

## **2015 NLU Sprint Decathlon September 19-20**

**TYPE OF MEET:** Timed finals

**SANCTION:** Held under the sanction of Missouri Valley Swimming Inc. on behalf of USA Swimming Inc. Sanction number: MV-15-82

**OFFICIALS:** Administrative Official – Rebecca Bell [rbell22@kc.rr.com](mailto:rbell22@kc.rr.com)  
Meet Director – Judy Wagner [rjwagner@att.net](mailto:rjwagner@att.net)  
Meet Entry Chair – Danielle Stoermann [stoermann@gmail.com](mailto:stoermann@gmail.com)  
Meet Referee – Craig Hill [cmhgmh@sbcglobal.net](mailto:cmhgmh@sbcglobal.net)  
(816) 392-2991  
Safety Marshall – Angela Callahan [jmcam@kc.rr.com](mailto:jmcam@kc.rr.com)

**NLU HEAD COACH:** Mike Ballard [mpballard7@sbcglobal.net](mailto:mpballard7@sbcglobal.net)

**POOL LOCATION:** Park Hill Aquatic Center  
8152 Congress  
Kansas City, MO 64152

**COURSE:** 25 yard, 6 lane pool with non-turbulent racing lane lines. Horn start with custom starting blocks with Colorado Timing System will be used. Pool depth is 4 feet at the start and turn end, and 4.5 feet in the middle. 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 devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the course of the event.

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 fastest to slowest.

**ENTRY LIMIT:** Swimmers may swim a maximum of five events per day and a maximum of one session per day.

**CLERK OF COURSE:** Will be provided for 8 & Unders. Please have swimmers check in with the Clerk prior to each event.

**ENTRIES:** All entries must be submitted electronically using Hy-Tek software and accompanied by a Team Manager entry summary printout (PDF) with payment of fees. All entries must include each swimmer's USA Swimming registration number. *Please include a contact person with phone number and email address.*

**ENTRY FEES:** \$4.50 per individual event.

**LATE/DECK ENTRY FEES:** Will be accepted at the discretion of the meet referee and meet directors, with consideration to the meet timeline and available space. The cost is \$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 6:00pm Friday September 11, 2015.

**ENTRIES CHAIR:** Please send entries and fees, along with the names and contact information of the team coach and entry chair to:

Northland United Swim Team  
Attn. Entry Chair: Danielle Stoermann  
9005 N Chatham  
Kansas City, MO 64154  
[stoermann@gmail.com](mailto:stoermann@gmail.com)

**AWARDS:** Ribbons will be awarded for 1<sup>st</sup>-8th place in each individual event, for both boys and girls.

8 & Unders will earn awards for the top 3 swimmers with the lowest cumulative time in the pentathlon on Sunday (25 free, 25 fly, 25 back, 25 breast, 100 IM). All five events must be swum to be considered for the pentathlon awards.

The following age groups will compete for the top 3 lowest

cumulative times in the decathlon: 9-10, 11-12, 13-14, 15 & Over. Swimmers must complete all 10 events offered for 9 & Overs in the decathlon to qualify for the award.

Any disqualification in an event will add 10 seconds to the swimmer's cumulative time.

**WARM UP PROCEDURES:** Prior to the meet, teams will be notified as to their warm up assignment. Assignments will also be posted at the pool.

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 prior to the start of the session.

**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.

**Saturday September 19, 2015**

**Session I Start Time 9:00am, Warm Ups 7:00am**

- 1 Mixed 12 & Under 100 Butterfly
- 2 Mixed 12 & Under 50 Backstroke
- 3 Mixed 12 & Under 100 Breaststroke
- 4 Mixed 12 & Under 50 Freestyle
- 5 Mixed 12 & Under 200 IM

**Session II Start Time 1:30pm, Warm Ups 12:00pm**

- 6 Mixed 8 & Under 50 Butterfly
- 7 Mixed 13 & Over 100 Butterfly

- 8 Mixed 8 & Under 50 Backstroke
- 9 Mixed 13 & Over 50 Backstroke
- 10 Mixed 8 & Under 50 Breaststroke
- 11 Mixed 13 & Over 100 Breaststroke
- 12 Mixed 8 & Under 50 Freestyle
- 13 Mixed 13 & Over 50 Freestyle
- 14 Mixed 8 & Under 100 Freestyle
- 15 Mixed 13 & Over 200 IM

**Sunday September 20, 2015**

**Session III Start Time 9:00am, Warm Ups 7:00am**

- 16 Mixed 12 & Under 50 Butterfly
- 17 Mixed 12 & Under 100 Backstroke
- 18 Mixed 12 & Under 50 Breaststroke
- 19 Mixed 12 & Under 100 Freestyle
- 20 Mixed 12 & Under 100 IM

**Session IV Start Time 1:30pm, Warm Ups 12:00pm**

- 21 Mixed 8 & Under 25 Butterfly
- 22 Mixed 13 & Over 50 Butterfly
- 23 Mixed 8 & Under 25 Backstroke
- 24 Mixed 13 & Over 100 Backstroke
- 25 Mixed 8 & Under 25 Breaststroke
- 26 Mixed 13 & Over 50 Breaststroke
- 27 Mixed 8 & Under 25 Freestyle
- 28 Mixed 13 & Over 100 Freestyle
- 29 Mixed 8 & Under 100 IM
- 30 Mixed 13 & Over 100 IM