



Road To Tokyo #1

Sponsored by Ad Astra Area Aquatics
In Cooperation with City of Lawrence Parks & Recreation



DATE:	Sunday September 22, 2019
SPONSORED BY:	Ad Astra Area Aquatics
SANCTION:	Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number: MV-19-80
LOCATION:	Lawrence Indoor Aquatic Center 4706 Overland Drive Lawrence, Kansas 66049
COURSE:	8 Lanes, 50 meters, non-turbulence lane lines. The depth of the competition course is 13ft. at the start and turn end. Horn start & custom-designed starting blocks and Colorado Timing System will be used. The competition course has been certified in accordance with 104.2.2C(4). A copy of the certification is on file with USA Swimming
RULES:	2019 USA Swimming Rules & Regulations and Missouri Valley Swimming Rules govern the meet. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
ELIGIBILITY:	All athletes must be 2019-registered athlete members of USA Swimming. Registration of all athletes will be verified by the MVS Registration Chair prior to the meet. Those not registered will not be allowed to swim in the meet.
SCRATCHES:	Scratches must be turned into the Clerk of the Course 30 minutes prior to the start of each session.
ENTRIES:	Teams <u>MUST</u> send entries by way of HYTEK meet event file OR an sd3 or hyv HYTEK compatible event file. Athletes may enter a total of five (5) individual events per session. Entry deadline is 6:00pm on Monday, SEPTEMBER 16, 2019.
MEET ENTRY CHAIR:	Please e-mail entries to: Katie Price AAAAentries@gmail.com 785-766-7423 Please put "Road To Tokyo Entries" in the subject line.
ENTRY FEES:	\$5 facility surcharge \$5.00 for individual events
DECK ENTRY FEES:	\$10.00 for individual events

Send all entry fees to: Ad Astra Area Aquatics
Road To Tokyo Entries
PO Box 4193
Lawrence KS, 66046

- SEEDING:** Please make checks payable to: **Ad Astra Area Aquatics**
Pre-Seeded. Events may be consolidated at the discretion of the Referee.
- POSITIVE CHECK IN:** **Positive check-in for the 800 and 400 Freestyle will close 30 minutes after the start of each session.** Failure to positive check-in may result in being scratched from the event at the discretion of the meet referee. The 800 and 400 Freestyle will be swum fast to slow alternating girls and boys
- WARM-UPS:** The meet host will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored jointly by the Meet Director and Meet Referee (or their special designees).
- Marshals will remain on duty for the entire warm-up period. Marshals will be responsible for the control and supervision of the swimmers both in and out of the pool. Encourage your swimmers to cooperate with marshals.
- Warm-up procedures may, at the discretion of the host team and consent of the Meet Referee, be modified based on number of swimmers in the meet and other safety and logistical concerns.
- SAFETY GUIDELINES:**
1. Participating teams may be assigned to specific lanes for the warm-up period based on number of participants.
 2. Swimmers without a coach at the meet must check in with the Referee and will be assigned to a coach during the warm-up portion of the meet.
 3. The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane.
 4. If coaches in a lane cannot agree on a warm-up procedure, the session referee should be consulted and shall define that lane's procedure. The decision of the session referee will be final.
 5. Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping 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 the session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up.
 6. Swimmers may perform racing starts as determined by the coaches monitoring warm-ups for that lane. Backstroke swimmers 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 backstroke swimmer is waiting to start.
 7. Coaches shall continually supervise their swimmers during all warm-up sessions. 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.

8. When using the side lanes for warming up or down during the meet, swimmers shall not perform racing starts and must circle swim.
9. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
10. 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
11. 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.
12. Deck changes are prohibited.

MEET DIRECTOR:

Karen Koehn
785-766-7423

REFEREE:

Kenny Woodlief 913-633-1981
kenny.woodlief@ericsson.com

ADMIN OFFICIAL:

Andrea Packard
252-670-5259

MEET MARSHAL:

Angie Ward

RULE AUTHORITY:

Current USA Swimming and Missouri Valley Swimming Rules and Regulations will govern the conduct at this meet and will serve as the official guide for technical and procedural rules.

MVS Safety Guidelines and Warm-up Procedures will be in effect. Copies of these Guidelines and Procedures will be posted at several locations around the pool. The Meet Announcer will be available during the warm-up sessions to assist with announcing procedures and conduct of the warm-up period.

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.

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.

AWARDS:

No awards will be given at this meet.

STARTING TIMES:

Sunday Session #1

Warm up: 9:00-9:50AM
Meet Starts: 10:00AM

Sunday Session #2

Warm up: TBA, Not before 2PM*
Meet Starts: TBA, Not before 3PM*

** Meet Warm-up and Start times for Sunday Session 2 will be announced 24 hours prior to the start of the meet.*

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Event Order

Sunday AM		
	SESSION 1	
1	400 IM	2
3	50 FLY	4
5	200 FR	6
7	100 BK	8
9	100 BR	10
11	200 FLY	12
13	50 FR	14
	<i>10min Break</i>	
15	800 FR	16

Sunday PM		
	SESSION 2	
17	200 IM	18
19	50 BK	20
21	200 BR	22
23	100 FR	24
25	200 BK	26
27	100 FLY	28
29	50 BR	30
	<i>10min Break</i>	
31	400 FR	32