



SWIMMING



Date: Saturday, September 26, 2009
Time: 8:30am Locker rooms open
9-9:30am Warm-up time. No admission to pool prior to 9 a.m.
9:30am Competition begins
Venue: Capitol Federal Natatorium, Hummer Sports Park, 530 Sports Park Drive.
(Lanes will be set at 25 yards)

Backstroke: 50, 100, 200 Yards
Breaststroke: 50, 100, 200 Yards
Butterfly: 50, 100 Yards
Freestyle: 50, 100, 200, 500 Yards
Individual Medley: 100, 200 Yards/4 Strokes
(Times in these events will be converted to short course yards, per NSGA requirements)

KSO2009 Entry Regulations:

1. Swimmers must provide their own suits, caps, goggles, towels, etc.

KSO2009 Format:

1. All swimming events will be timed finals and will take place in this order: 200 Free, 100 Fly, 50 Breast, 200IM, 100 Back, 50 Free, 200 Breast, 100 IM, 200 Back, 100 Free, 50 Fly, 100 Breast, 50 Back, 400 Free. The order of participation will be oldest to youngest, women then men.
2. Warm-up time will be available from 9 -9:30am and at other specified times during the day.
3. The meet will be seeded women then men by time—slowest to fastest—and will be scored by age division.

KSO2009 Sport Rules:

1. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. For a copy of these rules, contact: **US Masters Swimming, Inc., PO Box 185, Londonderry, NH 03053-0185. Phone: 800-550-7946, www.usms.org**
2. The major points of the rules include (**KSO2009 will have stroke judges enforcing the following rules. Please be sure you are familiar with the requirements of each stroke:**)
 - a. **STARTS:** The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification at KSO2009, if in the meet director's opinion, it was deliberate.
 - b. **TURNS:** The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
 - c. **BACKSTROKE:** There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his stomach during the turn prior to touching the wall.
 - d. **BREASTSTROKE:** The appropriate stroke is required.

- e. **BUTTERFLY:** The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.
- f. **FREESTYLE:** Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
- g. **MEDLEY:** The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.
- h. **GENERAL:** Any swimmer who uses improper methods to obtain an advantage over his competition will be disqualified from that event.

Conduct of Swimmers: Good sportsmanlike conduct is required of Swimmers at all times. Any Swimmer displaying less-than-desirable conduct at any time towards another Swimmer, any meet official, any volunteer or any KSO staff member will be disqualified from KSO competition. The KSO Director and Event Coordinators will enforce this rule at all time.

