



TEAM HANDBOOK

2023-2024

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WELCOME!

Welcome to the West Plains High School Zizzer Swim Team! I am looking forward to an outstanding year for both boys and girls swimming. You have joined a team that has proven success at the highest levels and is destined to have more. Last year, the boys and girls saw a historic year at all levels.

So that's the past. Let's look to the future! I am excited to continue this success and see what each member of the Zizzer Swimming family can and will accomplish this year. With commitment and hard work, we will have great success. It is not going to be easy. Those mid-season blues may hit hard, but we will fight through and rise above the tough times to find success at the end of the season. My hope for each of you is that you find your own greatness and truly enjoy the sport of swimming.

This packet outlines hopefully everything you will need for this season. I have tried to consider all aspects of Zizzer Swimming and what each coach, parent, and swimmer needs or wants to know. Of course, if there is something missing, let me know, and I will make alterations for future years after getting the information out to you for this year. My goal is to be transparent about all aspects of Zizzer Swimming.

Let's have a great season!!

GO ZIZZERS!

ZIZZER COACHES

Ryan Smith (Head Boys and Girls Coach)

Coach Smith has been the Head Coach for West Plains High School swim teams since 2017. He also coached Liberty (Mountain View) High School swim teams 2015-2022. He has 12 years of competitive swimming in Jefferson City, MO in leagues/conferences including USS/USA, YMCA, and Mid-MO. He has 19 total years of coaching experience. He currently teaches in the math department at West Plains after 11 total years at Liberty-MV (8 in choral music/theater and 3 in 7th grade math). He is a graduate of Western Governors University (Master of Arts in Mathematics Education), Drury University (Bachelor of Music Education), and Jefferson City High School.

Kourtney Stockton (Assistant Girls Coach; Boys and Girls Diving)

Coach Stockton has been the Assistant Girls Coach for West Plains High School since 2023. Coach Stockton graduated from Missouri University of Science and Technology (Bachelor of Science, in Applied Mathematics and Teaching and Learning) and is a Liberty (Mountain View-Birch Tree) High School alum. She swam for Liberty for 2 years and dove her senior year. She also was a member of the Mountain View Hurricanes swim team for many years and played soccer since she was young. She is currently a math teacher for West Plains High School, having started in 2023. This will be her first year as a high school coach and is looking forward to many more years!

Zizzer Swim Team Requirements

2023-2024 School Year

Varsity swim teams are limited to 16 boys and 16 girls.

All swimmers wanting to be on the swim team must come to the first week of practice. At the end of the first week, swimmers must be able to meet the following criteria to be considered for the Varsity team:

- Legally swim at least 3 of the 4 competitive strokes.
- Swim a 50 Freestyle with a flip turn and no stops in under 45 seconds.
- Swim a 200 Freestyle without stopping.
- Swim a 100 of a second competitive stroke legally without stopping.
- Have a positive attitude and actions at all practices.
- Be able to commit to practices and meets.

Other criteria such as speed, being able to legally swim all 4 competitive strokes, and endurance will be considered if more than 16 can complete the above criteria.

Swimmers unable to complete the above criteria or not making the top 16 will be allowed to practice during times in which all lanes of the pool are available.

Final decisions and team numbers are at the Head Coach's discretion.

Sincerely,

Head Coach Ryan Smith

Boys' Assistant Coach Sheila Sparks

Girls' Assistant Coach Kourtney Stockton

Expectations

Coaches

Coaches will

- be transparent with swimmers and parents.
- be present and available for all practices and meets.
- utilize expertise to better Zizzer Swimming.
- dedicate themselves to the swimmers' growth as a student, swimmer, and person.

Swimmers

Swimmers will

- be present at **EVERY** practice and meet.
- put forth their best effort at every practice and in every race.
- dedicate themselves to improving technique and speed.
- work to grow as a student, swimmer, and person.

Captains

Captains will

- be a leader in and out of the pool.
- support the goals of the team and help to achieve them.
- encourage each teammate to be the best and help them in any way they can.
- be the biggest cheerleader and supporter of the team at meets.

Parents

Parents will

- be supportive of their swimmer, the team, the coaches, and Zizzer Swimming.
- commit to making sure their swimmers are at practice on time and are picked up on time.
- help with fundraising, time at hosted meets, and help provide snacks/drinks for meets.
- cheer on their swimmer and the team in all meets (whether at the meet or from home).

Equipment and Apparel

Provided Equipment

Equipment Bag

Kickboard

Long Fins

Short Fins

Pull Buoy

Paddles

Needed Equipment

Water Bottle

Yoga Mat for Dryland (optional)

Provided Apparel

Team T-Shirt

Team Suit

Team Cap

Team Parka

Needed Apparel

Team Jacket

Practice Suit(s)

Goggles

Extra Goggles and Caps

Towel(s)

Tech Suit (optional)

Lady Zizzer Swim Team Code of Conduct

West Plains Girls Swim season begins November 6th and concludes February 3rd for those not qualifying for MSHSAA State and February 16th for those qualifying for MSHSAA State.

Swimmers must have 14 practices before our first meet December 1st in Springfield and must maintain at least 75% practice attendance to be eligible for meets. It is important to attend every practice prior to that first meet! If you are unable to attend practice due to a school event or sickness, please notify Coach Smith or Coach Stockton via the Band App at least 2 hours before practice. If you are unable to attend a regular meet, Coach Smith needs 24-hour notice. If you are unable to attend an invitational or championship meet, Coach Smith needs at least 1-week notice (except in emergency situations). It is preferable to let Coach Smith know as close to the beginning of the season as possible as to which meets you will be unable to attend. He plans meet entries well in advance. Not notifying coaches of missed practices (No Call/No Show) or having excessive unexcused absences may result in suspension from the next meet(s) at the coaches' discretion.

Swim caps are provided by West Plains High School.

Physicals are required every year. This is the athlete's and parent's responsibility. Swimmers will not be allowed to practice until both have been completed and are on file with the Athletic Director's office. These will be counted as unexcused absences.

Team swimsuits are ordered and paid for by the team (if fundraising allows). Otherwise, a preset fee will need to be paid by the first practice for suit and other expenses. Please use a different swimsuit while practicing to avoid wearing out your meet suit. For those that have legitimate shots at qualifying for MSHSAA State (individually or relay) should consider purchasing a tech suit. These are more expensive but are beneficial for those performing at a high level. Through generous donations and some fundraising, we have some team tech suits available for use. Only wear a tech suit for a meet after consulting Coach Smith.

Team shirts are provided to the swimmers from fundraising.

Fins, kickboards, paddles, buoys, and equipment bags are provided by the high school. If swimmers prefer their own, that is fine. Swimmers are responsible for purchasing their own goggles. Please have an extra pair or two available in case of breakage or loss.

Swimmers must follow all West Plains High School Handbook and Lady Zizzer Swim Team Handbook policies and expectations at practices and meets. This includes good sportsmanship among teammates and competing swimmers. Swimmers that do not follow such policies and expectations will meet with coaches, parents, and the Athletic Director. All decisions made by the coaches and Athletic Director are final.

Parent Signature _____

Date _____

Student Signature _____

Date _____

West Plains Swim Team

Captain Application

Last Name: _____ First Name: _____ Grade: _____

Number of Years of High School Swimming: _____ Total Number of Years of Swimming: _____

Why do you want to want to be captain?

What characteristics do you possess that will make you a good captain?

What characteristics does a good captain have that you do not possess (or are working to possess)?

What specific goals do you have for the Zizzers this season?

How will you specifically help the team reach those goals?

What individual goals do you have for this season?

Team Goals

Shoot-The-Moon Goals

- Team Top 10 at MSHSAA State
- Team Top 5 at SWMO
- Ozark Conference Team Champion
- Monett Invite Team Champion
- Zizzer/Lady Zizzer Invite Team Champion
- Team Top 5 at Springfield Invite
- Team Top 5 at COMO
- Team Top 5 at Ozark Invite
- 3 Relays Qualify for State Finals
- 3 Relays Qualify Top 6 at SWMO
- 3 Relays medal at Ozark Conference
- Undefeated Dual Meet Record
- All Swimmers Earn Conference 1st Team All-Academic

Tier-One Goals

- Team Top 25 at MSHSAA State
- Team Top 10 at SWMO
- Team Top 3 at Ozark Conference
- Team Top 3 at Monett Invite
- Team Top 3 at Zizzer/Lady Zizzer Invite
- Team Top 10 at Springfield Invite
- Team Top 10 at COMO
- Team Top 10 at Ozark Invite
- 3 Relays Qualify for State
- 3 Relays Qualify Top 12 at SWMO
- 3 Relays Top 5 at Ozark Conference
- Winning Dual Meet Record
- All Swimmers Earn at least Conference Honorable Mention All-Academic

Tier 1 Goals are worth 1 point each. If a Shoot-The-Moon Goal is reached, they are 2 points each. This has a possibility of 26 points if all Shoot-The-Moon Goals are reached. At the end of the season, Coach Smith is penalized with one of the following:

- 5 points – 50 Butterfly
- 10 points – 200 IM
- 15 points – 100 Butterfly
- 20 points – 500 Freestyle
- 25 points – 1500-meter practice (created by team)

Name: _____

Rank the events in order of preference to focus on this season (1-8). Then make a goal time for each event.

<u>Individual Events</u>	<u>Best Time</u>	<u>Goal Time</u>
_____ 50 Freestyle	_____	_____
_____ 100 Freestyle	_____	_____
_____ 200 Freestyle	_____	_____
_____ 500 Freestyle	_____	_____
_____ 100 Butterfly	_____	_____
_____ 100 Backstroke	_____	_____
_____ 100 Breaststroke	_____	_____
_____ 200 Individual Medley	_____	_____

Goals for this season (be specific with times and/or results):

I want to work on the following this season:

West Plains Lady Zizzer Swim Team

<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>Meet Start Time</u>
11/30	All-Relays	Springfield	4:00 PM
12/5	West Plains Multi-Team Meet	West Plains	4:30 PM
12/8	Central (Springfield) Multi-Team Meet	Springfield	4:30 PM
12/16	Monett Invitational	Monett	9:00 AM/1:00 PM
12/21	Carthage Iron Woman Pentathlon	Carthage	2:00 PM
12/28	Webb City Multi-Team Meet	Webb City	11:30 AM
1/2	Seymour Multi-Team Meet	Seymour	4:30 PM
1/6	Ozarks Invitational	Springfield	8:00 AM/12:00 PM
1/9	Poplar Bluff Multi-Team Meet	Poplar Bluff	4:00 PM
1/13	Lady Zizzer Invitational	West Plains	9:00 AM/1:00 PM
**1/19-20	COMO Invitational	Columbia	TBA
1/22	Ozark Conference Championship	Springfield	3:30 PM/5:30 PM
1/27	Springfield Invitational	Springfield	8:00 AM/1:30 PM
**2/2	SWMO Championships Varsity Prelims	Springfield	9:30 AM/2:00 PM
**2/3	SWMO Championships JV Timed Finals	Springfield	9:00 AM
**2/3	SWMO Championships Varsity Finals	Springfield	2:00 PM
2/6	Last Chance Meet (if necessary)	Springfield	4:30 PM
^2/9	District Diving	TBA	6:30 PM
^^2/15	MSHSAA State Championships Prelims	St. Peter's	12:00 PM/4:30 PM
^^2/16	MSHSAA State Championships Finals	St. Peter's	10:00 AM

Varsity only – Coach will decide who goes at least 1 week before (except Last Chance Meet).

^Must have qualifying times/scores to go.

**Overnight meet.

Meet times are subject to change. Meets with 2 times are diving first (except for State).

JUNE/JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 Summer Practices are at West Plains Outdoor Pool	26 Practice 6-8 pm	27 Practice 6-8 pm	28 Practice 6-8 pm	29 Practice 6-8 pm	30 Practice 7-9 am	1 WP Dead Week
2	3	4	5	6	7	8
9	10 Practice 6-8 pm	11 Practice 6-8 pm	12 Practice 6-8 pm	13 Practice 6-8 pm	14 Practice 7-9 am	15
16	17 Practice 6-8 pm	18 Practice 6-8 pm	19 Practice 6-8 pm	20 Practice 6-8 pm	21 Practice 7-9 am	22
23	24 Practice 6-8 pm	25 Practice 6-8 pm	26 Practice 6-8 pm	27 Practice 6-8 pm	28	29
30	31 Fall Sports No-Contact					

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6 Practice 3:15-5:15 pm	7 Practice 3:15-5:15 pm	8 Practice 3:15-5:15 pm	9 Practice 3:15-5:15 pm	10 Practice 3:15-5:15 pm	11 Practice 8-10 am
12	13 Practice 1-3 pm	14 Practice 3:15-5:15 pm	15 Practice 3:15-5:15 pm	16 Practice 3:15-5:15 pm	17 Practice 3:15-5:15 pm	18 Practice 8-10 am
19	20 Practice 1-3 pm	21 Practice 1-3 pm	22 Practice 6-8:30 am	23	24	25
26	27 Practice 3:15-5:15 pm	28 Practice 3:15-5:15 pm	29 Practice 3:15-5:15 pm	30 Practice 6-7:30 am @All-Relays Springfield		

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Practice 3:15-5:15 pm	2 Practice 8-10 am
3	4 Practice 3:15-5:15 pm	5 Practice 6-7:30 am Home Meet	6 Practice 3:15-5:15 pm	7 Practice 3:15-5:15 pm	8 Practice 6-7:30 am @Springfield	9 Practice 8-10 am
10	11 Practice 3:15-5:15 pm	12 Practice 3:15-5:15 pm	13 Practice 3:15-5:15 pm	14 Practice 3:15-5:15 pm	15 Practice 3:15-5:15 pm	16 Monett Invite
17	18 Practice 3:15-5:15 pm	19 Practice 3:15-5:15 pm	20 Practice 1-3 pm	21 Carthage Iron Woman Pentathlon	22 Practice 1-3 pm	23 Practice 8-10:30 am (10 if Waves are practicing.)
24	25	26 Practice 1-3 pm	27 Practice 1-3 pm	28 @Webb City	29 Practice 1-3 pm	30 Practice 8-10 am
31						

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Practice 1-3 pm (if open)	2 Practice 6-8 am @ Seymour	3 Practice 3:15-5:15 pm	4 Practice 3:15-5:15 pm	5 Practice 3:15-5:15 pm	6 Ozarks Invite
7	8 Practice 3:15-5:15 pm	9 Practice 6-7:30 am @ Poplar Bluff	10 Practice 3:15-5:15 pm	11 Practice 3:15-5:15 pm	12 Practice 3:15-5:15 pm	13 Lady Zizzer Invitational
14	15 Practice 1-3 pm	16 Practice 3:15-5:15 pm	17 Practice 3:15-5:15 pm	18 Practice 3:15-5:15 pm	19 COMO Invite	20 COMO Invite
21	22 OC Championships	23 Practice 3:15-5:15 pm	24 Practice 3:15-5:15 pm	25 Practice 3:15-5:15 pm	26 Practice 3:15-5:15 pm	27 Springfield Invite
28	29 Practice 3:15-5:15 pm	30 Practice 3:15-5:15 pm	31 Practice 3:15-5:15 pm			

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Practice 3:15-5:15 pm	2 SWMO Championships	3 SWMO Championships
4	5 Practice 3:15-5:15 pm	6 Practice 3:15-5:15 pm Last Chance Meet (if necessary)	7 Practice 3:15-5:15 pm	8 Practice 3:15-5:15 pm	9 Practice 3:15-5:15 pm	10 Practice 8-10 am
11	12 Practice 3:15-5:15 pm	13 Practice 3:15-5:15 pm	14 Practice 1:30-2:30 pm	15 State Championships	16 State Championships	17

Meet and Practice Travel

West Plains Civic Center and Outdoor Pool Practices – Swimmers need to find their own transportation to and from these practices. Swimmers that are unable to drive can find rides from swimmers that do drive from morning practices to school or to afternoon practices from school. Otherwise, parents need to arrange to drop swimmers off and pick swimmers up on time.

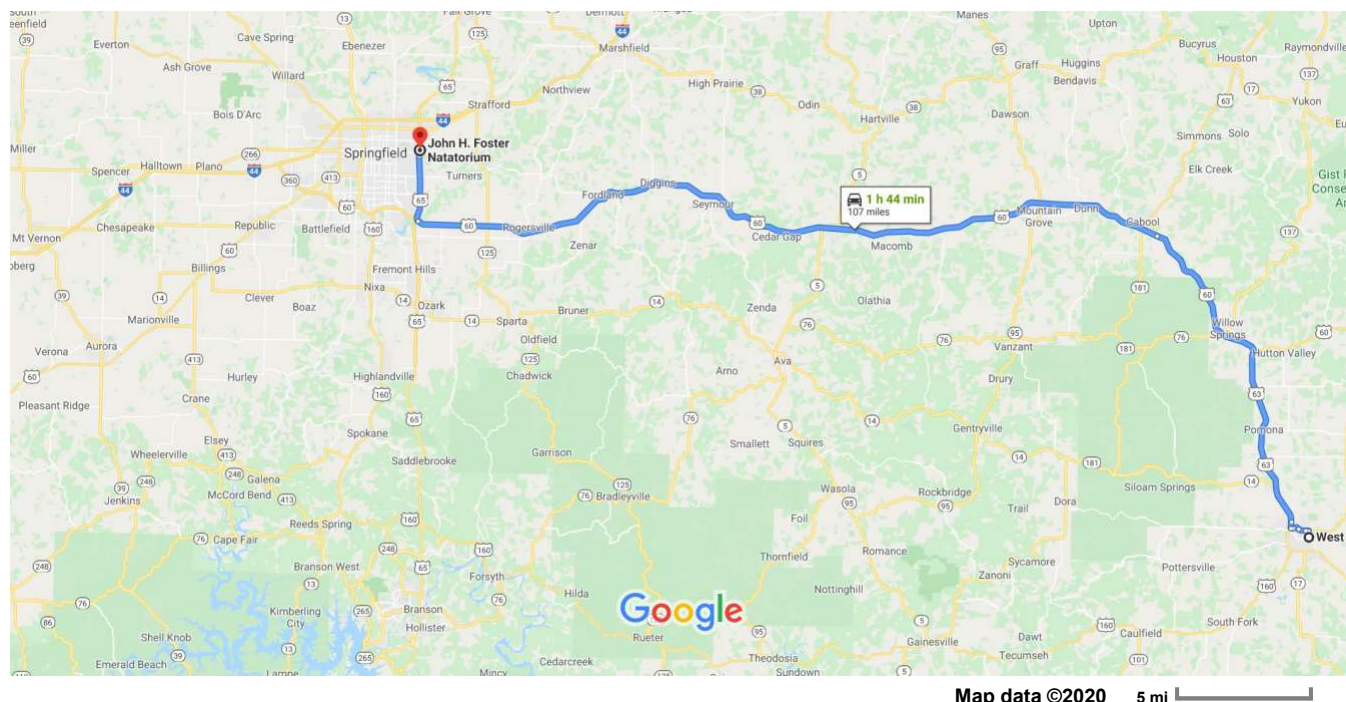
To Meets – West Plains will provide transportation to all meets. Swimmers are expected to ride the bus or vans to all meets. If there is an unavoidable conflict, this needs to be worked out with the coaches well in advance. Some circumstances will need to be cleared with administration. Under no circumstance will a swimmer be allowed to transport themselves.

From Meets – West Plains will provide transportation from all meets. If parents want to or need to transport their swimmer(s), they are welcome to, but they will need to sign their swimmer(s) out with the coaches. Under no circumstance will a swimmer be allowed to transport themselves.



West Plains High School to John H. Foster Natatorium

Drive 107 miles, 1 h 44 min



West Plains High School


602 E Olden St, West Plains, MO 65775


Take N Howell Ave to Joe Jones Blvd


- | | |
|-----------------------------------|----------------|
| | 2 min (0.6 mi) |
| ↑ 1. Head east toward E Olden St | |
| | 79 ft |
| ↶ 2. Turn left toward E Olden St | |
| | 52 ft |
| ↶ 3. Turn left onto E Olden St | |
| | 466 ft |
| ↷ 4. Turn right onto N Howell Ave | |
| | 0.5 mi |


Follow US Hwy 63 N and US-60 W to E Chestnut Expy in Springfield. Take the US-65 BUS/Chestnut Expy exit from US-65 N



- | | |
|------------------------------------|---------------------|
| | 1 h 40 min (106 mi) |
| ↶ 5. Turn left onto Joe Jones Blvd | |
| | 0.3 mi |
| ↑ 6. Continue onto W Abe Taylor St | |
| | 0.6 mi |


-  **7. Continue onto Good Hard Dr**


 354 ft
-  **8. Continue onto Independence Dr**


 0.5 mi
-  **9. Continue straight to stay on Independence Dr**

 0.2 mi
-  **10. Turn right onto Porter Wagoner Blvd**

 0.5 mi
-  **11. Use the right 2 lanes to take the ramp onto
Porter Wagoner Blvd/US Hwy 63 N**
 [Continue to follow US Hwy 63 N](#)

 29.6 mi
-  **12. Continue onto US-60 W**

 68.0 mi
-  **13. Use the right lane to merge onto US-65 N via
the ramp to Buffalo**

 5.6 mi
-  **14. Take the US-65 BUS/Chestnut Expy exit**

 0.2 mi

Drive to N Eastgate Ave

- 1 min (0.4 mi)
-  **15. Turn right onto E Chestnut Expy**

 0.1 mi
-  **16. Use the left lane to turn left at the 1st
cross street onto N Eastgate Ave**
 [Destination will be on the right](#)

 0.3 mi

John H. Foster Natatorium

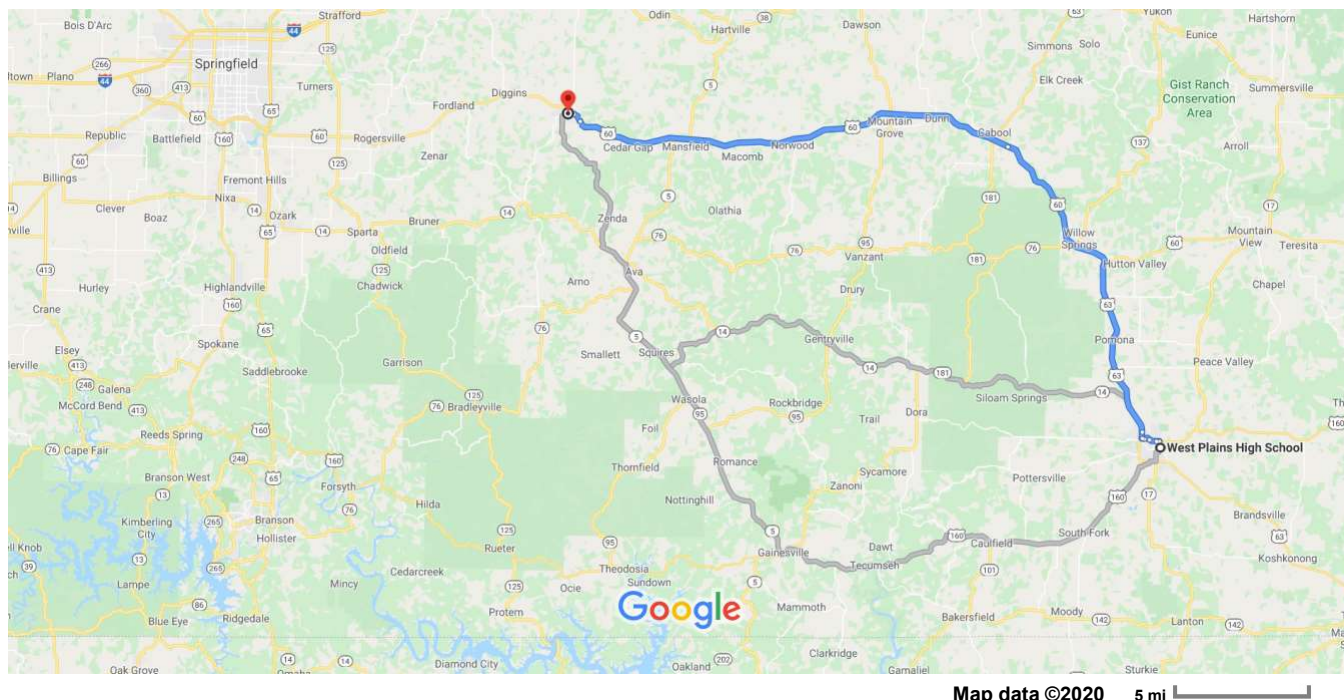
654 N Eastgate Ave, Springfield, MO 65802

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



West Plains High School to Ozarks Family YMCA

Drive 72.6 miles, 1 h 13 min



West Plains High School

602 E Olden St, West Plains, MO 65775

Take N Howell Ave to Joe Jones Blvd

- | | |
|-----------------------------------|----------------|
| | 2 min (0.6 mi) |
| ↑ 1. Head east toward E Olden St | |
| | 79 ft |
| ↶ 2. Turn left toward E Olden St | |
| | 52 ft |
| ↶ 3. Turn left onto E Olden St | |
| | 466 ft |
| ↷ 4. Turn right onto N Howell Ave | |
| | 0.5 mi |

Follow US Hwy 63 N and US-60 W to Oak Lawn Rd in Hazelwood Township

- | | |
|------------------------------------|---------------------|
| | 1 h 7 min (70.6 mi) |
| ↶ 5. Turn left onto Joe Jones Blvd | |
| | 0.3 mi |
| ↑ 6. Continue onto W Abe Taylor St | |
| | 0.6 mi |

- ↑ 7. Continue onto Good Hard Dr
354 ft
- ↑ 8. Continue onto Independence Dr
0.5 mi
- ↑ 9. Continue straight to stay on Independence Dr
0.2 mi
- 10. Turn right onto Porter Wagoner Blvd
0.5 mi
- ⤴ 11. Use the right 2 lanes to take the ramp onto
Porter Wagoner Blvd/US Hwy 63 N
[Continue to follow US Hwy 63 N](#)
29.6 mi
- ↑ 12. Continue onto US-60 W
38.8 mi

Follow E Clinton Rd to E Center Ave in Seymour

- 3 min (1.4 mi)
- ↶ 13. Turn left onto Oak Lawn Rd
167 ft
- 14. Turn right onto E Clinton Rd
0.8 mi
- ↗ 15. Slight right to stay on E Clinton Rd
151 ft
- ↶ 16. Turn left onto E Clinton Ave
144 ft
- ↶ 17. Turn left onto E Center Ave
[Destination will be on the right](#)
0.5 mi

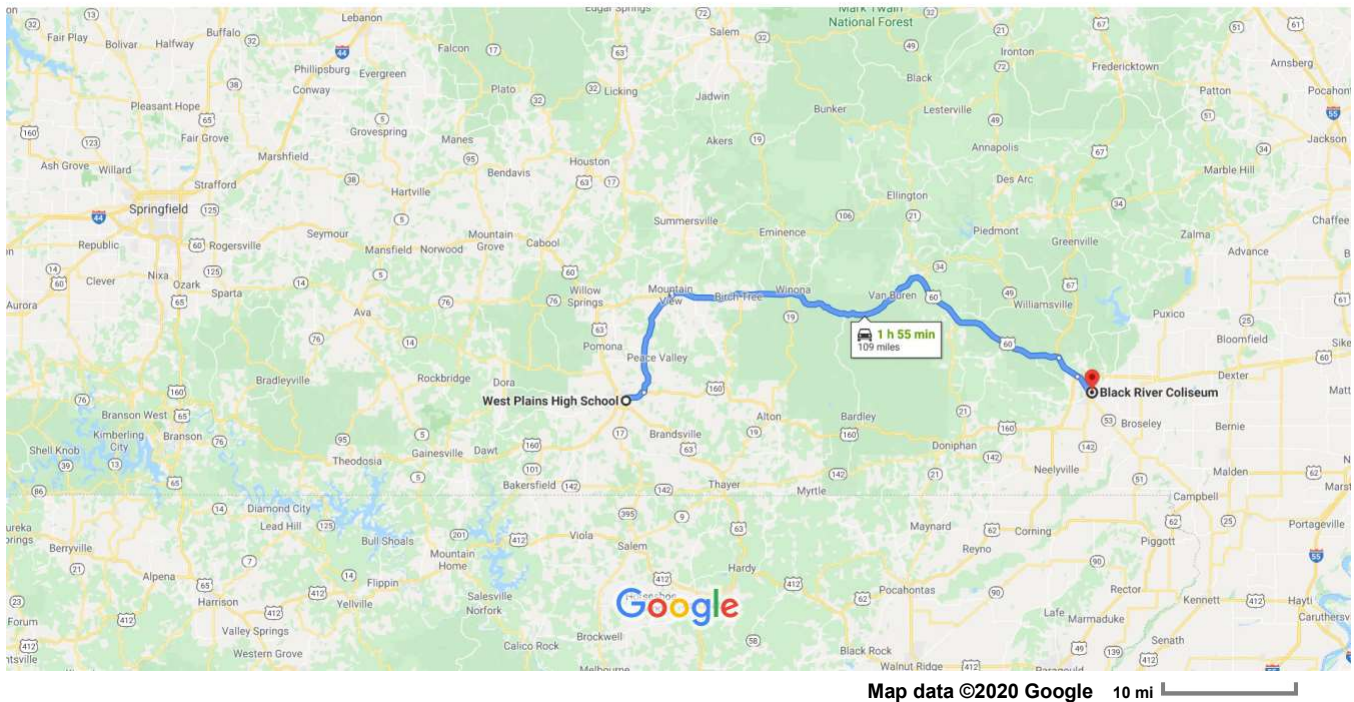
Ozarks Family YMCA

315 E Center Ave, Seymour, MO 65746

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



West Plains High School to Black River Drive 109 miles, 1 h 55 min Coliseum



West Plains High School

602 E Olden St, West Plains, MO 65775

Take Allen St to US-160 E/Joe Jones Blvd

- ↑ 1. Head east toward E Olden St
2 min (0.7 mi)
- ↩ 2. Turn left toward E Olden St
79 ft
- ↪ 3. Turn right onto E Olden St
52 ft
- ↩ 4. Turn left onto Allen St
0.2 mi
- ↪ 5. Turn right onto US-160 E/Joe Jones Blvd
0.5 mi
- 6. Continue to follow US-160 E
4 min (3.4 mi)

Follow MO-17 N to US-60 E in Mountain View

- ↩ 6. Turn left onto MO-17 N
23 min (19.5 mi)
- 19.1 mi

- ↩ 7. Turn left onto N Elm St
 ⓘ Pass by the gas station (on the right in 0.4 mi)
 0.4 mi

Follow US-60 E to US-60 BUS E/US-67 Business in Poplar Bluff Township

1 h 16 min (81.6 mi)

- ➡ 8. Turn right onto US-60 E
 76.8 mi
- ⤴ 9. Keep right at the fork, follow signs for US-60 E/US-67 S/Poplar Bluff and merge onto US-60 E/US-67 S
 ⓘ Continue to follow US-60 E
 4.8 mi

Continue on US-60 BUS E/US-67 Business. Drive to Cherry St in Poplar Bluff

11 min (4.2 mi)

- ↩ 10. Keep left to continue on US-60 BUS E/US-67 Business
 ⓘ Pass by Fazoli's (on the right in 1.3 mi)
 3.2 mi
- ↩ 11. Use the left 2 lanes to turn left onto W Pine St
 ⓘ Pass by Fisher Auto Parts (on the left in 0.3 mi)
 0.7 mi
- ➡ 12. Turn right onto N 5th St
 0.2 mi
- ➡ 13. Turn right onto Cherry St
 ⓘ Destination will be on the right
 302 ft

Black River Coliseum

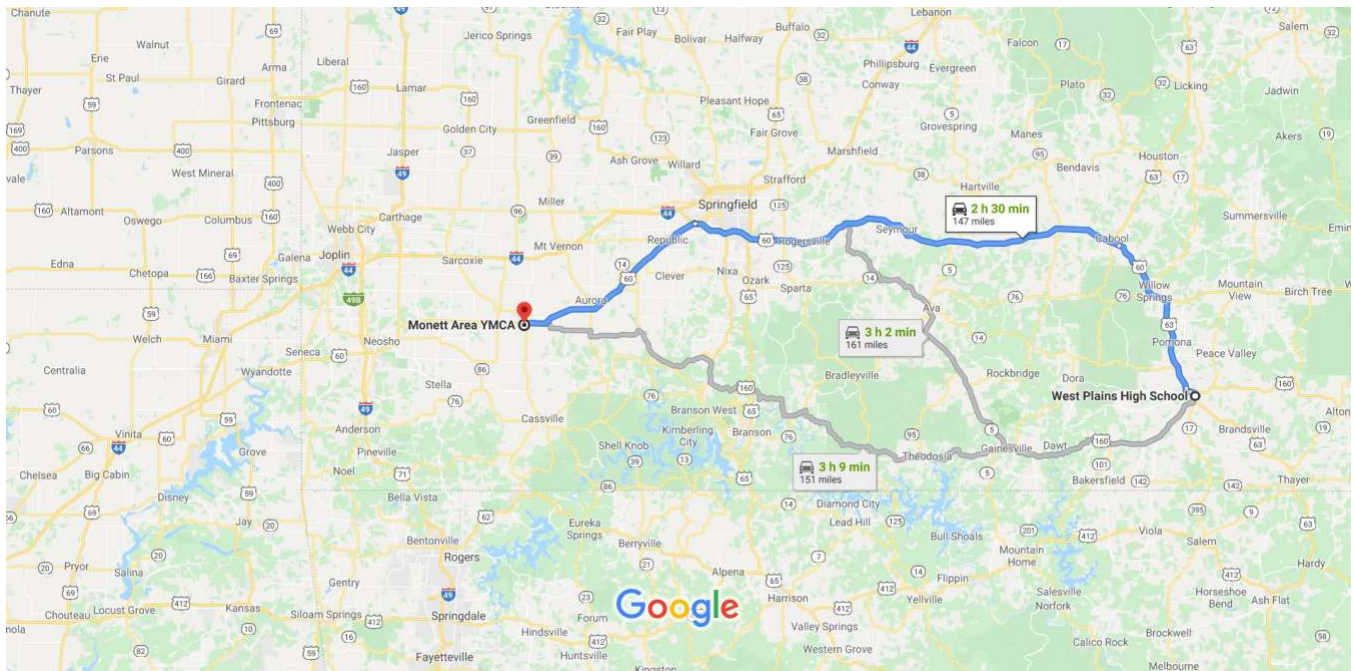
301 S 5th St, Poplar Bluff, MO 63901

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West Plains High School to Monett Area YMCA

Drive 147 miles, 2 h 30 min



West Plains High School

602 E Olden St, West Plains, MO 65775

Take N Howell Ave to Joe Jones Blvd

- ↑ 1. Head east toward E Olden St
2 min (0.6 mi)
- ↩ 2. Turn left toward E Olden St
79 ft
- ↩ 3. Turn left onto E Olden St
52 ft
- ↪ 4. Turn right onto N Howell Ave
466 ft
- 0.5 mi

Follow US Hwy 63 N and US-60 W to S Lincoln Ave in Monett

- ↩ 5. Turn left onto Joe Jones Blvd
2 h 28 min (146 mi)
- ↑ 6. Continue onto W Abe Taylor St
0.3 mi
- ↑ 7. Continue onto Good Hard Dr
0.6 mi
- 354 ft

-  **8. Continue onto Independence Dr**


 0.5 mi
-  **9. Continue straight to stay on Independence Dr**

 0.2 mi
-  **10. Turn right onto Porter Wagoner Blvd**

 0.5 mi
-  **11. Use the right 2 lanes to take the ramp onto
Porter Wagoner Blvd/US Hwy 63 N**
 [Continue to follow US Hwy 63 N](#)


 29.6 mi
-  **12. Continue onto US-60 W**



 78.2 mi
-  **13. Take the MO-413/Springfield/Republic
exit toward US 60 W**

 0.2 mi
-  **14. Turn left onto MO-413 S/US-60 W/W
Sunshine St (signs for Republic)**
 [Continue to follow US-60 W](#)
 [Pass by Domino's Pizza \(on the left in 5.2 mi\)](#)

 35.9 mi

Continue on S Lincoln Ave to your destination

- 1 min (0.5 mi)
-  **15. Turn left onto S Lincoln Ave**

 0.4 mi
-  **16. Turn left**
 [Destination will be on the left](#)

 361 ft

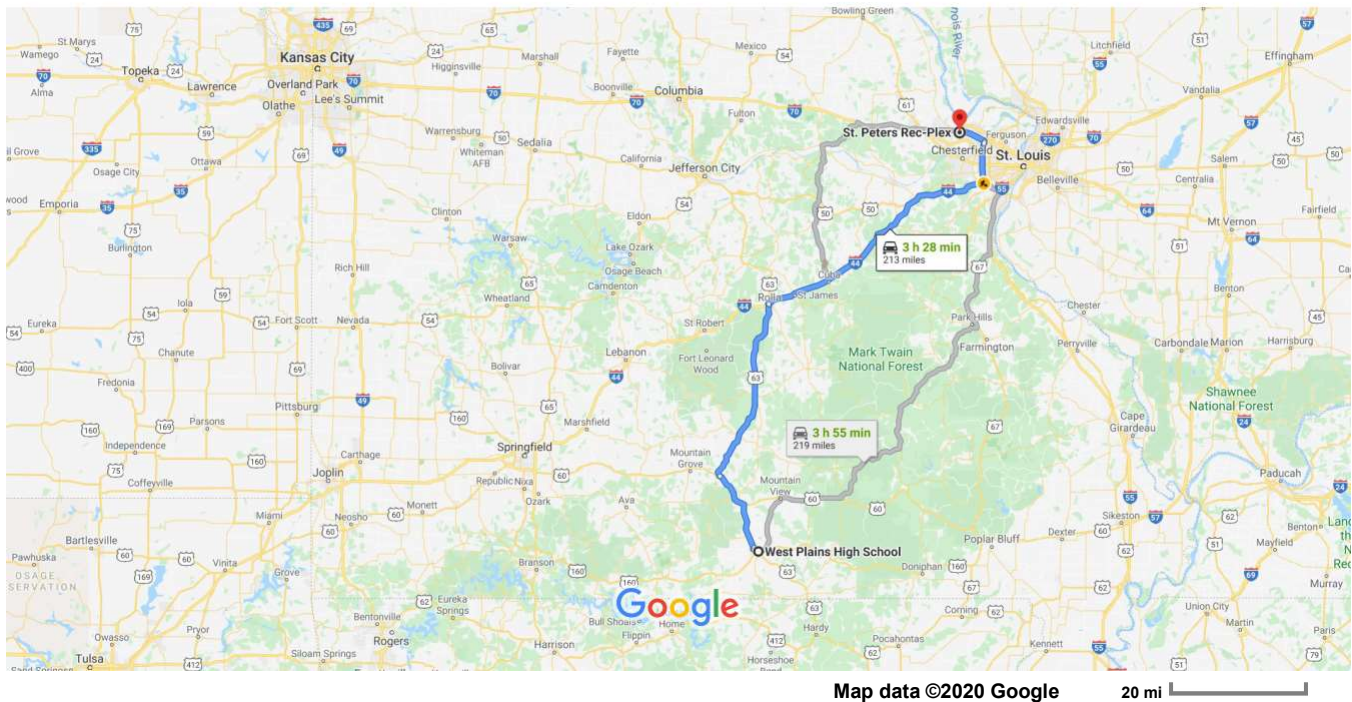
Monett Area YMCA

115 S Lincoln Ave #2367, Monett, MO 65708

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West Plains High School to St. Peters Drive 213 miles, 3 h 28 min Rec-Plex




West Plains High School


602 E Olden St, West Plains, MO 65775



Get on I-44 E in Rolla from US Hwy 63 N and US-63 N


1 h 43 min (98.8 mi)




- ↑ 1. Head east toward E Olden St
79 ft
- ↶ 2. Turn left toward E Olden St
52 ft
- ↶ 3. Turn left onto E Olden St
466 ft
- ↷ 4. Turn right onto N Howell Ave
0.5 mi
- ↶ 5. Turn left onto Joe Jones Blvd
0.3 mi
- ↑ 6. Continue onto W Abe Taylor St
0.6 mi
- ↑ 7. Continue onto Good Hard Dr
354 ft
- ↑ 8. Continue onto Independence Dr
0.5 mi


-  **9. Continue straight to stay on Independence Dr**


 0.2 mi
-  **10. Turn right onto Porter Wagoner Blvd**

 0.5 mi
-  **11. Use the right 2 lanes to take the ramp onto Porter Wagoner Blvd/US Hwy 63 N**
 **Continue to follow US Hwy 63 N**

 29.6 mi
-  **12. Use the right lane to take the US-63 N/US-60 BUS ramp to Houston/Rolla**


 0.3 mi
-  **13. Continue onto US-60 BUS W/US-63 N/US Hwy 63 N**
 **Continue to follow US-63 N/US Hwy 63 N**
 **Pass by Huddle House (on the left in 65.6 mi)**


 65.8 mi
-  **14. Turn left onto University Dr**


 0.2 mi
-  **15. Turn right to merge onto I-44 E**


 0.1 mi


Continue on I-44 E to Saint Charles. Take exit 225 from I-70 W

-
- 1 h 41 min (112 mi)
-  **16. Merge onto I-44 E**

 90.0 mi
 -  **17. Use the right 2 lanes to take exit 276 to merge onto I-270 N toward Chicago**

 14.1 mi
 -  **18. Use the 2nd from the right lane to take the Kansas City/I-70 E exit toward St Louis**

 0.3 mi
 -  **19. Keep left at the fork to continue on Exit 20B, follow signs for I-70 W/Kansas City and merge onto I-70 W**

 7.7 mi
 -  **20. Take exit 225 for Cave Springs toward Truman Road**

 0.2 mi

Take Mexico Rd to your destination in St. Peters

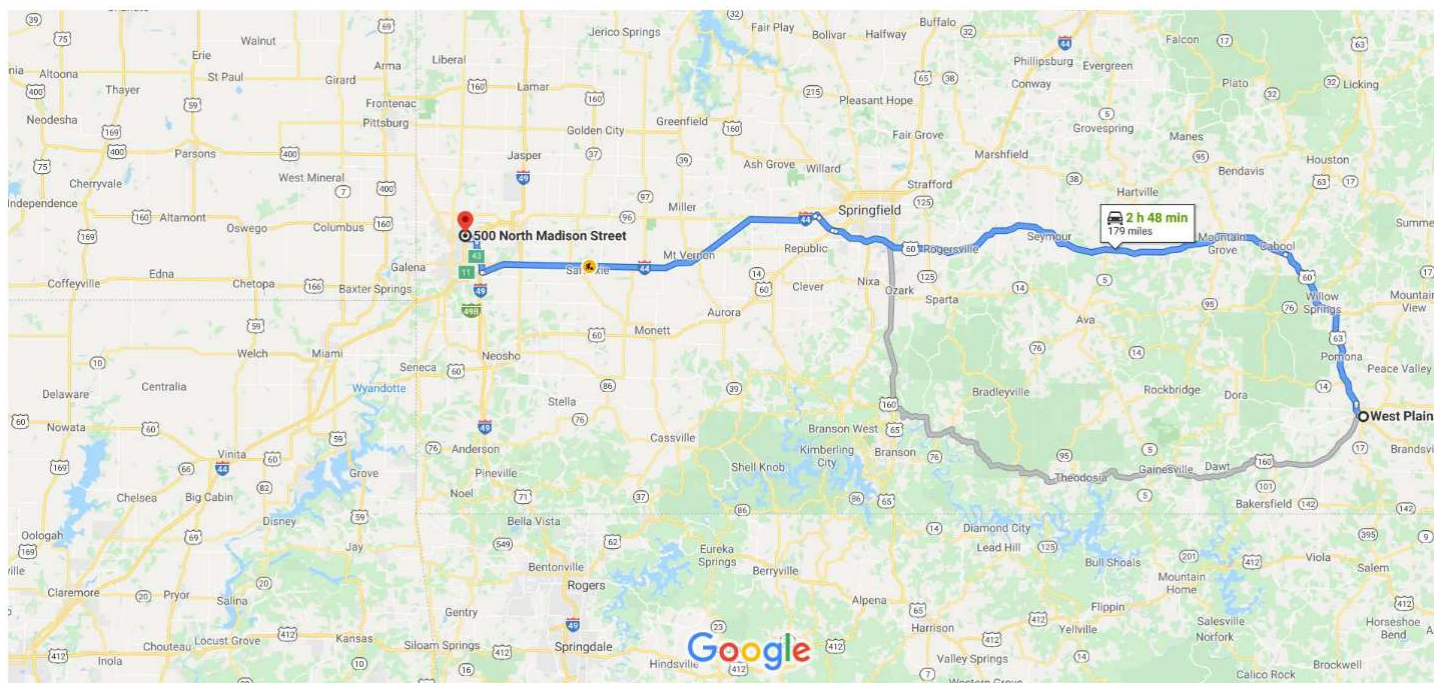
 6 min (1.9 mi)

- ↩ 21. Use the left 2 lanes to turn left onto Cave Springs Rd (signs for Saint Peters)
0.2 mi
- ↪ 22. Use the right 2 lanes to turn right onto Mexico Rd
[Pass by Valvoline Instant Oil Change \(on the right in 0.4 mi\)](#)
1.5 mi
- ↩ 23. Turn left
52 ft
- ↑ 24. Continue straight
341 ft
- ↩ 25. Turn left
[Destination will be on the right](#)
236 ft

St. Peters Rec-Plex

5200 Mexico Rd, St Peters, MO 63376

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



Map data ©2020 Google 10 mi

West Plains

Missouri 65775

Get on Porter Wagoner Blvd/US Hwy 63 N


7 min (2.9 mi)


- ↑ 1. Head north on Court Square toward E Main St
374 ft
- ➡ 2. Turn right onto W Main St
0.6 mi
- ↗ 3. Slight right toward Porter Wagoner Blvd
0.1 mi
- ↑ 4. Continue onto Porter Wagoner Blvd
 ⓘ Pass by Hardee's (on the left in 0.5 mi)
1.8 mi
- ⤴ 5. Use the right 2 lanes to take the ramp onto Porter Wagoner Blvd/US Hwy 63 N
0.4 mi


Follow US Hwy 63 N, US-60 W and I-44 to N Madison St in Webb City


2 h 43 min (176 mi)


- ⤴ 6. Merge onto Porter Wagoner Blvd/US Hwy 63 N
 ⓘ Continue to follow US Hwy 63 N
29.2 mi


-  7. Continue onto US-60 W


 78.2 mi
-  8. Continue onto James River Fwy W


 0.5 mi
-  9. Continue onto MO-360 W/James River Fwy W


 3.0 mi
-  10. Use the left lane to take the I-44 W exit toward Joplin


 0.9 mi
-  11. Merge onto I-44


 56.2 mi
-  12. Take exit 11 for I-49 S/US-71 S/MO-249 N toward Neosho/Fort Smith


 0.3 mi
-  13. Keep right at the fork, follow signs for MO-249 N/MO-66 and merge onto MO-249 N


 5.1 mi
-  14. Use the left lane to take exit 43 for U.S. 71 Business/MO-171 N toward Webb City

 0.6 mi
-  15. Continue onto I-49BL/MO-171 N/E MacArthur Dr

 0.6 mi
-  16. At the traffic circle, take the 2nd exit onto I-49BL/E MacArthur Dr


Continue to follow I-49BL

 1.0 mi
-  17. Turn right onto S Madison St/U.S. Rte 66

 0.4 mi
-  18. Continue straight onto N Madison St

 55 s (0.3 mi)

500 N Madison St

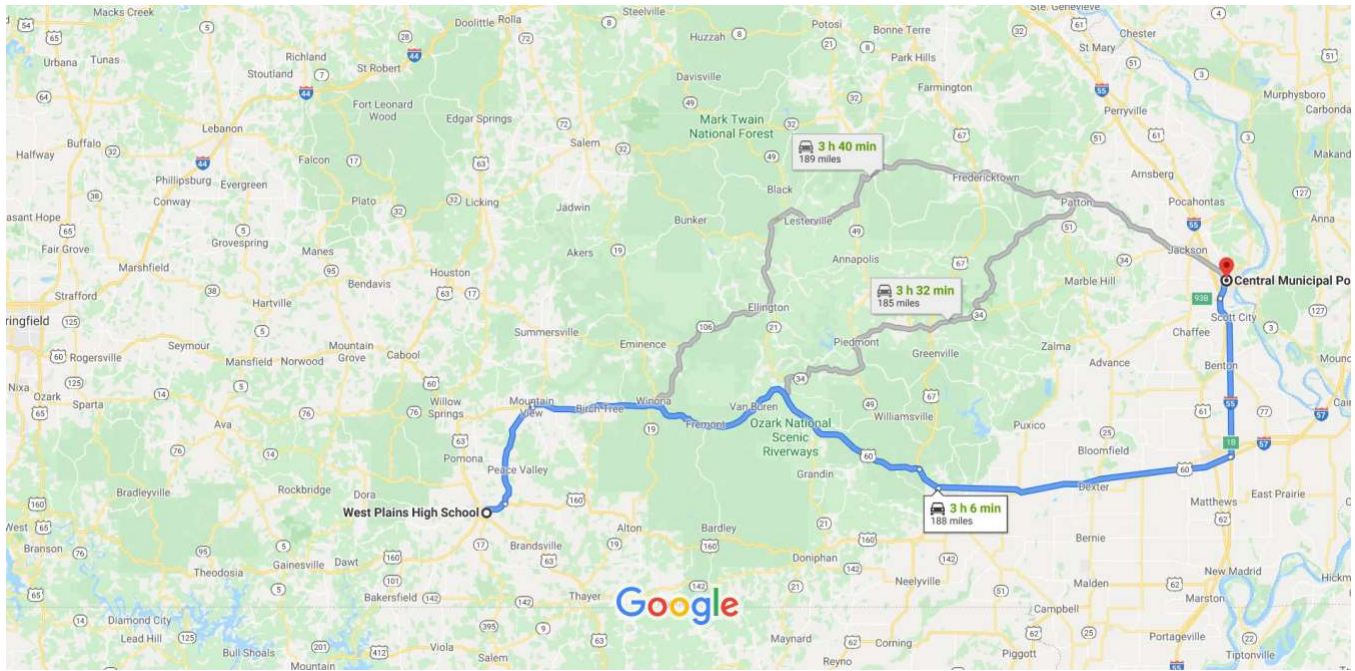
Webb City, MO 64870

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



West Plains High School to Central Municipal Pool

Drive 188 miles, 3 h 6 min



Map data ©2020 Google

10 mi

West Plains High School

602 E Olden St, West Plains, MO 65775

Take Allen St to US-160 E/Joe Jones Blvd

- ↑ 1. Head east toward E Olden St
2 min (0.7 mi)
- ↩ 2. Turn left toward E Olden St
79 ft
- ↪ 3. Turn right onto E Olden St
52 ft
- ↩ 4. Turn left onto Allen St
0.2 mi
- ↪ 5. Turn right onto US-160 E/Joe Jones Blvd
0.5 mi
- 6. Continue to follow US-160 E
4 min (3.4 mi)

Follow MO-17 N to US-60 E in Mountain View

- ↩ 6. Turn left onto MO-17 N
23 min (19.5 mi)
- 19.1 mi

- ↩ 7. Turn left onto N Elm St
 ⓘ Pass by the gas station (on the right in 0.4 mi)
 0.4 mi

Follow US-60 E and I-55 N to Independence St in Cape Girardeau

2 h 32 min (164 mi)

- 8. Turn right onto US-60 E
 76.8 mi
- ↗ 9. Keep right at the fork, follow signs for US-60 E/US-67 S/Poplar Bluff and merge onto US-60 E/US-67 S
 ⓘ Continue to follow US-60 E
 4.8 mi
- ⬆ 10. Use the right lane to merge onto US-60 E/US-67 N via the ramp to Sikeston
 ⓘ Continue to follow US-60 E
 51.5 mi
- ↑ 11. Continue onto I-57/US-60 E
 0.3 mi
- 12. Take exit 1B to merge onto I-55 N toward St Louis
 27.8 mi
- 13. Take exit 93B for US-61 toward I-55/Cape Girardeau
 0.1 mi
- ↑ 14. Continue onto I-55BL/US-61 N
 3.0 mi

Continue on Independence St to your destination

2 min (0.3 mi)

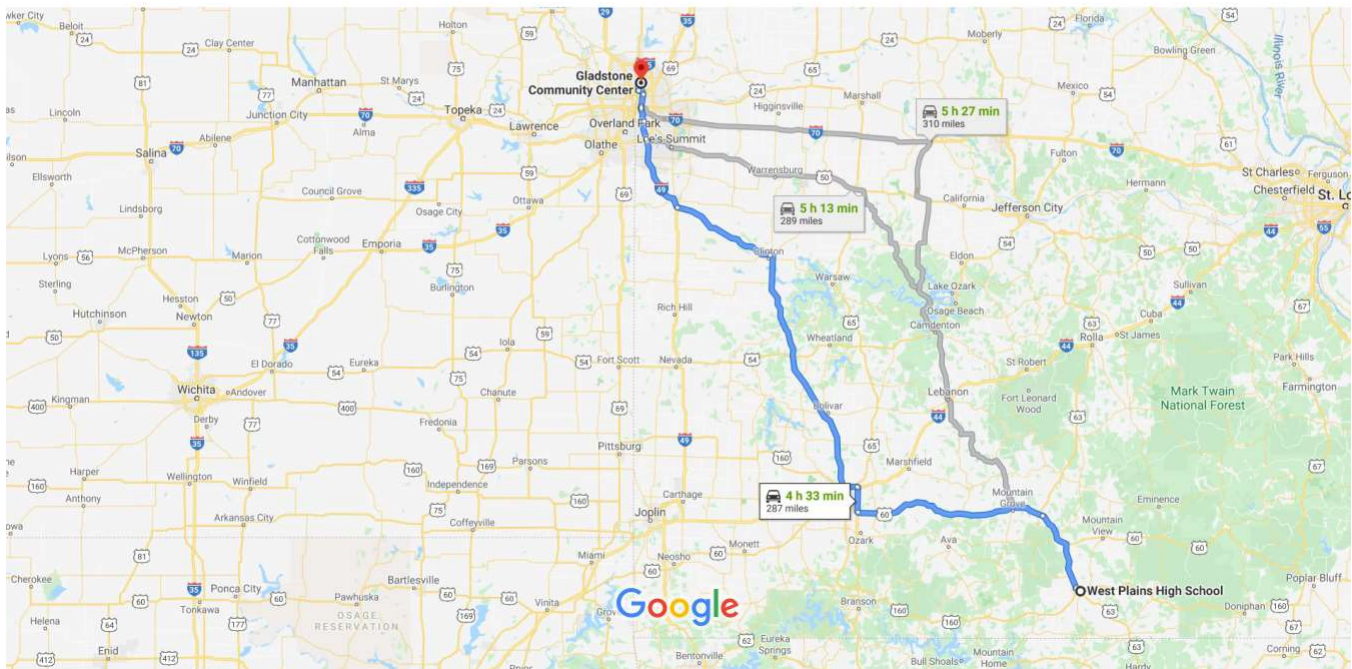
- 15. Turn right onto Independence St
 0.2 mi
- ↩ 16. Turn left onto Clark St
 348 ft
- 17. Turn right onto Whitener St
 279 ft
- ↩ 18. Turn left
 102 ft
- ↩ 19. Turn left
 ⓘ Destination will be on the right
 89 ft

Central Municipal Pool

1920 Whitener St, Cape Girardeau, MO 63701



West Plains High School to Gladstone Drive 287 miles, 4 h 33 min Community Center



Map data ©2020 Google 20 mi

West Plains High School

602 E Olden St, West Plains, MO 65775

Take N Howell Ave to Joe Jones Blvd

- | | |
|-----------------------------------|----------------|
| | 2 min (0.6 mi) |
| ↑ 1. Head east toward E Olden St | |
| | 79 ft |
| ↶ 2. Turn left toward E Olden St | |
| | 52 ft |
| ↶ 3. Turn left onto E Olden St | |
| | 466 ft |
| ↷ 4. Turn right onto N Howell Ave | |
| | 0.5 mi |

Follow US Hwy 63 N, US-60 W and US-65 N to MO-13 N/N

Kansas Expy in Springfield. Take exit 77 from I-44

- | | |
|------------------------------------|---------------------|
| | 1 h 47 min (113 mi) |
| ↶ 5. Turn left onto Joe Jones Blvd | |
| | 0.3 mi |
| ↑ 6. Continue onto W Abe Taylor St | |
| | 0.6 mi |

- ↑ 7. Continue onto Good Hard Dr

354 ft
- ↑ 8. Continue onto Independence Dr

0.5 mi
- ↑ 9. Continue straight to stay on Independence Dr

0.2 mi
- ↗ 10. Turn right onto Porter Wagoner Blvd

0.5 mi
- ⤴ 11. Use the right 2 lanes to take the ramp onto
Porter Wagoner Blvd/US Hwy 63 N

📍 Continue to follow US Hwy 63 N

29.6 mi
- ↑ 12. Continue onto US-60 W

68.0 mi
- ⤴ 13. Use the right lane to merge onto US-65 N via
the ramp to Buffalo

8.4 mi
- ↘ 14. Use the right 2 lanes to take the I-44 W
exit toward Joplin

0.7 mi
- ⤴ 15. Merge onto I-44

4.2 mi
- ↘ 16. Take exit 77 for MO-13 N toward Bolivar

0.1 mi

Get on I-49 N/MO-7 N/US-71 N in Harrisonville

1 h 52 min (124 mi)

- ↗ 17. Turn right onto MO-13 N/N Kansas Expy
(signs for Bolivar)

📍 Continue to follow MO-13 N



86.7 mi
- ↑ 18. Continue onto MO-7 N/E Hwy 7


36.6 mi
- ⤴ 19. Use the right lane to take the ramp onto
I-49 N/MO-7 N/US-71 N


0.3 mi


Follow I-49 N, US-71 N and I-29 N to NW 68th St in KCMO.
Take the N w 68th St exit from US-169 N


46 min (47.5 mi)


- 
20. Merge onto I-49 N/MO-7 N/US-71 N
 [Continue to follow I-49 N/US-71 N](#)


26.2 mi
- 
21. Continue straight onto I-49 N


0.8 mi
- 
22. Continue onto US-71 N


6.2 mi
- 
23. Keep left to stay on US-71 N


4.3 mi
- 
24. Continue straight to stay on US-71 N

0.5 mi
- 
25. Merge onto I-70 W/US-71 N

0.4 mi
- 
26. Continue onto I-29 N/I-35 N


4.5 mi
- 
27. Keep left at the fork to continue on I-29 N/US-71 N, follow signs for Interstate 29 N/St Joseph



2.2 mi
- 
28. Take exit 2A to merge onto US-169 N toward Smithville


2.4 mi
- 
29. Take the N w 68th St exit


0.1 mi



Take N Broadway and NW 72nd St to your destination in Gladstone

-
- 5 min (1.7 mi)
- 
30. Use the right 2 lanes to turn right onto NW 68th St

0.2 mi
 - 
31. Use any lane to turn slightly left onto N Broadway/Salt Rock Rd
 [Continue to follow N Broadway](#)

0.4 mi
 - 
32. Turn right onto NW 72nd St

0.8 mi
 - 
33. Turn right onto N Holmes St

0.2 mi
 - 
34. Turn left at NE 70th St
 [Destination will be on the right](#)

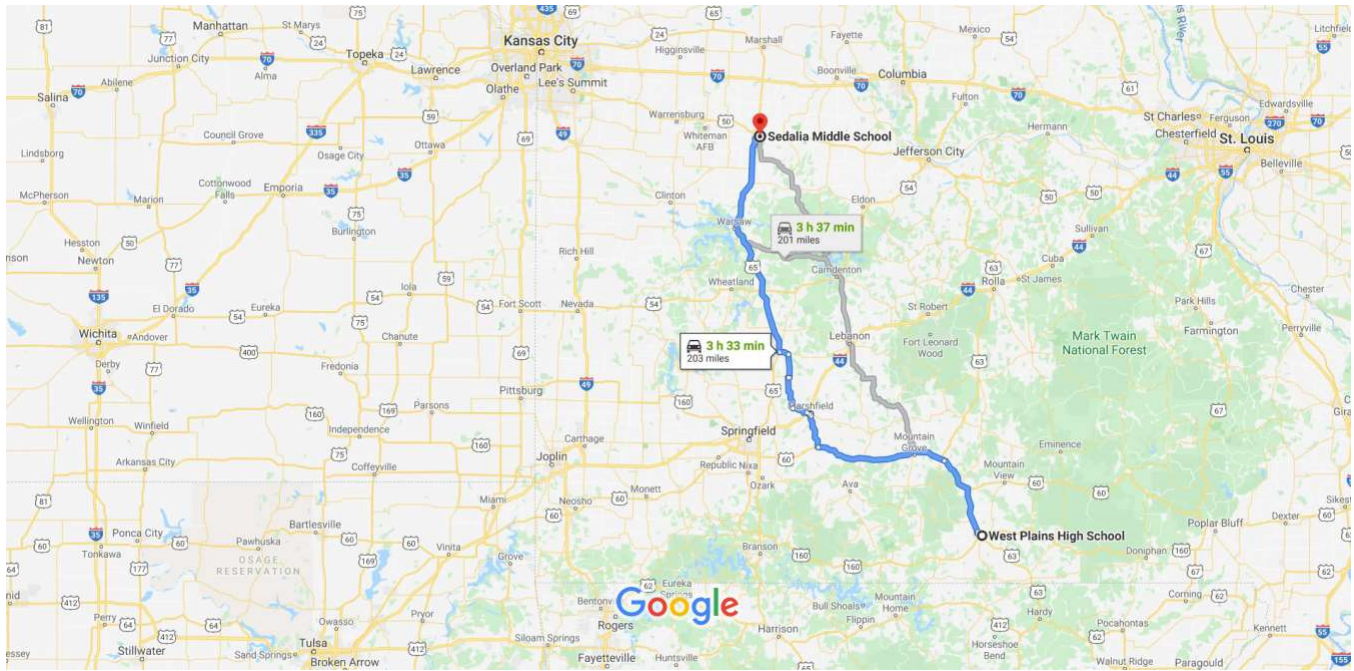
223 ft

Gladstone Community Center
 6901 N Holmes St, Gladstone, MO 64118



West Plains High School to Sedalia Middle School

Drive 203 miles, 3 h 33 min



West Plains High School

602 E Olden St, West Plains, MO 65775

Take N Howell Ave to Joe Jones Blvd

- ↑ 1. Head east toward E Olden St
2 min (0.6 mi)
- ↩ 2. Turn left toward E Olden St
79 ft
- ↩ 3. Turn left onto E Olden St
52 ft
- ↪ 4. Turn right onto N Howell Ave
466 ft
- 0.5 mi

Follow US Hwy 63 N and US-60 W to State Hwy A in Diggins

- ↩ 5. Turn left onto Joe Jones Blvd
1 h 14 min (78.1 mi)
- ↑ 6. Continue onto W Abe Taylor St
0.3 mi
- ↑ 7. Continue onto Good Hard Dr
0.6 mi
- 354 ft

- ↑

8. Continue onto Independence Dr

0.5 mi
- ↑

9. Continue straight to stay on Independence Dr

0.2 mi
- ↗

10. Turn right onto Porter Wagoner Blvd

0.5 mi
- ↑

**11. Use the right 2 lanes to take the ramp onto
Porter Wagoner Blvd/US Hwy 63 N**

29.6 mi

Continue to follow US Hwy 63 N
- ↑

12. Continue onto US-60 W

46.3 mi

**Continue on State Hwy A. Take MO-38 W and State Hwy
H to US-65 N/Ash St in Buffalo**

- 55 min (43.6 mi)
- ↗

13. Turn right onto State Hwy A

11.8 mi
 - ↑

14. Continue onto S Marshall St

0.6 mi
 - ↖

15. Turn left onto S Crittenden St

0.1 mi
 - ↖

16. Turn left onto E Jackson St

0.7 mi

Pass by U.S. Bank Branch (on the right in 0.6 mi)
 - ↑

17. Continue onto Rte 66/W Washington St

0.2 mi

Pass by O'Reilly Auto Parts (on the left)
 - ↑

18. Continue onto Spur Dr

0.8 mi

Pass by Dairy Queen Grill & Chill (on the left in 0.5 mi)
 - ↖

19. Turn left onto MO-38 W

5.9 mi
 - ↗

20. Turn right to stay on MO-38 W

11.6 mi
 - ↗

21. Turn right onto State Hwy M

0.5 mi
 - ↖

22. Turn left onto State Hwy H

8.0 mi
 - ↖

23. Turn left onto MO-32 W

3.4 mi

Pass by Hardee's (on the left in 3.4 mi)

➤ 24. Turn right onto US-65 N/Ash St

 Continue to follow US-65 N

1 h 19 min (78.8 mi)

Take Clinton Rd and W 24th St to your destination

5 min (2.0 mi)

➤ 25. Turn right onto W 32nd St

236 ft

↶ 26. Turn left onto Clinton Rd

0.7 mi

➤ 27. Turn right onto W 24th St

1.0 mi

↶ 28. Turn left onto S Ingram Ave

0.2 mi

➤ 29. Turn right

 Destination will be on the left

328 ft

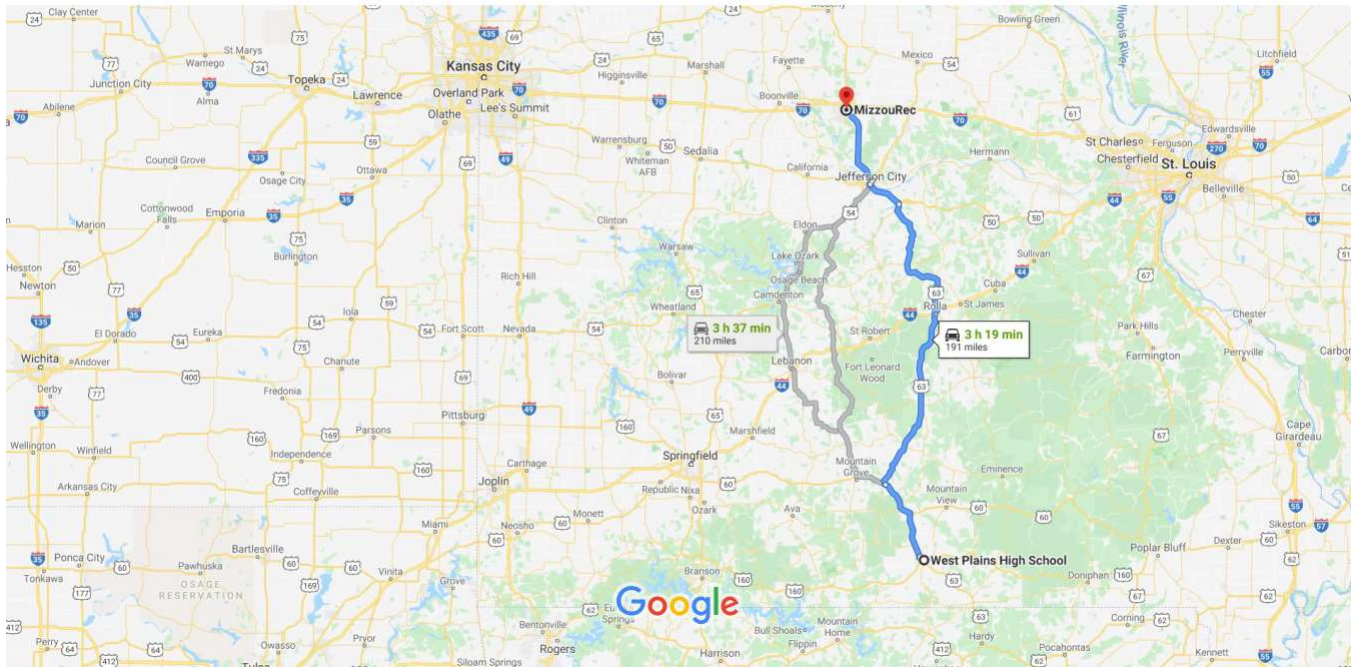
Sedalia Middle School

2205 S Ingram Ave, Sedalia, MO 65301

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West Plains High School to MizzouRec, Drive 191 miles, 3 h 19 min Rollins Street, Columbia, MO



Map data ©2020 Google 20 mi

West Plains High School

602 E Olden St, West Plains, MO 65775

Take N Howell Ave to Joe Jones Blvd

- | | |
|-----------------------------------|----------------|
| | 2 min (0.6 mi) |
| ↑ 1. Head east toward E Olden St | |
| | 79 ft |
| ↶ 2. Turn left toward E Olden St | |
| | 52 ft |
| ↶ 3. Turn left onto E Olden St | |
| | 466 ft |
| ↷ 4. Turn right onto N Howell Ave | |
| | 0.5 mi |

Take US Hwy 63 N, US-63 N, US-50 W and US-63 N/US Hwy 63 N to MO-740 W/E Stadium Blvd in Columbia. Take the MO-740/Stadium Blvd exit from US-63 N/US Hwy 63 N

- | | |
|------------------------------------|---------------------|
| | 3 h 13 min (188 mi) |
| ↶ 5. Turn left onto Joe Jones Blvd | |
| | 0.3 mi |
| ↑ 6. Continue onto W Abe Taylor St | |
| | 0.6 mi |

- ↑ 7. Continue onto Good Hard Dr

354 ft
- ↑ 8. Continue onto Independence Dr

0.5 mi
- ↑ 9. Continue straight to stay on Independence Dr

0.2 mi
- ↗ 10. Turn right onto Porter Wagoner Blvd

0.5 mi
- ⤴ 11. Use the right 2 lanes to take the ramp onto
Porter Wagoner Blvd/US Hwy 63 N

📍 Continue to follow US Hwy 63 N

29.6 mi
- ⤴ 12. Use the right lane to take the US-63 N/US-60
BUS ramp to Houston/Rolla

0.3 mi
- ↑ 13. Continue onto US-60 BUS W/US-63 N/US Hwy 63
N

📍 Continue to follow US-63 N/US Hwy 63 N

📍 Pass by Huddle House (on the left in 65.6 mi)

116 mi
- ⤴ 14. Keep left at the fork, follow signs for US-63
N/US-50 W/Jefferson City and merge onto US-
50 W/US-63 N

12.4 mi
- ↘ 15. Take the exit onto US-54 E/US-63 N

1.1 mi
- ↶ 16. Use the middle lane to continue on US-54 E

0.7 mi
- ↘ 17. Take the US-63 N exit toward Columbia

0.3 mi
- ↑ 18. Continue onto US-63 N/US Hwy 63 N

25.9 mi
- ↘ 19. Take the MO-740/Stadium Blvd exit

0.2 mi

Continue on MO-740 W/E Stadium Blvd. Drive to Rollins St

6 min (2.4 mi)

- ↶ 20. Use the left 2 lanes to turn left onto MO-740
W/E Stadium Blvd

1.6 mi
- ↗ 21. Turn right onto S College Ave

0.5 mi

- ↩ 22. Turn left onto Rollins St
-  Destination will be on the left

0.2 mi

MizzouRec

1000 Rollins St, Columbia, MO 65203

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Overnight Meets

West Plains will provide lodging for all overnight meets. Lodging for State is provided by the school. Lodging for other meets is provided for through our fundraising efforts. Please participate in all fundraising opportunities.

Policies:

1. All West Plains High School policies apply.
2. All hotel policies apply.
3. No boys in girls' rooms, and no girls in boys' rooms.
4. Coaches will set a time to be confined to the hotel room and do room checks.
5. Coaches will set a time to be ready to leave in the morning.
6. No leaving the hotel without a coach or parent (with coach permission).
7. Any damages to hotel property will be paid for by the swimmer.
8. Be respectful of your teammates and other hotel guests in regard to noise level.
9. Remember the real reason we are on the trip – to swim our best!
10. Represent West Plains High School, Zizzer Swimming, and yourself at the highest level.

If an overnight meet requires a qualifying time, only those swimmers will attend.

In regard to the Missouri State High School Activities Association's State Swimming Championships, the following will apply:

1. Swimmers that qualify Top 32 individually will attend.
2. For relays that qualify Top 32, the fastest 8 swimmers for each relay will attend.
3. Swimmers that do not qualify individually or as a member of a relay, may attend at their own expense if they volunteer to time. They will be excused from school and provided transportation, but they will need to pay for hotel expenses (can split with others) if space is not available in the qualified swimmers' rooms.
4. All qualified swimmers will receive a deck pass. This is \$24 to replace if lost. **Do not lose this or let others use it** (we have had issues with this before).
5. All swimmers (including alternates) will warmup during preliminaries. If you have issue with this, please let Coach Smith know by SWMO, so he can name another alternate to your spot.
6. All team members are expected to cheer on each Zizzer swimmer competing.
7. Everyone is expected to remain with the team the entire trip. Any alteration to this policy must be cleared well in advance with coaches and administration.

State Qualifying Standards

<u>Event</u>	<u>Qualifying Time</u>		<u>Gold Standard</u>	
	<u>Y</u>	<u>M</u>	<u>Y</u>	<u>M</u>
200 Medley Relay	2:18.29	2:34.33	2:00.39	2:14.35
200 Freestyle	2:13.99	2:28.46	2:04.29	2:17.72
200 Individual Medley	2:30.09	2:46.60	2:21.89	2:37.50
50 Freestyle	27.29	30.42	25.69	28.64
100 Butterfly	1:08.09	1:15.65	1:03.09	1:10.09
100 Freestyle	1:00.49	1:07.26	56.79	1:03.15
500/400 Freestyle	6:00.39	5:16.13	5:36.89	4:55.52
200 Freestyle Relay	2:05.99	2:20.73	1:47.69	2:00.28
100 Backstroke	1:08.29	1:15.87	1:04.19	1:11.31
100 Breaststroke	1:18.49	1:27.28	1:13.39	1:21.61
400 Freestyle Relay	4:33.99	5:05.22	3:58.29	4:25.45

<u>Event</u>	<u>Time that Qualified</u>		<u>16th Place Time</u>		<u>8th Place Time</u>	
	<u>Y</u>	<u>M</u>	<u>Y</u>	<u>M</u>	<u>Y</u>	<u>M</u>
200 Medley Relay	2:03.41	2:17.72	2:00.62	2:14.61	1:56.33	2:09.82
200 Freestyle	2:08.60	2:22.49	2:04.45	2:17.89	1:59.77	2:12.71
200 Individual Medley	2:29.49	2:45.93	2:20.74	2:36.22	2:12.79	2:27.40
50 Freestyle	26.11	29.11	25.43	28.35	24.53	27.35
100 Butterfly	1:04.60	1:11.77	1:02.53	1:09.47	59.47	1:06.07
100 Freestyle	58.29	1:04.82	55.99	1:02.26	54.96	1:01.11
500/400 Freestyle	5:52.93	5:09.59	5:30.99	4:50.34	5:16.75	4:37.85
200 Freestyle Relay	1:50.48	2:03.40	1:45.25	1:57.56	1:43.85	1:55.99
100 Backstroke	1:07.23	1:14.69	1:03.92	1:11.01	1:00.45	1:07.16
100 Breaststroke	1:16.49	1:25.06	1:13.19	1:21.39	1:10.60	1:18.51
400 Freestyle Relay	4:09.53	4:37.97	3:54.57	4:21.30	3:47.50	4:13.43

If a relay achieves at least a Qualifying time for State, the top 8 (4 participants and 4 alternates) in each relay will be expected to continue to practice past SWMO Championships. If a relay officially qualifies for State, the top 8 in the relays that qualify will be expected to continue to practice through State Championships, go to State Championships, participate in all activities at State, and at least warmup with the team in Prelims. If you are not willing to make this commitment, Coach Smith needs to know within the first 2 weeks of the season.

White Cap Standards Girls

<u>Event</u>	<u>Time</u>	
200 Freestyle	2:11.79	2:26.03
200 Individual Medley	2:34.79	2:51.82
50 Freestyle	26.49	29.54
100 Butterfly	1:10.29	1:18.09
100 Freestyle	59.09	1:05.71
500 (400) Freestyle	6:07.49	5:22.36
100 Backstroke	1:08.19	1:15.76
100 Breaststroke	1:19.19	1:28.06

- White Cap Standards must be achieved each year. Best Times from previous years will not count.

Girls Varsity Meet Standards

With the creation of the separate Varsity and Junior Varsity Girls Southwest Missouri Championships, a list of time standards for each event has been created. A swimmer must achieve at least this standard to be considered for the Varsity meet. It does not necessarily mean the swimmer will or must compete in the Varsity meet, but they will be considered, given that option, or encouraged to compete as Varsity. Swimmers not achieving these standards will automatically swim Junior Varsity at SWMO.

<u>Event</u>	<u>Time</u>	
200 Freestyle	2:32.79	2:49.30
200 Individual Medley	3:01.19	3:21.12
50 Freestyle	28.69	31.99
100 Butterfly	1:36.59	1:47.31
100 Freestyle	1:06.19	1:13.60
500 (400) Freestyle	7:17.59	6:23.85
100 Backstroke	1:21.99	1:31.09
100 Breaststroke	1:29.19	1:39.18

School Records

(New in 2023-24)

<u>Event</u>	<u>Time</u>	<u>Date</u>	<u>Record Holder</u>
200 Medley Relay	1:58.65	1/28/2023	Paige Sheridan, Evie Niesen, Roz Fiorino, Addie Peugh
50 Backstroke (LO)	29.24	1/28/2023	Paige Sheridan
200 Freestyle	1:57.00	2/17/2023	Paige Sheridan
200 Individual Medley	2:14.99	1/28/2023	Paige Sheridan
50 Freestyle	24.84	2/7/2020	Olivia Fiorino
100 Butterfly	1:08.16	1/10/2023	Paige Sheridan
100 Freestyle	54.95	2/4/2023	Roz Fiorino
500 Freestyle	5:09.74	2/17/2023	Paige Sheridan
200 Freestyle Relay	1:42.69	2/18/2023	Roz Fiorino, Evie Niesen, Abbie Peugh, Paige Sheridan
100 Backstroke	1:02.32	1/28/2023	Paige Sheridan
100 Breaststroke	1:13.92	1/23/2023	Evie Niesen
400 Freestyle Relay	3:45.65	2/18/2023	Paige Sheridan, Addie Peugh, Roz Fiorino, Evie Niesen

LO – Lead-off Leg of Medley Relay

Top Ten Swims

Girls

(New in 2023-24)

50 Freestyle			
Place	Time	Date	Swimmer
1	24.84	2/7/2020	Olivia Fiorino
2	25.54	1/28/2023	Roz Fiorino (LO)
3	26.20	1/24/2022	Evie Niesen
4	26.25	2/11/2016	Madison Brownrigg (LO)
5	26.56	2/13/2016	Mackenzie Brownrigg
6	26.69	1/3/2023	Paige Sheridan
7	27.45	2/3/2023	Audrey Land
8	27.48	1/28/2023	Trinity Wake
9	27.69	2/5/2019	Libby Kammerer (LO)
10	27.74	1/28/2023	Abigail Peugh

100 Freestyle			
Place	Time	Date	Swimmer
1	54.95	2/4/2023	Roz Fiorino
2	55.00	2/17/2023	Paige Sheridan (LO)
3	55.93	2/7/2020	Olivia Fiorino
4	56.17	2/17/2023	Evie Niesen
5	57.17	2/11/2016	Madison Brownrigg
6	57.66	2/11/2016	Mackenzie Brownrigg
7	59.04	1/28/2023	Addison Peugh (LO)
8	1:00.78	2/5/2019	Libby Kammerer (LO)
9	1:01.07	1/28/2023	Abigail Peugh (LO)
10	1:01.17	1/28/2023	Trinity Wake

200 Freestyle			
Place	Time	Date	Swimmer
1	1:57.00	2/17/2023	Paige Sheridan
2	2:01.82	2/4/2023	Roz Fiorino
3	2:04.57	1/28/2023	Evie Niesen
4	2:06.13	2/1/2020	Olivia Fiorino
5	2:06.34	2/11/2016	Mackenzie Brownrigg
6	2:09.22	2/4/2016	Madison Brownrigg
7	2:09.40	2/7/2023	Addison Peugh
8	2:10.85	2/4/2023	Abigail Peugh
9	2:11.57	2/7/2022	Trinity Wake
10	2:17.31	1/29/2022	Gilly Grigsby

500 Freestyle			
Place	Time	Date	Swimmer
1	5:09.74	2/17/2023	Paige Sheridan
2	5:43.54	2/17/2023	Addison Peugh
3	5:43.67	1/29/2022	Evie Niesen
4	5:44.22	2/12/2015	Madison Brownrigg
5	5:50.15	1/10/2023	Roz Fiorino
6	5:55.70	2/8/2022	Trinity Wake
7	5:58.13	1/28/2023	Abigail Peugh
8	6:04.43	1/24/2022	Gilly Grigsby
9	6:06.52	12/5/2015	Mackenzie Brownrigg
10	6:09.16	1/24/2020	Olivia Fiorino

100 Butterfly			
Place	Time	Date	Swimmer
1	1:08.16	1/10/2023	Paige Sheridan
2	1:08.47	2/1/2020	Olivia Fiorino
3	1:10.54	12/5/2015	Mackenzie Brownrigg
4	1:10.70	2/11/2016	Kyley Cunningham
5	1:11.81	12/6/2014	Madison Brownrigg
6	1:12.04	2/7/2020	Sofia Fiorino
7	1:12.23	2/7/2022	Brayden Kantola
8	1:13.37	2/3/2023	Audrey Land
9	1:13.89	1/10/2023	Addison Peugh
10	1:14.09	1/3/2023	Roz Fiorino

100 Backstroke			
Place	Time	Date	Swimmer
1	1:02.32	1/28/2023	Paige Sheridan
2	1:04.73	1/23/2023	Roz Fiorino
3	1:07.87	1/28/2023	Addison Peugh
4	1:09.46	1/3/2023	Evie Niesen
5	1:09.97	2/5/2021	Emma Peugh
6	1:10.00	12/5/2015	Madison Brownrigg
7	1:10.21	12/29/2022	Penelope Autry
8	1:10.71	1/23/2023	Abigail Peugh
9	1:10.93	12/1/2015	Mackenzie Brownrigg
10	1:12.29	2/7/2020	Sofia Fiorino

<u>100 Breaststroke</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmer</u>
1	1:13.92	1/23/2023	Evie Niesen
2	1:15.52	12/29/2022	Paige Sheridan
3	1:19.05	1/23/2023	Penelope Autry
4	1:19.76	2/7/2022	Gilly Grigsby
5	1:20.22	1/7/2020	Olivia Fiorino
6	1:21.11	2/1/2019	Sarah Gill
7	1:23.07	2/9/2017	Serena Jolliff
8	1:25.28	2/6/2021	Katie Sandgren
9	1:25.79	2/4/2023	Aubrey Gross
10	1:25.91	2/12/2015	Chelsey Simmons

<u>200 Individual Medley</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmer</u>
1	2:14.99	1/28/2023	Paige Sheridan
2	2:22.98	1/28/2023	Roz Fiorino
3	2:28.95	12/10/2021	Evie Niesen
4	2:29.56	2/4/2023	Addison Peugh
5	2:31.98	1/7/2020	Olivia Fiorino
6	2:34.17	2/3/2023	Penelope Autry
7	2:38.08	1/7/2022	Gilly Grigsby
8	2:41.76	2/1/2019	Libby Kammerer
9	2:42.65	1/7/2022	Audrey Land
10	2:44.79	2/4/2016	Mackenzie Brownrigg

<u>200 Medley Relay</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmers</u>
1	1:58.65	1/28/2023	Paige Sheridan, Evie Niesen, Roz Fiorino, Addison Peugh
2	2:02.22	2/8/2022	Paige Sheridan, Evie Niesen, Brayden Kantola, Trinity Wake
3	2:03.28	2/17/2022	Addison Peugh, Gilly Grigsby, Brayden Kantola, Trinity Wake
4	2:04.59	1/29/2022	Paige Sheridan, Evie Niesen, Brayden Kantola, Audrey Land
5	2:04.60	2/17/2023	Addison Peugh, Penelope Autry, Audrey Land, Abigail Peugh
6	2:06.13	1/22/2022	Paige Sheridan, Evie Niesen, Brayden Kantola, Addison Peugh
7	2:06.72	2/6/2021	Paige Sheridan, Gilly Grigsby, Brayden Kantola, Addison Peugh
8	2:07.02	2/7/2022	Addison Peugh, Gilly Grigsby, Brayden Kantola, Audrey Land
9	2:07.41	2/3/2023	Addison Peugh, Penelope Autry, Audrey Land, Trinity Wake
10*	2:07.72	2/2/2019 12/29/2022	Libby Kammerer, Sarah Gill, Olivia Fiorino, Mia Harris Addie Peugh, Evie Niesen, Paige Sheridan, Trinity Wake

<u>200 Freestyle Relay</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmers</u>
1	1:42.69	2/18/2023	Roz Fiorino, Evie Niesen, Abigail Peugh, Paige Sheridan
2	1:44.83	1/23/2023	Roz Fiorino, Evie Niesen, Addison Peugh, Paige Sheridan
3	1:47.46	2/7/2022	Evie Niesen, Audrey Land, Trinity Wake, Paige Sheridan
4	1:47.77	2/17/2022	Evie Niesen, Trinity Wake, Addison Peugh, Paige Sheridan
5	1:48.51	1/28/2023	Roz Fiorino, Audrey Land, Trinity Wake, Abigail Peugh
6	1:48.78	2/12/2016	Madison Brownrigg, Libby Kammerer, Emma Tyler, Mackenzie Brownrigg
7	1:49.59	1/29/2022	Evie Niesen, Paige Sheridan, Audrey Land, Addison Peugh
8	1:50.36	2/8/2020	Sofia Fiorino, Mia Harris, Jade Welch, Olivia Fiorino
9	1:50.89	2/15/2019	Libby Kammerer, Mia Harris, Sarah Gill, Olivia Fiorino
10	1:52.19	2/5/2019	Libby Kammerer, Mia Harris, Gilly Grigsby, Olivia Fiorino

<u>400 Freestyle Relay</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmers</u>
1	3:45.65	2/18/2023	Paige Sheridan, Addison Peugh, Roz Fiorino, Evie Niesen
2	3:55.20	1/28/2023	Addison Peugh, Trinity Wake, Evie Niesen, Paige Sheridan
3	4:03.07	2/12/2016	Madison Brownrigg, Libby Kammerer, Emma Tyler, Mackenzie Brownrigg
4	4:05.02	12/9/2022	Paige Sheridan, Trinity Wake, Addison Peugh, Roz Fiorino
5	4:06.51	2/11/2020	Sofia Fiorino, Emma Peugh, Mia Harris, Olivia Fiorino
6	4:10.03	2/5/2019	Libby Kammerer, Mia Harris, Gilly Grigsby, Olivia Fiorino
7	4:11.22	12/29/2022	Roz Fiorino, Abigail Peugh, Addison Peugh, Evie Niesen
8	4:11.30	2/9/2021	Paige Sheridan, Emma Peugh, Gilly Grigsby, Addison Peugh
9	4:13.84	12/7/2021	Evie Niesen, Brayden Kantola, Addison Peugh, Paige Sheridan
10	4:13.85	1/30/2021	Addison Peugh, Emma Peugh, Brayden Kantola, Paige Sheridan

Varsity Letter Requirements

A swimmer must earn 150 points.

AND

A swimmer must have 85% Practice Attendance.

Practice Attendance	1 point/2%	Max 50 points
Total Miles	1 point/2 miles	No Max
Summer Practice Attendance (Optional)	1 point/10%	Max 10 points
# of Varsity Meets	1 point/Varsity Meet	No Max
# of Individual Events	1 point/ <u>Different</u> Event	Max 8 points
Time Improvement	1 point/2 seconds	No Max
Points Scored		
Individual	1 point/4 points scored	No Max
Relay	1 point/8 points scored	No Max
OC Championships Medalist		
Individual	4 points/event	Max 8 points
Relay	1 point/event	Max 3 points
OC Championships Other Scorers		
Individual	2 points/event	Max 4 points
Relay	½ point/event	Max 1½ points
SWMO Championship Final		
Individual	5 points/event	Max 10 points
Relay	3 points/event	Max 9 points
SWMO Consolation Final		
Individual	4 points/event	Max 8 points
Relay	2 points/event	Max 6 points
SWMO C Final		
Individual	3 points/event	Max 6 points
Relay	1 point/event	Max 3 points
State Championship Final		
Individual	8 points/event	Max 16 points
Relay	6 points/event	Max 18 points
State Consolation Final		
Individual	7 points/event	Max 14 points
Relay	5 points/event	Max 15 points
State Qualifier		
Individual	5 points/event	*Max 40 points
Relay	3 points/event	Max 9 points
State Consideration Cut		
Individual	3 points/event	Max 24 points
Relay	1 point/event	Max 3 points
School Record		
Individual	2 points/event	Max 18 points
Relay	1 point/event	Max 3 points

*Swimmers with times that would have qualified Top 32 in more than 2 individual events will still earn the "State Qualifier" points.

Team Awards

Varsity Letter – Swimmer(s) with at least 150 points and 85% practice attendance over the course of the season.

Swimmer of the Year – Swimmer with most points according to Varsity Lettering Points.

Individual Swim of the Year – As chosen by the coach, it is the swimmer with the most impressive swim of the season.

Relay Swim of the Year – As chosen by the coach, it is the relay with the most impressive swim of the season.

Senior Award – Senior swimmer(s) with 800 total points over their career.

Captains' Award – A swimmer chosen by the captains and their criteria.

Most Improved Award – Swimmer(s) with the most time dropped over the course of the season.

Useful Links

Missouri State High School Activities Association (MSHSAA)
www.mshsaa.org/Activities/Info/SwimmingDiving.aspx

Direct Athletics (Girls State Cut Rankings)
www.directathletics.com/leagues/swimming/1028.html

Direct Athletics (Boys State Cut Rankings)
https://www.directathletics.com/leagues/swimming/1022_146.html

Facebook – Zizzer Swim Fans and Fams
www.facebook.com/ZizzerSwimFans

Facebook – West Plains Zizzer Swimming
www.facebook.com/zizzerswimming14

Facebook – Zizzer Swim Team (Group)
www.facebook.com/groups/1411168632531429

**NATIONAL INTERSCHOLASTIC SWIMMING COACHES
ASSOCIATION OF AMERICA, INC.**
RULES, REGULATIONS AND PROCEDURES FOR BOYS AND GIRLS
NISCA Academic All-America

1. To qualify for this award, you must: (A) have a minimum GPA of 3.750 on a 4 point scale, or 93.7500% of the grade scale your school uses for 7 semesters/11 trimesters. GPA may not be rounded up. (B) be a graduating senior; (C) have lettered in your high school program (swimming, diving, or water polo) your senior year.
2. School grade scale is required. Grade scale is the schools value given to an unweighted A. ex. 4.0, 5.0, 6.0, 11.0, 12.0, 100.
3. Your GPA may be weighted or unweighted. It must be for 7 semesters/11 trimesters. The 7th semester/11th trimester must include grades for all course taken in the current school year even if the course is a yearlong course with credit earned at the end of the year.
4. ONLY courses taken in grades 9-12 may be used in the GPA. Courses taken in grade 7-8 must be removed from the GPA.
5. Applicant has two options to determine the GPA:
Option 1 is the NISCA method of establishing a weighted GPA. It is used where the school does not use GPA's or does not weight.
Examples for Option 1 are posted on the website at www.niscaonline.org under the Awards Program.
Option 2 is the GPA as it appears on the transcript that is for 7 semesters. Report card is required if the 7th semester is not inclusive of all courses taken and all grades earned.
Examples for Option 2 are posted on the website at www.niscaonline.org under the Awards Program
6. GPA conversions are not allowed.
7. Application must include a copy of your 7 semester/11 trimester transcript with courses/grades earned for the current school year. If this is not included you must include a 1st semester **report card** with your application.
8. Applications are entered online at www.niscaonline.org under the Awards Program. The application portal opens on January 1 and closes on June at 11:59 PM.

10. The postmark deadline is **March 31** for fall and winter season sport.
Spring season and late application deadline is **June 15**.
It is required that application is **complete** at its deadline to not incur a late fee of \$30.
11. No fee for member coaches if postmarked by the
deadline. Nonmember fee is \$30
Late fee for the member and nonmember coach is \$30.
12. Payment of fees is via PayPal at the time of the online submission. Receipt for payment
is required with the application. Payment may also be by check to NISCA.
13. Membership numbers are available thru the NISCA website at www.niscaonline.org
14. Please staple your application and transcript together when possible.
13. Signature on **Express Mail must be waived**.
14. Make a copy of your application for your records and for use if your application is
lost in the delivery process.
15. Swimmers who qualify and complete an application for Academic All-America honors
will receive one commemorative certificate mailed directly to their **home address**.
Additional certificates may be purchased after the All American Team has been
announced.
16. The accepted list is posted on the NISCA website at www.niscaonline.org
- . A complete application is: copy of online submission signed by applicant, parent, coach,
principal or AD, registrar or counselor. Transcript for 7 semesters/11 trimesters. Report
card for 7th semester/11 trimester. School stamp or seal on the online app or transcript.
Applicable fees. Note: include everything in your mailing to avoid a potential late fee.

NISCA Swimming All America

Rules:

1. Applications must be submitted on-line at <http://www.niscaonline.org>.
2. All parts of the application must be completed. Failure to complete any section will delay the processing of your application.
3. For each application, the full home address and home telephone number of the swimmer(s) must be included
4. In order for a swimmer to be considered as a NISCA High School All-American he/she must compete for an interscholastic team and be scholastically eligible as determined by his/her state athletic association or school authority. All swimmers must be in at least the 9th grade level of school to be eligible. Swimmers are limited to 8 consecutive semesters of eligibility. **Fifth year seniors, 7th and 8th grade students are not eligible for consideration. See NFHS National Records Committee Policy Handbook Definition #1.**
5. Relay teams are limited to FOUR swimmers. ALL SWIMMERS ON THE RELAY MUST BE IN GRADE 9-12. Only **ONE TEAM PER SCHOOL per event**.
6. All times submitted must be achieved in a regularly scheduled interscholastic meet (no time trials) and will include times achieved up to and including *STATE MEET PERFORMANCES. NO TIME AFTER THE OFFICIAL STATE ASSOCIATION CHAMPIONSHIP MEET WILL BE ACCEPTED.*
 - USA Swimming OR YMCA meet times will NOT be considered.
 - National Federation Rules must govern the meet.
7. All times must be submitted to the one-hundredth of a second. NO MANUAL TIMES ACCEPTED. Automatic timing ONLY!
8. For times swum at a pool located at an altitude above 3000 feet, enter the time as swum and the correct altitude for the location of the meet. DO NOT ADJUST THE TIME.
9. All meet times must include documentation (copy of, or link to, the official meet results).
 - Non-Championship meet times MUST include the signatures of the Meet Manager and Meet Referee.
10. Only 25 yard or 25 meter times will be accepted.
11. A swimmer may be listed in as many events as his/her times qualify. Each event will require an application. Any fees associated with the applications will be paid at the end of the application process.

Procedures:

1. Applications can be submitted online beginning on November 1st. Application deadlines are:
 - Fall season - December 31st
 - Winter season – March 31st
 - Spring season – June 15th
2. Fall and winter applications: you have 30 days from application submission to complete your application or it will be deleted and you will have to re-apply.
3. Fall and winter season coaches will be charged a \$30.00 late fee for each application entered after their season's deadline.
4. The application portal will close on midnight (Eastern) June 15th and no applications will be accepted once the portal has closed.
5. Non NISCA members will be charged a \$30.00 non-member fee per application.
 - NISCA Membership is \$75 at <http://niscaonline.org/Memberships>. On-line membership applications can take up to 24 hours to process.
6. The fastest one hundred (100) submitted and accepted times in each event will be named All-America.
 - Check applications submitted and accepted at <http://www.niscaonline.org/aaswimming/AppsProcessed.aspx>
 - Check applications submitted but NOT accepted at <http://www.niscaonline.org/aaswimming/AppsReceived.aspx>. You must contact the appropriate chairperson IMMEDIATELY if your name is on this list more than one week after you submitted the application.
7. Swimmers who are selected to the All-America teams will be mailed **one** commemorative certificate.
 - Additional certificates may be purchased after the All American Team has been announced. Certificates can be reordered here: http://niscaonline.org/Portals/0/Documents/All%20America/All%20American%20Reorder%20Form_14.pdf?ver=2015-08-28-182020-000
 - **Certificates are sent to the ATHLETES HOME ADDRESS. If the address listed as the athletes home address is NOT their residence, NISCA is not responsible for replacing those certificates.**
8. Print a copy of each application and any payment receipt for your records as proof of submission.

NISCA Scholar Team Award Application

The objective of the Scholar Team award is to recognize teams that perform on a high academic level. The award is a cumulative effort by a team of 12 or more athletes who strive for academic success during their high school careers.

Deadline postmark date for submitting Scholar Team applications is March 31st for fall and winter seasons.

Spring season deadline is June 15th. No applications will be accepted after June 15th. The on-line application portal opens on January 1st for submitting applications.

Directions

1. Athletes must have participated and finished the season in good standing to be eligible. Spring athletes must currently be in good standing.
2. **Cumulative GPA** is to be used including the 1st semester or 2nd trimester of the current year. If your school schedule does not allow your team to adhere to the deadline please consult with the administrator of the program BEFORE THE DEADLINE. Deadline for fall and winter season is March 31st. Spring season is June 15th. **No applications will be accepted after June 15th.**
3. Late applications (after March 31st) must pay a fee of \$30.00.
4. Recorded scores may not be higher than 4.000. Those GPAs above 4.000 should be listed as 4.000 in the NISCA GPA column. **If your school uses any grade scale other than a standard 4.0 scale you may use that scale to find the team average and then convert to a 4.0 scale. To convert a percent to a 4.0 scale = % x 4 divided by 100. To convert other scales to a 4.000 scale = GPA divided by the school scale X 4 = GPA**
Weighted grade point averages over 4.00 are not allowed. Round all GPAs above 4.000 down to 4.000. Round GPA to the nearest thousandth.
5. The application is to list the entire varsity team and average the GPA of each of these individuals to determine the team GPA. A program must have a minimum of 12 athletes to apply for the Scholar Team Award.
This is a VARSITY team award. Junior Varsity, Freshmen Team and Modified teams are NOT eligible. If the program cannot field a complete team, it may not apply.
6. Application fee for the non-member coach is \$30.00. This should be paid in the form of a check made out to NISCA. The member coach should attach a copy of their current membership card to the application. Membership cards can be printed from the website: www.niscaonline.org.
7. Applications will require coach, administrator and registrar signatures.
8. Failure to follow the guidelines will automatically disqualify the team.
9. Awards will be provided for three levels:
 - GOLD = 3.750 - 4.000
 - SILVER = 3.500 - 3.749
 - BRONZE = 3.200 - 3.499
10. A complete list of award winners will be posted on the NISCA website at www.niscaonline.org and listed in the Journal in the All American edition.
11. Make a copy of your application for your records and for use if your application is lost in the delivery process.

Step One: List all varsity athletes. The required minimum number of team members is 12. Co-ed teams are not recognized. Mixed teams are eligible and should be listed as a boys team or a girls team. (i.e. boys on a girls team would be a girls sport and girls on a boys team would be a boys sport). Mixed teams must meet the regulations of the home state association to be eligible for application.

Step Two: List the varsity team athletes by name, grade, and cumulative grade point average. Round to the nearest thousandth. A GPA that is higher than a 4.000 must be listed as 4.000.

Step Three: Add the grade point average for a TOTAL.

Step Four: Divide the TOTAL by the number of members used to determine the TEAM COMPOSITE GRADE POINT AVERAGE. Round to the nearest thousandth. This is the average used to determine if your team qualifies for the NISCA Scholar Team Award. This figure must be a 3.200 or better.

The Head Coach and the District Athletic Director should review the names of the team members listed on the application and sign verification of the required participation. The High School Principal/Registrar should verify the accuracy of the grade average of each student listed and sign the application form.

THE DEADLINE FOR FALL/WINTER SEASONS IS MARCH 31ST, AFTER THAT A \$30 LATE FEE APPLIES. SPRING SEASON DEADLINE IS JUNE 15TH. NO APPLICATIONS WILL BE ACCEPTED AFTER JUNE 15TH