NLU Last Chance Meet January 24-25, 2015

TYPE OF MEET: Timed finals.

SANCTION: Held under the sanction of Missouri Valley Swimming Inc. on behalf of USA Swimming Inc. It is understood 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. Sanction number: MV-15-01

OFFICIALS: Administrative Official – Rebekah Bell rbell22@kc.rr.com
Meet Entry Chair – Danielle Stoermann stoermannd@gmail.com
Meet Referee – Craig Hill cmhgmh@sbcglobal.net
Meet Starter – Angela Callahan jmcam@kc.rr.com
Meet Director – Judy Wagner rjwagner@att.net

NLU HEAD COACH: Mike Ballard mpballard7@sbcglobal.net

POOL LOCATION: Gladstone Community Center

COURSE: 25 yard eight lane pool with non-turbulent racing lane lines. Horn start, custom-designed starting blocks and Colorado Timing System will be used. The depth of the competition course at the start end is 6 feet, and the depth at the turn end is 6 feet. The competition course has not been certified in accordance with 104.2.2C(4).

RULES: Current USA Swimming Rules and Regulations & Missouri Valley Swimming Rules govern the meet. MVS Safety Guidelines and Warm-up Procedures will be in effect. MVS Scratch Rule will apply. All deck officials must be able to prove to the satisfaction of the referee that they hold a current USA Swimming official membership.
Use of audio or visual recording devises, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

ELIGIBILITY: All swimmers must be registered as a 2015 athlete member of USA Swimming. The age of the swimmer as the first day of the meet will determine their age for the entire meet. 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 the water. 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.

SEEDING: Meet will be pre-seeded mixed-gender, fast to slow.

ENTRY LIMIT: Swimmers can enter 4 events per day. Total of 8 entries for the meet.
500/1000 Free is limited to the top 32 non D1 qualifiers (non- scoring event for high point—does count toward entry limit)
400 IM is limited to the top 32 non D1 qualifiers (non- scoring event for high point—does count toward entry limit)
12U 200 Fly, Back and Breast is limited to the top 40 entries (total—both genders). Swimmers not making the cut will be allowed to substitute an event. Maximum of 200 swimmers per session excluding the host team. Selection will be made on receipt of entries. Entries received prior to the deadline doesn't guarantee a spot in the meet. Swimmers can swim in only one session per day.

ENTRIES: All entries must be submitted electronically using Hy-Tek 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 with phone number and email address*.

ENTRY FEES: $4.50 per individual event.

LATE/DECK ENTRY FEES: Late/Deck entries will be accepted at the discretion of the meet referee and meet directors if there is room in the event. $9.00 per individual event.

PAYMENT: Team payment must accompany entries. Please do not send individual checks.
Please make checks payable to:
Northland United Swim Team

DEADLINE: Entries must be received by 9pm Friday January 16th, 2015.

ENTRIES CHAIR: Please send entries and fees, along with the names and phone numbers of the team coach and entries chair, to:
Northland United Swim Team
Attention Entry Chair: Danielle Stoermann
9005 N Chatham Ave
Kansas City, MO 64154
(816) 699-4942 stoermannd@gmail.com

AWARDS: High point awards for 8U, 9-10, 11-12, 13-14, 15-18 for each gender**.**
Mixed events genders & age groups will be separated for awards.

Ribbons for 1st-8th Place in each individual event.
High Point Trophies for 8U, 11-12, 13-14 & 15-18 Age Groups.

WARM-UP PROCEDURES: Prior to the meet, teams will be notified as to their warm-up lanes.
Swimmers may not dive into the pool during general warm-up. 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 at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.

COACHES: Each coach must be able to prove, to the satisfaction of the referee, that they hold a current USA Swimming coach membership.
A coaches' packet will be available at start of the meet provided all fees have been paid. Hospitality room is provided.

SCRATCHES: All scratches are requested 45 minutes before the session start time.

TIMERS/JUDGES: Participating clubs may be asked to provide back-up timers during the meet. Visiting teams are encouraged to provide certified stroke and turn judges. Persons willing to help judge should contact the Head Referee.

CONCESSIONS: Full Concessions will be available.

FINAL RESULTS: Final Results will be posted on the Missouri Valley Website and may include the swimmer's name, age, times and USA Swimming number.

Session 1 – Saturday Morning		
Warm up: 8:15am	*Session Start: 9:15am*	
#1 12&Under 100 IM	#2 12&U 50 Free	
#3 12&U 100 Back	#4 12&U 50 Fly	
#5 12&U 100 Breast		
Session 2 – Distance		
Warm up: 12:30pm	*Session Start: 1:15pm*	
#6 11-12 500 Free	#7 13&O 500 Free	
Session 3 – Saturday Afternoon		
Warm up: not before 2:30pm	*Session Start: not before 3:30pm*	
	#8 13-14 50 Free	
#9 15-18 50 Free	#10 13-14 100 Breast	
#11 15-18 100 Breast	#12 13-14 200 Fly	

#13 15-18 200 Fly	#14 13-14 100 Back
#15 15-18 100 Back	#16 13&O 400 IM
Session 4 – Sunday Morning	
Warm up: 7:30am	*Session Start: 8:30am*
#17 12&U 200 IM	#18 12&U 100 Free
#19 12&U 50 Back	#20 12&U 100 Fly
#21 12&U 50 Breast	#22 12&U 200 Free
Session 5 - Distance	
Warm up: 11:30am	*Session Start: 12:15pm*
#23 11-12/13-14 1000 Free	#24 15-18 1000 Free
Session 6 – Sunday Afternoon	
Warm up: not before 2:30pm	*Session start: not before 3:30pm*
#25 13-14 100 Fly	#26 15-18 100 Fly
#27 13-14 200 Breast	#28 15-18 200 Breast
#29 13-14 100 Free	#30 15-18 100 Free
#31 13-14 200 Back	#32 15-18 200 Back
#33 13-14 200 Free	#34 15-18 200 Free
#35 13-14 200 IM	#36 15-18 200 IM