

2025 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
Monday, June 16th	50 Yard Backstroke - Men 70+, 65-69, 60-64, 55-59, 50-54	5:35pm
	50 Yard Backstroke - Men 45-49, 40-44	5:35pm
	50 Yard Backstroke - Men 35-39, 30-34	5:45pm
	50 Yard Backstroke - Men 25-29, 18-24	5:45pm
	50 Yard Freestyle - Men 70+, 65-69, 60-64, 55-59, 50-54	6:10pm
	50 Yard Freestyle - Men 45-49, 40-44	6:10pm
	50 Yard Freestyle - Men 35-39, 30-34	6:25pm
	50 Yard Freestyle - Men 25-29, 18-24	6:25pm
	200 Yard Coed Frstyle Relay (Div A - H)	6:45pm
	50 Yard Backstroke - Women 70+, 65-69, 60-64, 55-59, 50-54	7:15pm
	50 Yard Backstroke - Women 45-49, 40-44	7:15pm
	50 Yard Backstroke - Women 35-39, 30-34	7:30pm
	50 Yard Backstroke - Women 25-29, 18-24	7:30pm
	50 Yard Freestyle - Women 70+, 65-69, 60-64, 55-59, 50-54	7:45pm
	50 Yard Freestyle - Women 45-49, 40-44	7:45pm
50 Yard Freestyle - Women 35-39, 30-34	8:00pm	
50 Yard Freestyle - Women 25-29, 18-24	8:00pm	
Tuesday, June 17th	100 Yard Freestyle - Women 70+, 65-69, 60-64, 55-59, 50-54	5:35pm
	100 Yard Freestyle - Women 45-49, 40-44	5:35pm
	100 Yard Freestyle - Women 35-39, 30-34	5:55pm
	100 Yard Freestyle - Women 25-29, 18-24	5:55pm
	100 Yard IM - Women 70+, 65-69, 60-64, 55-59, 50-54	6:15pm
	100 Yard IM - Women 45-49, 40-44	6:15pm
	100 Yard IM - Women 35-39, 30-34	6:40pm
	100 Yard IM - Women 25-29, 18-24	6:40pm
	100 Yard Freestyle - Men 70+, 65-69, 60-64, 55-59, 50-54	7:00pm
	100 Yard Freestyle - Men 45-49, 40-44	7:00pm
	100 Yard Freestyle - Men 35-39, 30-34	7:20pm
	100 Yard Freestyle - Men 25-29, 18-24	7:20pm
	100 Yard IM - Men 70+, 65-69, 60-64, 55-59, 50-54	7:40pm
	100 Yard IM - Men 45-49, 40-44	7:40pm
	100 Yard IM - Men 35-39, 30-34	7:55pm
100 Yard IM - Men 25-29, 18-24	7:55pm	
Wednesday, June 18th	50 Yard Breaststroke - Women 70+, 65-69, 60-64, 55-59, 50-54	5:35pm
	50 Yard Breaststroke - Women 45-49, 40-44	5:35pm
	50 Yard Breaststroke - Women 35-39, 30-34	5:50pm
	50 Yard Breaststroke - Women 25-29, 18-24	5:50pm
	50 Yard Butterfly - Women 70+, 65-69, 60-64, 55-59, 50-54	6:00pm
	50 Yard Butterfly - Women 45-49, 40-44	6:00pm
	50 Yard Butterfly - Women 35-39, 30-34	6:10pm
	50 Yard Butterfly - Women 25-29, 18-24	6:10pm
	200 Yard Coed Medley Relay (Div A - H)	6:20pm
	50 Yard Breaststroke - Men 70+, 65-69, 60-64, 55-59, 50-54	6:50pm
	50 Yard Breaststroke - Men 45-49, 40-44	6:50pm
	50 Yard Breaststroke - Men 35-39, 30-34	7:05pm
	50 Yard Breaststroke - Men 25-29, 18-24	7:05pm
	50 Yard Butterfly - Men 70+, 65-69, 60-64, 55-59, 50-54	7:15pm
	50 Yard Butterfly - Men 45-49, 40-44	7:15pm
50 Yard Butterfly - Men 35-39, 30-34	7:25pm	
50 Yard Butterfly - Men 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.