



SPEEDO SPRING SECTIONALS AT COLUMBIA – 2024
CENTRAL SECTION
REGION VIII
March 14-17, 2024

Swimmers who are full time (not seasonal) members of USA Swimming may enter the Speedo Sectionals at Columbia, MO. This meet is open to swimmers who are registered members of one of the 5-member LSC's of the Central Section Region VIII. Swimmers outside Region VIII are not allowed to enter the meet. All swimmers will enter the Speedo Sectionals at Columbia, MO through USA Swimming's Online Meet Entry (OME) system at (usaswimming.org/ome). The OME will be open beginning Monday, January 29, 2024 at 12:00 pm CST. The Section Chair reserves the authority to make any entry process revisions necessary to run this competition according to the dates of the meet sanction.

The entry deadline is Monday, March 11, 2024 at 5:00 PM CST. The qualification time date range for this meet begins on Sunday, March 6, 2022, through Monday, March 11, 2024. LSC entry chairs need to ensure all achieved times prior to the entry deadline are uploaded in SWIMS prior to the entry deadline.

SANCTION AND SANCTION #:

These championships and corresponding time trials are held under the sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc. **Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) 2.0, will govern this meet.**

Meet Sanction MV-24-17 and Time Trial Sanction MV-24-18-TT.

In granting this sanction, it is understood and agreed that USA-Swimming, Inc. shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Missouri Valley (LSC), Central Section Region VIII, all officials, the Columbia Swim Club, and University of Missouri shall be free from and held harmless from any liabilities for damages arising by reason of injuries to anyone during the conduct of the event.

Coaches, athletes, fans, parents, and boosters shall conduct themselves with honesty and good sportsmanship at all times. Unacceptable behavior including tampering, vandalism or destruction of facility property, physical or verbal abuse, or refusal to follow instructions given by the facility or CRSVIII will result in disciplinary action, reimbursement for damages and/or potential suspension from the meet. Anyone asked to leave by staff will not be refunded paid admission charges.

If a USMS swimmer establishes a new Master's record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred.

HOST:

Columbia Swim Club (CSC - MV)

EVENT PERSONNEL:

Meet Director: Mary Barnes, cscentries.mary@gmail.com, (573) 999-4958

Meet Referee: Curtis Myers, ic-clearly@sbcglobal.net (816) 589-6986

Admin. Referee: Greg Huskey, R8entries@gmail.com (573) 228-0385

CSRVIII Entries Chair: Greg Huskey, R8entries@gmail.com (573) 228-0385

CSRVIII Chair: Paul Thompson, auggie1sbc@gmail.com (405) 570-6529

LOCATION / PARKING FACILITY ACCESS:

Mizzou Aquatic Center at the University of Missouri Student Recreation Complex
213 Rothwell Gymnasium
Columbia, MO 65211

To find this on navigation app, enter Corner of Rollins & Hitt Street on the University of Missouri campus OR use 1100 Rollins St. which is actually a building on the opposite corner. (573) 884-5600.

Parking:

Spectator parking is available in the **Hitt Street Parking Structure**. **Parking on March 13-15 a pass must be purchased in advance on-line if parking before 6pm on Wednesday-Friday**. Link: [CSCSTigersharks.org](https://www.cscstigersharks.org). Click on the map in the parking link for location. On March 16 and 17, parking is free and will be allowed on levels 1-3 in the Hitt Street Parking Structure.

Bus/Oversized Van parking is available in Lot RP10, off Providence south of the football stadium. Parking on March 13-15th – a pass must be purchased in advance on line. Link: [CSCSTigersharks.org](https://www.cscstigersharks.org). Click on the map in the parking link for location.

FACILITY:

8 lane competition course - 50-meter x 25-yard competition course (79 degrees), 8 lane, 25 yard warm-up, cool-down pool (80-81 degrees). The depth of the pool measured from a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0) is 98.5 inches at the start end and 98.5 inches at the turn end. Colorado timing system throughout the facility, 8-lane scoreboard, 3 full-color digital display boards, 96" lanes, 2 Stark movable bulkheads, 6" Competitor Gold Medal Lane ropes and Colorado backstroke ledges.

Pool Certification:

The competition course has been certified in accordance with 104.2.2C(4). A copy of certification is on file with USA Swimming.

Available Medical Resources:

Medical supervision is available to athletes participating in the event in the form of facility lifeguards on duty and AED device.

SCHEDULE:

Day 1–4: Prelims 9:00 AM (warm-ups begin at 7:00 AM)

Day 1- 4: Finals: 5:00 PM (warm-ups begin at 3:30 PM)

TECHNICAL MEETING:

A ZOOM technical meeting of the CSRVIII Chair, Meet Director, Facility Representative, Coaches, Entries Chair and Meet Referee is Monday, March 11th, at 9:00 PM. Coaches are accountable for ALL information discussed/and or presented at the Technical Meeting. The meeting link will be sent out on Monday, March 11th, by 10:00am.

FORMAT:

These championships will be conducted in LCM. The 800m and 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 32 swimmers from preliminaries advancing to finals.

The order of the final events shall be D, C, B and A. The Bonus (D) Final is reserved for swimmers who are aged 18 years and under. A Ready Room will be used to assemble and parade "A" finalists and the fastest seeded heats of 800m and 1500m freestyle swimmers. These swimmers must report to the Ready Room prior to the start of the D Final for the event.

RULES:

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in the Rules, the OME, in the Meet Book and conveyed in the Technical Meeting. The 2024 Rule Book will be used.

Eligibility and Technical juries consisting of a male and female athlete and one coach representative from each of the Region VIII member LSCs will be appointed by the CSRVIII Chair to review protests within their jurisdiction as defined in USA Swimming Rules.

Honest effort: An honest effort in all competition is required. Failure to make an honest effort shall result in disqualification from the event. The determination of an honest effort performance is made by the Meet Committee or the Referee.

Please note:

- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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.

SEEDING:

Seeding priority for Summer Meet.

- a. LCM
- b. SCY
- c. LCM Bonus
- d. SCY Bonus - The lowest seeding priority for this meet is SCY Bonus.

The preliminary heats of all prelim/final events will be seeded slowest to fastest including the 400 meter freestyle and the 400 meter individual medley

DISTANCE EVENTS:

Swimmers may qualify for these events using any of the 800m/1000yd or 1500m/1650yd qualifying standards (i.e., the conforming or non-conforming distance event standards).

These distance freestyle events will be swum with the fastest heat of each of the women and men in finals in their normal event numbered place. Swimmers in the top 8 **MUST USE THEIR** current fastest time achieved and swim in finals. Swimmers who are not in the top 8 may swim their fastest provable time or down seed to the lowest non-conforming cutoff time prior to the scratch deadline for that day's events. All other heats will swim alternating women and men, swimming slowest to fastest, after the completion of the morning session (including time trials) with a projected end time to be the beginning of final's warm ups. Start time will be announced after the scratch deadline.

Note: All "Bonus" distance swims will count against the meet Bonus number of swims available for the athlete. Use of a non-conforming time is the Bonus Qualifying Time for that event. Distance event "Bonus" swims have the same entry fees as regular individual bonus events.

Email the Entries Chair and CSRVIII Chair to add a swimmer in a distance bonus event. This is the only scenario where an entry can be emailed to the Entry Chair. All other entries must be in SWIMS.

RELAYS:

Relay events will be scored for the top 24 finishes.

Relays will score double points (64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2)

Relay entry times at the point of entry must come from proven times in SWIMS found within the meet qualifying date range. Entry times may be an aggregate of the entered swimmers during the qualifying period. Once the time for the relay is proven through swims no further review of the entry time will happen at the meet.

1. The fastest two heats of each gender will swim in finals. Heats will swim slowest to fastest in finals.
2. All remaining heats of relays will swim at the conclusion of that day's preliminaries and will swim fastest to slowest.
3. There is a 10 – minute break prior to the start of relays of both prelims and finals.

LANE TIMERS / VOLUNTEERS:

Each team will be required to provide lane timers based on how many swimmers the team has entered in the meet. The lane assignment positions will be published after entries close. Lane timers will not be charged admission for the sessions worked.

ELIGIBILITY:

MAAPP 2.0: 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. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.

1. The meet is open only to all full time (not seasonal) Region VIII athletes who meet the entry qualifications. Athletes must be registered members (either attached or unattached) of a USAS member LSC or club and must meet the stated qualifying times.
2. Swimmers without a coach present: USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm up, competition and warm down. The Meet Director or Meet Referee shall assist the swimmer in making arrangements for supervision. No swimmer will be issued a credential without a coach-member present. If the home club is not planning to attend the event, the swimmer must be assigned a supervising coach. Arriving with fellow LSC-club is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.
3. 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 the swimmer's legal guardian to ensure compliance with this requirement.
4. Swimmers entering the meet must have at least one provable entry time to enter the meet. Bonus swims are offered based on the following: a. 1 proven time allows for 2 bonus events b. 2 proven times allows for 2 bonus events c. 3 proven times allows for 2 bonus events d. 4 proven times allows for 2 bonus events e. 5 proven times allows for 1 bonus events.
5. **No bonus swims allowed in the 800/1000 or 1500/1650 unless a swimmer has achieved the qualifying time in one of the distance events. They may use that to enter the other distance event. All distance bonus swims will be seeded using the lowest nonconforming time for distance events which is SCY (the lowest non-conforming time for all other events is SCY Bonus). Swimmers who want to enter bonus events by using the qualifying time in another distance event must email the Entries Chair and the CSRVIII Chair directly in order to permit this entry. The Entries Chair will make the entry in meet file.**
6. All swimmers MUST be USA Swimming registered athletes to be entered into the meet. All swimmers must be 2024 athlete members of USA Swimming and registered either attached or unattached to a Region VIII LSC or member club. The host team will furnish an event file for entry into the meet.

7. Entry Fees are payable to the Host, Columbia Swim Club. Failure to pay the entry fees prior to the start of the competition will result in the team and/or athletes being scratched from the meet, and they may not compete in the meet until entry fees are paid.
8. For a swimmer to represent a USA Swimming club in a competitive event, sixty (60) days must have elapsed without a swimmer having represented any other USA Swimming club in a USA Swimming competition.
9. RELAY ONLY swimmers may enter the meet.

SWIMS DATABASE:

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

1. USA Swimming Sanctioned competition.
2. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
3. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines that appear in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
4. The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college, or university within the appropriate time frame, may be used in proving relay entry times. That swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.
5. Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. These times will not be automatically placed in the database. Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. All entry times must be in SWIMS. No entries will be received via email except distance bonus events and swimmers with disabilities.

ENTRIES:

It is the coach's responsibility to know for which events his or her athlete is qualified. Only times found in the SWIMS database are used for seeding in this meet. All entry times must have been achieved between the qualifying time date range. Each entry time used must be from a "Sanctioned" or "Approved" meet, or from an "Observed Swim" in accordance with USA Swimming Rules and Regulations.

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.

Entry limits:

1. Each swimmer may enter as many events as they qualify for but may compete in only a maximum of 6 individual events plus relays for the total meet.
2. Each swimmer may compete in no more than 3 individual events per day including Time Trials.
3. Time Trials DO NOT count towards the total number of events allowed for the meet.

Entry deadline: All entries must be submitted by Monday, March 11th, 2024 at 5:00 PM.

Swimmers with Disabilities: For entry into Speedo Spring Sectionals at Columbia, 2024: Swimmers with a disability who have been classified and have achieved a National Disability Championship Qualifying Time may

enter this meet as long as the time is within the qualifying time standards for this meet. The disability approved time(s) must meet or exceed the Nationally Approved Sectional Time Standards for USA-S swimmers with a disability. USA-S swimmers with a disability achieving one qualifying time may have a Bonus Time Standards for up to 3 bonus swims in the self-reporting grouping (P1, P2, P3). Coaches entering swimmers with disabilities that require accommodations, including the need for any personal assistance and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests. Please contact the Meet Director with any questions

Problems/Questions: If you have any questions about using the system, please contact:

- CSRVIII Entries Chair: Greg Huskey: R8entries@gmail.com (573)228-0385
- CSRVIII Chair: Paul Thompson: auggie1sbc@gmail.com (405)570-6529

IF YOU HAVE ANY PROBLEMS WITH THE ENTRY PROCESS, YOU MUST EMAIL PAUL THOMPSON AND THE ENTRIES CHAIR PRIOR TO THE CLOSE OF ENTRIES. We will work diligently to help resolve any entry issues.

DECK ENTRIES:

1. Deck entries for day 1 of competition will be accepted through the following link: CSC Tigersharks.org. This link opens at the conclusion of **Monday Night's ZOOM** Technical meeting and closes at **TWO O'CLOCK** on Wednesday, March 13th, 2024. Deck entries for remaining day's events will be accepted on the deck until the check-in/scratch deadline for that day's events.
2. All individual deck entries for events 400 meters and shorter are seeded at the lowest nonconforming qualifying time for this meet which is SCY bonus.
3. Deck entries for the 800 meter Freestyle and 1500 meter Freestyle are seeded at the lowest non-conforming qualifying time for this meet which is SCY bonus.

ENTRY FEES:

There is a \$30.00 facility surcharge per swimmer. \$29.00 to host, \$1.00 Central Zone.

There is a \$20.00 surcharge per coach. \$20.00 to host

Individual Events:

Proven individual events are \$20.00 per event. CSRVIII \$8.00, host \$12.00.

Relay events are \$40.00. CSRVIII \$16.00, host \$24.00.

Bonus Events:

Bonus individual events are \$26.00 per event CSRVIII \$9.00, host \$17.00.

Deck entry:

Fees for swimmers already entered in the meet:

Individual events are \$26.00. CSRVIII \$9.00, host \$17.00.

Relay events are \$52.00. CSRVIII \$20., host \$32.00

Time Trial entry fees:

\$26 per individual event and \$52 per relay event. The host retains all time trial fees

Your total fees report will be available at the venue.

PENALTIES:

All entries both individual (attached or unattached) swimmers and club entries that were missed at the entry deadline for this meet must complete the following steps to enter the meet:

1. All swimmers must have at least one provable cut to enter the meet.
2. All entry fines go to the CSRVIII Travel Fund.
3. Fees for entries not submitted by **Monday, March 11, 2023 at 7:00 PM CST.**

\$30.00 facility surcharge per swimmer, \$20.00 surcharge per coach. Individual deck entry fee \$26.00, \$52.00 per relay.

Fine for failure to enter the meet by the close of the entry period is \$50.00 per swimmer (with a maximum fine of \$300.00 for a club) who did not submit their entries through the official entry platform before the entry deadline. Fines payable to Host but are included with final Travel Fund fees to the Region

CREDENTIALS:

This is a closed deck.

All coaches in attendance must wear meet credentials and their current USA Swimming registration cards while on deck.

Coaches who plan to attend the meet must participate in the Credential Check prior to receiving credentials. Those coaches must provide all necessary certification documentation at the "registration/check in" area prior to receiving any meet credentials and athlete meet credentials.

Deck Pass/event credential ratio:

1-5 = 1 credential

6-11 = 2 credentials

12-19 = 3 credentials

20-29 = 4 credentials

30-100= 5 credentials

Coach Deck Passes \$20.00 per pass.

DISTANCE CHECK-IN:

All swimmers participating in the 800 meter or 1500 meter Free on Thursday March 14, 2024 are considered checked in upon entry. Coaches must scratch swimmers no later than 2:00 on Wednesday, March 13, 2024 via CSCTigersharks.org. Sunday's 800 meter and 1500 meter Free MUST positively check-in on the pool deck by the scratch deadline for that day's events TO BE SEEDED

SCRATCHES:

Scratch procedures are in accordance with current USA Swimming National Championship rules and regulations. Relays will follow the same scratch procedures as individual events.

Scratches for Thursday's events open at the conclusion of Monday Night's ZOOM Technical meeting and close at TWO O'CLOCK on Wednesday, March 13, 2024. Use the following link for Thursday scratches ONLY:

CSCTigersharks.org

Scratch deadline for Friday, Saturday and Sunday's events is 30 minutes after the beginning of the previous day's finals. These scratches will be done on deck at the scratch table

A swimmer who positive 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.

100% of this fine goes to the CSRVIII Travel Fund.

Finals scratch:

A swimmer who qualifies for a D, C, B, or A 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).

The Meet Director will send a list to the CSRVIII Chair immediately following the CSRVIII Meet.

The swimmer will have their club contacted by the CSRVIII Chair immediately following receipt of the list. Within thirty days (30) after the postmark of the notification from the CSRVIII Chair, payment must be received, or the swimmer is barred from future CSRVIII Meets. A list will be sent to the Meet Directors of future CSRVIII Meets.

If payment is NOT received within the thirty (30) day period, and is deemed late by the CSRVIII Chair, a penalty of DOUBLE the fine will be incurred by the swimmer.

SCORING AND AWARDS:

Team scores will be kept and awarded. Scoring shall be through twenty-fourth (24) place basis with all events. Scoring 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. and relay events receiving double these point values.

1. Medals are given to 1st—8th place in individual events and 1st – 3rd in relay events.
2. The top 3 finishers in each event will report to the awards stand immediately after the event for awarding of the Bronze, Silver and Gold medals. The coach of the top finisher should also report immediately after the event to the awards stand. If the coach is not available, then a substitute will make the awards presentation.
3. All participants may score and medal at this meet.
4. Only CSRVIII athlete members may set or hold Region VIII Records.

Individual and Team awards will be presented after the meet

Trophies shall be awarded for the Women's and Men's teams for the top 3 places.

The CSRVIII Jim Devine Traveling Trophy shall be presented to the Combined Team Winner.

High point awards are given to the 1st, 2nd, and 3rd individual Women's and Men's High Point Winners.

Two Plaques are awarded for the "Team" with the "Most Gold Medals" and the "Team" with the "Most Total Medals" during the awards presentations.

A high point distance award (competitors entered in each of the following events: 400 Meter Freestyle, 800 Meter Freestyle, 1500 Meter Freestyle and 400 Meter Individual Medley) is given to the individual Women's and Men's High Point Winner competing in and scoring the most points in all four events.

The Dylan Lynn Performance of the Meet Award is presented to both a female and male swimmer. LCM Performance of the meet will be scored off of FINA Points. SCY Performance of the meet will be scored off of Hytek Open Points

Coach of the year award:

The Hank Enterline CSRVIII Coach of the Year is given out twice a year.

Coach of the Year for the Spring Sectional Championship is given out at the Summer Meet. Coach of the Year for the Summer Sectional Championship is given out at the Spring Meet.

This award is presented at Saturday night's finals.

TIME TRIALS:

Time Trials are offered at the discretion of the Meet Referee and the Meet Director and ONLY if time permits.

A swimmer must be entered in the meet to be eligible to participate in Time Trials. Time Trials entry closes at 9:30AM each day. Time Trials will be offered as follows:

First Full Day: That day's events, followed by the remaining events in the meet.

Second Day: That day's events, followed by the events of the remaining days of the meet followed by the events of the previous days.

Third Day: That day's events, followed by the events of the remaining days of the meet followed by the events of the previous days.

Final Day: Only time trials for distance events will be conducted and they will be seeded in open lanes only

Coaches are reminded that swimmers may compete in no more than three (3) individual events per day including time trials.

Time trials for the 800 Meter Freestyle and the 1500 Meter Freestyle distance events will only be offered on that day's events and those swimming time trials are placed in any open lanes and open heats regardless of gender.

Final Day of Competition: Time Trials are offered to National qualifying standard possible qualifiers only.

OFFICIALS:

This meet has been designated as a National Qualifying Meet for officials seeking N2 / N3 certifications or re-certifications.

Application to officiate or for evaluation can be found at the following link: [Application to Officiate](#)

Applications for an assigned position must be received by March 7, 2024. Deck officials are always welcome, simply fill-out the online application or if the week of the event, please contact the Meet Referee directly.

An officials' meeting will be held one hour prior to each session at the pool. This meet has been designated as a National Qualifying Meet to all officials who wish to and are eligible to be evaluated for advancement or re-certification. **Request for evaluation** should be made in the application to officiate or to the Meet Referee by Feb 28, 2024.

The meet attire shall be white over navy with white shoes. Long pants preferred for finals attire.

MEET PROGRAM / ADMISSION

Heat sheets will be published on-line at CSCTigersharks.org and on MeetMobile Spectator passes are available to purchase in advance.

Spectator Plus Package: Includes all Sessions (Prelims/Finals) \$100.00

Daily Single Session:

Prelims: \$15.00

Finals: \$10.00

Link: CSCTigersharks.org

WEBSITE:

Visit the website for the most current information regarding the Speedo Sectionals at Columbia, MO, including a listing of hotels, meet information, updates, results, etc.: CSCTigersharks.org

SUMMER CSRVIII CHAMPIONSHIP SCHEDULE

Region VIII Coach General Business Meeting will be held Wednesday March 13 at 7:00 PM Location is the hospitality room. Coaches are responsible for all the information discussed at this meeting.

POOL AVAILABILITY:

1. The pool is available for Team Practice, Wednesday from 12:00 PM – 8:00PM.
2. Team check-in and registration available 12:00 PM – 8:00 PM on Wednesday.
3. Facility is open a minimum of 30 minutes prior to the start of each morning warm up prelim session for swimmers and coaches.

SESSION & MEET START TIMES:

Day	Session	Warm-Up	Clear Pool	Competition Begins	Session	Warm-Up	Clear Pool	Competition Begins
Wednesday	Team Check In Registration Begins 12:00 PM: Pool Available for Warm UP 12:00-8:00 PM Region VIII Business Meeting Time 7:00 PM							
Thursday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	3:30 PM	4:50 PM	5:00 PM
Friday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	3:30 PM	4:50 PM	5:00 PM
Saturday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	3:30 PM	4:50 PM	5:00 PM
Sat	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	3:30 PM	4:50 PM	5:00 PM

Note: There is a 10-minute break prior to all relays and a 10-minute break prior to time trials.

WARM-UPS PRELIM SESSION: General warm-up, no assigned lanes. Warm-up opens 7:00 AM; there is general warm up with feet first entry. No sprinting or pace work allowed during the general warm-up session. 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.

40 minutes prior to start of competition, the following warm up procedures are followed.

- Lanes 1&8 pace lanes: No diving or racing starts. Circle swimming only.
- Lanes 2&7 sprint lane: dive start, swim only one direction. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of the 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be made available upon request to the Meet Referee.
- No equipment to be used during warm-ups in the competition pool. Pull buoys and kickboards may be used in the warm-up pool.

CLEAR POOL: 10 minutes prior to start of meet. 8:50 am. Meet starts 9:00 am.

WARM-UPS FINALS SESSION: Finals warm-up lane usage schedule: General warm up period: feet first entry No Diving from the blocks or sides of pool.

30 minutes prior to start of competition, the following warm up procedures are followed.

- Lanes 1 & 8 pace lanes: No diving or racing starts. Circle Swimming Only.
- Lanes 2 & 7 sprint lane: dive start, swim only one direction. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be made available upon request to the Meet Referee.

SPEEDO SECTIONALS AT COLUMBIA 2024
CENTRAL SECTION REGION VIII
QUALIFYING TIMES | ORDER OF EVENTS
March 14 – 17, 2024
COLUMBIA, MISSOURI

EVENT	WOMEN		WOMEN		EVENT	MEN		MEN		EVENT
	SHORT COURSE		LONG COURSE			LONG COURSE		SHORT COURSE		
	Bonus	Priority	Bonus	Priority		Day 1	Priority	Bonus	Priority	

1		10:44.99		9:40.99	800/1500 Free (A)	17:29.99		17:04.99		2
3	<i>1:00.59</i>	59.59	<i>1:08.49</i>	1:07.49	50 Fly	1:00.09	<i>1:01.09</i>	52.89	<i>53.89</i>	4
5	<i>2:11.89</i>	2:09.89	<i>2:29.39</i>	2:27.39	200 Back	2:13.79	<i>2:15.19</i>	1:57.79	<i>1:59.79</i>	6
7	<i>25.09</i>	24.59	<i>28.59</i>	28.09	50 Free	25.29	<i>25.79</i>	22.09	<i>22.59</i>	8
9	<i>2:30.29</i>	2:28.29	<i>2:50.59</i>	2:48.59	200 Breast	2:30.99	<i>2:32.99</i>	2:12.39	<i>2:14.39</i>	10
11		8:06.99		9:09.99	800 Free Relay (B)	8:29.99		7:25.89		12

Day 2

13		1:42.19		1:56.69	200 Free Relay(B)	1:44.49		1:31.49		14
15	<i>1:58.59</i>	1:56.59	<i>2:14.59</i>	2:12.59	200 Free	2:00.99	<i>2:02.99</i>	1:46.09	<i>1:48.09</i>	16
17	<i>1:00.59</i>	59.59	<i>1:08.49</i>	1:07.49	100 Fly	1:00.09	<i>1:01.09</i>	52.89	<i>53.89</i>	18
19	<i>4:47.39</i>	4:43.39	<i>5:24.99</i>	5:20.99	400 IM	4:51.59	<i>4:55.59</i>	4:16.89	<i>4:20.89</i>	20
21		4:07.39		4:43.99	200 MD Relay (B)	4:18.99		3:41.99		22

Day 3

23	<i>1:00.99</i>	59.99	<i>1:08.79</i>	1:07.89	100 Back	1:01.99	<i>1:02.39</i>	54.19	<i>55.19</i>	24
25	<i>5:16.99</i>	5:11.99	<i>4:44.09</i>	4:40.09	400 Free	4:18.79	<i>4:22.79</i>	4:49.99	<i>4:54.99</i>	26
27	<i>1:09.49</i>	1:08.49	<i>1:18.99</i>	1:17.99	100 Breast	1:09.69	<i>1:10.39</i>	1:00.69	<i>1:01.69</i>	28
29	<i>2:14.99</i>	2:12.99	<i>2:33.99</i>	2:31.99	200 Fly	2:14.99	<i>2:16.99</i>	1:59.99	<i>2:01.99</i>	30
31		3:42.99		4:12.99	400 Free Relay(B)	3:52.59		3:18.79		32

Day 4

33		18:04.99		18:29.99	1500/800 Free (A)	9:04.19		10:05.99		34
35	<i>1:00.99</i>	59.99	<i>1:08.79</i>	1:07.79	50 Back	1:01.39	<i>1:02.39</i>	54.19	<i>55.19</i>	36
37	<i>2:14.09</i>	2:12.09	<i>2:31.79</i>	2:29.79	200 IM	2:15.19	<i>2:16.79</i>	1:58.59	<i>2:00.59</i>	38
39	<i>54.49</i>	53.49	<i>1:01.99</i>	1:00.99	100 Free	55.09	<i>56.09</i>	48.19	<i>49.19</i>	40
41	<i>1:09.49</i>	1:08.49	<i>1:18.99</i>	1:17.99	50 Breast	1:09.39	<i>1:10.39</i>	1:00.69	<i>1:01.69</i>	42
43		4:07.39		4:43.99	400 MD Relay (B)	4:18.99		3:41.99		44

(A) – The fastest heat of these events will swim during finals in event order. All remaining heats will swim following the conclusion of the session, swimming slowest to fastest, alternating genders. Time TBA at the meet.

(B) – The fastest 2 (two) heats of relays will be swim in event order during finals.