



## 2026 GTWY BE MY VALENTINE February 6-8, 2026

Hosted by



<b>SPONSOR/HOST</b>	<ul style="list-style-type: none"><li>• Gateway Swim Club</li></ul>
<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: <b>OZ-_____</b></li><li>• USA Swimming, Inc., Ozark Swimming, Inc., Kirkwood High School, and Gateway Swim Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li><li>• An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., and Gateway Swim Club cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Ozark Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li><li>• BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.</li></ul>
<b>LOCATION:</b>	Walker Natatorium - Kirkwood High School 730 Chopin Drive; Kirkwood, Missouri 63021 ; 314-213-6110
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• Indoor short course 25-yard pool; with eight (8) competition lanes with non-turbulent lane lines</li><li>• Indoor 20-yard warm-up/cool down pool with five (5) lanes available throughout the meet.</li><li>• Water temperature – 79 degrees</li><li>• Omega timing system</li><li>• Full 8-lane scoreboard showing splits and cumulative times.</li><li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.<ul style="list-style-type: none"><li>• The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. The pool depth is a minimum of six feet at both ends of the competition course.</li><li>• Overhead Balcony seating for spectators is available, as well as generous on-deck areas for swimmers and coaches.</li></ul></li></ul>

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<b>MEET DIRECTOR</b>	Katherine Becker	gatewayswimmeets@gmail.com	N/A
<b>ADMIN OFFICIAL</b>	Erin Shank	erin.d.shank@gmail.com	N/A
<b>MEET REFEREE</b>	Brett Shank	gtwyprz@gmail.com	N/A
<b>MEET MARSHALS</b>	TBD		
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</li> <li>No on deck Ozark Swimming athlete registration will be permitted.</li> <li>Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered, a \$100 fine per athlete will be imposed on the swimmer's club, made payable to Ozark Swimming.</li> <li>Open to all USA Swimming athletes registered before the first day of the meet.</li> <li>The meet will be limited to a total of 500 swimmers. NO team entry will be split.</li> <li>Age on Friday, February 6, 2026 will determine age for the entire meet.</li> </ul>		
<b>DISABILITY SWIMMERS:</b>	<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.</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>		
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All swimmers will swim in the same session each day. Events will be divided between 12 &amp; Under events and 13 &amp; Over events, except for the 400 IM, 500 Free, 1000 Free and 1650 Free which are 11 &amp; Over respectively.</li> <li>All events will be timed finals.</li> </ul>		
<b>SCHEDULE:</b>	<ul style="list-style-type: none"> <li>Friday session: Warm-ups at (Group A) <b>5:15-5:40 PM</b>, (Group B) <b>5:40-6:05 PM</b>; competition starts at <b>6:10 PM</b></li> <li>Saturday Morning sessions: Warm-ups at (Group A) <b>8:15-8:40 AM</b>, (Group B) <b>8:40-9:05 AM</b>, with optional sprints during the last 5 minutes of each session; competition starts at <b>9:10 AM</b>.</li> <li>Saturday Afternoon session: Warm-up at (Group A) <b>1:30-1:55 PM</b>, (Group B) <b>1:55-2:20 PM</b> with optional sprints during the last 5 minutes of each session; competition starts at <b>2:25 PM</b>.</li> <li><b>Sunday sessions will start an hour earlier.</b></li> <li>Sunday Morning sessions: Warm-ups at (Group A) <b>7:15-7:40 AM</b>, (Group B) <b>7:40-8:05 AM</b>, with optional sprints during the last 5 minutes of each session; competition starts at <b>8:10 AM</b>.</li> <li>Sunday Afternoon session: Warm-up at (Group A) <b>12:30-12:55 PM</b>, (Group B) <b>12:55-1:20 PM</b> with optional sprints during the last 5 minutes of each session; competition starts at <b>1:25 PM</b>.</li> <li>Lane assignment and warm-up times for individual clubs will be posted on the Gateway Swim Club website no later than September 19th and will also be emailed to the contact person of the participating clubs.</li> <li>If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>		

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<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES WEDNESDAY, JANUARY 21, 2026. ENTRIES OPENS MONDAY JANUARY 19, 2026, AT 9:00 AM.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in short course yard times using Hy-Tek compatible format.</li> <li>• Teams must submit entries via email.</li> <li>• “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record.</li> <li>• Swimmers may enter a maximum of four individual events per day.</li> <li>• Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director, in conjunction with the Meet Referee reserves the right to limit entries in any events, if necessary, to prevent a too lengthy of a session. This may include combining heats and events, which may require reseeding.</li> <li>• Email entries to: Kian Quigley at gsc@prcommunityed.org</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• Events will be swum fastest to slowest.</li> <li>• All events except 3 &amp; 4 (400 IM), 7 &amp; 8(500 Free), 23 &amp; 24 (1000 Free) and 25 &amp; 26 (1650 Freestyle) will be preseeded.</li> <li>• Events 3 &amp; 4 (400 IM), 7 &amp; 8 (500 Free), 23 &amp; 24 (1000 Free) and 25 &amp; 26 (1650 Freestyle) require a positive check-in to swim. Positive check-in will close 1 hour after the start of the session.</li> <li>• Swimmers must positively check-in to be seeded in the event for events 3 &amp; 4, 7 &amp; 8, 23 &amp; 24, 25 &amp; 26. Any swimmer not checked in for these events will not be seeded.</li> <li>• The 1000 &amp; 1650 Freestyle will be swum fastest to slow.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>• Individual events: \$5.00</li> <li>• Relay events: \$10.00</li> <li>• Swimmer Surcharge: \$20.00</li> <li>• \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club.</li> <li>• Checks should be made payable to: Gateway Swim Club</li> <li>• Mail payment to: c/o Kian Quigley Meet Entry Secretary 1401 Froesel Drive, Ellisville, MO 63011</li> <li>• Payment must be received within 7 days of acceptance into the meet. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• IMPORTANT: If payment is sent via Express Mail/FedEx/UPS, etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.</li> <li>• There will be no refunds.</li> </ul>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>• Time trials may be conducted at the completion of each session on Saturday and Sunday.</li> <li>• The limitation on the total number of individual events in which a swimmer may compete each day is 6 (USA Swimming Rules and Regulations Article 1022 &amp; 102.3)</li> <li>• Time trials will only be accepted/seeded after payment is accepted and meet registration form is completed for any swimmers not originally entered in the meet.</li> <li>• Deadline: All fees and any required registration forms must be submitted 60 minutes before the end of each session on Saturday and Sunday.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Ribbons will be awarded to places 1-8.</li> <li>• Heat winner awards will be given out.</li> <li>• No awards will be given out for relays.</li> <li>• Event results will be broken into 8 &amp; Under, 9-10, 11-12, and 13-14 and 15 &amp; Over.</li> </ul>
<b>SCORING</b>	N/A
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• In accordance with USA Swimming and Ozark Guidelines, the warm-up sessions and the meet will be under the guidance of a meet Safety Marshall. Meet Marshals have full</li> </ul>

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	<p>authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches, and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.</p>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for any issues that arise during the course of the meet.</li> <li>• Any swimmer entered in the meet must be certified by a USA-S 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.</li> <li>• The flyover start procedure will be used for all sessions.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.</li> <li>• Deck changes are prohibited.</li> <li>• Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All coaches and officials must present proof of registration in good standing and sign the sign-in sheet at the start of every session. USA Swimming app is acceptable proof of USA Swimming membership. <ul style="list-style-type: none"> <li>o Coaches/Officials with expired or non-current credentials or those unable to provide credentials will be required to leave the deck area.</li> </ul> </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>• All applicable adults 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.</li> <li>• A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.</li> </ul>
<b>EVENT 201 and 202:</b>	<ul style="list-style-type: none"> <li>• Events 201 and 202 are not USA or Ozark Sanctioned Events. Event #201 and #202 is an exhibition race and times are not official for the purposes of USA Swimming.</li> <li>• Submit entry times in short course yard 50 Freestyle</li> <li>• All freestyle rules provided under Section 101.5 of USA Swimming apply with the following exceptions: <ul style="list-style-type: none"> <li>• Swimmers may wear long blade, medium blade or short blade single fins or monofin for the duration of the race.</li> <li>• Some part of the swimmer is not required to break the surface of the water throughout the race</li> </ul> </li> </ul>

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<b>OFFICIALS:</b>	<ul style="list-style-type: none"> <li>• Gateway welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Officials Coordinator, Tom Lombardo (gatewayofficialsdirector@gmail.com )</li> <li>• Apprentice sessions may be available but please get approval from Bill Renner (<a href="mailto:billrenner@gmail.com">billrenner@gmail.com</a>)</li> <li>• Officials meeting will occur 45 minutes prior to the session start times in the hospitality room.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Timers will be provided by the host club, with the exception of the 500 freestyle, 1000 Free and 1650 Freestyle. For these events, each swimmer must provide 1 timer.</li> <li>• Swimmers in the 500 Free need to provide their own TIMER and COUNTER</li> <li>• Swimmers in the 1000 Free need to provide their own TIMER and COUNTER.</li> <li>• Swimmers in the 1650 Free need to provide their own TIMER and COUNTER</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Swimmers should report to the Bullpen for their events.</li> <li>• Psych sheets will be posted and emailed to the contact person of each individual club and be available on Meet Mobile.</li> <li>• Heat Sheets (upon completion of the positive check-in events) will be posted at the venue.</li> <li>• Results will be posted in the venue, available on Meet Mobile, and emailed to the contact person of each individual club, as well as posted to ozarkswimming.com. Note that Meet Mobile results are not considered official results.</li> <li>• No parking directly in front of the Natatorium. All spaces are reserved for coaches, staff, and officials. There is very little parking directly in front of the pool. Cars may park on Chopin Street or in the parking lot on Essex or Dougherty Ferry Drive.</li> <li>• Concessions will be available on Saturday and Sunday.</li> <li>• Hospitality will be provided for coaches and officials.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Loud radios, running, roughhousing, and ball playing in the bullpen / hallways will be prohibited. Unauthorized areas will be clearly marked and entrance into those designated areas will be prohibited to all meet participants and spectators.</li> <li>• Each team is responsible for its own valuables.</li> <li>• Each coach is responsible for the conduct of their team.</li> <li>• Smoking and the use of any tobacco products is prohibited on all Kirkwood School District campuses, both in the buildings and on the surrounding campus grounds.</li> <li>• No glass containers are allowed.</li> <li>• All trash should be properly disposed of and exit doors and aisles shall not be blocked.</li> </ul>

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## ORDER OF EVENTS

Friday February 6, 2026		
Evening Session Warm-up: 5:15 PM; Start: 6:10 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 100 IM	2
3	11 & Over 400 IM	4
5	12 & Under 200 Free	6
7	11 & Over 500 Free	8

Saturday February 7, 2026						
Morning Session Warm-up: 8:15 AM; Start: 9:10 AM			Afternoon Session Warm-up: 1:30 PM; Start: 2:25 PM			
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	
101	13 & Over 200 Mixed Medley Relay	101	102	12 & Under 200 Mixed Medley Relay	102	
5 Minute Break			103	8 & Under 100 Mixed Medley Relay	103	
9	13 & Over 200 IM	10	5 Minute Break			
11	13 & Over 200 Back	12	27	12 & Under 200 IM	28	
13	13 & Over 50 Fly	14	29	8 & Under 25 Breast	30	
15	13 & Over 100 Free	16	31	12 & Under 100 Breast	32	
17	13 & Over 100 Fly	18	33	11-12 200 Breast	34	
19	13 & Over 50 Back	20	35	12 & Under 50 Fly	36	
21	13 & Over 100 Breast	22	37	8 & Under 25 Free	38	
5 Minute Break			39	12 & Under 100 Back	40	
23	11 & Over 1000 Free		41	11-12 200 Back	42	
11 & Over 1650 Free		26	43	12 & Under 50 Free	44	
			5 Minute Break			
			201	12 & Under 25 Free with Fins EXH	202	

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Sunday February 8, 2026					
Morning Session Warm-up: 7:15 AM; Start: 8:10 AM			Afternoon Session Warm-up: 12:30pm; Start: 1:25 PM		
Girls	Events	Boys	Girls	Events	Boys
104	13 & Over 200 Mixed Free Relay	104	105	12 & Under 200 Mixed Free Relay	105
5 Minute Break			106	8 & Under 100 Mixed Free Relay	106
45	13 & Over 200 Free	46	5 Minute Break		
47	13 & Over 200 Breast	48	57	12 & Under 100 Free	58
49	13 & Over 100 Back	50	59	12 & Under 50 Breast	60
51	13 & Over 50 Free	52	61	8 & Under 25 Fly	62
53	13 & Over 200 Fly	54	63	12 & Under 100 Fly	64
55	13 & Over 50 Breast	56	65	11-12 200 Fly	66
5 Minute Break			67	12 & Under 50 Back	68
	11 & Over 1000 Free	24	69	8 & Under 25 Back	70
25	11 & Over 1650 Free				