



***2023 Missouri Valley  
Long Course  
District Championships  
July 21-23, 2023***

**Hosted by:  
Empire KC Swim Club**



**Shawnee Mission Aquatic Center**

**Entry Deadline  
6:00 PM CDT, Monday July 17, 2023**

## GENERAL INFORMATION

*2023 Missouri Valley District Championships*

**ORDER OF EVENTS:**

Warm Up 9:00AM	Friday 1 <sup>st</sup> Session	Meet Start 10:00AM
Women		Men
1	11-12 400 Free	2
3	10 & Under 50 Breast	4
5	11-12 50 Breast	6
7	10 & Under 100 Free	8
9	11-12 100 Free	10
11	10 & Under 50 Fly	12
13	11-12 50 Fly	14

Friday 2 <sup>nd</sup> Session		
Women		Men
15	13-14 400 IM	16
17	15 & Over 400 IM	18
19	13-14 100 Breast	20
21	15 & Over 100 Breast	22
23	13-14 200 Freestyle	24
25	15 & Over 200 Freestyle	26
27	13-14 100 Fly	28
29	15 & Over 100 Fly	30

Warm Up 8:00AM	Saturday 1 <sup>st</sup> Session	Meet Start 9:00AM
Women		Men
31	11-12 200 Freestyle Relay	32
33	10 & U 200 Freestyle Relay	34
35	11-12 200 IM	36
37	10 & Under 200 IM	38
39	11-12 100 Back	40
41	10 & Under 100 Back	42
43	11-12 50 Free	44
45	10 & Under 50 Free	46
47	11-12 100 Breast	48
49	10 & Under 100 Breast	50

Saturday 2 <sup>nd</sup> Session		
Women		Men
51	13-14 200 Freestyle Relay	52
53	15 & Over 200 Freestyle Relay	54
55	13-14 200 IM	56
57	15 & Over 200 IM	58
59	13-14 50 Free	60
61	15 & Over 50 Free	62
63	13-14 200 Breast	64
65	15 & Over 200 Breast	66
67	13-14 100 Back	68
69	15 & Over 100 Back	70
71	13-14 400 Free	72
73	15 & Over 400 Free	74

Warm Up 8:00AM	Sunday 1 <sup>st</sup> Session	Meet Start 9:00AM
Women		Men
75	11-12 200 Medley Relay	76
77	10 & U Medley Relay	78
79	11-12 200 Free	80
81	10 & Under 200 Free	82
83	11-12 50 Back	84
85	10 & Under 50 Back	86
87	11-12 100 Fly	88
89	10 & Under 100 Fly	90

Sunday 2 <sup>nd</sup> Session		
Women		Men
91	13-14 200 Medley Relay	92
93	15 & Over 200 Medley Relay	94
95	13-14 200 Back	96
97	15 & Over 200 Back	98
99	13-14 100 Free	100
101	15 & Over 100 Free	102
103	13-14 200 Fly	104
105	15 & Over 200 Fly	106
107	13 & Over 800 Free	108

Held under the sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc.  
Meet Sanction No. MV-23-68 Time Trials Sanction No. MV-23-69TT

## LOCATION and FACILITY

Shawnee Mission School District Aquatic Center  
17251 W 87<sup>th</sup> Street  
Lenexa, KS 66219

50-meter x 25 yard competition course configured for 50 meter competition (8 lanes). Warm-up/cool-down lanes will be available: Starting/Turning Depth Start End 7.0 feet end; turning 13.0 feet deep. Daktronics timing System with a scoreboard will be used. The competition course has been certified in accordance with 104.2.2C(4). A copy of this certification is on file with USA Swimming.

Swimmers must use the designated locker rooms for boys and girls. The pool deck is closed to spectators. Only swimmers, pre-registered coaches, officials, and meet volunteers will be allowed on deck.

## MEET PERSONNEL and ENTRY PROCEDURES

**Meet Director:** Danelle Sanning, danelle.sanning@gmail.com, (816)804-0454

David Bowman, david.bowman@selectquote.com, (816) 678-6980

**Meet Referee:** Chris Maloney, chris.w.maloney@gmail.com, (913) 221-8511

**Admin Official:** Leesa Bichsel, lcbichsel@gmail.com, (816) 830-1245

**Entries Chair:** Carmen Menges, carmen.menges@yahoo.com, (816) 918-3773

Entries will only be accepted from Missouri Valley registered teams and unattached swimmers registered in Missouri Valley. ALL entries must be submitted using [USA Swimming's Online Meet Entry \(OME\)](#) procedures. Using the OVERRIDE feature for entry times is not allowed. **When submitting entries, teams must register all attending coaches in OME. Coaches not listed in the team's OME entry will not be allowed on deck.**

**The OME DEADLINE FOR ENTRIES IS 6:00PM CDT, Monday, July 17, 2023.**

Teams failing to check out by the entry deadline will be assessed a penalty equal to 25% of the total entry fees owed by the team not to exceed \$1000. Penalties will be assessed and invoiced by Missouri Valley Swimming.

Deck entries are permitted if space is available. Deck entries are limited to swimmers already entered in the meet, will only be accepted to fill open lanes, and at the discretion of the meet referee. Proof of Time and qualification for entry must be provided by using the SWIMS Times Database. Events will NOT be re-seeded to accommodate deck entries.

**Fees:** Individual events: \$10.00 per event

Relay events: \$20.00

Facility Surcharge: \$15.00 per swimmer

Deck entries and Time Trials: \$20.00 for individual events and \$40 for relays

Checks should be made payable to: EMPIRE KC SWIM CLUB

Mail payment to: EMPIRE KC, PO Box 7177, Lee's Summit, MO 64064

The meet host will provide each team an entry list by swimmer and a psych sheet within by 6:00pm on Tuesday, July 18. Teams will have until noon on Wednesday, July 19 to make any corrections to the team's entry. Warm up and timing assignments shall be sent to teams by 6:00pm on Wednesday, July 19.

**Relays:** Teams may enter a maximum of two relays in each event. Each coach shall pick up relay entry forms from the clerk of course and fill out completely with first name, last name and order of swimming for each entered relay. Relay forms shall be returned one (1) hour prior to the start of relays. However, relay order may be changed up to the time of the swim. Relay-only swimmers are not allowed at this competition.

**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 an LSC Championship qualifying time or faster. 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, at the discretion of the Meet Director and Meet Referee these swimmers will only be allowed to participate in time trial events following the afternoon sessions. Time trials will count towards the five (5) day event total.

The order of events for the time trials shall be as follows:

**Friday:** Fri/Sat/Sun events - **Saturday:** Sat/Sun/Fri events - **Sunday:** Sun/Fri/Sat events

## ELIGIBILITY, BONUS EVENTS, and SPECIAL CONSIDERATIONS

**Membership:** All athletes must be 2023 registered athlete members of USA Swimming. 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.

**Eligibility:** No time conversions are allowed; however, swimmers may qualify with short course qualifying times. Seeding order will be LCM, then SCY, then SCM. Swimmers who have achieved a SCY or SCM qualifying time, but not the LCM qualifying time, shall enter with the time they have actually achieved. The entry report must clearly note the submitted time as a SCY or SCM time. Qualifying times are available on the [Missouri Valley Swimming website](#).

**Bonus Events:** Each swimmer achieving and entering a minimum of one District qualifying time shall be allowed to enter a maximum of two (2) additional bonus events in which he/she has not achieved the District qualifying time. **No bonus swims will be allowed in events longer than 200 meters, and a swimmer must have a provable time in the USA Database for that event.** The entry time for all "bonus events" shall be the swimmers actual best time for that event.

**Age-Up Rule:** Swimmers aged 10, 12, or 14 aging up between the first day of District Championships and the first day of Long Course Championships with times too fast to qualify for this championship meet will be allowed to compete in this meet under the following conditions:

- 10, 12, or 14 year old swimmers who do not qualify for an event in their new age group at Missouri Valley Long Course Championships may enter it in this meet.

- 10, 12, or 14 year old swimmers aging up between championship meets will be seeded correctly by time in that event, however, they will swim exhibition only and will not be eligible for scores and awards.

The swimmer may, however, compete in only one age group in the District Championship meet.

Any such entries must be reported to the Entries Chair by email, including athlete's name and USA-S ID, **event(s) number**, and entry time. The entries must be sent prior to the entry deadline.

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. **Any entries utilizing the alternate distance qualification must be reported to the Entries Chair, including provable event time, via email, no later than the entry deadline.**

A swimmer may enter all events for which he/she qualifies. Swimmers may swim a maximum of five (5) individual events per day.

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

**Disabled Swimmers:** Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

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.

Swimmers without a coach at the meet must check in with the Meet Referee or designee and will be assigned to a coach during the warm-up portion of the meet.

## FORMAT, SCRATCHES, and CHECK-IN

**Format:** The meet will consist of Timed Finals seeded slow to fast with the following exceptions: The 800-meter freestyle will be swum alternating heats, fastest seed to slowest seed. These 13 & Over events will be swum together, but scored and awarded based on 13-14 and 15 & Over age groups.

**Seeding:** The meet will be deck seeded.

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 all other courses shall be considered 'non-conforming times'. The seeding order is:

Entries meeting the qualifying time standard in course order 1) LCM 2) SCY 3) SCM, followed by Bonus Entries in course order 1) LCM 2) SCY 3) SCM.

**Scratch & Check-In:** Except for the 800 meter freestyle event, 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 **30 minutes after the start of the previous session**. Scratches for Friday morning's session will be due on Thursday, July 20, 2023, at 9:00 PM and should be sent via email to the entries chair. If a swimmer fails to either swim or scratch, there will be no penalty. In the event a swimmer enters more individual events per day than permitted (5) and does not scratch, the swimmer will be scratched from events after they have reached their maximum number of events.

It is the responsibility of each coach and/or swimmer to indicate which events are to be scratched and to return the scratch form to the Clerk of the Course by the scratch deadline prior to each session.

Positive check-in will be required for the 800-meter freestyle. **This rule will be strictly enforced.** Failure to check-in will result in the athlete being scratched from the event. The meet referee will work with attending coaches to establish the check-in deadline for this event.

## MEET SCHEDULE

### FRIDAY

#### 12 & Under

##### Session 1

Warm-ups: 9:00 – 9:25 AM

##### Session 2

Warm-ups: 9:25 – 9:50 AM

**Meet starts: 10:00 AM**

#### 13 & Over

Warm up times will be determined after the entries have been received.

**Warm-up not before 12:00.**

**Meet starts: 90 minutes after the conclusion of the AM Session, but not before 1:30pm.**

### SATURDAY/SUNDAY

#### 12 & Under

##### Session 1

Warm-ups: 8:00 – 8:25 AM

##### Session 2

Warm-ups: 8:25 – 8:50 AM

**Meet starts: 9:00 AM**

#### 13 & Over

Warm up times will be determined after the entries have been received.

**Warm-up not before 11:00.**

**Meet starts: 90 minutes after the conclusion of the AM Session, but not before 12:30pm.**

Once entries are received, a warm-up schedule will be sent to each club entering the meet. Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants. The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane. If coaches in a lane cannot agree on a warm-up procedure, the session referee should be consulted and shall define that lane's procedure. The decision of the referee will be final.

## AWARDS

Medals for 1st through 3rd for individual events and relays. Ribbons for 4th-8th for individual events. Trophies will be awarded to the Top 3 overall teams.

The top 2 swimmers in each event will automatically qualify for the Long Course Championship meet in that event if they do not achieve the LC Championships standard, Coaches must enter those athletes by using the special instructions outlined in the OME.

## **TIMING ASSIGNMENTS, MEETINGS, and RULES**

Timing Assignments: Each club attending is required to provide timers based upon the number of entries from their team. The host clubs will send sessions and lane assignments prior to the meet.

Swimmers must provide their own timers and counters for the 800 freestyle.

Meeting Schedules: Coaches meetings will be held via Zoom on Thursday, July 20, 2023, at 8:00 PM and other times as requested by the Meet Referee, Age Group Chair, Senior Chair, or MVS Coaches Representatives. A link will be provided at a later time.

There will be an officials meeting one hour prior to the start of each session. All officials working the session must be present at this meeting. 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. Officials must carry proof (physical or electronic) of 2023 USA Swimming certification credentials while acting in any official capacity on the deck of the pool.

Current USA Swimming and Missouri Valley Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules.

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 2.0 ("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.

Current (2023) 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 2023 USAS Coach Membership will not be allowed access to the deck area and will not be allowed to participate in any coaching capacity.

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.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks.

The use of flash photography at the start of any heat of any event is strictly 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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Deck changes are prohibited.

Certified lifeguards will be available to provide first aid assistance if necessary, including use of AED.

It is understood and agreed that USA Swimming and Missouri Valley Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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.

Swimmers may perform racing starts as determined by the coaches monitoring warm-ups for that lane.

Backstroke swimmers shall ensure that they are not starting at a time that a swimmer is on the blocks.

Swimmers shall not step onto the starting blocks if a backstroke swimmer is waiting to start.

Coaches shall continually supervise their swimmers during all warm-up sessions. Swimmers or coaches not following the prescribed warm-up procedures or directions of marshals or USA Swimming officials may be barred from use of the warm-up area.

When warming-up or down during the meet, swimmers shall not perform racing starts and must circle swim.

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