimmers in each event will automatically qualify for the Long Course Championship meet in that event if they do not achieve the LC Championships standard, Coaches must enter those athletes by using the special instructions outlined in the OME.

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