**SWMO SUMMER SWIM LEAGUE MEET SCHEDULE – 2021**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***

|  |  |  |  |
| --- | --- | --- | --- |
| Meet Week 1 |   |   |   |
| **Host** | **Guest** | **Guest** | **Date and Time** |
| **Millwood** | Cinnamon Square | Meador? |  Thursday, June 10 9am |
| **Twin Oaks** | Spring Creek |   |  Thursday, June 10 9am |
| **Hickory Hills** | Drury | Republic |  Thursday, June 10 9am |
| **Southern Hills** | Ozark |   | Thursday, June 10 at 9am |
| **Nixa** | Bolivar | Willard |  Friday, June 11 at 9am |
| **Highland Springs** | Emerald Park |   |  Thursday, June 10 at 9am |
| **Fremont Hills** | Jones Y | Lebanon |  Thursday, June 10 9am |
|   |   |   |   |
| Meet Week 2 |   |   |   |
| **Host**  | **Guest** | **Guest** |   |
| **Republic** | Emerald Park |  Meador? |  Friday, June 18 9am |
| **Spring Creek** | Millwood |  Twin Oaks |  Thursday, June 17 9am |
| **Ozark** | Drury | Jones Y |  Friday, June 18 at 9am |
| **Highland Springs** | Cinnamon Square |   | Thursday, June 17 at 9am  |
| **Southern Hills** | Fremont Hills  |   | Thursday, June 17 at 9am |
| **Nixa** | Lebanon |  Bolivar |  Friday, June 18 at 9am |
| **Hickory Hills** | Willard |   | Thursday, June 17 at 9am  |
|   |   |   |   |
| Meet Week 3 |   |   |   |
| **Host** | **Guest** | **Guest** |   |
| **Ozark** | Republic | Spring Creek |  Friday, June 25 at 9am |
| **Twin Oaks** | Hickory Hills |   | Thursday, June 24 at 6pm |
| **Jones Y** | Nixa | Cinnamon Square |  Friday, June 25 at 9am |
| **Millwood** | Drury | Fremont Hills | Thursday, June 24 at 9am |
| **Lebanon** | Southern Hills | Emerald Park |  Friday, June 25 at 9am |
| **Bolivar** | Highland Springs |   | Thursday, June 24 at 9am |
| **Willard** | Meador? |   | Thursday, June 24 at 9am |
|   |   |   |   |
| Meet Week 4 |   |   |   |
| **Host** | **Guest** | **Guest** |   |
| **Highland Springs** | Millwood | Nixa |  Thursday, July 1 at 9am |
| **Fremont Hills** | Twin Oaks | Emerald Park |  Thursday, July 1 at 9am |
| **Hickory Hills** | Republic | Cinnamon Square |  Thursday, July 1 at 9am |
| **Spring Creek** | Jones Y | Lebanon |  Thursday, July 1 at 9am |
| **Bolivar** | Southern Hills |  Meador? |  Thursday, July 1 at 9am |
| **Willard** | Ozark |  Drury |  Thursday, July 1 at 9am |
|  |  |  |  |

**Week 5 – Championships Week**
SWMO SUMMER SWIM LEAGUE CHAMPIONSHIPS – Ozark
Wednesday, July 7th , Back up day Thursday July 8th
*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, Lebanon, Drury

**Team (directions to pool in parenthesis) Coach and contact number**

Hickory Hills (Cherry Street, East of 65 Highway) Kadin Horner:417-771-9437

 Kadin.horner@gmail.com

Highland Springs (James River Freeway, just East of 65 Highway) Jim Whytlaw: 818-7381

 jwhytlaw@hotmail.com

Twin Oaks (Republic Road just West of National) Robert Muench:417-308-7925

 Muench311@gmail.com

Millwood (65 Highway & East on Evans Road) Caleb Fisher: 417-869-2474

 calebmfisher@gmail.com

Southern Hills (Lone Pine between Sunshine and Battlefield Rds) Steve Boyce: 417-848-4020

 sboyce@spsmail.org

Spring Creek (Republic Road & Charleston - go S. to Lakewood) Catherine Scruggs: 417-689-0974 Catherine.scruggs@gmail.com

 Jackson Witte: jacksonwitte1@gmail.com

 Mindy Witte:mindywitte@gmail.com

Nixa (Main Street to E. on North Street - pool on left) Veronica Keller: 417-597-2404

 Veronicak459@gmail.com

 Victoria Bleau: vbleau@nixaparks.com

Matt Crouse (Aquatics): 417-725-5486 mcrouse@nixaparks.com

Meador Park (Meador Pool – Fremont & Sunset by Mall) Sarah Coulter: 417-874-2814

Sarah.coulter@springfieldmo.gov

Willard (N or 160, Rt on Z, left on Jackson) Becca Kearbey@hotmail.com

 417-619-3360

Jason: aquatics@cityofwillard.org

Fremont Hills (65 to CC, Rt on CC, L @ light) Joe Price: 417-860-2348

 josephandresprice@gmail.com

Ozark (from Finley River Park, McCracken to East, under water tower) Dylan Thomas: 417-593-4110 or 417-581-7002 x2024

907 E Parkview dylant@ozarkmissouri.com

Republic (W on Hwy 60, Left on Main St, Left on Miller Rd) Dixie Curtis: 417-827-5546

 curtisdixleigh@gmail.com

Alivia Carter 417-576-1481

 Aliviacarter05@gmail.com

Zach Martin: 417-429-3825

 Zachjmartin12@gmail.com

Emerald Park Jordan Boyce:417-414-2718

 Emerald.park.swim@gmail.com

Bolivar (out for 2020) Natalie Holt: 417-839-5471

 Nholt1015@gmail.com

Shawna Cheney 417-777-1215 or 417-298-7788 scheney@bolivar.mo.us

Pat Jones – South Y (Glenstone and Republic) Kolbe Ledgerwood: 417-247-0002

Piranhasswim@orymca.org

Katie King (Aquatics): 417-569-5502

kking@orymca.org

Cinnamon Square Nicole Smith: 906-282-2409

 nikkivilla@hotmail.com

Springfield Panthers(Drury Pool) Angie Kearbey: 417-684-0452

 angkearbey@gmail.com

 Zach Mertens:573-239-9399

 zmertens@drury.edu

Lebanon – 1205 Kent Dr, Lebanon 65536 Chad Coleman: 636-219-2201

 ccoleman@lebanon.k12.mo.us

Green Meadows (Sitting out Summer 2021)

Drury University (Chestnut Expressway - North on Drury Lane) Thomas Baumann: 217-316-6207

tjbaumann@ymail.com

**ORDER OF EVENTS**

Girls Boys / Mixed

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8 & Under 100 Medley Relay

9-10 100 Medley Relay

11-12 200 Medley Relay

13-14 200 Medley Relay
15-18 200 Medley Relay

6 & Under 25 Freestyle

7-8 25 Freestyle

9-10 25 Freestyle

11-12 50 Freestyle

13-14 50 Freestyle

15-18 50 Freestyle

6 & Under 25 Back

7-8 25 Back

9-10 25 Back

11-12 50 Back

13-14 50 Back

15-18 50 Back

6 & Under 25 Breast

7-8 25 Breast

9-10 25 Breast

11-12 50 Breast

13-14 50 Breast

15-18 50 Breast

6 & Under 25 Fly

7-8 25 Fly

9-10 25 Fly

11-12 50 Fly

13-14 50 Fly

15-18 50 Fly

8 & Under 100 IM

9-10 100 IM

11-12 100 IM

13-14 100 IM

15-18 100 IM

8 & Under 100 Free Relay

9-10 100 Free Relay

11-12 200 Free Relay

13-14 200 Free Relay

15-18 200 Free Relay

SWMO Summer League

Stroke Rules 2021

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.
* 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, 2021 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 417-848-4020