

UNIVERSITY OF MISSOURI

PRESENTS the 7th Annual SHOW – ME – SHOWDOWN



Saturday October 8, 2011
At the
MIZZOU AQUATIC CENTER

TEAMS ATTENDING: Universities in Missouri.

TIMES:

Warm-Up Session 1	9:00-10:50 AM	Session 1	11:00AM
Warm-Up Session 2	2:30-3:20 PM	Session 2	3:30PM

Warm up lanes may be assigned.

ORDER OF EVENTS:

Women	Session 1	Men		Women	Session 2	Men
1	200 Medley Relay	2		17	200 Free Relay	18
3	150 Butterfly	4		19	75 Breaststroke	20
5	150 Backstroke	6		21	75 Butterfly	22
7	150 Breaststroke	8		23	75 Backstroke	24
9	150 Freestyle	10		25	75 Freestyle	26
11	300 IM	12		27	400 Freestyle	28
13	1 Meter Diving	14		29	3 Meter Diving	30
15	400 Free Relay	16		31	400 Med Relay	32

GENERAL INFORMATION:

Course: The meet will take place in 25 yards.

Individual Events: Each team can score only their top two swims in each event.

Top 16 places score: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: Each team can score only their top two relays in each event. Please enter times.

Top 16 places score: 40-34-32-30-28-26-24-22 18-14-12-10-8-6-4-2

Number of Events: Each swimmer or diver may swim or dive in two individual events each session and all relays. Each team will be **limited to 3 entries for events 27 and 28**, the men's and women's 400 freestyle.

If there is interest, we would swim exhibition heats of the 400 free at the conclusion of event 16 at the beginning of the lunch break.

Entry Times: For entry purposes enter events as follows:

- Enter your athletes 100 times for the 75's (events 19-26)
- Enter their 200 times for the 150's (events 3-10)
- Enter their 400 IM times for the 300 IM (events 11-12)
- Enter their 500 free times for the 400 freestyle (events 27-28)

Parking: On arrival buses may unload and load outside the pool, then move to surface lot CG1 between College Ave. and Virginia Ave. just north of Hospital Drive. If you are coming in vans use Virginia parking garage next to the pool.

Lunch: Lunch will be available to purchase through our Dining Services. You will need to contact Debbie Laupp by September 26th at (573)882-2247 or LauppD@missouri.edu.

PLEASE INDICATE YOU ARE PART OF THE OCTOBER 8th SHOW-ME-SHOWDOWN MEET.

You will need to supply the following information:

- Team Name
- Number of tickets needed and address to mail them
- Address to mail invoice
- Federal Tax ID number
- Which meal(s) they will be eating

Cost is \$7.00 if ordered ahead of time and invoiced

Cost is \$8.50 at the door – may pay with cash, check, or credit card

The two dining halls available within one block from the pool are Rollins and Plaza 900.

Entries: All teams must enter on Hy-Tek. Meet information and hytek event file will be emailed to you. **ALL entries are due by 2:00pm on Tuesday, September 27th.**

Please e-mail entries to Chris Seris at serisc@missouri.edu (573) 882-9004 (office). If you have questions, please contact Roric Fink at (573) 239-6532 or finkrr@missouri.edu.

Diving:

One Meter (Scramble Tournament)

- Each team will do a diving scramble to try and score the largest point total. Each member on the team will do six dives covering all five groups with true D.D. The points from each diving groups highest scorer will count toward the team total score. The best score per diving group (front, back, reverse, inward, twist, 6th opt.) will count towards the total. Here is an example:

University of Missouri

	Front Group	Back Group	Rev. Group	Inward Group	Twist Group	6th Opt.
Sara	104c = 38.2	201b = 33.6	303c = 38.2	403c = 49.6	5132d = 49.4	103b = 36.6
Mary	105c = 43.2	203b = 55.2	303c = 46.5	403c = 41.2	5134d = 51.0	104b = 41.3
Kara	105b = 52.50	203c = 33.4	303b = 45.5	403b = 42.3	5233d = 43.3	5132d = 41.0
Laura	105c = 31.60	203b = 41.3	303b = 51.4	403b = 39.8	5233d = 52.0	5134d = 39.2

Team Score for University of M = 302
(this team event will have relay scoring)

Three Meter

- Each diver will be required to do six dives from all five groups. No matter what first three dives the divers choose the Degree of Difficulty will be set at 1.8. The remaining three dives will be of true degree of difficulty.