

**SWIM QUIK MID-AMERICA LEAGUE  
EIGHT AND UNDER CHAMPIONSHIPS  
February 12, 2010**

- HOST/SPONSOR:** Swim Quik and the Kansas City Blazers Swim Team in association with the Johnson County Park and Recreation Dept.
- SANCTION:** **Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Numbers MV-10-08.**
- MEET TYPE:** 8 & Under Timed Finals
- LOCATION:** **Bridger Middle School**  
**18200 E M-78**  
**Independence, MO 64057**
- FACILITY:** Eight lane, 25-yard pool with Colorado Electronic Timing System and 8-lane scoreboard.
- FACILITY NOTE:** *No Food or Drink allowed in the pool, bleachers or field house. All food is to be kept in the cafeteria/commons area.*
- PARTICIPATING TEAMS:** All MAL Members. Any questions regarding membership and attendance, should be directed to Scott Bliss, MAL Chairman.  
[scott.bliss@jocogov.org](mailto:scott.bliss@jocogov.org) or (913) 362-2127 x209
- Teams may join up to January 15, 2010.
- RULES:** 2010 USA Swimming Rules and Regulations and MVS Rules will govern the meet.
- START TIMES:** Friday  
**Warm-up: 5:30 – 6:00 p.m.**  
**Meet Start: 6:15 p.m.**  
Lane assignments based on number of swimmers.
- ELIGIBILITY:** Entrants **must** be registered as 2010 athlete members of USA Swimming. MVS Registration Chair prior to the meet will verify status. Age of swimmer the day of the meet determines age group classification.
- Please note:** The Friday MAL 8 & Under Championship Meet is a separate meet. Eight & Under swimmers are also welcome to participate in the general MAL Championship Meet on Saturday and Sunday with their participating team in the 10 & Under age classification.

**ENTRIES:** All entries must be submitted electronically and received by Wednesday, February 3<sup>rd</sup> to [jhawkfaninkc@yahoo.com](mailto:jhawkfaninkc@yahoo.com) using HyTek software and accompanied by a Team Manager entry summary printout with payment of fees. All entries must include each swimmer's USA Swimming registration number. Also include a contact person's phone number and email address.

Entries Chair: Kevin Neeley  
13525 W 74<sup>th</sup> Terrace  
Shawnee, KS 66216  
816-729-4308

Actual best times should be submitted. "No Time" entries will be accepted and seeded in the slowest heats.

**ENTRY FEES:** \$3.50 per individual event entry  
\$5.00 per relay team entry

*Team check payable to KC Blazers must accompany entries.*

**ENTRY LIMIT:** Four (4) individual events plus two (2) relay events per swimmer. No limit to the number of relays each club may enter in each relay event.

**SEEDING:** The meet will be pre-seeded.

Swimmers report to the Clerk of the Course within 3 minutes of the final call. There will be a first and second call prior to the final call. Events will be lined up to ensure each swimmer is in their assigned heat/lane.

Late/ Deck entries will be accepted at the discretion of the meet director and/or meet referee. Double fees will apply. Late/ Deck entries will not be accepted without payment.

**SCRATCHES:** MVS Scratch Rule will be in effect. Scratches are due at the scoring table at least 30 minutes prior to the start of the meet.

**RELAYS:** Relay forms must be completed and returned to the scoring table no later than 6:00 p.m. Each team member's name, registration number, and order of swim must be included.

**OFFICIALS:** Meet Referee: Gillian Houghton  
Lead Starter: Stephen Brimacombe  
Meet Director: Troy Laflin  
[KCBMeetDirector@gmail.com](mailto:KCBMeetDirector@gmail.com)

**KCB Office:** 913-362-2127

**HEAT SHEETS:** Heat Sheets for the meet will be available for purchase.

**SCORING/  
AWARDS:**

*All Awards Donated by Swim Quik.*

1. Team trophy awarded to first place team:  
Individual events: 9-7-6-5-4-3-2-1  
Relay events: 18-14-12-10-8-6-4-2
2. Medals for 1<sup>st</sup> – 3<sup>rd</sup> and ribbons 4<sup>th</sup> – 8<sup>th</sup> for individual events.  
Ribbons 1<sup>st</sup> – 3<sup>rd</sup> for relay events.
3. Heat winner ribbons for each heat of each event.
4. Most Valuable Swimmer trophies to high point boy and girl.

Results will be posted in the pool lobby area as available.

**FINAL RESULTS:** Final results will be posted on the Missouri Valley Swimming website and may include the swimmer's name, age, times and USA Swimming number. Also, results will be available on the KCB website (kcbblazers.com) the following day in both Team Manager and Meet Manager formats.

**WARM-UP PROCEDURES:**

- A. Pre-Meet Warm-up Period
  1. Marshals will remain on duty for the entire warm-up period.
  2. They will be responsible for the control and supervision of swimmers both in and out of the pool.
  3. Control/supervision are key words for safe swimming.
  
- B. Safety Guidelines - Missouri Valley Safety Guidelines will apply to warm-up sessions.
  1. Coaches Responsibilities
    - a. Coaches shall instruct swimmers as to the safety guidelines and procedures to be followed at all meets. 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. Swimmers may dive during a designated sprint warm-up.
    - b. Coaches shall continually supervise their swimmers during meets and practice sessions.

<b>ORDER OF EVENTS</b>
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<u>EVENT #</u>	<u>EVENT</u>	<u>EVENT #</u>
1	100 Yard Medley Relay	2
3	25 Yard Free	4
5	25 Yard Butterfly	6
7	25 Yard Breaststroke	8
9	25 yard Backstroke	10
11	100 Yard Freestyle Relay	12