

**2016 Sunflower State Games
Senior Games Swim Meet
September 10, 2016**

- MEET HOST:** Sunflower State Games and the Topeka Public Schools Hummer Sports Park.
- MEET TYPE:** Masters, Timed Finals
- SANCTION:** This meet is recognized by USMS.
- LOCATION:** Capitol Federal Natatorium, 530 Tuffy Kellogg Drive, Topeka, KS, 66606
- COURSE:** The competition pool is eight (8) lanes, 25 yards with a moveable bulkhead, KDI Paragon Long Reach Competitor starting blocks, Keifer non-turbulent lane lines and Colorado Timing System, with graphics scoreboard. Lanes 1 and 2 will not be used for this competition. A four-lane 25 yard warm-up pool is available. Water depth is 13 feet at the east end of the course and 4 feet at the west end of the course. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). A copy of the certification is on file with USA Swimming and USMS. The competition course shall be measured in accordance with USMS Rule 105.1.7C the day of the meet.
- OFFICIALS:** Referee: Richard Allen 406-208-2869
rallen@wattsandassociates.com
Admin Official: Shawn Geil 785-249-5051 shawn.geil@gmail.com
- RULES:** 2016 U.S. Masters Swimming Code of Regulations and Rules of Competition and 2016 Missouri Valley Swimming Rules will govern the meet. Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect. USMS does not have a rule for teaching racing starts or certifying swimmers for proficiency at performing racing starts (MS3.1). It is the responsibility of the swimmer to ensure all racing starts are conducted safely. Flyover starts will be used as necessary to ensure that the meet is completed in a timely manner. The “no recall” start procedure rule will be in effect. It is understood and agreed that US Masters Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or other designated areas. Deck changes are prohibited.

ELIGIBILITY:

Participants desiring their achieved times to be submitted to USMS must be registered USMS Athletes for 2016. Current registration for all athletes will be verified by the athlete providing their USMS membership number to the volunteer at the check-in table on the day of the meet. The times achieved by those not registered will not be provided to USMS at the completion of the meet. The swimmer's age on the first day of the meet determines their age for the entire meet.

STARTING TIMES:

Warm-ups	Meet Start
8:00 am	No earlier than 9:00 am

WARM-UPS:

Warm-ups will be open for all lanes. The last 10 minutes of the warm-up session will be reserved for practice starts in lanes 2 through 6. No starting practice will be conducted outside this designated time and these designated lanes.

During general warm ups, the following MVS safety rules will apply:

1. All lanes general warm-up only;
2. Circle swimming only;
3. Swimmers may not dive or jump 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 the session at the discretion of the Meet Referee. Swimmers may dive during the 10 minute designated starting practice warm up period.
4. No diving, use of the starting blocks, or racing starts off pool edge during the general warm-up session.

ENTRIES:

1. Only entries submitted through the Sunflower State Games organization (either online at WWW.KANSASSENIORGAMES.FUSESSPORT.COM or via a downloaded registration form from <http://kansasseniorgames.fusesport.com/page/Registration-x-437-36-15412.html>) will be accepted. Deck entries will not be accepted or offered.
2. All events will be swum Women then Men, and seeded slowest to fastest. If seed times are not provided by the participant on their registration form the seeding will be oldest to youngest by gender.

ENTRY DEADLINE:

The entry deadline is Friday, August 19, 2016.
Mail completed entry form, signed waiver and payment to:

Kansas Senior Games, 501 SE Jefferson, Suite 22, Topeka, KS 66607. Fax to 785-235-1308 (credit card only) or Email to ksg@sunflowergames.com (credit card only).

ENTRY FEES & DECK ENTRIES: Each participant will pay a one time registration fee of \$25 before July 1st, or \$30 after July 1st, and a sport fee of \$20.

Deck entries will not be accepted.

SEEDING: The meet will be pre-seeded by Hy-Tek Meet Manager. All seeding will be slowest to fastest. Participants who do not provide seed times will be seeded oldest to youngest by gender.

Participants in the 500 yard freestyle event are responsible for providing their own counters.

POSITIVE CHECK-IN: The 500 Free requires a positive check-in by 9:00 am, Saturday, September 10. A swimmer who fails to positive check in may be scratched from the event in the discretion of the Meet Referee.

Participants in the 500 yard freestyle event are responsible for providing their own counters.

SCRATCHES: There are no scratch deadlines

AWARDS: Awards will be presented the day of the meet. Participants are responsible for picking up their awards at the awards table at the swim venue. Sunflower State Games will NOT mail awards.

HEAT SHEETS: Meet programs will be posted in multiple locations throughout the swim venue prior to the start of the meet.

FINAL RESULTS: A copy of the results will be sent to Sunflower State Games and USMS. Final results may be posted on the Missouri Valley LMSC website and may include the swimmer's name, age, times and USMS number.

TIMERS & JUDGES: Sunflower State Games welcomes any visiting officials who would like to officiate. Any interested person should contact the Meet Referee to make arrangements. Any visitors wishing to be timers during the various sessions of the meet should contact the Meet Director. All Officials must be 2016 registered members of USA Swimming and shall be currently certified.

CONCESSIONS: Concessions will be available during the meet.

SPORTSWEAR:

Participants must provide their own suits, caps, goggles, towels, etc.

DIRECTIONS:

From I-70 take the MacVicar Exit. Go south on MacVicar to 6th Ave. and turn right (west). Take 6th Ave. about ¼ mile and turn right on Center Dr. The pool is on the corner of 6th and Center Drive.

Order of Events

Saturday

Warm-up: 8:00 am

Meet Start: No earlier than 9:00 am

Women	Event	Men
1	200 Yard Freestyle	2
3	100 Yard Butterfly	4
5	50 Yard Breaststroke	6
7	200 Yard Individual Medley	8
9	100 Yard Backstroke	10
11	50 Yard Freestyle	12
13	200 Yard Breaststroke	14
15	100 Yard Individual Medley	16
17	200 Yard Backstroke	18
19	100 Yard Freestyle	20
21	50 Yard Butterfly	22
23	100 Yard Breaststroke	24
25	50 Yard Backstroke	26
27	500 Yard Freestyle	28