



2018 Girls

COMO

Invitational

Mizzou Aquatic Center January 6th 2018

Format:

****This meet conforms to the Championship meet format**

- 7:30am Doors open to Teams
- 7:45am Access to the pool deck - Please remain in the spectator area until this time.
- 8:00-9:20am Swimming Warm-ups
3 x 20-minute swim warm-ups, scheduled according to distance travelled. Last 20 minutes will be sprint/dive/pace lanes for all teams. **Unlimited warm-up available in non-competition pool throughout meet.**
- 9:10am Coaches meeting.
- 9:30am Swimming prelims. **(We will run timed finals in the 500 freestyle with the fastest three seeded heats in the finals, all other heats will swim in prelims.)**
- 3-4:00p Warm-ups for swimming finals.
- 4-6:45p Swimming Finals – Finals & Consolation Heat (scored) plus Bonus heat (does not score).

Events:

Events will follow the same order of events as outlined in the NFHS Handbook.

- | | |
|-------------------------------|------------------------------|
| 1. 200 Yard Medley Relay | 7. 500 Yard Freestyle |
| 2. 200 Yard Freestyle | 8. 200 Yard Freestyle Relay |
| 3. 200 Yard Individual Medley | 9. 100 Yard Backstroke |
| 4. 50 Yard Freestyle | 10. 100 Yard Breaststroke |
| 5. 100 Yard Butterfly | 11. 400 Yard Freestyle Relay |
| 6. 100 Yard Freestyle | |

Diving:

- 9:00 am. Diving Sheets are due - This will be an 11 Dive Meet
 - 10:00 am-12:00 pm Diving Warm-ups
 - 12:15 pm-3:45 pm Diving competition
- Format: If there are more than 40 divers the following format is followed
1. After three rounds cut to 32 divers
 2. After five rounds cut to 20 divers
 3. After eight rounds cut to 16 divers
- If fewer than 40 divers participate
1. After five rounds cut to 32 divers
 2. After eight rounds cut to 16 divers

Scoring:

Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Entries:

Teams are permitted 4 entries in individual events and 1 team in each relay event. An individual is permitted to enter and compete in a maximum of 4 events, no more than two of which may be individual events.

****Entries submitted should clearly identify which school your athletes are representing in both meet file title and subject heading of your email. In addition, please ensure entry files contain correct contact information****

500 Freestyle limited to Top 40 times. Fastest three heats will swim with Finals. If you are concerned that your swimmer may not make the cut, you may email Chris Hull with an alternate entry for that swimmer. You may enter 4 divers. This will be an 11-dive meet. (Max 60 divers)

Entries will be limited to the first 450 swimmers (host teams not included). This will be a firm entry cutoff, (this does not include divers)

If limit is not reached beforehand, the Entry Deadline is Friday December 22, 2017. (Send to Chris Hull).

****Hy-tek Meet Manager entries are greatly appreciated. No handwritten entries will be accepted. *Please ensure that your email will accept attachments, as your entries will be returned in PDF format for your confirmation.**

Please e-mail your entries to: Chris Hull, Meet Entries Chair
hullcr@missouri.edu
573-882-9739 (office)
573-884-2834 (fax)

Facility Access Everyone entering the Mizzou Aquatic Center for the meet should enter the Student Recreation Complex through the Southeast Entrance off Hitt Street Teams and coaches will access the pool deck by crossing the spectator area and coming down the stairs by the Diving Well. At no time should anyone climb over the wall from the spectator area to the pool deck or deck to spectator area! This is always an issue and the staff of the Mizzou Aquatic Center appreciates your assistance in stopping this before it starts. All individuals associated with the meet are restricted to the Competition Area of the pools and attached spaces, the locker rooms, The Aquatic Corridor, Aquatic Mezzanine overlooking the pools, the Spectator Area, and the Diving Well stairs.

Locker Rooms: Team changing areas are located on the east end of the 50M pool by the warm-up area. Both restrooms will be Designated as Women's rooms for the meet. The General Locker Room may also be used. This will also serve as the restroom for male coaches and officials.

Awards: Individual medals 1st-8th place. Relay medals 1st-3rd place.
Team trophies: 1st-3rd place.
Awards for each event during the finals session will be handed out immediately following the final heat for each event. The winning swimmer's/relay coach will be asked to present the medals to the top placing teams.

Results: Meet results will be available on the Meet Mobile phone app as well as posted in the facility.

Cost: \$325.00 checks should be made payable to Columbia Public Schools
\$200.00 for each additional team (i.e. "B" team or "JV" team)

Mail to:
JD Coffman, Athletic Director (entry fees)
Hickman High School
1104 North Providence Road
Columbia, Missouri 65203

Please write **COMO Swimming in the memo line of the check.**

Pool Space: For pool space arrangements please contact Chris Hull. Pool space will be available for visiting teams Friday from 5:00-7:00 pm. Hourly rates for pool space rental as are follows (\$20 per lane + additional lifeguard fee). Please contact Chris Hull at hullcr@missouri.edu or (573) 882-9739 for arrangements. To ensure pool requests are met, we would greatly appreciate knowing your team's arrival time and requests for pool space, prior to **Friday December 22, 2017.**

Teams: Battle, Belton, Blue Springs, Blue Springs South, Camdenton, Hazelwood West, Hickman, Incarnate Word Academy, Kearney, Ladue, Lee's Summit, Lee's Summit North, Lee's Summit West, Liberty, Liberty North, Liberty Wentzville, Lutheran St. Charles, Marshall, Marquette, Nevada, Nerinx Hall, North Kansas City, Park Hill South, Pembroke Hill, Platte County, Raymore-Peculiar, Raytown, Rock Bridge, Smithville, Staley, St. Francis Borgia, St. Joseph Central, St. Teresa's Academy, The Summit Preparatory, Ursuline Academy, Visitation Academy, Westminster (Pending: Eureka, Hannibal, Oak Park, Cape Central, Popular Bluff, Webb City)

Parking: General parking will be in the Virginia Avenue Garage across Hitt Street from the Student Recreation Complex. Everyone will enter the Student Recreation Complex and Mizzou Aquatic Complex from the Hitt Street entrance and then through the glass doors into the Aquatic Mezzanine overlooking the competition area. No vehicle may stop in the crosswalk at the top of Hitt Street to unload. Vehicles may not block the crosswalk.

Buses must not park in the crosswalk for drop-off or pick-up. Buses must move away from and off Hitt Street after dropping off coaches and athletes. Please inform the drivers of this and help keep the street clear. Bus Parking is available in surface lot CG-1 along College Avenue. Please see the map link below.
<http://umcspace.missouri.edu/muparking/default.aspx>

Media Info: Media must submit a media request 24 hour in advance at the following site:
<http://www.mizzourec.com/about/media-access/>

Mizzou Aquatic Center Statement of Sportsmanship:

Coaches and student-athletes of visiting institutions and organizations, as well as individuals employed by or associated with that institution, including alumni, fans, patrons and boosters, shall conduct themselves with honesty and good sportsmanship. Unacceptable behavior including tampering, vandalism, or destruction of Mizzou Aquatic Center, Mizzou Rec, or University of Missouri property, physical or verbal abuse, or refusal to follow instructions given by Mizzou Rec staff will result in disciplinary action, reimbursement for damages, and/or potential suspension from the facilities and programs. Anyone asked to leave by the staff will not be refunded any paid charges.

MizzouRec and the Aquatic staff would appreciate all athletes, coaches and spectators assistance in keeping the facility clean. Please place all trash in the nearest trash receptacle.

Price of admissions:

Adults: \$5

Students: \$3

Heat Sheets: \$3 includes both prelims and finals

Contacts:

Taylor Birsa, Head Coach,

tbirsa@cpsk12.org

815-931-1121

Chris Hull, Meet Director

hullcr@missouri.edu

573-882-9739

Chris Seris, Aquatics Director

serisc@missouri.edu

573-882-9004