

KC Cup

May 31-June 2, 2024

Shawnee Mission School District Aquatic Center

Hosted by Kansas City Blazers

Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc.

Sanction Number MV-24-50

MEET HOST:

Kansas City Blazers

MEET ENTRY COORDINATOR:

George Adcock (kcbentries@gmail.com)

MEET DIRECTOR:

Kelley Stevens

- kelley_stevens@hotmail.com

MEET REFEREE:

Tatjana Alvegard

- tatjana@alvegard.com
- 913-219-4645

ADMIN REFEREE:

Stacy Christie

- stacychristie@gmail.com

FACILITY:

- 50-meter x 25-yard competition course configured for 50-meter competition (8 lanes). Warm-up/cool-down lanes will not be available: please obey all posted signage.
- Team's Starting/Turning Depth Start End 7.0 feet end; turning 13.0 feet deep.
- Team's competition certification: The competition course has been certified in accordance with 104.2.2C(4). A copy of this certification is on file with USA Swimming.
- Team's Timing System: Daktronics timing system; scoreboard w/ 8-lane readout.
- All swimmers must use the boys' and girls' (not the adult) locker rooms.
- Heat Sheets will be posted on Meet Mobile.
- No spectators on deck.

ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming and Missouri Valley Swimming as of the meet entry deadline. On-deck USA Swimming registration will not be permitted.
- Events maybe limited due to timeline constraints.
- Registration and validity of all athletes will be verified by the MVS Registration Chair prior to the meet. Those not registered or found to be invalid will not be allowed to swim in the meet.
- Swimmers must be age as of the first day of the meet.
- Deck entries are allowed if space allows.
- All USA Swimming registration numbers will be verified with the Missouri Valley Swimming registration database.

ENTRY DEADLINE: *Entries open 9am May 1st. Entries Close May 15th or when the meet is full.*

ENTRY FEES: \$20 per athlete, \$7 per individual event, \$10 per relay
Deck Entries: \$14 per individual event, \$20 per relay
Entries Open: April 29 8:00am
Entries Close: May 24 5:00pm

Checks should be made payable to: Kansas City Blazers
Mail Payment to: Kansas City Blazers 6501 Antioch Rd., Merriam, KS 66202

Event Limit: 5 individual events per day, 1 relay per day

Meeting Schedule: Coaches meeting will be held 30 minutes prior to the start of Friday's Timed Finals session and other times as requested by the Meet Referee.

SESSION TIMELINES

Friday:

- Session 1 Warm-up 2:30pm

Saturday & Sunday:

- Session 2/4 Warm up 8:00am
- Session 3/6 Warm up 1:00pm

MEET RULES:

- The Kansas City Blazers Opening Guidelines and Procedures apply to this event.
- All adult participants in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
- Missouri Valley Swimming rules will govern this meet, including warm-ups.
- All events will be pre-seeded and swum slow to fast, except for Friday evening events which will be swim fast to slow with alternating heats.
- All events will be scored top-16 in each age group and gender (10 & under, 11-12, 13-14, and 15 & over)
- 11& over 200 Fly, 200 Back, 200 Breast, & 400 IM will be swum combined and scored 11-14 and 15& over.
- A maximum of four (4) athletes per team can score in each individual event.
- A maximum of two (2) relay teams per team can score in each age group for relay events.

MEDICAL RESOURCES: Certified lifeguards will be on deck to administer first-aid if needed.

WARM-UP PROCEDURES:

- Circle swim counterclockwise only.

- Friday warm-ups will be open. Saturday & Sunday warm-ups will have assigned lanes. Warm-up assignments for these sessions will be determined after entries are received.
- Coaches of the teams assigned to each lane shall determine the warm-up procedure, the session referee should be consulted and shall define the lane's procedure. The decision of the referee will be final.
- Pool closed promptly fifteen minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.
- 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.

SAFETY INFORMATION:

- Current USA Swimming and Missouri Valley Swimming Rules including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0) will govern this meet and will serve as the official guide for technical and procedural rules. Current (2024) 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 2024 USAS Coach Membership will not be allowed access to the deck area and will not be allowed to participate in any coaching capacity.
- All Officials must be current and up to date as of the date of the meet.
- All adult participants participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or 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.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to notify the Meet Referee.
- 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 within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or of the swimmer's legal guardian to ensure

compliance with this requirement.

- Team Areas: Please keep your area clean and pick up all trash before leaving each session.
- It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- It is further understood that Missouri Valley Swimming, and the Kansas City Blazers shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- 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.
- Flyover Starts may be used for all events.

AWARDS:

- Individual Events: Ribbons 1st-8th place finishers in each event for each age group (10 & Under, 11-12, 13-14, 15 & Over)
- Overall, Team Trophy
- High Point Awards will be given for each age group & gender.
- All awards must be picked up by the swimmers or coach at the end of the meet.
- No awards will be mailed.

SEEDING:

- To be seeded in the Open 800 Free and 12 & Under 400 Free the swimmer must positively check-in. If a swimmer does not check-in for the Open 800 or 12 & Under 400 Free, they will be scratched from the event at the discretion of the Meet Referee.
- 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 other courses shall be considered "non-conforming times".
- The seeding order is 1) LCM 2) SCY 3) SCM

ORDER OF EVENTS: Events may be combined as per the meet host but will be scored separately when submitted for scoring.

Friday Open Session Warm Up: 2:30pm Meet Start 3:15pm

Girls	Event	Boys
1	12 & Under 400 Free	2
3	13 & Over 800 Free	4

Saturday 12 & Under Session Warm Up: 8:00 Meet Start 9:00am

Girls	Event	Boys
5	12 & Under 200 Medley Relay*	6
7	12 & Under 50 Free	8
9	12 & Under 100 Breast	10
11	12 & Under 50 Back	12
13	12 & Under 100 Fly	14
15	12 & Under 200 Free	16

*Relays will be scored 10 & Under and 11-12

Saturday Open Session Warm Up Not Before: 1:00pm
Meet Start 2:00pm

Girls	Event	Boys
17	13 & Over 200 Medley Relay**	18
19	13 & Over 200 Free	20
21	11 & Over 200 Breast	22
23	13 & Over 100 Back	24
25	11 & Over 200 Fly	26
27	13 & Over 100 Free	28
29	Open 400 IM	30

**Relays will be scored 13-14 and 15 & Over

Sunday 12 & Under Session Warm Up: 8:00 Meet Start 9:00am

Girls	Event	Boys
31	12 & Under 200 Free Relay*	32
33	12 & Under 100 Free	34
35	12 & Under 50 Breast	36
37	12 & Under 100 Back	38
39	12 & Under 50 Fly	40
41	12 & Under 200 IM	42

*Relays will be scored 10 & Under and 11-12

Sunday Open Session Warm Up Not Before: 1:00pm
Meet Start 2:00pm

Girls	Event	Boys
43	13 & Over 200 Free Relay**	44
45	13 & Over 200 IM	46
47	13 & Over 100 Fly	48
49	11 & Over 200 Back	50
51	13 & Over 100 Breast	52
53	13 & Over 50 Free	54
55	13 & Over 400 Free	56

**Relays will be scored 13-14 and 15 & Over