



Rose Memorial

Invitational

May 10-12, 2024

HOSTED BY: Empire KC Swim Club

VENUE: Capitol Federal Natatorium

Sanctioned by USA Swimming through Missouri Valley Swimming. In granting this sanction it is understood and agreed that USA Swimming and Missouri Valley shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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

Sanction Number MV-24- 45

Entries open at 8:00am CST April 17, 2024. / Entries close at 11:59pm CST May 1, 2024

(submit entries to carmen.menges@yahoo.com)

Location	Capitol Federal Natatorium 530 SW Tuffy Kellogg Drive Topeka, KS 66606 (785) 295-3750		
Date:	May 10-12, 2024		
Facility:	50-meter x 25-yard competition course configured for 50-meter competition. Four (4) lane, 25-yard warm-up, cool-down pool. The depth of the pool at the start end ranges from 7ft to 13ft and at the turn end, 5ft. Colorado System throughout the facility. 1 full-color digital display board, 1 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.		
Eligibility:	This competition is open to current Flex, Premium or Outreach USA Swimming member-athletes. USAS 2021-2024 National Age Group Motivational BB Time Standard for all age groups. LCM and SCY times will be accepted. Seeding for the meet will be LCM, SCY, LCM Bonus, SCY Bonus. Two bonus events will be allowed per athlete. Bonus events cannot be No Times, NT. Bonus events must be 100 yards/meters or shorter in length for the 12&U athletes and 200 yards/meters or shorter in length for the 13&O athletes.		
Entry Deadline:	11:59pm CST. Wednesday, May 1, 2024. Entries will be on a first come, first served basis. If the entry limit is reached prior to the entry close date, those teams will be notified as soon as possible. The host team reserves the right to limit any event to maintain adequate timelines.		
Format:	<p>Time standard for this meet will be USAS 2021-2024 National Age Group Motivational "BB" times. Both long course meters and short course yard times are acceptable. All athletes under the age of 12 must meet the 11-12 "BB" time standard. Each athlete is allowed to enter up to two (2) bonus events as long as they meet the following criteria: cannot be No Times (NT), for 12&U bonus events must be 100 meters/yards or shorter in length, for 13&O bonus events must be 200 meters/yards or shorter in length.</p> <p>12 & Under will be prelim/finals for all events except the 12 &U 400 Free, 400 IM, 800 Free and 1500 Free, which will be timed final events. The 800 and 1500 freestyle events could be combined to meet timeline constraints.</p> <p>10 & Unders must meet the "BB" standard for 11-12 to compete.</p> <p>Seeding order: LCM, SCY, LCM Bonus, SCY Bonus</p> <p>Finals are combined and will consist of: 15 & Over Championship Final (A) and Consolation Final (B)** 13 & 14 Championship Final, 12 & U Championship Final **EXCEPTION: 15&Over 400 Free will consist of a Championship Final (A) ONLY.</p> <p>All events will be Long Course Meters (LCM). The meet host reserves the right to limit events to stay within acceptable session timelines. If entries need to be limited, teams will be notified within 24 hours of the entry closing. The meet host also reserves the right to swim 2 per lane on distance events 400 meters and longer.</p>		
Entry Process:	<p>All entry times submitted for this competition must be from official USA Swimming sanctioned, observed, or approved competitions and must be provable.</p> <p>Entries should be sent via Hy-Tek compatible file. Entries will be confirmed via email. Send entries to carmen.menges@yahoo.com</p> <p>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.</p> <p>Deck entries will be allowed only if the timeline allows or if there are open lanes. Deck entries will be \$14.00 per entry.</p>		
Meet Directors:			
	David Bowerman	david.g.bowerman@gmail.com	(816) 678-6980

	Danelle Sanning	danelle.sanning@gmail.com	(816) 804-0454
Officials	Meer Referee		
	Joe Farthing	jfarthing@crititech.com	(785)764-2422
	Admin Officials		
	Leesa Bichsel	lbichsel@gmail.com	(816) 830-1245
Entries Chair	Carmen Menges	carmen.menges@yahoo.com	(816) 918-3773
Entry Limits:	Entry limit – 7 events for the meet, up to 3 events per day.		
Entry Fees:	<p>Individual events \$7.00 / Deck Entries \$14.00 Facility surcharges \$35.00 per athlete.</p> <p>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</p>		
Scratches:	<p>In an attempt to minimize the number of empty lanes, the following scratch rules could be enforced. No Show Penalties:</p> <ul style="list-style-type: none"> • Failure to compete in a preliminary event will result in the swimmer missing their next event of the meet. • Any swimmer who qualifies for a Championship or Consolation 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. <p>Positive check-in for ALL OF Friday's events is 4:00pm. Scratches for the following days prelims are due 30 minutes after the beginning of Finals each night.</p>		
Seeding:	<p>For this meet, the seeding order is:</p> <ol style="list-style-type: none"> 1. Long Course Meters (LCM) 2. Short Course Yards (SCY) 3. Long Course Meters Bonus 4. Short Course Yards Bonus <p>* SCM times will not be accepted</p> <p>The meet will be pre-seeded and deck entries will be placed in open lanes only</p>		
Meet Schedule/Warm ups	Friday, May 10, 2024		
	Warm up	3:30 – 4:45 PM	Meet start 5:00 PM
	Saturday, May 11, 2024 / Sunday May 12, 2024		
	Prelims		
	Warm up	6:30 - 7:45 AM	Meet Start 8:00 AM
	Finals		
	Warm ups	3:45 – 4:45 PM	Meet Start 5:00 PM
	<p>The last 15 minutes of the 13& Over warmup and finals will be designated pace/starts in the competition pool. Lanes 1 and 8 will be reserved for pace, lanes 2, 3, 6 and 7 will be reserved for starts.</p> <p>There will be assigned warmup sessions and lanes for the 12& Unders. 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 then after 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.</p> <p>Two (2) days prior to the start of the meet, timelines and updated warm up procedures will be sent to all participating teams.</p>		
	Results: Results will be posted on the MV website as well as emailed to the teams participating.		
	Awards: No awards will be given.		
Swimmers with Disabilities:	Please inform the Meet Referee of any swimmers needing additional accommodations prior to the start of each session.		
Rules and Safe Sport Information:	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.		

	<p>No swimmer will be allowed on deck without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach. If a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.</p> <p>The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional, and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules, and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.</p> <p>The Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0") prohibits one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. 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.</p> <p>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</p> <p>All athletes aged 18 and older must complete Athlete Protection Training ("APT") in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after May 10, 2024, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after May 10th, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</p> <p>The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.</p> <p>Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition.</p> <p>Deck changes are prohibited.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>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.</p>
Addition Info	D&J Sporting will be on site with meet apparel and gear for purchase.

Friday Timed Finals		
Women	Warmup 3:30 - 4:45 PM Meet Start 5:00 PM	Men
1	13 & Over 400 IM	2
3	12 & Under 400 Free	4
5	Open 800 Free	6
7	Open 1500 Free	8

Saturday Prelims		
Women	Warmup 6:30 - 7:45 AM Meet Start 8:00 AM	Men
9	200 IM	10
11	100 Butterfly	12
13	200 Back	14
15	12U 50 Back	16
17	100 Free	18
19	200 Breast	20
21	12U 50 Breast	22

Sunday Prelims		
Women	Warmup 6:30 - 7:45 AM Meet Start 8:00 AM	Men
23	200 Free	24
25	100 Breast	26
27	200 Fly	28
29	12U 50 Fly	30
31	50 Free	32
33	100 Back	34
35	13O 400 Free	36

Saturday Finals		
Women	Warmup 3:45 - 4:45 PM Meet Start 5:00 PM	Men
9	12&U 200 IM	10
	13-14 200 IM	
	15&O 200 IM	
11	12&U 100 Butterfly	12
	13-14 100 Butterfly	
	15&O 100 Butterfly	
13	12&U 200 Backstroke	14
	13-14 200 Backstroke	
	15&O 200 Backstroke	
15	12U 50 Backstroke	16
17	12&U 100 Freestyle	18
	13-14 100 Freestyle	
	15&O 100 Freestyle	
19	12&U 200 Breaststroke	20
	13-14 200 Breaststroke	
	15&O 200 Breaststroke	
21	12U 50 Breaststroke	22

Sunday Finals		
Woman	Warmup 3:45 - 4:45 PM Meet Start 5:00 PM	Men
23	12&U 200 Freestyle	24
	13-14 200 Freestyle	
	15&O 200 Freestyle	
25	12&U 100 Breaststroke	26
	13-14 100 Breaststroke	
	15&O 100 Breaststroke	
27	12&U 200 Butterfly	28
	13-14 200 Butterfly	
	15&O 200 Butterfly	
29	12 & U 50 Butterfly	30
31	12 & U 50 Freestyle	32
	13-14 50 Freestyle	
	15 & Over 50 Freestyle	
33	12 & U 100 Backstroke	34
	13-14 100 Backstroke	
	15 & Over 100 Backstroke	
35	13-14 400 Free	36
	15 & Over 400 Free	