

# **SWMO SUMMER SWIM LEAGUE MEET SCHEDULE – 2019**

Warm ups for the meets begin 1 hour before the start of the meet for the home team, 30 minutes for away teams.

**No coolers at Highland Springs, Twin Oaks, Fremont Hills, Willard, Nixa, Republic, Bolivar**

## **Week 1 – Monday, June 10 thru Friday, June 14**

Jones Y, Meador @ Nixa	Wednesday, June 12, 9AM
Millwood, Emerald Park @ Highland Springs	Thursday, June 13, 9AM
Fremont Hills @ Southern Hills	Thursday, June 13, 9AM
Panthers, Bolivar @ Hickory Hills	Thursday, June 13, 9AM
Willard, Twin Oaks @ Ozark	Friday, June 14, 9AM
Spring Creek, Cinnamon Square @ Republic	Friday, June 14, 9AM

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## **Week 2 – Monday, June 17 – Friday, June 21**

Nixa, Bolivar, Jones Y @ Twin Oaks	Thursday, June 20, 9AM
Hickory Hills, Cinnamon Square @ Millwood	Thursday, June 20, 9AM
Spring Creek, Ozark @ Meador	Monday, June 17, 9AM
Highland Springs, Willard @ Fremont Hills	Thursday, June 20, 9AM
Panthers, Republic, Emerald Park @ Southern Hills	Thursday, June 20, 9AM

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## **Week 3 – Monday, June 24 – Friday, June 28**

Highland Springs, Twin Oaks @ Panthers	Thursday, June 27, 9AM
Millwood, Emerald Park @ Nixa	Wednesday, June 26, 9AM
Southern Hills @ Ozark	Friday, June 28, 9AM
Fremont Hills, Jones Y @ Bolivar	Monday, June 24, 5PM
Spring Creek, Cinnamon Square @ Willard	Thursday, June 27, 9AM
Hickory Hills, Meador @ Republic	Friday, June 28, 9AM

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## **Week 4 – Monday, July 1 – Friday, July 5**

Twin Oaks, Republic @ Millwood	Tuesday, July 2, 9AM
Panthers, Willard, Bolivar @ Meador	Monday, July 1, 9AM
Ozark, Emerald Park @ Fremont Hills	Tuesday, July 2, 9AM
Nixa @ Hickory Hills	Tuesday, July 2, 9AM
Southern Hills, Cinnamon Square @ Highland Springs	Tuesday, July 2, 9AM
Jones Y @ Spring Creek	Tuesday, July 2, 9AM

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## **Week 5 – Championships Week**

SWMO SUMMER SWIM LEAGUE CHAMPIONSHIPS

Thursday, July 11<sup>th</sup>

Private Warm-up from 7:30 – 8:30 AM (lanes & times will be assigned) Meet will start around 8:45 AM

Millwood, Highland Springs, Hickory Hills, Twin Oaks, Fremont Hills, Southern Hills, Emerald Park, Cinnamon Square

Public & Residential Warm-up from 12:30 – 1:30 PM (lanes & times will be assigned) Meet will start around 1:45 PM

Meador, Nixa, Ozark, Bolivar, Willard, Republic, Spring Creek, South Y, Panthers

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**\*No coolers allowed at Twin Oaks, Fremont Hills, Highland Springs, Nixa, Republic, Bolivar, and Willard**

## **Team (directions to pool in parenthesis)**

Hickory Hills (Cherry Street, East of 65 Highway)

Highland Springs (James River Freeway, just East of 65 Highway)

Twin Oaks (Republic Road just West of National)

Millwood (65 Highway & East on Evans Road)

Southern Hills (Lone Pine between Sunshine and Battlefield Rds)

Spring Creek (Republic Road & Charleston - go S. to Lakewood)

Nixa (Main Street to E. on North Street - pool on left)

Meador Park (Meador Pool – Fremont & Sunset by Mall)

Willard (N or 160, Rt on Z, left on Jackson)

Fremont Hills (65 to CC, Rt on CC, L @ light)

Ozark (from Finley River Park, McCracken to East, under water tower)  
907 E Parkview

Republic (W on Hwy 60, Left on Main St, Left on Miller Rd)

Emerald Park

Bolivar

Pat Jones – South Y (Glenstone and Republic)

Cinnamon Square

Springfield Panthers (Drury Pool)

Drury University (Chestnut Expressway - North on Drury Lane)

## **Coach and contact number**

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**\*No coolers allowed at Twin Oaks, Fremont Hills, Highland Springs, Nixa, Republic & Willard**

## ORDER OF EVENTS

Girls

Boys / Mixed

1	8 & Under 100 Medley Relay	2
3	9-10 100 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13-14 200 Medley Relay	8
9	15-18 200 Medley Relay	10
11	6 & Under 25 Freestyle	12
13	7-8 25 Freestyle	14
15	9-10 25 Freestyle	16
17	11-12 50 Freestyle	18
19	13-14 50 Freestyle	20
21	15-18 50 Freestyle	22
23	6 & Under 25 Back	24
25	7-8 25 Back	26
27	9-10 25 Back	28
29	11-12 50 Back	30
31	13-14 50 Back	32
33	15-18 50 Back	34
35	6 & Under 25 Breast	36
37	7-8 25 Breast	38
39	9-10 25 Breast	40
41	11-12 50 Breast	42
43	13-14 50 Breast	44
45	15-18 50 Breast	46
47	6 & Under 25 Fly	48
49	7-8 25 Fly	50
51	9-10 25 Fly	52
53	11-12 50 Fly	54
55	13-14 50 Fly	56
57	15-18 50 Fly	58
59	8 & Under 100 IM	60
61	9-10 100 IM	62
63	11-12 100 IM	64
65	13-14 100 IM	66
67	15-18 100 IM	68
69	8 & Under 100 Free Relay	70
71	9-10 100 Free Relay	72
73	11-12 200 Free Relay	74
75	13-14 200 Free Relay	76
77	15-18 200 Free Relay	78

# SWMO Summer League

## Stroke Rules 2019

### Freestyle

- Any stroke may be used.
- Swimmer may not push off bottom or pull on lane rope to gain an advantage.
- Swimmer must contact wall to complete the length of the pool. Any part of the body may be used.

### Backstroke

- Swimmer should be on back using windmill arms and flutter kick.
- After the start and turn the swimmer may dolphin kick underwater.
- Swimmer must remain on their back as they finish the race.
- For the turn the swimmer is permitted once past the flags to roll on to stomach and use 1 freestyle arm stroke to propel them into a turn.
- Swimmer may use a flip turn or touch and turn.

### Breaststroke

- Swimmer must be on their belly while swimming.
- Arms must move in a simultaneous motion together that looks more like a scull. (Not doggie paddle.)
- Legs also must be simultaneous motion that resembles a frog kick.
- Legs must not be doing dolphin or flutter kick.
- The turn is initiated by a touch with two hands simultaneously.
- After the start and turn 1 pull-out is allowed. A pull-out is a single arm pull and a single leg kick. Swimmer must surface before finishing of the second arm stroke.
- The finish must be with two hand touch.

### Butterfly

- Swimmer must be on their belly while swimming.
- Arms must move in a simultaneous motion front to back and on the recovery.
- Some part of the arm must break the surface on the recovery.
- Legs move in a dolphin kick. They must remain together. No breaststroke or flutter kick is allowed.
- The turn is initiated by a touch with two hands simultaneously.
- After the start and turn the swimmer may dolphin kick underwater. The first arm stroke must bring the swimmer to the surface.
- The finish must be with two hand touch

### Individual Medley

- All individual stroke rules apply.
- Order is Fly, Back, Breast, Free.
- Each stroke must finish as described above.

### Relays

- Medley relay is Back, Breast, Fly, Free. All stroke rules apply.
- Swimmers must finish their portion of the race before the next swimmer leaves their start end.

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- ❖ If in doubt give the benefit to the swimmer.
  - ❖ Do not DQ a 6 & Under Swimmer.
  - ❖ Warning will be issued in Week 1. All subsequent weeks will require a DQ.
  - ❖ Note DQ on timer card.

## Other Notes

- Officials Training – Coaches are responsible for training of officials.
- Thomas Baumann is the contact at SPA for the championship meet.
- Event Limits – Swimmers may participate in 3 individual events and 2 relays at regular season meets. At the championships the limit is the same.
- The SWMO Championships will follow the dual meet order of events. Relays will be limited to A only on the Medley and A & B only on the Free.
- Age – Swimmer's age on June 1, 2019 is their age for the season. Swimmers must swim in their own age group for individual events. They may age up 1 group for relays.
- Relays are Girls and Mixed. Girls only on the Girls. All Boys or a mix of boys and girls on the Mixed.
- There are not specific 6&Under Relays or IM events. To participate in those they are 8&Under.
- 6&Under swimmers should not be DQ'd. However, if they are in an 8&Under event it is possible. We are not expecting our officials to check their age in the IM or on a relay.
- DQ's will not be enforced on Week 1. This is warning week. After Week 1 swimmers will be DQ'd for infractions. It is the coach's responsibility to put swimmers in events they can do with success.
- Visiting teams owe a \$1 per swimmer entry fee. This fee should be paid to the host team upon arrival.
- Host teams are responsible for timely delivery of ribbons. This is either immediately following the meet or delivery to visitor later that day. Many teams hand out the ribbons at the next practice and this is often the next day.
- The host team is expected to run the meet and supply all the necessary volunteers. If you need help as the host, please ask for assistance before the meet.
- The visiting team should supply one stroke official to work with the host official.
- The host coach should contact the visiting coach 2-3 days in advance of the meet to discuss details.
- Ribbons should be given for places 1-6 on individual and relay events.
- Entry cards should be returned to visiting teams.

## HELP

Call, text or email – Steve Boyce, [sboyce@spsmail.org](mailto:sboyce@spsmail.org) 417-848-4020