

Northland Conference Dual Meets Summer 2017

TYPE OF MEET: Closed League Dual - Age Group Timed Finals

SANCTION: Held under the Sanction of Missouri Valley Swimming, Inc., on behalf of USA Swimming, Inc., Blanket Sanction Number: MV-17-_____

MEET HOSTS: Northland Swim Conference and the Host as identified below.

MEET DATES, VENUES AND OFFICIALS:

6/1/16	Riss Intrasquad	6/3/16	BT Intrasquad	6/1/16	TO Intrasquad	6/1/16	Coves Intrasquad	6/1/16	OP Intrasquad
MR	Chris Prinslow	MR	Andy Brown	MR	Donovan Smith	MR	Larry Hill	MR	Craig Hill
SR	Dan Day	SR	Radonna Barkema	SR	Mollie Day	SR	Heath Mustain	SR	Sandy Dillingham
AO	David Riekhof	AO	Kelli Miller	AO	Curtis Myers	AO	Janet Sanders	AO	Lynne Nichols
MD	Megan O'hara	MD	Kay Braudrick	MD	Jennifer Colpitts	MD	Jeff Webb	MD	Gena Hill

6/8/16	HW:CO	KR:NM	OP:BT	TO:CL	WC:RL
MR	Nick Morris	MR	Lee Wolfe	MR	Craig Hill
SR	Kevin Ringo	SR	Tim Bonderer	SR	Sandy Dillingham
AO	Kim Foxworthy	AO	Dawn Holt	AO	Lynne Nichols
MD	Stephanie Morris	MD	Dawn Holt	MD	Gena Hill
				MR	Matt Wiewel
				SR	Mollie Day
				AO	Donovan Smith
				MD	Jennifer Colpitts
				MR	Charles Siegel
				SR	Cindy Neath
				AO	Mary Wissmann
				MD	Mary Wissmann

6/15/16	CL:HW	CO:KR	NM:WC	OP:TO	RL:BT
MR	Clarence Aitkin	MR	Jeff Webb	MR	Stacy Williamson
SR	Bob Jones	SR	Heath Mustain	SR	Chad Hoth
AO	Liz Stalone	AO	Janet Sanders	AO	Kris Roberts
MD	Hank Pittman	MD	Larry Hill	MD	Kim Bernhardt
				MR	Craig Hill
				SR	Sandy Dillingham
				AO	Lynne Nichols
				MD	Gena Hill
				MR	Chris Prinslow
				SR	Dan Day
				AO	David Riekhof
				MD	Megan O'hara

6/22/16	BT:TO	HW:OP	KR:CL	NM:RL	WC:CO
MR	Andy Brown	MR	Nick Morris	MR	Stacy Williamson
SR	Radonna Barkema	SR	Kevin Ringo	SR	Chad Hoth
AO	Kelli Miller	AO	Kim Foxworthy	AO	Kris Roberts
MD	Kay Braudrick	MD	Stephanie Morris	MD	Kim Bernhardt
				MR	Charles Siegel
				SR	Cindy Neath
				AO	Mary Wissmann
				MD	Mary Wissmann

6/29/16	BT:WC	CL:RL	CO:NM	OP:KR	TO:HW
MR	Andy Brown	MR	George Schluter	MR	Jeff Webb
SR	Radonna Barkema	SR	Bob Jones	SR	Heath Mustain
AO	Kelli Miller	AO	Liz Stalone	AO	Janet Sanders
MD	Kay Braudrick	MD	Hank Pittman	MD	Larry Hill
				MR	Craig Hill
				SR	Sandy Dillingham
				AO	Lynne Nichols
				MD	Gena Hill
				MR	Donovan Smith
				SR	Mollie Day
				AO	Matt Wiewel
				MD	Jennifer Colpitts

7/6/16	CO:BT	KR:TO	NM:CL	RL:OP	WC:HW
MR	Jeff Webb	MR	Lee Wolfe	MR	Stacy Williamson
SR	Heath Mustain	SR	Tim Bonderer	SR	Chad Hoth
AO	Janet Sanders	AO	Dawn Holt	AO	Kris Roberts
MD	Larry Hill	MD	Dawn Holt	MD	Kim Bernhardt
				MR	Chris Prinslow
				SR	Dan Day
				AO	David Riekhof
				MD	Megan O'hara
				MR	Charles Siegel
				SR	Cindy Neath
				AO	Mary Wissmann
				MD	Mary Wissmann

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7/11/16	BT:NM	CL:OP	HW:KR	RL:CO	TO:WC				
MR	Andy Brown	MR	Amy Hoppenrath	MR	Nick Morris	MR	Chris Prinslow	MR	Matt Wiewel
SR	Radonna Barkema	SR	Bob Jones	SR	Kevin Ringo	SR	Dan Day	SR	Mollie Day
AO	Kelli Miller	AO	Liz Stalone	AO	Kim Foxworthy	AO	David Riekhof	AO	Curtis Myers
MD	Kay Braudrick	MD	Hank Pittman	MD	Stephanie Morris	MD	Megan O'hara	MD	Jennifer Colpitts

Venues:

Pool	Address	Number of Lanes	Pool Length	Start End Depth	Turn End Depth	Starting Block Height	Timing System
Brooktree	<i>4007 NE Brooktree Ln Gladstone, MO 64119</i>	5	25 m	144"	36"	33"	Three Manual Watches
Clayview	<i>7990 N Farley Ave Kansas City, MO 64158</i>	8	25 m	50"-150"	50"	29"	Three Manual Watches
Coves	<i>8221 N Overland Dr Kansas City, MO 64151</i>	5	24.65 m	144"	42"	23.5"	Three Manual Watches
Hills of Walden	<i>5940 N Polk Dr Kansas City, MO 64151</i>	6	25 m	74"	50"	29"	Three Manual Watches
Kearney	Swims home meets at the Woodneath Farms Pool and/or Platte City YMCA						Three Manual Watches
New Mark	<i>9800 N Lydia Ave Kansas City, MO 64155</i>	6	25 m	144"	48"	28"	Three Manual Watches
Old Pike	<i>5101 NW Old Pike Rd Kansas City, MO 64118</i>	6	25 m	56"-66"	43.5"-47.5"	25"	Three Manual Watches
Riss Lake	<i>5900 Riss Lake Dr Parkville, MO 64152</i>	6	25 m	72"	48"	29"	Three Manual Watches
Thousand Oaks	<i>6630 N Nevada Ave Parkville, MO 64152</i>	6	25 m	72"	46"	29"	Three Manual Watches
Walnut Creek	<i>5502 NW Club House Cv Parkville, MO 64152</i>	5	25 m	83"	36"	29"	Three Manual Watches
Woodneath Farms	<i>9001 NE 90th Street Kansas City, MO 64157</i>	6	25 m	60"	42"	29"	Three Manual Watches
YMCA Platte City	<i>3101 Running Horse Rd, Platte City, MO 64079</i>	8	25 m	130"	62"	29"	Three Manual Watches

RULES:

2017 USA Swimming Official Rules for Swimming, 2017 Missouri Valley Swimming Rules, and 2017 Northland Conference Rules will govern the meet. The Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect at this 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 within 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.

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The competition courses have not been certified in accordance with 104.2.2C(4)

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Deck changes are prohibited.

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.

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

- ELIGIBILITY:** All swimmers must be registered as a 2017 athlete member of USA Swimming and attached to a Northland Swim Conference registered team.
- START TIMES:** Warm-ups 4:45 pm Host Team; 5:15 pm Visiting Team; Start: 6:00 pm
- AWARDS:** Ribbons will be awarded for 1st through 6th place in individual events and 1st place for relay events. Heat Winner Ribbons will be handed out for all 10&U individual events at the end of each heat. Awards will not be mailed.
- SEEDING:** All events will be seeded slowest to fastest with NT seeded first. The meet will be pre-seeded based upon entry times.
- SCORING:** Individual Events will be scored 7, 5, 4, 3, 2, 1 for 1st through 6th place respectively and 7 points for 1st place in a relay.
- 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.
- WARM-UPS:** 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.

- 1) Pre-Meet Warm-Up Period
 - A. Marshals will remain on duty for the entire warm-up period.
 - B. Marshals will be responsible for the control and supervision of the swimmers both in and out of the pool.
 - C. Control and Supervision are the key words for safe swimming.
- 2) Coaches shall continually supervise their swimmers during all the meet and warm-up sessions.
- 3) Swimmers or coaches not following the prescribed warm-up procedures or directions of marshals or USA Swimming officials may be barred from the use of the warm-up area.
- 4) Backstrokers shall ensure that they are not starting at the time that a swimmer is on the blocks. Swimmers shall not step onto the starting blocks if a backstroker is waiting to start.
- 5) No running on the pool deck.

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- 6) In the case of a recall start, swimmers on the deck shall not jump or dive into the pool in order to stop swimmers.
- 7) When using the side lanes for warming up or down during the meet, swimmers shall not perform racing starts and must circle swim.
- 8) Changes to warm-up procedures and other factors necessary to ensure swimmer safety may be made by the host team with the consent of the referee.
- 9) Warm-up areas are for the use of USA Swimming registered swimmers only and are not to be used as a cooling off area by spectators.
- 10) Swimmers are not permitted to dive into the pool during the General Warm-Up period. Any swimmers diving into the pool during the general warm-up period may be disqualified from one or more events at the discretion of the meet referee. Diving is permitted during designated sprint warm-ups.

BOYS	List of Events	GIRLS
EVENT #	AGE EVENT	EVENT #
1	8 & Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13-14 200 Medley Relay	8
9	15-18 200 Medley Relay	10
11	8 & Under 25 Freestyle	12
13	9-10 50 Freestyle	14
15	11-12 50 Freestyle	16
17	13-14 50 Freestyle	18
19	15-18 50 Freestyle	20
21	8 & Under 25 Butterfly	22
23	9-10 50 Butterfly	24
25	11-12 50 Butterfly	26
27	13-14 50 Butterfly	28
29	15-18 50 Butterfly	30
31	8 & Under 25 Backstroke	32
33	9-10 50 Backstroke	34
35	11-12 50 Backstroke	36
37	13-14 50 Backstroke	38
39	15-18 50 Backstroke	40
41	9-10 100 IM	42
43	11-12 100 IM	44
45	13-14 100 IM	46
47	15-18 100 IM	48
49	8 & Under 25 Breast	50
51	9-10 50 Breast	52
53	11-12 50 Breast	54
55	13-14 50 Breast	56
57	15-18 50 Breast	58
59	8 & Under 100 Freestyle Relay	60
61	9-10 200 Freestyle Relay	62
63	11-12 200 Freestyle Relay	64
65	13-14 200 Freestyle Relay	66
67	15-18 200 Freestyle Relay	68