



## 2023 KANSAS CITY CORPORATE CHALLENGE



# SWIM MEET

**DATES / TIMES:** Tuesday - Thursday, June 20 - 22, 2023

Events begin at 5:45 p.m. More specific event times will be available on the KCCC website on March 24<sup>th</sup> by 5:00 p.m.

([www.kccorporatechallenge.com](http://www.kccorporatechallenge.com)).

**LOCATION:** Gladstone Community Center

6901 North Holmes  
Gladstone, MO 64118

- Each company may enter one male and one female participant in the individual swimming events in each of the following age groups: 19-29, 30-39, 40-49, 50-59, and 60+. Each company will also be able to enter one additional participant per gender per individual swimming event which will be called a "Wild-Card" participant.
- Entrants in the individual events will be placed in the appropriate 5-year age group **according to their age as of December 31, 2023** and scored in the following age groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60-64, 65+.
- Each company may enter one four-person coed team in each of the two relay events: the coed freestyle relay and the coed medley relay. Teams must consist of two men and two women.
- **Participants will check in on-site.** Heats will be determined by the swimmer's times submitted at check-in. Last year's times can be found on the KCCC website ([www.kccorporatechallenge.com](http://www.kccorporatechallenge.com)). When no seed times are submitted, entrants will be placed at random into heats. KCCC reserves the right to combine age groups if needed.
- This is a 25-yard pool. Pool warm-ups will be allowed from 5-5:30pm, prior to the start of the first event each night, and between events if time allows. Please see schedule for details. Practice starts are allowed off the starting blocks **ONLY** in lanes 1 and 2.
- Starting blocks will be used in the KCCC Swim Meet. However, starts from the side of the pool or in-water starts are allowed.
- Flyover starts will be conducted in the KCCC Swim Meet, meaning once you have completed your event you will be asked to remain **IN** the water until the next athlete has begun their swim.
- United States Masters Swimming rules will apply in all events. Standard recreational swimwear is permitted for the meet. Additionally, racing / competition swimwear will be allowed if it meets current FINA-approved guidelines. Visit [www.fina.org](http://www.fina.org) if you have questions regarding whether your swimwear will be suitable for KCCC events.
- For practice opportunities, please visit the [KCCC Practice Opportunities page](#) for more details.

➤ For stroke questions please watch this instructional [YouTube video](#)

➤ **Swim Meet Tentative 2023 Schedule:**

Date	Event
<b>Tuesday, June 20</b>	100 Yard Freestyle 200 Yard Coed Medley Relay (order of events below) <ul style="list-style-type: none"> <li>✓ Backstroke</li> <li>✓ Breaststroke</li> <li>✓ Butterfly</li> <li>✓ Freestyle (the Freestyle leg of the Coed Medley is any stroke <i>other than</i> the previous three strokes in the event)</li> </ul> 200 Yard Coed Freestyle Relay
<b>Wednesday, June 21</b>	50 Freestyle 100 Yard Individual Medley (order of events below) <ul style="list-style-type: none"> <li>✓ Butterfly</li> <li>✓ Backstroke</li> <li>✓ Breaststroke</li> <li>✓ Freestyle (the Freestyle leg of the IM is any stroke <i>other than</i> the previous three strokes in the event)</li> </ul>
<b>Thursday, June 22</b>	50 Yard Backstroke 50 Yard Breaststroke 50 Yard Butterfly
<b>ALL RELAYS will be completed in order from Division A to Division I</b>	

**SCORING THE SWIM MEET**

- Swimming will be held as a “Meet.” Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.
- The top eight finishers (by division) *for individual events* within the Swim Meet will be awarded points toward your company’s Swim “Meet Points” as follows:

Place	Points
1 <sup>st</sup>	10
2 <sup>nd</sup>	8
3 <sup>rd</sup>	6
4 <sup>th</sup>	5

Place	Points
5 <sup>th</sup>	4
6 <sup>th</sup>	3
7 <sup>th</sup>	2
8 <sup>th</sup>	1

- Medals will be awarded to the top three finishers and bonus points will be added to your Swim “Meet Points” for the top eight individual finishers in each event. These medals and bonus points will be awarded overall by age group, not by division. Again, these bonus points go toward your Swim “Meet Points”, not your overall KCCC total, and will be scored as follows:

Place	Points
1 <sup>st</sup>	10
2 <sup>nd</sup>	8
3 <sup>rd</sup>	6
4 <sup>th</sup>	5

Place	Points
5 <sup>th</sup>	4
6 <sup>th</sup>	3
7 <sup>th</sup>	2
8 <sup>th</sup>	1

- The top eight finishers (by division) *for relays* within the Swim Meets will be awarded points toward your company's Swim "Meet Points" as follows:

Place	Points
1 <sup>st</sup>	20
2 <sup>nd</sup>	16
3 <sup>rd</sup>	12
4 <sup>th</sup>	10

Place	Points
5 <sup>th</sup>	8
6 <sup>th</sup>	6
7 <sup>th</sup>	4
8 <sup>th</sup>	2

- Bonus points will be awarded to the top eight Relay Teams *overall* (not by division) within the Swim Meet. These bonus points go toward your Swim "Meet Points", not your overall KCCC total, and will be scored as follows:

Place	Points
1 <sup>st</sup>	20
2 <sup>nd</sup>	16
3 <sup>rd</sup>	12
4 <sup>th</sup>	10

Place	Points
5 <sup>th</sup>	8
6 <sup>th</sup>	6
7 <sup>th</sup>	4
8 <sup>th</sup>	2

- Based on your company's total "Swim Meet Points", points will then be awarded (by division) to your company's *overall* KCCC Total for Swimming, as follows:

Place	Points
1 <sup>st</sup>	80
2 <sup>nd</sup>	70
3 <sup>rd</sup>	60
4 <sup>th</sup>	52

Place	Points
5 <sup>th</sup>	44
6 <sup>th</sup>	36
7 <sup>th</sup>	30
8 <sup>th</sup>	24

Place	Points
9 <sup>th</sup>	20
10 <sup>th</sup>	16
11 <sup>th</sup>	12
12 <sup>th</sup>	10

Place	Points
13 <sup>th</sup>	8
14 <sup>th</sup>	6
15 <sup>th</sup>	4
16 <sup>th</sup>	2

- KCCC will award participation points for all competitors. To receive participation points, competitors must complete the event as designed (**swim strokes must adhere to Master's Swimming Guidelines; disqualifications of any kind will constitute non-participation**). Participants may receive a maximum of one participation point for all individual swimming events. However, they may receive additional points if they compete on relay teams. Relay teams will be awarded 4 participation points each.
- *For the health and safety of all KCCC participants, staff, and volunteers, we ask anyone experiencing symptoms of illness to abstain from the event.*

**THIS INFORMATION IS SUBJECT TO ANY RULE INTERPRETATION CHANGES WHICH MAY OCCUR BETWEEN NOW AND THE 2023 KANSAS CITY CORPORATE CHALLENGE.**

For more information regarding the Swim Meet,  
contact Katy Renner at 913.826.2964/ [kccorporatechallenge@gmail.com](mailto:kccorporatechallenge@gmail.com)