

2023 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 20 | 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 | 7:45pm |
| | 50 Yard Freestyle - Men 45-49, 40-44 | 7:45pm |
| | 50 Yard Freestyle - Men 35-39, 30-34 | 8:00pm |
| | 50 Yard Freestyle - Men 25-29, 18-24 | 8:00pm |
| Wednesday, June 21 | 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 | 5:55pm |
| | 100 Yard Freestyle - Men 25-29, 18-24 | 5:55pm |
| | 100 Yard IM - Men 65+, 60-64, 55-59, 50-54 | 6:15pm |
| | 100 Yard IM - Men 45-49, 40-44 | 6:15pm |
| | 100 Yard IM - Men 35-39, 30-34 | 6:40pm |
| | 100 Yard IM - Men 25-29, 18-24 | 6:40pm |
| | 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 | 7:20pm |
| | 100 Yard Freestyle - Women 25-29, 18-24 | 7:20pm |
| | 100 Yard IM - Women 65+, 60-64, 55-59, 50-54 | 7:40pm |
| | 100 Yard IM - Women 45-49, 40-44 | 7:40pm |
| 100 Yard IM - Women 35-39, 30-34 | 7:55pm | |
| 100 Yard IM - Women 25-29, 18-24 | 7:55pm | |
| Thursday, June 22 | 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 | 5:50pm |
| | 50 Yard Breaststroke - Men 25-29, 18-24 | 5:50pm |
| | 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 | 6:10pm |
| | 50 Yard Butterfly - Men 25-29, 18-24 | 6:10pm |
| | 200 Yard Coed Medley Relay (Div A,B,C,D,E,F,G) | 6:20pm |
| | 50 Yard Breaststroke - Women 65+, 60-64, 55-59, 50-54 | 6:50pm |
| | 50 Yard Breaststroke - Women 45-49, 40-44 | 6:50pm |
| | 50 Yard Breaststroke - Women 35-39, 30-34 | 7:05pm |
| | 50 Yard Breaststroke - Women 25-29, 18-24 | 7:05pm |
| | 50 Yard Butterfly - Women 65+, 60-64, 55-59, 50-54 | 7:15pm |
| | 50 Yard Butterfly - Women 45-49, 40-44 | 7:15pm |
| 50 Yard Butterfly - Women 35-39, 30-34 | 7:25pm | |
| 50 Yard Butterfly - Women 25-29, 18-24 | 7:25pm | |

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.