

Mid-America League Championships
Sponsored by the Lawrence Aquahawks
In Cooperation with City of Lawrence Parks & Recreation

DATE: February 13-14, 2010

TYPE: 10 & Under, 11-12, 13-14, Open
1650 is an Open event

SANCTION: Sanctioned by Missouri Valley Swimming, #MV-10-04

LOCATION: Lawrence Indoor Aquatic Center, 4706 Overland Drive, Lawrence, Kansas 66049
(Directions on page 3)

COURSE: 8 Lanes, 25 yards, non-turbulence lane lines. Horn start & custom-designed starting blocks and Colorado Timing System will be used. This pool is an approved venue for purposes of this sanction; additional certification pursuant to USA Swimming Rules and Regulations will be required for national or international records achieved at this event.

RULES: 2010 USA Swimming Rules & Regulations & Missouri Valley Swimming will govern the meet.

COACH MEMBERSHIP:
Each coach must be able to prove to the satisfaction of the referee that (s)he holds a current USA Swimming Coach Membership.

PARTICIPATING TEAMS:

Bonner Springs Swim Club	Olathe Aquatics
Community of Olathe	Team Dolphins
Ft. Leavenworth Lancers	Tiger Sharks Swim Team
Kaw Valley Swimmers	Topeka Swim Association
Lawrence Aquahawks	

Teams may join the Mid-America League if they wish to participate. Please contact entry chair.

ELIGIBILITY: Open to swimmers who are registered in accordance with 2009-2010 USA Swimming, Inc. and MVS regulations.

SEEDING: Events will be pre-seeded with the exception of the 1650 free, 500 free, and 400 IM. Late and deck entries will be allowed for unseeded entries, and if any open lanes exist in seeded events. These entries are subject to fee of \$7.00 for individual events and \$10.00 for relays.

DISTANCE

EVENTS: **The 1650 Free is limited the top 24 women and 24 men. Individuals with a Sectional qualifying time are ineligible to swim this event.**
For the 1650 and 500 free, and 400IM, heats will be run fastest to slowest alternating women and men. **ALL PARTICIPANTS IN THIS EVENT MUST SUPPLY THEIR OWN TIMER**

AWARDS: Awards will be presented as follows:

1. Team trophy for highest percentage of top times. NT entries are not considered. A team must have 50 qualifying swims in order to be eligible for the award.
2. Ribbons for 1st – 8th for individual events, 1st – 3rd for relays. (14 and under only.)
3. Awards will be available for pick up at the end of the meet, and will not be mailed.

ENTRY

PROCEDURE: **A swimmer may enter a maximum of 3 individual events and 2 relays per day.** The 1650 free will not count as an individual entry. **ALL ENTRIES MUST BE SENT ELECTRONICALLY IN A HY-TEK COMPATIBLE FILE VIA EMAIL.** Full payment must be mailed with a hard copy of all entries or you will not be entered in the meet.

ENTRY

DEADLINE: **ENTRIES WILL BE CLOSED AT 6:00pm, Thursday, February 4th, 2010.** Entries arriving after this time are subject to late entry fees.

ENTRY FEE: **\$3.50 for individual events**
\$5.00 for relays

MAKE ALL CHECKS FOR ENTRIES PAYABLE TO LAWRENCE AQUAHAWKS

ENTRY

CHAIR: Send fees and hard copy to: Lawrence Aquahawks
PO BOX 1100
Lawrence, Kansas
66044
Attn: MAL West

Entry file must be submitted to: aquahawks@gmail.com

A club entry chair or coach must submit entries for this meet. We will not accept entries from individual swimmers or families.

OFFICIALS: Meet Director: TBA

Meet Referee: TBD

WARM-UPS: The Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect at the meet. *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.* The referee will designate specific times when one-way starts may be executed.

AM Sessions: Warm up 7:20 – 7:50am

Meet starts: 8:00am

PM Sessions: Immediately following
the last heat of the 1650.
Not before 12:00pm

Meet starts: One hour after the beginning
of the warm up session
Not before 1:00pm

FINAL

RESULTS: All clubs will receive a meet back-up or a com-link file. Final Results will be posted on the Missouri Valley Web Site and may include the swimmer's name, age, times, and USA Swimming number. Results will also be posted on our web site www.aquahawks.org

DIRECTIONS TO LAWRENCE INDOOR AQUATIC CENTER:

Coming to Lawrence on I-70 West: Take the West Lawrence exit 202. Stay on McDonald Drive, right lane and exit to Hwy 40 West/6th Street (before the 6th Street overpass). On 6th, turn right, keep going west for about 2 ½ miles. At the intersection of 6th and Wakarusa Drive, turn right into the Free State High School area. (Dillon's is before the light on the left side of 6th Street and McDonald's is at the intersection.) The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on I-70 East: Take the Lecompton Interchange, exit 197. Take the Lawrence exit to Hwy 40. Turn left on Hwy 40/6th Street. At the intersection of 6th and Wakarusa Drive, turn left into the Free State High School area. (McDonald's is on the right side of the road at the intersection.) The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on K-10 West: K-10 will turn into Clinton Parkway after crossing Iowa Street/Hwy 59. Stay on this road for about 2 ½ miles, then turn right (north) on Wakarusa Drive. Go north for about 2 miles to intersection with 6th street. (McDonald's is on the left side.) Keep going north, pass the intersection into the Free State High School area. The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on Hwy 59 North: Turn left on Hwy 10/Clinton Parkway, then follow the above directions on K-10 West.

Saturday AM Session

1	10 & Under 200 Medley Relay	2
3	11-12 200 Medley Relay	4
5	10 & Under 200 IM	6
7	11-12 200 IM	8
9	10 & Under 50 Fly	10
11	11-12 100 Fly	12
13	10 & Under 100 Free	14
15	11-12 100 Free	16
17	10 & Under 50 Back	18
19	11-12 100 Back	20
95	Senior 1650 Free	

Saturday PM Session

21	Senior 400 Free Relay	22
23	13-14 400 Free Relay	24
25	Senior 200 IM	26
27	Senior 100 Free	28
29	13-14 100 Free	30
31	Senior 100 Breast	32
33	13-14 100 Fly	34
35	Senior 200 Fly	36
37	13-14 100 Back	38
39	Senior 100 Back	40
41	13-14 200 Medley Relay	42
43	Senior 200 Medley Relay	44
45	13-14 200 Free	46
47	Senior 500 Free	48

Sunday AM Session

49	10 & Under 200 Free Relay	50
51	11-12 200 Free Relay	52
53	10 & Under 200 Free	54
55	11-12 200 Free	56
57	10 & Under 50 Breast	58
59	11-12 100 Breast	60
61	10 & Under 50 Free	62
63	11-12 50 Free	64
65	10 & Under 100 IM	66
67	11-12 100 IM	68
	Senior 1650 Free	96

Sunday PM Session

69	Senior 400 Medley Relay	70
71	13-14 400 Medley Relay	72
73	Senior 50 Free	74
75	13-14 50 Free	76
77	Senior 100 Fly	78
79	13-14 100 Breast	80
81	Senior 200 Breast	82
83	13-14 200 IM	84
85	Senior 200 Free	86
87	Senior 200 Back	88
89	13-14 200 Free Relay	90
91	Senior 200 Free Relay	92
93	Senior 400 IM	94

