

**MISSOURI VALLEY SWIMMING**  
**DIVISION II LC EAST CHAMPIONSHIPS 2008**

- DATES:** July 25-27, 2008
- SANCTIONED BY:** Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc.  
Meet Sanction No: MV08-83  
Time Trials Sanction No: MV08-84
- HOST:** Team Dolphins
- LOCATION:** Springs Aquatic Center  
9400 N Congress Avenue  
Kansas City, MO 64153
- PARKING:** Limited parking will be available to coaches, officials and meet volunteers in the main parking lot. **ONLY THOSE THAT HAVE A PARKING PASS ARE ADMITED TO THE MAIN PARKING LOT (THESE WILL BE SENT OUT TO THE ATTENDING TEAMS AND OFFICIALS)**
- Swimmers & equipment, etc can be dropped off in the circle drive, parking for spectators and families is available in the adjacent sports complex lots, the walk is a few blocks back to the pool.
- TEAMS PARTICIPATING:** ???
- COURSE:** The Springs offers a 50 meter 8 lane competition pool with racing lane lines, Colorado Timing System and Full Scoreboard. There will not be a warm up cool down pool, although from 12pm through the end of the meet, the adjacent water park is open for those that want to purchase a pass at a discount may use the facilities to cool off.
- TYPE OF MEET:** The meet will consist of Timed Finals. The 800-meter freestyle and the 1500-meter freestyle will be swum alternating women then men, fastest seed to slowest seed. The 13-14 and Senior events at these distances will be seeded and swum together, but scored separately.
- ELIGIBILITY:** Only 2008 athlete members of Missouri Valley Swimming and USA Swimming are eligible to enter the meet. 2008 registrations will be verified by the MVS Registration Chair prior to the meet. Clubs who have entered unregistered swimmers must pay for their swimmers' registrations before they may participate in the meet.
- No time conversions are allowed; however, swimmers may qualify with short course yard and short course meter qualifying times. Such swimmers will be seeded after swimmers with conforming (50m) times. Swimmers using short course times to qualify should circle the appropriate course (25y or 25m) on the entry sheet and provide the actual short course time achieved, date, and location of the qualifying swim for purposes of proof-of-time. Teams using Hy-Tek disk entries shall include hard copies of the Hy-Tek Entry Summary Sheets and Team Manager Best Times Reports with entries.
- BONUS SWIMS:** Each swimmer achieving a minimum of one Division II qualifying time shall be allowed to enter a maximum of two (2) additional bonus events in which he/she has not achieved the Division II qualifying time. No bonus swims will be allowed in events longer than 200 yards, and no bonus swims will be allowed in Senior events unless the swimmer is 15 years or older. Bonus swims must be clearly noted in the following manner:
- 1) The entry time shall be "No Time" (NT).
  - 2) Hard copies (pink & blue entry forms or Hy-Tek printouts) must be clearly marked with a "B" following the entry time for such entries (e.g., "NT B").
  - 3) When using MVS Division Entry and Proof Forms, the term "BONUS" shall be clearly written in the space allotted for proof. When using Hy-Tek Team

Manager printouts for proof-of-time, the term "Bonus" must be handwritten beside the appropriate record. When no such record exists (i.e. the swimmer has never swum the event in question), this must be noted on the printout.

- 4) All Bonus entries will be seeded behind all other entries, including non-conforming courses, by virtue of the "NT" designation.
- 5) Proof-of-Time rules will apply to all entries not specifically designated as "Bonus". The "Bonus" designation is non-transferable.

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. Such entries must be adequately explained on the entry sheet.

**OVER-QUALIFIED SWIMMERS:**

A swimmer who swims in a Division II event in which he/she has previously achieved a Division I qualifying time in that specific stroke, distance, and course shall be barred from the remainder of the meet and the swim shall not be recognized. This shall also apply to those swimmers achieving Division I qualifying times after entering the Division II meet.

**RELAY RULE:**

To participate in a relay, a swimmer must be entered in an individual event in the meet. The swimmer must not have achieved a Division I qualifying time in the same stroke, distance and course for that age division. For 13-14 and Senior 200 Medley Relay, swimmers must not have achieved a Division I qualifying time in the same stroke at 100 meters. Swimmers of all ages may compete in Senior relays, but must not have achieved a Division I time in their age group for that stroke, distance and course.

All swimmers' names and order of swim must be recorded on the entry card or sheet prior to the first heat of the last individual event preceding the relay cycle in question, or 15 minutes prior to the start of the meet, if the relay cycle precedes the individual events.

**AGE-UP RULE:**

If a swimmer whose 11th, 13th, or 15th birthday falls on or after the Division II Meet but before the Division I Meet, and has Division I times in his/her younger age group but does not qualify for Division I in the next older age group, he/she may enter Division II in the next older age group classification in any event in which he/she meets the qualifying time. The swimmer may compete in only one age group in the meet. These times must be well marked and explained on the entry sheet.

**ENTRY FORMS:**

Entries will **only** be accepted from Missouri Valley registered teams and unattached swimmers. Entries from units within a Missouri Valley team or entries from individuals within a team are not permitted. All entries must be on either MVS Division Championship Entry and Proof Sheets or Hy-Tek disk accompanied by hard-copy printout of entries and Team Manager Best Times reports. Date and location of qualifying swims should be clearly indicated on all entries.

Hy-Tek hard-copy of Team Manager Best Times Reports must be in alphabetical order and separated into single sheets.

**PROOF OF TIME:**

Date and location of qualifying swims **must** be clearly indicated on all entries, either in the space provided on the MVS Entry & Proof sheet or on the Hy-Tek Team Manager Best Times Report accompanying the team entry report and disk. For each entry received without a proof-of-time, it will be presumed that "No Proof" is available. Refer to proof-of-time \*Penalties below. The meet host will be responsible for verification of times as provided by the MVS Records Chair in a database. Fines shall be payable to the Team Dolphins

Official meet results for all meets sanctioned by MVS during the 2008 long course season, 2007-2008 short course season, and the 2008 long course season, with the exception of meets held under league blanket sanctions and permitted observed high school swims, will be available at the proof-of-time table for use in proving times. Swimmers and clubs using qualifying swims from meets held outside of Missouri Valley or in meets held under league blanket sanctions or in any meet held prior to the 2008 long course season must bring the applicable meet results for use as proof-of-time.

**\*PENALTIES:** In individual events, if the swimmer does not achieve the slowest

qualifying time and cannot prove the entry time, penalties will be assessed as follows:

- 1) For the first missed qualifying time, the swimmer's club shall pay a \$25 fine to Team Dolphins. This fine must be paid prior to the beginning of the next day's events.
- 2) For the second missed qualifying time, the swimmer's club shall pay an additional fine of \$50 and he/she shall be barred from the remainder of the meet.
- 3) Swimmers barred from the remainder of the meet are ineligible to participate in all subsequent swims, both individual and relay.

The MVS Records Chair may, at his/her discretion, rescind fines upon receiving adequate proof of qualifying swim after the conclusion of the meet. This discretion does not extend to allowing a swimmer to continue to compete who has failed to prove qualifying swims for two (2) events which did not achieve the slowest qualifying time. MVS clubs are responsible for all proof-of-time fines incurred by swimmers representing their group and must pay such fines prior to entering future championship competitions sponsored by Missouri Valley.

**CHECK-IN and SCRATCH RULE:**

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 15 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 event of that day.

Positive check-in will be required for the 800-meter and 1500-meter freestyle. **This rule will be strictly enforced.**

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

**SCRATCH PROCEDURE:**

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 a Division I Championship qualifying time or faster. The entry fee shall be \$5.00 per event. 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, these swimmers will only be allowed to participate in time trial events following the afternoon sessions.

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

**SEEDING:**

The meet will be seeded for the Timed Finals by Hy-Tek Meet Manager immediately following the scratch deadline of 30 minutes prior to the start of each session.

**START TIMES:**

Friday

13-14 and Senior Timed Finals

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. Visit

[www.TeamDolphins.com](http://www.TeamDolphins.com) for exact times after Tuesday, July 22<sup>nd</sup>

Session 1 Warm-ups: Approx 1:00 – 1:35 PM

Session 2 Warm-ups: Approx 1:35 – 2:10 PM

Meet starts: 75 minutes after the conclusion of the AM Session Approx 2:15pm

Saturday and Sunday

13-14 and Senior Timed Finals  
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 Timed Finals  
Warm up times will be determined after the entries have been received. Visit [www.TeamDolphins.com](http://www.TeamDolphins.com) for exact times after Tuesday, July 22<sup>nd</sup>  
Session 1 Warm-ups: Approx 12:00 – 12:35 PM  
Session 2 Warm-ups: Approx 12:35 – 1:10 PM  
Meet starts: Approx 1:15 PM

Starting times for the 10 & Under and 11-12 sessions may be adjusted due to the length of the Senior and 13-14 sessions, but will not be earlier than the published times.

Once entries are received, a warm-up schedule will be sent to each club entering the meet and posted at [www.TeamDolphins.com](http://www.TeamDolphins.com)

**ENTRY FEES:** Entry fees shall be \$3.50 per individual event and \$5.00 per relay team. Late and deck entries shall be \$7.00 per individual event.

**MAIL FEES TO:** Make checks for entries and MVS fees payable to the Team Dolphins.

Mail hard copies and check to:  
Team Dolphins  
523 W 12<sup>th</sup> Street #502  
Kansas City, MO 64105  
816-204-4297 (cell)  
816-472-5763 (fax)

The preferred method of submitting your entries is through email. Send entry files electronically using a Hy-Tek compatible file to [TeamDolphins@sbcglobal.net](mailto:TeamDolphins@sbcglobal.net) in addition to the hard copies as described above. Please indicate a phone number for collect calls and an email address for contact concerning problems with entries. Each team will receive a confirmation of entries that will serve as a final opportunity to make changes prior to the final seeding on Wednesday, July 23<sup>rd</sup> at noon.

**ENTRY LIMIT:** A swimmer may enter all events for which he/she qualifies. Swimmers may swim a maximum of five (5) individual events per day. Swimmers may swim each relay event (200/400 Free; 200/400 Medley) only one time during the course of the entire meet.

**ENTRY DEADLINE:** All entries must be received by the Entries Chair no later than Monday, July 21 at noon. Entry changes after this time will be considered deck entries and only permitted in open lanes and charged the late entry fee.

**RULE AUTHORITY:** *2008 USA Swimming Official Rules for Swimming* and the *2008 Missouri Valley Swimming Rules* will govern the meet. The *Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures* will be in effect at this meet.

**Note:** Individuals without a valid 2008 USA Swimming coach membership card will not be allowed access to the deck and will not be allowed to participate in any coaching capacity. 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. As per MVS Rules, all coaches and officials must display a 2008 USA Swimming membership card while acting in any official capacity on the deck of the pool.

**PROGRAMS:** Meet programs will be in the form of “psyche sheets”. Entrants in each event will be listed in order of long course meter entry times, fastest time first. Swimmers with non-conforming entry times (short course meters or yards) will be listed last. Late entries may be on a separate sheet.

**MEET REFEREE:** “To be designated by MVS Officials Chairperson”]

**OTHER OFFICIAL:**

**OFFICIALS:** Officials at the meet will be determined and assigned by the MVS designated Meet Referee. All officials shall be present at the officials’ meeting 20 minutes prior to the

start of each session. Officials must display a 2008 USA Swimming membership card while acting in any official capacity on the deck of the pool.

**MEET DIRECTOR:**

Aaron Dean  
523 W 12<sup>th</sup> Street #502  
Kansas City, MO 64105  
[TeamDolphins@sbcglobal.net](mailto:TeamDolphins@sbcglobal.net)  
816-204-4297

**SAFETY MARSHAL:**

To be determined. There will be four lifeguards overseeing the facility and acting as the safety marshals.

**AWARDS:**

Medals for 1<sup>st</sup> through 8<sup>th</sup> for individual events, and medals for 1<sup>st</sup> through 3<sup>rd</sup> for relay events. All awards must be picked up by the swimmer or coach by the end of the meet. No awards will be mailed.

**FINAL RESULTS:**

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

**TIMING ASSIGNMENTS:**

Each club will be expected to provide back-up timers (2 per lane) as assigned by the Meet Director. The final list will be posted on the website prior to the meet. Team administrators are asked to make sure to have their timers set up prior to the meet.

**WARM-UP PROCEDURES:**

- 1) Pre-Meet Warm-Up Period
  - A. Marshals will remain on duty for the entire warm-up period.
  - B. Marshals will be responsible for the control and supervision of the swimmers both in and out of the pool.
  - C. Control and Supervision are the key words for safe swimming.
- 2) Coaches shall continually supervise their swimmers during all the meet and warm-up sessions.
- 3) 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.
- 4) Backstrokers 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 backstroker is waiting to start.
- 5) No running on the pool deck.
- 6) In the case of a recall start, swimmers on the deck shall not jump or dive into the pool in order to stop swimmers.
- 7) When using the side lanes for warming up or down during the meet, swimmers shall not perform racing starts and must circle swim.
- 8) Changes to warm-up procedures and other factors necessary to ensure swimmer safety may be made by the host team with the consent of the referee.
- 9) 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.
- 10) Swimmers are not permitted to dive into the pool during the General Warm-Up period. Any swimmers diving into the pool during the general warm-up period may be disqualified from one or more events at the discretion of the meet referee. Diving is permitted during designated sprint warm-ups.

**SPECTATORS:**

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. No lawn chairs will be allowed on the pool deck. There is a large portion of lawn space that may be used to put up shade for your teams and act as a crash area. There should be ample deck space and bleacher space available.

**ACCOMODATIONS:**

There are many options for accommodations in the area. Any hotel listed as for the Kansas City International airport is within a few minutes of the pool.

**DIRECTIONS:**

Springs Aquatic Center is located in Tiffany Hills Park, at the intersection of North Congress Avenue and Tiffany Springs Road. It can be easily reached from Interstate 29, exit at the Tiffany Springs Parkway exit, and west on Tiffany Springs Parkway. Turn right (south) for one block onto Prairie View Road and then right onto North Congress Avenue.

# ORDER OF EVENTS

## DIVISION II LC EAST CHAMPIONSHIPS

Warm-Ups: 9:00 AM

Women

1  
3  
5  
7  
9  
11  
13  
15  
17  
19  
21  
23

### Friday Morning

Event

13-14 400 IM  
15 & Older 400 IM  
13-14 100 Breast  
15 & Older 100 Breast  
13-14 200 Freestyle  
15 & Older 200 Freestyle  
13-14 100 Fly  
15 & Older 100 Fly  
13-14 400 Free Relay  
Open 400 Free Relay  
13-14 800 Free  
15 & Older 800 Free

Meet Start: 10:15 AM

Men

2  
4  
6  
8  
10  
12  
14  
16  
18  
20  
22  
24

[Notes: ]

Warm-Ups: TBD

Women

25  
27  
29  
31  
33  
35  
37  
39  
41

### Friday Afternoon

Event

11-12 400 Free  
10 & Under 50 Breast  
11-12 50 Breast  
10 & Under 100 Free  
11-12 100 Free  
10 & Under 50 Fly  
11-12 50 Fly  
10 & Under 200 Free Relay  
11-12 200 Free Relay

Meet Start: TBD

Men

26  
28  
30  
32  
34  
36  
38  
40  
42

[Notes: ]

Warm-Ups: 8:00 AM

Women

43  
45  
47  
49  
51  
53  
55  
57  
59  
61  
63  
65

### Saturday Morning

Event

13-14 200 IM  
15 & Older 200 IM  
13-14 50 Free  
15 & Older 50 Free  
13-14 200 Breast  
15 & Older 200 Breast  
13-14 100 Back  
15 & Older 100 Back  
13-14 400 Free  
15 & Older 400 Free  
13-14 400 Medley Relay  
Open 400 Medley Relay

Meet Start: 9:15 AM

Men

44  
46  
48  
50  
52  
54  
56  
58  
60  
62  
64  
66

[Notes: ]

For qualifying times, see the MVS website at <http://www.missourivalleyswimming.com/standards/index.asp#mvs>

Warm-Ups: TBD PM

**Saturday Afternoon**

Meet Start: TBD

<u>Women</u>	<u>Event</u>	<u>Men</u>
67	11-12 200 IM	68
69	10 & Under 200 IM	70
71	11-12 100 Back	72
73	10 & Under 100 Back	74
75	11-12 50 Free	76
77	10 & Under 50 Free	78
79	11-12 100 Breast	80
81	10 & Under 100 Breast	82
83	11-12 400 Free Relay	84

[Notes: ]

Warm-Ups: 8:00 AM

**Sunday Morning**

Meet Start: 9:15 AM

<u>Women</u>	<u>Event</u>	<u>Men</u>
85	13-14 200 Medley Relay	86
87	Open 200 Medley Relay	88
89	13-14 200 Back	90
91	15 & Older 200 Back	92
93	13-14 100 Free	94
95	15 & Older 100 Free	96
97	13-14 200 Fly	98
99	15 & Older 200 Fly	100
101	13-14 200 Free Relay	102
103	Open 200 Free Relay	104
105	13-14 1500 Free	106
107	15 & Older 1500 Free	108

[Notes: ]

Warm-Ups: TBD

**Sunday Afternoon**

Meet Start: TBD

<u>Women</u>	<u>Event</u>	<u>Men</u>
109	11-12 200 Free	110
111	10 & Under 200 Free	112
113	11-12 50 Back	114
115	10 & Under 50 Back	116
117	11-12 100 Fly	118
119	10 & Under 100 Fly	120
121	11-12 200 Medley Relay	122
123	10 & Under 200 Medley Relay	124

[Notes: ]

For qualifying times, see the MVS website at <http://www.missourivalleyswimming.com/standards/index.asp#mvs>