2019 Girls COMO Swimming and Diving Invitational

Mizzou Aquatic Center

January 4-5, 2019

**Day One** **-Session One**

**Varsity - Prelims**

2:15 pm Doors Open and Access to the Deck Floor

2:30-3:30 3x20 Minute warm-up periods

3:30-3:50 One way Start in 2-7, Pace in 1 and 8

3:30 Coaches meeting

4:00 Start

Unlimited Warm-Up in non-competition pool.

Divers – Open warm up is available in the Dive Well from 2:30 pm through the conclusion Varsity Prelims Session.

**Event Order:**

1. 200 Yard Medley Relay 7. 100 Yard Freestyle

2. 200 Yard Freestyle 8. 500 Yard Freestyle

3. 200 Yard Individual Medley 9. 200 Yard Freestyle Relay

4. 50 Yard Freestyle 10.100 Yard Backstroke

5. One Meter Diving **(contested on Day 2)** 11.100 Yard Breaststroke

6. 100 Yard Butterfly 12.400 Yard Freestyle Relay

\* Qualifying Procedure: Top 24 Finishers in each event will qualify for Varsity Finals on Saturday

 (Session 3) the format will be Finals (1-8), Consolation Finals (9-16), Bonus (17-24).

**Day Two -Session Two**

**Junior Varsity – Timed Finals**

8:00 am Doors open

8:15 Access to the deck floor

8:30-9:20 Warm Ups 2x20 minute warm-ups plus 1x10 Minutes 2-7 One way, 1 and 8 Push Pace

9:00 Coaches Meeting

9:30 Start. Events will be run as timed finals. Scored to 16.

**Event Order:**

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

**\* Medal Awards for all JV competition will follow the conclusion of the session.**

**Day Two (continued)**

**Varsity Diving:** This will be an 11 Dive Meet. All Dive entries will be done on DiveMeets.com by **January 2, 2019. All changes to Dive Sheets must be made and signed by 10 :00 AM**

8:30-10:30 am Diving Warm-ups (Flight One 8:30-9:30 am and Flight Two 9:30-10:30 am)

10:30-11:00 Open Warm-up

11:15 Diving competition start

1. After three rounds we will cut to 32 divers

2. After five rounds we will cut to 20 divers

3. After eight rounds we will cut to 16 divers

**Varsity Finals -Session Three** (This session will begin approximately two hours after the conclusion of the JV meet but now sooner than 1:00 pm)

The format will be Finals (1-8), Consolation Finals (9-16) and Bonus (17-24). Events will be scored 1-16.

**\* Warm-up** (One hour prior to the start of finals)

35 minutes -Open Warm-Up (Competition Pool)

15 Minutes -Lanes 1 & 8 Push Pace, Lanes 2-5 One Way Start and Lanes 6 & 7 Relay Start

\*We will clear the Competition Pool 10 minutes prior to the start of Finals

Unlimited Warm-Up in Non-Competition Pool.

**Event Order:**

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

**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 as well as which level JV or Varsity, in both meet file title and subject heading of your email. In addition, please ensure entry files contain correct contact information\*\***

**\*\*Note 2 separate meet files will be used for Varsity and JV entries\*\***

\*\*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.

 **500 Freestyle limited to Top 40 times.** (Format will be Prelims and 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) \*We will be using DiveMeets.com for these entries. You will receive login and step by step entry instructions.

**Deadlines:** Swim Entry Deadline is **Friday December 21, 2018.**

 Dive Entry Deadline is **Wednesday January 2, 2019.**

 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:** Varsity Individual medals 1st -8th place. Relay medals 1st-3rd place.

 Varsity Team trophies: 1st-3rd place.

Varsity 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.

JV Awards will include Individual medals 1st -8th place and relay medals 1st-3rd place. These will be awarded for all JV competition following the 400-yard Free Relay.

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

Diving Results will be available on Divemeets.com

**Cost**: Checks should be made payable to Columbia Public Schools (Memo Line: **Girls** **COMO Swimming)**

**$350.00 Varsity only $200.00 for each JV team**

Mail Entry Fees to:

 **JD Coffman, Athletic Director**

 **Hickman High School**

 **1104 North Providence Road**

 **Columbia, Missouri 65203**

**Teams:** Battle, Belton, Blue Springs South, Camdenton, Cape Central, St. Joseph Central, Cor Jesu Academy, Eureka, Ft. Zumwalt West, Hannibal, Harrisonville Hazelwood Central, Hickman, Incarnate Word Academy, Jackson, John Burroughs, Kearney, Ladue, Lee's Summit, Lee's Summit North, Lee's Summit West, Liberty, Liberty North, Lutheran St. Charles, Marquette, Marshall, Nerinx Hall, Park Hill South, Parkway Central, Pembroke Hill, Platte County, Ray-Pec, Rock Bridge, Smithville, St. Francis Borgia, ST. Pius X, ST. Teresa’s Academy, Ursuline Academy, Villa Duchesne, Visitation Academy, Webb City, Westminster Christian Academy.

**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.

**Price of admissions:**

 **All Session Pass: Session One Sessions Two/Three**

Adults:       $10 $5 $7

Students:    $5 $3 $4

\*Heat Sheets: $2 per Session

**Contacts**:

Taylor Birsa, Head Coach, Chris Hull, Meet Director

tbirsa@cpsk12.org hullcr@missouri.edu

815-931-1121 573-882-9739