

THE MISSOURI GRAND PRIX



Hosted by: MizzouRec Services and Facilities along with Columbia Swim Club

Location: Mizzou Aquatic Center

Information Amended 1/11/10

Meet: The 2010 Missouri Long Course Grand Prix at the University of Missouri

Dates: February 12-15, 2010

Sanction: MV-10-11

TT Sanction: MV-10-12TT

Venue: University of Missouri Student Recreation Complex
Mizzou Aquatic Center
213 Rothwell Gymnasium
Columbia, MO 65211
Corner of Rollins & Hitt Street on the University of Missouri Campus
(573) 884-5600

Facility Highlights:

8 lane, 50-meter competition course (79 degrees)
8 lane, 25-yard warm-up, cool-down pool (80-81 degrees)
Colorado Time System throughout facility
8 lane scoreboard
2 Full-color digital display boards
96" Touchpads
2 Stark Movable Bulkheads
Water Depth 8-8.5' in competition course
6" Competitor Gold Medal Lane Ropes

Parking:

Parking is available in the Virginia Avenue Garage located adjacent to the Student Recreation Complex. The cost of parking is built into the daily admission of the meet. Bus parking is available in AV14 Trowbridge
For a map of MU campus parking follow <http://umcspace.missouri.edu/muparking/default.aspx>

Officials:	Meet Referee	Jim Devine	devinej@missouri.edu
	Meet Director	Chris Seris (573) 882-9004	serisc@missouri.edu

- All deck officials must be currently certified by USA Swimming.
- The meet is an Officials Qualifying Meet under the National Officials Certification Program. See the Missouri Valley Swimming web site (www.missourivalleyswimming.com) for the Application to Officiate and the Officials Qualifying Meet Application for the meet Evaluation may be available for eligible officials assigned to work the meet. Please see the USA Swimming web site Volunteers/Officials/Certification section to view the latest procedures regarding evaluation and certification. Officials Briefing Sessions are one (1) hour prior to the start of each session and will cover stroke rules, assignments of officials, jurisdiction, etc. All officials must be present for the briefing. Those requesting evaluation must complete the Officials Qualifying Meet Application (on the MV website) prior to the meet. Submit applications for evaluation to David Bucholtz – Missouri Valley Swimming Officials Chair at bucky.ks@sbcglobal.net.

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Pre-Meet Pool Availability:

Wednesday, February 10: The Competition Pool and warm-up pool will be available from 8:00 am – 3:00 pm, and 6:00 – 9:30 pm

Thursday, February 11: The Competition Pool and warm-up pool will be available from 9:00 am – 3:00 pm, and 5:30 – 10:00 pm

Pool will be available each morning of the meet at 6:00 am for wake-up swims

*NOTICE: There will be no long course pool available from 3:00 – 5:30 pm Wednesday or Thursday for the University of Missouri swimming practice. Short course lanes will be available at that time.

NOTICE ON TRAINING EQUIPMENT: NO PADDLES OR FINS WILL BE ALLOWED IN THE COMPETITION POOL AFTER 2:00 PM ON THURSDAY

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. Swimmers may dive during a designated sprint warm-up.

*NOTICE: For safety reasons, it is requested that no paddles or fins be used in the competition pool during warm-ups. Equipment may be used in designated lanes in the Dive Well.

Format:

- **Friday, Saturday, Sunday** will be Preliminaries with Championship, Consolation, and Bonus Finals except the relays, 800 Free and 1500 Free which will be timed finals.
- **Women's 800 Free and Men's 1500 Free fastest heat:** The fastest distance heat for these events will swim in the finals session. The top 8 swimmers for the 800 and 1500 freestyle must have achieved their seed time with the last 12 months (since February 12, 2009) in order to swim with Finals or in the fastest heat on Monday. All other heats will swim after prelims on Sunday and will be swum fastest to slowest alternating women-men-women, etc.
- **400 Free and 400IM in Prelims:** Events will swim as with the fastest four heats of women then men in the 4-3-2-1 order; then the balance of the heats alternating women/men swimming fastest to slowest. (4th fastest 25-32, 3rd fastest 17- 24, 2nd fastest 9-16, 1st fastest 1-8 with 4th seeded time finals, 3-2-1 championship seeding.)
- **Relays:** All heats will be swum at the end of finals. Heat order will be determined based on number of entries, i.e. if there are a large number of entries, the two fastest heats of each relay event may swim first.
- **Relay-only Swimmers** are not permitted, i.e. members of relay teams must be entered into at least one individual event.
- **Monday Timed Finals:** Monday's events will be run with the fastest heat of women's 1500 Free and the fastest heat of the men's 800 Free and the remaining distance heats will swim fastest to slowest, alternating women/men at the end of the session.

Positive Check-In for Relays & Distance Events:

The relays, 800 Free and the 1500 Free must use positive check in to declare their intent to swim by the Scratch Deadline for that event (see below). Failure to do so may cause athlete to be removed from event.

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Scratch Procedure & Scratch Deadlines:

- Friday morning prelims scratch deadline is 6:00pm on Thursday
- 800 Free Relay positive check-in due Friday at the end of prelims
- Saturday morning prelims scratch deadline is 6:00pm on Friday
- 400 Medley Relay positive check-in due Saturday at end of prelims
- 800 Free and 1500 Free positive check-in due 6:00pm on Saturday
- Sunday morning prelims scratch deadline is 6:00pm on Saturday
- 400 Free Relay positive check-in due Sunday at end of prelims
- All Monday events positive check/scratch due 6:00PM on Sunday
- Scratch procedures will be in accordance with USA Swimming scratch policy.

Scratch Rule: Failure to swim a prelim event will mean disqualification from the next event. Swimmers qualifying for a final in an individual event not wishing to swim finals must announce their intentions within the announced "scratch time" at the Clerk's desk. Any swimmers qualifying for a final in an individual event, who fails to compete in said event without scratching as noted above, shall be barred from further competition for the remainder of the meet. It is the swimmer's responsibility to report to the assigned heat and lane.

Seeding: Seeding priority will be as follows: LCM first seeding priority, SCY second seeding priority, SCM third seeding priority. If there are an unusually large number of entries, the Meet Director and the Meet Referee reserve the right to divide any preliminary session into "A" and "B" sessions.

Rules: The most current version of the USA Swimming Rules and Regulations will apply.

Entry Restrictions:

-Any single competitor may enter as many events as they qualify for but may only swim a maximum of 3 events per day including time trials.

Qualifying Times:

-The **MINIMUM** qualifying times for this meet will be found in the Order of Events information.

Entry Procedures:

All swimmers must be 2010 athlete members of USA Swimming. All entries must be submitted using USA Swimming's Online Meet Entry (OME) system. The system can be accessed on the USA Swimming website at www.usaswimming.org/ome. You will be required to create a free account with the website to submit your entry. OME will be available for this meet **beginning on Monday, December 21st. Entries will close on Tuesday, February 2, 2010 at 5:00P CST. Meet Director and Meet Referee reserve the right to allow late entries as well as close the OME entry period early if the meet becomes unusually large.**

Columbia Swim Club will provide a Team Manager event file on the meet website at:

http://www.csctigersharks.org/hosted_meets/MGP2010. This will allow teams to establish the qualifying profile for their athletes prior to using OME. OME is not an eligibility report. It is necessary to know what events are going to be entered before starting the entry in OME.

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The OME system processes payment by credit card. It will accept Visa, Master Card, American Express and Discover Card. Upon payment, a confirmation e-mail providing a receipt and a summary of the events entered will be returned. **ENTRIES ARE NOT IN THE MEET UNTIL PAYMENT HAS BEEN PROCESSED.** Questions or problems with OME should be directed to USA Swimming, Susan Woessner, swoessner@usaswimming.org

Other questions about the meet and entries may be directed to the Meet Entry Chair:

Dana Sheahen

Columbia Swim Club

2713 Surfside Ct.

Columbia, MO 65203

grandprix@csctigersharks.org

Entry Fees: -\$10.00 per individual event
 -\$20.00 per relay event
 -Checks payable to: Columbia Swim Club

Deck Entries: There are no deck entries, but Time Trials will be available.

Proof of Times:

Individual entries must be submitted in actual times achieved. Conversions are not permitted. The OME entry system is connected to the USA Swimming times and membership database (SWIMS) and will provide entry times. **These times are proven.** If you would like to enter using a time that is not showing in the system, there is also a custom time entry function in OME, **but these times are NOT proven. If a custom time is used, proof must be submitted to the Meet Entry Chair prior to 5:00PM Thursday, February 11th or the entry will be scratched. Proof consists of a copy of final results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. Proofs posted on LSC websites are also accepted. Hy-Tek Team manager results will not be accepted as proof.**

Distance Proof of Times:

The top 8 swimmers for the men's and women's 800 and 1500 freestyle must have achieved their seed time within the last 12 months (since February 13, 2009) in order to swim in the Finals session or the fastest heat on Monday.

Daily Schedule:

Preliminaries and Mon Timed Finals: Fri, Sat, Sun Finals:

-Warm-ups begin at 7:00am -Warm-ups begin at 4:00pm

-Specific warm-up at 8:30am -Specific warm-up at 5:00pm

-Clear pool at 8:50am -Clear pool at 5:20pm

-Session begins at 9:00am -Session begins at 5:30pm

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. Final results will also be posted on the meet webpage at:

http://www.csctigersharks.org/hosted_meets/MGP2010

Awards: There will be individual awards for the top 8 swimmers in each individual event and the top 3 relays in each relay event. There will be no team awards. Awards will not be mailed.

Scoring: Meet will not be scored.

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Time Trials: Time Trials will be offered as follows:

1. Where possible, and where it fits into the swimmer's daily schedule (and with consent of both swimmer and coach), time trial swimmers may swim in empty lanes of early heats only of existing races, subject to the referee's discretion.

a. In the 800/1500, time trials will **ONLY** be offered to fill empty lanes in existing heats of those swims;

2. Where it is not possible to place swimmers in empty lanes, there will be limited time trials at the conclusion of each Preliminary session **ONLY** (no time trials at the conclusion of finals) beginning with the **FRIDAY** session.

The time trial schedule is as follows:

a. **FRIDAY** Time Trials: **FRIDAY** events, **SATURDAY** events, **SUNDAY** events.

b. **SATURDAY** Time Trials: **SATURDAY** events, **SUNDAY** events, **FRIDAY** events.

c. **SUNDAY** Time Trials: **SUNDAY** events, **FRIDAY** events, **SATURDAY** events.

d. **There will be NO time trials on MONDAY except for those swimmers previously time-trial seeded into Monday's events.**

3. Time trials are limited to those already in the meet. New entries cannot be added.

4. The entry fee will be \$10 per individual event and \$20 per relay event. Time trial entry forms will be at the Clerk of Course by 7AM on Friday.

5. This is a preliminary/final meet. The provisions of USA Swimming Rules 102.2.2 and 102.2.6 apply. Swimmers may compete in no more than three (3) individual events per day including time trials.

Swim Wear Restrictions:

On January 4, 2010, FINA, the international governing body for the sport, issued its [final list of suits](#) approved for use in competition in 2010. However, USA Swimming expects to receive further guidance from FINA later this month regarding the list. Until such time as we receive that guidance, USA Swimming will continue to allow all swimsuits which are either listed on the [final FINA list](#) or meet the criteria below:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;

2. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer; and

3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

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Qualifying Times & Event Order

Championship Seeding – Bonus, Consol, Championship Final

Entry Limit: Enter as many events as you qualify for with a limit of 3 swims per day.

Women			Friday February 12, 2009	Men		
<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>SCY</u>	<u>SCM</u>	<u>LCM</u>
1:56.69	2:08.09	2:11.49	200 Free	1:46.79	1:57.59	2:01.09
1:09.29	1:16.49	1:18.99	100 Breast	1:01.79	1:08.39	1:11.79
1:00.39	1:06.59	1:07.59	100 Fly	54.09	59.39	1:00.99
4:41.29	5:11.19	5:18.99	400 IM	4:20.59	4:46.29	4:55.19
7:59.99	8:47.99	8:59.99	800 Free Relay	7:19.99	8:08.99	8:20.99

Saturday February 13, 2009

<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>SCY</u>	<u>SCM</u>	<u>LCM</u>
2:13.19	2:27.19	2:31.59	200 IM	2:00.99	2:13.09	2:18.29
25.09	27.69	28.39	50 Free	22.29	24.69	25.49
2:29.99	2:44.99	2:49.99	200 Breast	2:17.29	2:31.99	2:38.49
1:00.69	1:06.99	1:09.99	100 Back	55.59	1:00.39	1:03.79
5:12.99	4:32.99	4:37.89	400 Free	4:47.99	4:10.59	4:18.49
4:06.99	4:33.99	4:39.99	400 Medley Relay	3:41.99	4:08.99	4:14.99

Sunday February 14, 2009

<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>SCY</u>	<u>SCM</u>	<u>LCM</u>
10:33.39	9:17.99	9:28.99	800 Free (W)			
			1500 Free (M)	16:44.99	16:37.99	17:12.99
2:10.49	2:24.89	2:29.99	200 Back	2:00.59	2:12.19	2:17.49
54.19	59.29	1:01.09	100 Free	48.69	53.59	55.29
2:11.89	2:25.49	2:29.09	200 Fly	2:00.99	2:13.29	2:17.99
3:40.99	4:03.99	4:09.99	400 Free Relay	3:19.99	3:41.99	3:47.99

Monday February 15, 2009 (Timed finals only)

<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>SCY</u>	<u>SCM</u>	<u>LCM</u>
			800 Free (M)	9:54.09	8:39.99	8:55.99
17:43.19	17:40.99	18:05.39	1500 Free (W)			

If there are more than 450 entrants, the Preliminary Session may be divided into ‘A’ and ‘B’ sessions with 7 heats (5 of the 400 meter events) in the ‘A’ session. ‘B’ session will be swum fastest to slowest.