

Northland Conference Dual Meets Summer 2018

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-18-48

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

MEET DATES, VENUES AND OFFICIALS:

6/5/18	TO Intrasquad	KR:RL	6/5/18	CL:BT	
MD	Kelly Dierker	MD Staci Bonderer	MD	Michelle Coon	
MR	Matt Wiewel	MR Tim Bonderer	MR	Matt Garrison	
SR	Brad Houts	SR Chad Steward	SR	Chad Palmer	
AO	Curtis Myers	AO Andrea Morrison	AO	Kim Bernhart	
6/7/18	BT:OP	HW:WC	NM:CO	RL:WF	TO:KR
MD	Amy Goforth	MD Stephanie Morris	MD Kim Bernhardt	MD Meghan O'Hara	MD Kelly Dierker
MR	Andy Brown	MR Nick Morris	MR Stacy Williamson	MR David Riekhof	MR Matt Wiewel
SR	Paul Vering	SR Kevin Ringo	SR Chad Hoth	SR Jody Fox	SR Brad Houts
AO	Kelly Miller	AO Krissy Ringo	AO Kris Roberts	AO Lynne Nichols	AO Curtis Myers
6/14/18	KR:CO	OP:HW	TO:BT	WC:NM	WF:CL
MD	Staci Bonderer	MD Laura Noll	MD Kelly Dierker	MD Megan Cowger	MD Leah Naseem
MR	Tim Bonderer	MR Craig Hill	MR Matt Wiewel	MR Stacy Williamson	MR Matt Garrison
SR	Chad Steward	SR Sandy Dillingham	SR Brad Houts	SR David Wickerham	SR Andy Riggs
AO	Andrea Morrison	AO Gena Hill	AO Curtis Myers	AO Mary Wissman	AO Chuck Seigel
6/21/18	CL:KR	CO:HW	OP:RL	WC:TO	WF:NM
MD	Michelle Coon	MD Poppy Lee	MD Laura Noll	MD Megan Cowger	MD Leah Naseem
MR	Matt Garrison	MR Tom Lee	MR Craig Hill	MR Donovan Smith	MR Stacy Williamson
SR	Chad Palmer	SR Jason Hipper	SR Sandy Dillingham	SR David Wickerham	SR Andy Riggs
AO	Andrea Morrison	AO Stephanie Schieber	AO Gena Hill	AO Mary Wissman	AO Kris Roberts
6/26/18	CO:WF				
MD	Poppy Lee				
MR	Tom Lee				
SR	Jason Hipper				
AO	Stephanie Schieber				
6/28/18	BT:CO	HW:CL	NM:KR	RL:WC	TO:OP
MD	Amy Goforth	MD Stephanie Morris	MD Kim Bernhardt	MD Meghan O'Hara	MD Kelly Dierker
MR	Andy Brown	MR Nick Morris	MR Stacy Williamson	MR David Riekhof	MR Matt Wiewel
SR	Paul Vering	SR Kevin Ringo	SR Chad Hoth	SR Jody Fox	SR Brad Houts
AO	Kelly Miller	AO Krissy Ringo	AO Kris Roberts	AO Lynne Nichols	AO Curtis Myers

Northland Conference Dual Meets Summer 2018

7/5/18	KR:HW		NM:OP		RL:CL		WC:BT		WF:TO
MD	Staci Bonderer	MD	Kim Bernhardt	MD	Meghan O'Hara	MD	Megan Cowger	MD	Leah Naseem
MR	Tim Bonderer	MR	Stacy Williamson	MR	David Riekhof	MR	Chuck Seigel	MR	Donovan Smith
SR	Chad Steward	SR	Chad Hoth	SR	Jody Fox	SR	David Wickerham	SR	Andy Riggs
AO	Andrea Morrison	AO	Kris Roberts	AO	Lynne Nichols	AO	Mary Wissman	AO	Curtis Myers
7/10/18	BT:RL		CL:NM		CO:WC		HW:TO		OP:WF
MD	Amy Goforth	MD	Michelle Coon	MD	Poppy Lee	MD	Stephanie Morris	MD	Laura Noll
MR	Andy Brown	MR	Matt Garrison	MR	Tom Lee	MR	Nick Morris	MR	Craig Hill
SR	Paul Vering	SR	Chad Palmer	SR	Jason Hipper	SR	Kevin Ringo	SR	Sandy Dillingham
AO	Kelly Miller	AO	Kim Bernhardt	AO	Stephanie Schieber	AO	Krissy Ringo	AO	Gena Hill

Venues:

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

Northland Conference Dual Meets

Summer 2018

- RULES:** 2018 USA Swimming Official Rules for Swimming, 2018 Missouri Valley Swimming Rules, and 2018 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. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- 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 2018 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.

Northland Conference Dual Meets Summer 2018

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.
- 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) There is **NO DIVING** during general warm-ups. During Warm-ups, 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. Diving is permitted during designated sprint warm-ups.

Northland Conference Dual Meets Summer 2018

BOYS EVENT #	List of Events AGE EVENT	GIRLS 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