

Welcome to Beach Bash 2024!

Friday June 7 – Sunday June 9, 2024

Blaisdell Family Aquatic Center at Gage Park

Topeka, KS



Order of Events

Session1: Friday AM Warm-up: 8:00am Meet Start: 8:45am

Girls	Event	Boys
1	11&Over Mixed 1500 Free*	2

Swimmers must provide their own timer & counter for 1500 Free

Session 2: Friday Mid-Day* Warm-up: 10:30am Meet Start: 11:00am

Girls	Event	Boys
3	13&Over 50 Fly	4
5	13&Over 50 Back	6
7	13&Over 50 Breast	8
9	13&Over 50 Free	10

***Participating Teams are requested to provide back-up timers (2 per lane).**

Session 3: Friday PM Warm-up: 12:30pm Meet Start: 1:30pm

Girls	Event	Boys
11	13&Over 800 Free Relay	12
13	12&Under 50 Free	14
15	12&Under 200 IM	16
17	13&Over 200 IM	18
19	12&Under 400 Free*	20
21	13&Over 400 Free*	22

Swimmers must provide their own timer for 400 Free

Session 4: Saturday AM Warm-up: 7:00am Meet Start: 8:30pm

Girls	Event	Boys
23	12&Under 50 Back	24
25	12&Under 100 Fly	26
27	12&Under 50 Breast	28
29	12&Under 200 Free	30
31	12&Under 200 Medley Relay	32

Session 5: Saturday PM Warm-up: 12:00pm Meet Start: 1:30pm

Girls	Event	Boys
33	13&Over 200 Free Relay	34
35	13&Over 200 Back	36
37	13&Over 100 Fly	38
39	13&Over 200 Breast	40
41	13&Over 100 Free	42
43	13&Over 200 Medley Relay	44
45	13&Over 400 IM*	46

Swimmers must provide their own timer for the 400 IM

Session 6: Sunday AM Warm-up 7:00am: Meet Start: 8:30am

Girls	Event	Boys
47	12&Under 50 Fly	48
49	12&Under 100 Back	50
51	12&Under 100 Breast	52
53	12&Under 100 Free	54
55	12&Under 200 Free Relay	56

Session 7: Sunday PM Warm-up 12:00pm: Meet Start: 1:30pm

Girls	Event	Boys
57	13&Over 400Medley Relay	58
59	13&Over 200 Fly	60
61	13&Over 100 Back	62
63	13&Over 200 Free	64
65	13&Over 100 Breast	66
67	13&Over 400Free Relay	68
69	13&Over Mixed 800 Free*	70

Swimmers must provide their own timer & counter for 800 Free

Sanctioned By:

- Held under the sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., **Sanction Number: MV-24-49**
- Sanctioned by Missouri Valley for USMS Inc., **Sanction Number: 284-S003**

Host: Topeka Swim Association and Shawnee County Parks & Recreation

Meet Type: Age Group, Open, and Masters, Timed Finals.

Location: Blaisdell Family Aquatic Center at Gage Park
4201 SW Reinisch Pkwy, Topeka, Kansas 66604

Course: Outdoor fifty (50) meter course consisting of ten (10) lanes with non-turbulent lane lines and competition starting blocks at each end. Water depth at the start end of the course is 12 feet and water depth at the turn end of the course is four (4) feet. A Colorado Electronic Timing System with horn start, touch pads, and backup buttons will be utilized. A small adjacent warm up/warm down area will be available. At the sole discretion of Topeka Swim Association, the Meet Referee may reserve lane 10 as a warm up/warm down lane during the distance events (Session 1 1500 Free and Session 7 800 Free). The competition course has been certified in accordance with 104.2C(4). A copy of this certification is on file with USA swimming. The length of the competition course without a bulkhead is in compliance and on file with USMS articles 105.1.7 and 106.2.1

Parking: On-site parking is available at no charge.

Admission: \$5 admission will be charged per day for all spectators over the age of 12.

Officials:

Meet Director: Aaron Strother

Meet Referee: Richard Allen 406-208-2869 rallen@wattsandassociates.com

Admin Official: Stacey Holzwarth earlybirder1@msn.com

Entries Chair: Jordan Nutter entries@swimtsa.com

Rules:

- Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), and US Masters Rules and Regulations and Missouri Valley Swimming Rules will govern this meet.
- Missouri Valley Swimming Guidelines and Warm-up Procedures will be in effect.
- All adult participants participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.

- 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 within the water without the use of the backstroke ledge. 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.
- Flyover starts will be used as necessary to ensure that meet sessions are completed in a timely manner.
- Coaches must be 2024 registered coach members of USA Swimming and present evidence (physical or electronic) of membership and current certifications and qualifications upon request.
- Use of audio or visual devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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.
- Deck changes are prohibited.

Liability: It is understood and agreed that USA Swimming, US Masters Swimming, Missouri Valley Swimming, Topeka Swim Association, and Topeka/Shawnee County Parks and Recreation shall be free from any liabilities or claims for damages arising by reason of injuries during the conduct of the event or for items lost, damaged or stolen.

We have taken enhanced health and safety measures—for athletes, officials, personnel, and spectators. You must follow all posted instructions of the facility. Medical supervision for this event will include an EMT and/or a nurse practitioner, access to an AED device, and lifeguards for the small side pool area. A full first aid kit will be available at the medical table.

Eligibility: All athletes must be 2024 registered athlete members of USA Swimming or US Masters Swimming. Registration and validity of all athletes will be verified by the MVS Registration Chair prior to the meet. Those not registered or found to be invalid will not be allowed to swim in the meet. USAS athlete's age on the first day of the meet shall determine the athlete's age for the entire meet. USMS age determination rules will be in effect.

Starting Times:

	<u>Age Groups</u>	<u>Warm-ups</u>	<u>Meet start</u>
Friday AM 1500	11 & over	8:00-8:35am	NET 8:45am
Friday Mid-Day	13 & Over	10:00-10:30am	NET 10:45am
Friday PM	All Age Groups	12:30-1:20pm	NET 1:30pm
Saturday AM	12 & Under	7:00-8:20am	NET 8:30am
Saturday PM	13 & Over	12:00-1:20pm	NET 1:30pm
Sunday AM	12 & Under	7:00-8:20am	NET 8:30am
Sunday PM	13 & Over	12:00-1:20pm	NET 1:30pm

Warm-up start times for the second and/or third session of the day may need to be adjusted due to the length of the previous session and/or weather. In this event, warmup start times will be 15 minutes after the end of the previous session or, in the event of a weather-related delay, immediately following the all clear from the facility staff. Start times for the second and/or third session of each day may be adjusted due to the length of the first and/or second session of that day but will not be earlier than the published time unless coaches are notified prior to the start of the meet.

Seeding: With the exception of the 1500 Freestyle, 800 Freestyle, 400 Freestyle, 400 IM, and any limited events, the meet will be pre-seeded by Hy-Tek Meet Manager. Entries shall be in Long Course Meter times only. "No time" entries will be accepted but will be seeded last. Deck entries will be accepted if the timeline permits for non-limited events, only in empty lanes in existing heats, and at the discretion of the Administrative Official and Meet Referee. Deck entries must be received a minimum of 45-minutes prior to start of the session. Deck entries are only available to athletes already entered in the meet and will not be accepted without payment to the Entries Chair. All Events will be seeded and swam fastest to slowest.

Limited Events/Positive Check-in: Except for the limited events, 1500 Free, 800 Free, 400 Free, and 400 IM, swimmers are considered "checked in" for their events when entries are received by the Entries Chair. All heats of the limited events, the 1500 Free, the 800 Free, the 400 Free, and the 400 IM shall be deck seeded and swam fastest to slowest. Positive check-in will be required for these events no later than 30 minutes prior to the start of the session of the applicable event. Athletes who fail to check in for any one or more of the limited events, 1500 Free, 800 Free, 400 Free, and/or 400 IM may, at the discretion of the Meet Referee and Admin Official, be scratched from the event for which the athlete failed to positively check-in. Those athletes who fail to positively check in for any one or more of these events and are not scratched from the event, will be seeded in the slowest heat of the event.

Swimmers must provide their own timers and counter (where applicable) for the 400 Free, 400 IM, 800 Free and 1500 Free.

Entries:

- 1) Entries shall be submitted in Hy-tek format and are to be submitted via e-mail to the Entries Chair by the entry deadline. All entries must include each swimmer's 2023 USA Swimming registration number. The number of swimmers for this meet may be limited to ensure the timely completion of sessions. As a result, it is possible that some entries received prior to the entry deadline may NOT be entered in the meet. Topeka Swim Association has the sole discretion to determine which entries to accept. In exercising this discretion, Topeka Swim Association will consider when entries are received, number of officials provided by team, balance of age groups and gender by entries, level of competition and geographic location. The Entries Chair and Meet Referee will make the final

determination on accepting and/or limiting entries. Teams will be notified as soon as possible if their swimmers are not entered in the meet.

- 2) All times should be entered in long course meter times. "No-time" entries will be allowed.
- 3) Swimmers may enter a maximum of five (5) events per day with no more than four (4) of each day's events being individual events.
- 4) Athletes will be responsible for the fees pertaining to all events in which they entered regardless of the events they swim.
- 5) The 11 & over 1500 Free and the 13 & over 800 Free will be Mixed Gender events combining both women & men and will be swum fastest to slowest. **Swimmers will need to provide their own timers and counter for these events.**
- 6) The 13 & over 400 IM, 12 & U 400 Free and 12 & over 400 Free will be swum fastest to slowest and alternating women and men. **Swimmers will need to provide their own timers for these events.**
- 7) Any combination of events may be limited to insure the timely completion of a session. Coaches will be notified by email prior to the meet if swimmers are affected by limits. Should an athlete be removed from any event due to limiting decisions made by TSA, the fees for the affected event(s) will be removed from that athlete's responsibility.
- 8) TSA reserves the right to swim any TSA swimmer regardless of entry time.
- 9) Positive Check-in will be required for the limited events no later than 30 minutes prior to the start of the session of the applicable event.

Entry Deadline: No entries will be accepted before Monday, April 29, 2024, 8:00 am CDT. Team entries must be received by Sunday, June 2, 2024, by 10:00pm CDT. No phone entries will be accepted.

Entry Fees: Entry fees shall be \$7.00 per individual event and \$12.00 per relay team. There will be a \$10.00 per athlete surcharge. Make all checks payable to **Topeka Swim Association**. Deck entries shall be \$12.00 per individual event and \$24.00 per relay event.

Send entries to: Jordan Nutter
entries@swimtsa.com

Submit entry fees to: Topeka Swim Association
PO Box 3755
Topeka, KS. 66604

Warm-Ups: Friday 1500 Free will have a single, 35-minute, open warm-up session. Friday Mid-Day session will have a single, 20-minute, open warm-up session. Friday afternoon, Saturday and Sunday AM and PM warm-ups may be split into multiple sessions and have assigned lanes, at the discretion of the Meet Referee. Teams will be

notified of the warm-up schedule by Tuesday, June 4, 2024. A warm-up schedule will be posted at the pool.

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 into the pool during general warm-up. Swimmers must enter the pool by stepping in first or sitting and sliding into the pool 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 at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.***
- 4) No diving, use of the starting blocks, or racing starts off pool edge.
- 5) At any time during general warm-ups, the coach of a team in control of any lane may convert the team's lane to a sprint lane by:
 - a. Removing all swimmers in that lane from the water.
 - b. Informing coaches in adjacent lanes.
 - c. Informing the safety marshal.
 - d. Following all guidelines for sprint lanes.

Officials: Topeka Swim Association welcomes any visiting officials and encourages all who would like to officiate to attend the officials' meeting. All Officials must be 2024 registered members of USA Swimming and shall be currently certified. Officials must provide evidence (either physical or electronic) of USAS membership and certifications. An officials' meeting will be held approximately sixty (60) minutes prior to the start of each session. Meetings will be held in the Hospitality room.

The dress code for officials during this meet is: shorts, pants, or skirts (blue or khaki), white polo shirt, deck shoes (sandals are welcome). Saturday is Hawaiian Shirt Day. On Saturday, at the option of each official, the dress code may include a Hawaiian shirt in place of the white polo. Please consider bringing and wearing a hat, sunblock, and sunglasses to help with sun glare and avoiding sunburn while on deck.

Awards:

1. Ribbons for 1st through 8th for individual events, for each age group: 8 and under, 9-10, 11-12, 13-14 and 15 & over.
2. Ribbons for 1st through 3rd for relay events.
3. High point awards for the top scoring boy and girl from each age group.
4. Awards to the top male and female point scorer from combined results of the 50 free, 50 back, 50 breast and 50 fly in the 13-14 and 15-18 age groups.
5. Awards to the top male and female point scorer from combined results of the 400 IM, 400 free, and 1500 free in the 13-14 and 15-18 age group.
6. The top team will receive an award based on the highest team score.

7. The team with the highest % best times will also receive an award.

All awards must be picked up by the swimmer or coach by the end of the meet on Sunday. No awards will be mailed. Winners of "Mystery Heats" will receive tickets for an opportunity to select from a grab bag of Beach Bash theme prizes.

Programs: Meet programs will not be for sale at the venue. Several meet programs will be posted throughout the venue and will also be available on Meet Mobile.

Final Results: Final results will be posted on the Topeka Swim Association (www.swimtsa.com) website, Meet Mobile and the Missouri Valley Swimming (www.missourivalleyswimming.com) website and may include the swimmers name, age, and times. Please remember, during the conduct of the meet, results displayed on Meet Mobile are considered preliminary only.

Timing Assignments: Each club may be asked to assist in providing back-up timers (2 per lane). Anyone wishing to time is asked to check in with the Meet Director during warm-ups for the session. All swimmers in the 800 and 1500 Free must provide their own timers and counter. Swimmers in the 400 Free and 400 IM must provide their own timers. **Those teams participating in the Friday Mid-Day session are requested to provide timers for that session.**

Spectators: To assure coaches and officials adequate visibility of the swimming venue, all spectators, including athletes, are requested to remain four (4) feet or more from the edge of the pool.

Services/Vendors: A selection of food and snack items will be available at a small concession stand and food trucks located on site.

MASTERS: This meet is officially sanctioned by US Masters Swimming. Masters athletes are welcome to compete in open events and times will count toward USMS rankings. A registration page is available on the [TSA website](#). All participants must complete the [USMS Liability Release Waiver](#) at check-in prior to meet and show verification of USMS registration to the Admin Official. It is recommended also that USMS athletes inform the Meet Referee that they are competing for Masters times recognition. The waiver is also attached below.

Directions to Pool: From I-70 take the Gage Blvd. Exit. Go south on Gage to Tenth Avenue and turn right (West). Use any of the park entrances and follow the signs to the pool.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the

rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (check) M <input type="checkbox"/> F <input type="checkbox"/>	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signe

Revised 09/21/2023

2464370v1