



***2025 Missouri Valley  
Short Course  
Senior Championships  
February 27-March 2, 2025***

**Hosted by:  
Empire KC**



**Entry Deadline  
6:00 PM CST, Monday February 24, 2025**

# GENERAL INFORMATION

## 2025 Missouri Valley Short Course Championships:

Warm Up 4:00 PM	Thursday	Meet Start 5:15 PM
Women		Men
1	800 Free Relay*	2
3	1000 Free*	4

Warm Up 8:00AM	Friday	Meet Start 9:30AM
Women		Men
5	100 Fly	6
7	200 Breast	8
9	50 Free	10
11	400 IM	12
13	400 Free Relay **	14

Warm Up 8:00AM	Saturday	Meet Start 9:30AM
Women		Men
15	200 IM	16
17	200 Back	18
19	100 Free	20
21	100 Breast	22
23	500 Free	24
25	400 Medley Relay**	26

Warm Up 8:00AM	Sunday	Meet Start 9:30AM
Women		Men
27	200 Medley Relay*	28
29	200 Free	30
31	200 Fly	32
33	100 Back	34
35	200 Free Relay*	36
37	1650 Free*	38

\*Timed Finals Event \*\* Timed Finals Events fastest heat to swim in Finals Session

13-14 Athletes LCM		13-14 Athletes SCY		15 & Overs			Senior Champs	15 & Overs			13-14 Athletes SCY		13-14 Athletes LCM	
Bonus	Champs	Bonus	Champs	LCM	SCM	SCY		SCY	SCM	LCM	Champs	Bonus	Champs	Bonus
28.59	28.09	25.09	24.59	36.89	36.09	31.89	50 Free	28.49	32.19	32.99	22.09	22.59	25.29	25.79
1:01.99	1:00.99	54.49	53.49	1:19.29	1:17.69	1:08.59	100 Free	1:01.69	1:09.79	1:11.39	48.19	49.19	55.09	56.09
2:14.59	2:12.59	1:58.59	01:56.59	2:38.69	2:35.69	2:17.29	200 Free	2:04.69	2:21.09	2:24.29	1:46.09	1:48.09	2:00.99	2:02.99
4:44.09	4:40.09	5:16.99	5:11.99	5:34.19	5:27.59	6:06.99	400/500 Free	5:28.99	4:53.69	4:59.59	4:49.99	4:54.99	4:18.79	4:22.79
			10:44.99	11:19.09	11:05.79	12:40.89	800/1000 Free	11:54.89	10:25.49	10:37.99	10:05.99		9:04.19	
	18:29.99		18:04.99	21:54.59	21:36.59	21:28.79	1500/1650 Free	20:01.99	20:09.19	20:26.09	17:04.99		17:29.99	
1:08.79	1:07.89	1:00.99	59.99	1:31.49	1:30.29	1:19.79	100 Back	1:12.39	1:21.89	1:23.09	54.19	55.19	1:01.99	1:02.39
2:29.39	2:27.39	2:11.89	2:09.89	3:06.19	3:03.79	2:42.29	200 Back	2:27.59	2:47.19	2:49.59	1:57.79	1:59.79	2:13.79	2:15.19
1:18.99	1:17.99	1:09.49	1:08.49	1:39.99	1:37.99	1:26.59	100 Breast	1:18.09	1:28.39	1:30.39	1:00.69	1:01.69	1:09.69	1:10.39
2:50.59	2:48.59	2:30.29	2:28.29	3:33.59	3:29.59	3:05.19	200 Breast	2:40.19	3:01.39	3:05.39	02:12.39	2:14.39	2:30.99	2:32.99
1:08.49	1:07.49	1:00.59	59.59	1:33.69	1:32.29	1:21.49	100 Fly	1:10.29	1:19.49	1:20.99	52.89	53.89	1:00.09	1:01.09
2:33.99	2:31.99	2:14.99	2:12.99	3:07.39	3:04.69	2:43.09	200 Fly	2:27.69	2:47.29	2:50.09	01:59.09	2:01.09	2:14.99	2:16.99
2:31.79	2:29.79	2:14.09	2:12.09	2:53.19	2:49.99	2:30.19	200 IM	2:18.89	2:37.29	2:40.49	01:58.59	2:00.59	2:15.19	2:16.79
5:24.99	5:20.99	4:47.39	4:43.39	6:03.19	5:56.79	5:15.09	400 IM	5:34.89	6:19.29	6:25.69	04:16.39	4:20.89	4:51.59	4:55.59
						1:51.19	200 Free Relay	1:38.39						
						4:05.59	400 Free Relay	3:33.99						
						8:49.19	800 Free Relay	7:52.79						
						4:36.79	200 Medley Relay	4:04.99						
						4:36.79	400 Medley Relay	4:04.99						

Held under the sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc.  
Meet Sanction No. MV-25-25 Time Trials Sanction No. MV-25-25TT

## LOCATION and FACILITY

SMSD Aquatic Center  
17251 W 87<sup>th</sup> Street  
Lenexa, KS 66219

**Facility:** 50-meter competition course (80 degrees). 4 lane, 25-yard warm-up, cool-down pool (86 degrees). The depth of the pool is 7ft at the start end and 13 ft at the turn end. Omega Timing System throughout facility, two 8 lane scoreboards, 1 full-color digital display board, 2 Stark Movable Bulkheads, 6" Competitor Gold Medal Lane Ropes. The competition course has been certified in accordance with 104.2.2C(4). A copy of this certification is on file with USA Swimming.

**Admission:** \$5 per session. Officials and meet volunteers will not be charged.

The pool deck and locker rooms are closed to spectators. Only swimmers, pre-registered coaches, officials, and meet volunteers will be allowed on deck. Swimmers must use the designated locker rooms for boys and girls. All athletes must take a cleansing shower each time they arrive at the facility. Shower heads are available on the pool deck.

**Medical Supervision:** Lifeguards will be on duty to provide first aid assistance. AED devices are on premises.

## MEET PERSONNEL and ENTRY PROCEDURES

**Meet Director:** [David Bowerman](#) (816) 678-6980

**Meet Referee:** [Tatjana Alvegard](#) (913) 219-4645

**Admin Official:** Chris Maloney

**Entries Chair:** [Carmen Menges](#)

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. Override entries are not allowed. Only OME qualifying times will be allowed for proof of entry. 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 number of coaches allowed on deck per team is determined by the number of athletes entered in the meet. Each team is allowed up to three (3) coaches on deck for a team with 20 or fewer athletes. Teams are allowed one additional coach for each additional 10 athletes. (21-30 athletes; 4 coaches, 31-40 athletes; 5 coaches, etc.)

**The OME DEADLINE FOR ENTRIES IS 6:00PM CDT, Monday, February 24, 2025.**

Teams failing to check out by the entry deadline will be assessed a \$50 penalty.

The meet host will provide each team an entry list by swimmer, psych sheet, timing assignments, and meet fees summary by **12:00pm on Tuesday, February 25**. Teams will have until 12:00pm on Wednesday, February 26 to make any corrections to the team's entry. Warm-Up assignments will be distributed to teams by Wednesday, February 26.

**Deck entries** Deck entries are permitted prior to the scratch deadlines and must be accompanied by sufficient proof of time. Deck entries will be seeded at the lowest conforming time.

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

Relay events: \$20.00

Facility Surcharge: \$20.00 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 Swim Club, PO Box 7177, Lee's Summit, MO 64064

**Relays:** Teams may enter a maximum of three (3) relays in each relay event. **ALL relays must meet the qualifying time requirements and must be entered as an aggregate of swimmers entering the meet, swimmers must be listed in the relay event entry.** 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.

**Time Trials:** Time Trials may be held between Preliminaries and Finals on Friday. Saturday and Sunday at the discretion of the Meet Referee.

On Friday, priority will be given to Friday events, followed by, if time permits, Saturday and Sunday events. On Saturday, priority will be given to Saturday events, followed by, if time permits, Sunday and Friday events. On Sunday, priority will be given to Sunday events, followed by Friday and Saturday events.

Individual time trial events (but not relays) DO count as one of the swimmers maximum of three (3) events per day. Time Trial Events DO NOT count towards the swimmers maximum of seven (7) events for the meet. Deadlines for Time Trial entries will be established by the Meet Referee.

## ELIGIBILITY, BONUS EVENTS, and SPECIAL CONSIDERATIONS

**Membership:** All athletes must be 2025 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 long course qualifying times. Seeding order will be SCY, then LCM, then SCM. Swimmers who have achieved a LCM or SCM qualifying time, but not the SCY 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](#).

For the 1000 and 1650, a swimmer may use qualifying times in the 1000 SCY, 1650 SCY, 800 LCM, 1500 LCM, 800 SCM, or 1500 SCM for either event. For such entries, alternate distance entries will be designated as bonus swims for seeding purposes, but not count towards the swimmers maximum bonus swims (2).

Swimmers with a 500 freestyle SCY or a 400 freestyle LCM or SCM qualifying time may enter the 500 freestyle. For such entries, the swimmer must enter with the event/time they have actually achieved.

**Bonus Events:** Swimmers entering and competing in a minimum of one (1) individual event may enter up to two (2) bonus events. Bonus events count towards both the daily and meet event limits. The maximum distance for a bonus event is 500 yards. Swimmers aged 13 and 14 may only enter bonus events if they have achieved the bonus qualifying standard.

**Age-Up Rule:** Swimmers aged 14 turning 15 after 2/27/2025 (first day of meet) to 3/6/2025 (first day of Short Course Age Group Championships), will be able to enter MVS Senior Championships using the 15 and over qualifying standards. These entries should be emailed to the entry chair, prior to the entry deadline of **6:00 PM CST, Monday February 20, 2025.**

Swimmers may enter all events for which they qualify but may swim a maximum of three (3) individual events per day and a maximum of seven (7) individual events for the entire meet.

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

**Swimmers with a Disability:** Athletes with a disability aged 15 and over should use the Parallel Time Standards for entry. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. Entries should be submitted by email to the entry chair.

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:** This is an LSC Championship meet with Prelims/Finals.

Each event during Finals will consist of Bonus (C), Consolation (B) and Championship (A) Final heat.

**The following exceptions apply:**

1. All relays will be timed finals. On Friday and Saturday, the fastest seeded heat will be swum at the beginning of the Finals Session. All other relays will be completed in their assigned session. The 800 free relay will be swum fastest to slowest alternating women /men.
2. All heats of the 1000 and 1650 yard freestyle will be timed finals with heats alternating women/men and seeded fastest to slowest. Swimmers in these events must provide their own timers and counters.
3. The 500 Freestyle and 400 IM will have only the fastest sixteen (1-16) swimmers advancing to finals. In prelims these events will swim the first two fastest circle seeded heats of women, the first two fastest circle seeded heats of men, then alternating heats of women/men, fast to slow. These events may be conducted following the heats of relays at the discretion of the meet referee with the consent of attending coaches.

Events in finals will be conducted with Bonus finals first then Consolation Finals prior to the Championship Final.

**Seeding:** To be seeded in the 1000 and 1650 free the swimmer must positively check in. If a swimmer does not check in for the 1000 or 1650 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.

SCY 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) SCY 2) LCM 3) SCM, followed by Bonus Entries in course order 1) SCY 2) LCM 3) SCM

**Scratch & Check-In:** Scratch procedures are in accordance with current USA Swimming National Championship rules and regulations (Rule 207.11.6) and this meet announcement.

No Show penalties are as listed below:

- Failure to compete in a preliminary event will result in the swimmer missing their next event of the meet.
- Any swimmer who qualifies for an A, B, or C final, who fails to declare intent to scratch or to scratch per USA Swimming Championship procedures and fails to compete in said final race shall be removed from the remainder of the meet.
- Any swimmer who qualifies for an A, B, or C 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 LSC immediately following the Meet. The swimmer will have their club contacted by the LSC immediately following receipt of the list. Within thirty days (30) after the postmark of the

notification from the LSC, payment must be received or the swimmer is barred from future Missouri Valley Championship Meets. A list will be sent to the Meet Directors of future Missouri Valley Championship Meets. If payment is NOT received within the thirty (30) day time period, and is deemed late by the LSC, a penalty of DOUBLE the fine will be incurred by the swimmer. 100% of all fines go to the Missouri Valley Athlete Travel Fund.

**Scratch deadline** for Thursday's events is 60 minutes after the conclusion of Wednesday's technical meeting. Scratch deadline for Friday, Saturday, and Sunday's events is 60 minutes after the beginning of the previous evening's final (or timed finals) session.

If coaches do not arrive prior to the scratch deadlines, they must make prior arrangements with the Meet Referee if they want to scratch a swimmer

## Meet Schedule:

### THURSDAY

**Warm-ups:** 4:00 – 5:00 PM

**Meet starts:** 5:15 PM

### SATURDAY/SUNDAY PRELIMINARIES

**Warm-ups:** 8:00 – 9:15AM

**Meet starts:** 9:30 AM

There will be a minimum of two (2) hours between the end of Preliminaries and the beginning of Finals on Saturday and Sunday. Actual starting time for Finals will be announced at the meet.

### AWARDS

Medals for 1<sup>st</sup> through 3<sup>rd</sup> for individual events and relay events. The top 3 finishers in each event will report to the awards stand immediately after the event for awarding of 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.

High point awards will be given to the top 3 males and top three females.

Trophies will be awarded to the Top 3 overall teams.

Awards must be picked up by the swimmer or coach by the end of the meet. Awards will not be mailed.

**Senior Recognition:** At the discretion of the meet referee, a recognition of high school seniors will take place at the conclusion of warmups at the Saturday finals session. Graduating athletes may participate in the Senior Recognition program if they choose.

### 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.

**Meeting Schedules:** A Technical/Coaches meeting will be held via Zoom at 8:00pm on Wednesday, February 26 and other times as requested by the Meet Referee, Senior Chair, or MVS Coaches Representatives.

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 club 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 2025 USA Swimming certification credentials while acting in any official capacity on the deck of 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. Requests for evaluation should be made to the meet referee.

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 (2025) 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 2025 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 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 or 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.