



# Wave The Wheat Invitational

July 7-9, 2017  
Lawrence, KS



MVS SANCTION	<ul style="list-style-type: none"><li>• Held under the sanction of Missouri Valley Swimming, Inc. on the behalf of US Swimming, Inc.</li><li>• Sanction Number: MV-17-54</li></ul>
TYPE OF MEET	<ul style="list-style-type: none"><li>• 10 &amp; Under, 11-12, 13-14, Open Times Finals</li></ul>
LOCATION	<ul style="list-style-type: none"><li>• Lawrence Indoor Aquatic Center 4706 Overland Drive Lawrence, KS 66049</li></ul>
FACILITY	<ul style="list-style-type: none"><li>• 50 meter, 10 lane with non-turbulence racing lane ropes. Horn start &amp; custom-designed starting blocks with Colorado Timing System will be used. Pool depth at the start end is 13 feet and pool depth at the turn end is 4 feet.</li><li>• This competition course has been certified in accordance with 104.2.2C(4). A copy of this certification is on file with USA Swimming.</li><li>• All sessions will run in eight (8) lanes, unless entry numbers require the use of ten (10) lanes.</li><li>• The crash area at Free State will be open on Saturday &amp; Sunday.</li></ul>
HEAT SHEETS	<ul style="list-style-type: none"><li>• Heat Sheet will be available for sale at all sessions. Heat sheets for all sessions will be available for \$10, and individual session heat sheets will be available for \$3.</li><li>• Heat sheets will also be sold through Meet Mobile to offer a paperless option. Meet Mobile heat sheets will be available at the beginning of warm ups Friday without standing in a line!</li></ul>

START TIME	<p><b><u>Friday Evening</u></b>  Warm Up: 3:00 PM pool opens, 3:50 PM lanes 2 &amp; 9 open for starts,  4:00 PM lanes 1 &amp; 10 open for pace  Start Time: 4:30 PM</p> <p><b><u>Saturday AM</u></b>  Warm Up: 7:00 AM  Start Time: 8:20 AM</p> <p><b><u>Saturday PM</u></b>  Warm Up: 1:00 PM  Start Time: 2:45 PM</p> <p><b><u>Sunday AM</u></b>  Warm Up: 7:00 AM  Start Time: 8:20 AM</p> <p><b><u>Sunday PM</u></b>  Warm Up: 1:00 PM  Start Time: 2:45 PM</p> <p><b><u>800 Session</u></b>  Session begins no earlier than 20 minutes after Open 400 Medley  Relay</p>
WARM-UPS	<ul style="list-style-type: none"> <li>• Friday evening will be open warm up.</li> <li>• Saturday and Sunday will be split session warm ups.</li> <li>• Warm ups for the 800 session will be open, 10 minutes before the session begins lanes 1 &amp; 10 will open for pace</li> <li>• The Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect at the meet. <b><i>“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”.</i></b></li> </ul>

CONTACTS	<ul style="list-style-type: none"> <li>Meet Director: Danica Thompson Email: <a href="mailto:aquadanicahawk@gmail.com">aquadanicahawk@gmail.com</a> Phone: (785) 979-7183</li> </ul>
OFFICIALS	<p>Meet Referee: Kenny Woodlief Email: <a href="mailto:Kenny.woodlief@ericsson.com">Kenny.woodlief@ericsson.com</a> Phone: (913) 633-1983</p> <p>Administrative Official: Sherri Soule Email: <a href="mailto:soule.sharon@gmail.com">soule.sharon@gmail.com</a></p> <ul style="list-style-type: none"> <li>The Lawrence Aquahawks welcome any visiting USA officials who would like to officiate at this meet. If you are able to officiate, please contact the Meet Referee Kenny Woodlief at <a href="mailto:kenny.woodlief@ericsson.com">kenny.woodlief@ericsson.com</a>.</li> <li>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.</li> <li>Officials must display 2017 USA Swimming membership credentials while acting in any official capacity on the deck of the pool.</li> </ul>
DISABILITY SWIMMERS	<ul style="list-style-type: none"> <li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director and/or host club.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
ENTRIES	<ul style="list-style-type: none"> <li>All swimmers may enter a total of 12 individual events, not to exceed 5 events a day, and 2 relay events</li> <li>Entries Chair: Sherri Soule Email: <a href="mailto:entries@aquahawks.org">entries@aquahawks.org</a></li> <li>All entries should be submitted to the Entries Chair no sooner than the opening date and no later than the entry deadline. All entries must be submitted via email using the host-provided Hy-Tek meet event file OR an .sd3 or .hyv Hy-Tek compatible event file.</li> </ul>

DEADLINE	<b>ENTRIES MUST BE RECEIVED BY SUNDAY July 2th, 2017 at 11:00PM</b> and will be prioritized by time of receipt. All appropriate fees must accompany entries. Being a pre-seeded meet, late and deck entries will only be allowed if there are open lanes for that event, or if the event is deck-seeded on a first come/first serve basis. Deck entries will not be accepted without payment. All late/deck entries are subject to a fee of \$9.00 for individual events and \$14.00 for relays.
FEES	Individual Events: \$4.50 per event Relay Events: \$7.00 per relay <ul style="list-style-type: none"><li>• Checks should be made payable to: Lawrence Aquahawks</li><li>• Mail payment to: Lawrence Aquahawks 1901 W 31<sup>st</sup> #4575 Lawrence, KS 66046</li></ul> Deck entries will be allowed and the cost is double the cost for individual events. Deck entries must be handed in before the end of the previous days sessions. Deck entries will not be allowed for events happening on the same day.

LIMITED  
EVENTS

The following events **MAY** be limited if time does not permit acceptance of all entries: Open 1,500 Free, 800 Free, 400 IM, & all 400 Free events.

**If the 1,500 is limited:**

The 1500 will be swum as an Open event; this event will swim combined but placed separately with a maximum of 40 total female and male swimmers. However, the top 40 must include at least 12 14&U swimmers if there are at least 12 entered in the event. If more than the maximum entries are received for either gender, it may be possible to exceed the entry limits only if there is less than the entry limit entered by the other gender 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. Coaches will be notified by email which swimmers are affected by limits prior to meet.

**If the 12 & Under 400 Free is limited:**

The 12 & under 400 free will be swum as a combined boys and girls event but scored separately. We will allow a total of 60 swimmers (30 boys & 30 girls) to enter the event.

**If the 400 IM is limited:**

The 400 IM will be swum as an Open event; this event will swim combined but placed separately with a maximum of 60 total female and male swimmers. However, the top 60 must include at least 18 14&U swimmers if there are at least 18 entered in the event. If more than the maximum entries are received for either gender, it may be possible to exceed the entry limits only if there is less than the entry limit entered by the other gender 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. Coaches will be notified by email which swimmers are affected by limits prior to meet.

**If the Open 400 Free is limited:**

The Open 400 free will be swum as an Open event; this event will swim combined but placed separately with a maximum of 70 total female and 70 total male swimmers. However, the top 70 must include at least 21 14&U swimmers if there are at least 21 entered in the event. If more than the maximum entries are received for either gender, it may be possible to exceed the entry limits only if there is less than the entry limit entered by the other gender in that event. As

DISTANCE CHECK-IN	<ul style="list-style-type: none"> <li>• The Open 1500 Free, 400 IM, 400 Free, 800 Free, and 12 &amp; Under 400 Free will all require positive check-in. Swimmers that do not check-in will be scratched from the event.</li> <li>• Positive check-in for distance events will close 30 minutes before the start of each session.</li> </ul>
SEEDING	<ul style="list-style-type: none"> <li>• The Open 1500 Free, 400 IM, 400 Free, 800 Free, and 12 &amp; Under 400 Free will all be swum fastest to slowest.</li> <li>• All other events will be swum slowest to fastest.</li> </ul>
SCRATCHES	<ul style="list-style-type: none"> <li>• Friday evening event scratch deadline will be 4:00 PM Friday evening.</li> </ul>
AWARDS	<ul style="list-style-type: none"> <li>• Ribbons will be awarded to 10 &amp; Under, 11-12, 13-14, and Open age groups for the top 8 finishers.</li> </ul>

MEET RULES	<ul style="list-style-type: none"><li>• Current USA Swimming and Missouri Valley Swimming Rules and Regulations will govern the conduct of this meet and will serve as the official guide for technical and procedural rules.</li><li>• 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.</li><li>• 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 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 2017 USAS Coach Membership will not be allowed access to the deck area and will not be allowed to participate in any coaching capacity.</li><li>• Any swimmer entered in the meet unaccompanied by a USA Swimming member coach 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li><li>• Deck changes are prohibited.</li><li>• 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.</li><li>• Coaches meetings may be held 15 minutes prior to the start of each preliminary session and/or other times as requested by the Meet Referee.</li><li>• 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.</li><li>• Spectators should be seated in the bleachers on the north side</li></ul>
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CONCESSIONS	<ul style="list-style-type: none"><li>• Food concessions and dry concessions will be available for purchase in the lobby of the Lawrence Indoor Aquatic Center.</li></ul>
FINAL RESULTS	<ul style="list-style-type: none"><li>• Final Results will be posted on the Missouri Valley website and may include the swimmer's name, age, times and USA Swimming number. Final results will also be posted on the Aquahawks website at <a href="http://www.aquahawks.org">www.aquahawks.org</a></li></ul>



# Hotels

## Hampton Inn:



2300 W 6<sup>th</sup> St  
Lawrence, KS 66049  
(785) 841-4994

## Holiday Inn Express:



3411 S.W. Iowa  
Lawrence, KS 66046  
(785) 749-7555

## Holiday Inn:



200 McDonald Dr  
Lawrence, KS 66044  
(785) 841-7077

## Comfort Inn:



151 McDonald Dr  
Lawrence, KS 66044  
(785) 330-7241

## Econo Lodge:



2525 W 6<sup>th</sup> St  
Lawrence, KS 66049  
(785) 841-8410

## Order of Events

Warm Up: 3:00 PM	Friday Evening	Start Time: 4:30 PM
1	Open 1500	2
3	12 & Under 400 Free	4
5	Open 400 IM	6

*Swimmers must provide their own timers and counters for the Open 1500 Free and their own timers for the 12 & Under 400 Free, and Open 400 IM.*

Warm Up: 7:00	Saturday AM	Start Time: 8:20 AM
7	10 & Under 50 Free	8
9	11-12 50 Free	10
11	10 & Under 100 Breast	12
13	11-12 100 Breast	14
15	10 & Under 50 Fly	16
17	11-12 50 Fly	18
19	10 & Under 100 Back	20
21	11-12 100 Back	22
23	10 & Under 200 Free	24
25	11-12 200 Free	26
27	12 & Under 200 Medley Relay	28

Warm Up: 1:00 PM	Saturday PM	Start Time: 2:45 PM
29	13-14 50 Free	30
31	Open 50 Free	32
33	13-14 100 Breast	34
35	Open 100 Breast	36

37	13-14 200 IM	38
39	Open 200 IM	40
41	13-14 100 Back	42
43	Open 100 Back	44
45	13-14 200 Fly	46
47	Open 200 Fly	48
49	Open 400 Medley Relay	50
51	Open 400 Free	52

Warm Up: 7:00 AM	Sunday AM	Start Time: 8:20 AM
53	10 & Under 200 IM	54
55	11-12 200 IM	56
57	10 & Under 100 Free	58
59	11-12 100 Free	60
61	10 & Under 50 Breast	62
63	11-12 50 Breast	64
65	10 & Under 50 Back	66
67	11-12 50 Back	68
69	10 & Under 100 Fly	70
71	11-12 100 Fly	72
73	12 & Under 200 Free Relay	74

Warm Up: 1:00 PM	Sunday PM	Start Time: 2:45 PM
75	13-14 200 Free	76
77	Open 200 Free	78
79	13-14 200 Breast	80
81	Open 200 Breast	82

83	13-14 100 Fly	84
85	Open 100 Fly	86
87	13-14 100 Free	88
89	Open 100 Free	90
91	13-14 200 Back	92
93	Open 200 Back	94
95	Open 400 Free Relay	96

Warm Up: 6:00 PM	Sunday Evening	Start Time: 6:20 PM
97	Open 800 Free	98

*Swimmers must provide their own timers and counters for the Open 800 Free.*