



# ROCK THE BLOCKS 2016

SPONSORED BY:



- Meet type:** Age Group and Senior Timed Finals  
Three sessions on Saturday and three sessions on Sunday  
8& Under session will be Saturday Afternoon.
- Date:** January 30-31, 2016
- Sanction:** Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Number: MV-16-07
- Location:** Gladstone Community Center  
6901 N Holmes Rd  
Gladstone, MO 64118
- Host:** COOL Swim Team
- Pool:** 25 yard, 8 Lane 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 ft and the depth at the turn end is 6 ft.  
The competition course has not been certified in accordance with 104.2.2C(4)
- Rule Authority:**
- 2016 USA Swimming Rules and Regulation and Missouri Valley Swimming Rules will govern the meet.
  - 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.
  - All deck officials must be able to prove, to the satisfaction of the referee, that they hold a current USA Swimming official membership.
  - 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 within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
  - 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.
- Coach Membership:**

Each coach must be able to prove, to the satisfaction of the referee, that they hold a current USA Swimming coach membership.

### **Eligibility:**

- All swimmers must be registered and in good standing with USA Swimming for 2016.
- The swimmer's age on the first day of the meet determines his/her age for the entire meet.

### **Seeding:**

- Entry times are "Yard Times" only.
- "No Time" entries will be seeded in the slowest heats.
  - All heats will be swum fastest to slowest.
- The meet will be pre-seeded with the exception of the 1650 freestyle.
- Entries for the 400 IM will be limited to the fastest 32 swimmers (16 women and 16 men)
- Entries for the 1650 freestyle will be limited to the fastest 40 swimmers (20 women and 20 men). Heats of these events will be swum fastest to slowest, combining men & women at the discretion of the meet referee.
- Positive check-in for the 1650 will be at the computer desk and will close at the end of warm up on Sunday afternoon, after which the event will be seeded. A swimmer failing to comply with the positive check-in requirement will be deemed scratched from the event.
- Swimmers will be expected to provide their own timers for the 400 IM and timers and counters for the 1650.
  - There will be a 20-minute break before the start of the 1650 free. The warm-up pool will be available prior to the 1650

### **Entry Procedure:**

- Each Swimmer is limited to FOUR (4) individual events and ONE (1) relay per day. Swimmers may only swim one (1) session per day.
- The 400 IM on Saturday and the 1650 Freestyle on Sunday will **NOT** count in the individual event limit and is open to participants of all ages. Swimmers with NO TIMES will be accepted.
- 32 swimmers will be accepted for the 400 IM and 40 for the 1650 free. Positive Check-in for the 400 IM and 1650 will be at the computer desk and will close at the end of the afternoon session warmup on Saturday (400IM) and Sunday (1650), after which the event will be seeded. A swimmer failing to comply with the positive check-in requirement will be deemed scratched from the event.
- Participants in the 400 IM must provide their own timers and in the 1650 must provide their own timers and counters.
- Entries should be submitted on HYTEK format with entry times in yards.
- USA Swimming registration number must appear electronically on a HYTEK file emailed to the Entry Chair.
- Entries without a USA Swimming number will not be accepted.
- Entries will be limited to the first 600 swimmers, based on email date.
- E-mailed HYTEK zip files will be accepted as described in ENTRY DEADLINE below

### **Entry Fees:**

- Individual events are \$4.50 per event; relays are \$7.00 per relay event.
- Deck entries will be accepted (\$9.00 for individual events, \$12.00 for relays), at the discretion of the referee, and must be turned in 30 minutes prior to the start of the session.

- Make Checks payable to **COOL Swim Team** and mail entries to the Entry Chair:  
Rachel Hagan  
12843 Flint St.  
Overland Park, KS 66213  
(913) 530-6123  
[meetdirector@coolswimteam.com](mailto:meetdirector@coolswimteam.com)

**Entry Deadline:**

- The Entry Chair must receive entries and all fees by **5:00 PM on Monday January 25, 2016.**
- All team entries must include the coach's name and the name, address, and phone number of the team's entry chairperson if different than the coach.
- Please include your e-mail address.

**Awards:**

Ribbons will be given to 1<sup>st</sup>-8<sup>th</sup> place in individual events and 1<sup>st</sup>-3<sup>rd</sup> Relays. Additional prizes will be provided by our title sponsor: TYR  
**Awards and prizes will not be mailed.**

**Officials:**

Meet Director: Rachel Hagan  
[meetdirector@coolswimteam.com](mailto:meetdirector@coolswimteam.com)

Administrative Official: Heather Thill  
[hthill@coolswimteam.com](mailto:hthill@coolswimteam.com)

Referee: Rebecca Hoagland  
[rhoagland@cotaenterprises.com](mailto:rhoagland@cotaenterprises.com)  
913-207-1461

**Meet times:**

**AM Sessions:**

Warm-ups at 7:00am.  
Meet starts at 8:45am

**PM Sessions:**

Warm-ups will begin no earlier than 1:00 p.m.  
Afternoon session will begin no earlier than 2:00 p.m.

**Saturday 400 IM and Sunday 1650 Session:**

Session will start at the conclusion of the afternoon session.  
There will be a 20 minute warm-up allotted.

**Coaches Meeting:**

At the discretion of the referee a coaches meeting may be held 15 minutes before the morning sessions.

**Warm-ups:**

- Warm-up lane assignments will be emailed to the coaches prior to the meet, listed on [www.coolswimteam.com](http://www.coolswimteam.com) and will be included in the coach's packet.
- Missouri Valley and USA 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 the designated sprint warm up.

**Timers & Judges:**

- Visiting teams are encouraged to provide certified stroke and turn judges.
- Officials' meeting will be held 30 minutes before the beginning of each session.

**Meet Results:**

- At the conclusion of the final session, copies of the meet results will be available for any coach who provides a USB memory stick.
- Final Results will be posted on the Missouri Valley Website and may include the swimmer's name, age, times and USA Swimming number.

**Concessions:**

Concessions will be available through Gladstone Community Center

**Sportswear:**

Swim Quik will be on site Saturday and Sunday.

**Crash Area:**

Crash Area in the gym adjacent to the competition pool for swimmers and spectators. Bleachers will be used for spectators. Swimmers should plan to crash in the specified

## ORDER OF EVENTS

### SATURDAY MORNING—Session 1

GIRLS		BOYS
1	12 & Under 200 Medley Relay	2
3	12 & Under 50 Free	4
5	12 & Under 100 Fly	6
7	12 & Under 50 Back	8
9	12 & Under 100 Breast	10
11	12 & Under 200 IM	12

### SATURDAY AFTERNOON--Session 2

GIRLS		BOYS
13	OPEN 200 Medley Relay	14
15	8 U Under 25 Free	16
17	OPEN 50 Free	18
19	8&U 25 Fly	20
21	OPEN 100 Fly	22
23	8&U 25 Breast	24
25	OPEN 200 Breast	26
27	8&U 25 Back	28
29	OPEN 200 Back	30
31	OPEN 100 Free	32

### SATURDAY 400 IM- SESSION 3

GIRLS		BOYS
33	OPEN 400 IM	34

**Entries will be limited to the first 32 swimmers who enter the 400 IM.  
Swimmers participating in the 400 IM must bring their own timers**

**SUNDAY MORNING—SESSION 4**

GIRLS		BOYS
35	12 & Under 200 Free Relay	36
37	12 & Under 100 Free	38
39	12 & Under 50 Fly	40
41	12 & Under 100 Back	42
43	12 & Under 50 Breast	44
45	12 & Under 200 Free	46
47	12 & Under 100 IM	48

**SUNDAY AFTERNOON—SESSION 5**

GIRLS		BOYS
49	OPEN 200 Free Relay	50
51	OPEN 200 Free	52
53	OPEN 100 Back	54
55	OPEN 200 Fly	56
57	OPEN 100 Breast	58
59	OPEN 200 IM	60

**1650 Freestyle—Session 6**

61	OPEN MIXED 1650
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**Entries will be limited to the first 40 swimmers who enter the 1650.  
Swimmers participating in the 1650 must bring their own timers (1) and counter (1).**