

2022 KCCC SWIM MEET

Gladstone Community Center
6901 North Holmes
Gladstone, MO 64118

Pool warm-ups will be 5:00-5:30pm each night. Multiple warm-up lanes are available each night at the north end of the pool.

Entrants must check-in at the lobby room and then will be placed in heats on-site.

KCCC RESERVES THE RIGHT TO BEGIN AN EVENT ANYTIME AFTER THAT EVENT'S CHECK-IN DEADLINE

Date	Event	Check-In Deadline
Tuesday, June 21	50 Yard Backstroke - Women 65+, 60-64, 55-59, 50-54	5:35pm
	50 Yard Backstroke - Women 45-49, 40-44	5:35pm
	50 Yard Backstroke - Women 35-39, 30-34	5:45pm
	50 Yard Backstroke - Women 25-29, 18-24	5:45pm
	50 Yard Freestyle - Women 65+, 60-64, 55-59, 50-54	6:10pm
	50 Yard Freestyle - Women 45-49, 40-44	6:10pm
	50 Yard Freestyle - Women 35-39, 30-34	6:25pm
	50 Yard Freestyle - Women 25-29, 18-24	6:25pm
	200 Yard Coed Frstyle Relay (Div A,B,C,D,E,F,G)	6:45pm
	50 Yard Backstroke - Men 65+, 60-64, 55-59, 50-54	7:15pm
	50 Yard Backstroke - Men 45-49, 40-44	7:15pm
	50 Yard Backstroke - Men 35-39, 30-34	7:30pm
	50 Yard Backstroke - Men 25-29, 18-24	7:30pm
	50 Yard Freestyle - Men 65+, 60-64, 55-59, 50-54	7:55pm
	50 Yard Freestyle - Men 45-49, 40-44	7:55pm
	50 Yard Freestyle - Men 35-39, 30-34	8:10pm
	50 Yard Freestyle - Men 25-29, 18-24	8:10pm
Wednesday, June 22	100 Yard Freestyle - Men 65+, 60-64, 55-59, 50-54	5:35pm
	100 Yard Freestyle - Men 45-49, 40-44	5:35pm
	100 Yard Freestyle - Men 35-39, 30-34	5:50pm
	100 Yard Freestyle - Men 25-29, 18-24	5:50pm
	100 Yard IM - Men 65+, 60-64, 55-59, 50-54	6:10pm
	100 Yard IM - Men 45-49, 40-44	6:10pm
	100 Yard IM - Men 35-39, 30-34	6:25pm
	100 Yard IM - Men 25-29, 18-24	6:25pm
	100 Yard Freestyle - Women 65+, 60-64, 55-59, 50-54	7:00pm
	100 Yard Freestyle - Women 45-49, 40-44	7:00pm
	100 Yard Freestyle - Women 35-39, 30-34	7:15pm
	100 Yard Freestyle - Women 25-29, 18-24	7:15pm
	100 Yard IM - Women 65+, 60-64, 55-59, 50-54	7:30pm
	100 Yard IM - Women 45-49, 40-44	7:30pm
	100 Yard IM - Women 35-39, 30-34	7:45pm
100 Yard IM - Women 25-29, 18-24	7:45pm	
Thursday, June 23	50 Yard Breaststroke - Men 65+, 60-64, 55-59, 50-54	5:35pm
	50 Yard Breaststroke - Men 45-49, 40-44	5:35pm
	50 Yard Breaststroke - Men 35-39, 30-34	5:45pm
	50 Yard Breaststroke - Men 25-29, 18-24	5:45pm
	50 Yard Butterfly - Men 65+, 60-64, 55-59, 50-54	6:00pm
	50 Yard Butterfly - Men 45-49, 40-44	6:00pm
	50 Yard Butterfly - Men 35-39, 30-34	6:15pm
	50 Yard Butterfly - Men 25-29, 18-24	6:15pm
	200 Yard Coed Medley Relay (Div A,B,C,D,E,F,G)	6:25pm
	50 Yard Breaststroke - Women 65+, 60-64, 55-59, 50-54	6:55pm
	50 Yard Breaststroke - Women 45-49, 40-44	6:55pm
	50 Yard Breaststroke - Women 35-39, 30-34	7:10pm
	50 Yard Breaststroke - Women 25-29, 18-24	7:10pm
	50 Yard Butterfly - Women 65+, 60-64, 55-59, 50-54	7:25pm
	50 Yard Butterfly - Women 45-49, 40-44	7:25pm
	50 Yard Butterfly - Women 35-39, 30-34	7:35pm
50 Yard Butterfly - Women 25-29, 18-24	7:35pm	

Anyone not checked-in by their designated check-in time will NOT be able to compete.

Participants may check-in other company competitors for that night's events to ensure all check-in deadlines are met.

Actual start times may vary depending on the number of swimmers. Each swimmer must be aware when his/her event starts and report to the starting blocks when his/her event is announced.