

# **HLA Goggle Gobble**

## **November 21-22, 2009**

- SANCTION:** Held under the sanction of USA Swimming and Midwestern Swimming, Inc.  
Sanction #: MWS09033
- LOCATION:** Lincoln Southeast High School  
2930 S 37th St  
Lincoln NE
- POOL:** 25 yards, 8 lanes, Daktronics 2000 Timing System with touch pads and scoreboard, anti-turbulent lane lines. Pool depth 13 feet at starting end. Seating for 500.  
Pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:** HLA reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
- SCHEDULE:** Saturday, November 21, 2009 Warm-ups 8:30 am Meet starts 10:00 am  
Sunday, November 22, 2009 Warm-ups 8:30 am Meet starts 10:00 am
- MEET DIRECTOR:** Erik Wiken Phone: (402) 560-7946 E-mail: [coacherik@heartlandaquatics.org](mailto:coacherik@heartlandaquatics.org)
- RULES:** Current USA Swimming and Midwestern Rules will apply.
- OFFICIALS:** Referee: Gary Kuhn  
Marshal: Cyndy Ricketts
- MEET FORMAT:** Timed finals; Open events placed by age group and Gold/Silver categories.
- DISABILITY SWIMMERS:** Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete or athlete's coach is also responsible for notifying the Deck referee of any disability prior to competition.
- RULES:** Current USA Swimming and Midwestern Rules will govern this meet.
- CREDENTIALS:**
- Presentation of coach's membership card will be required at coach sign-in. Credentials shall be visible at all times.
  - In accordance with MWS Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.
- ELIGIBILITY:**
- All swimmers, coaches, and clubs must be currently registered with USA Swimming.
  - Age of swimmer on November 21, 2009, determines age for the entire meet.
  - Late entries and deck entries will require proof of USA Swimming registration.
- EVENT LIMITS:**
- Swimmers may enter a maximum of 4 individual events and 1 relay per day.
  - Time trials and exhibition swimming will not be allowed.
- EVENT FEES:** \$2.50 per individual event  
\$5.00 per relay  
\$5.00 per swimmer Midwestern splash fee  
**Make checks payable to Heartland Aquatics. NO REFUNDS.**
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek meet entry file with hard copy) or on a Meet Entry form.
  - It is the responsibility of the submitting team to verify with the entry chair the receipt of the entries.
  - Swimmers must be listed on the official roster and pay splash fee to be eligible to swim on a relay.
  - A check for the total amount due must accompany the entries.
  - Meet will be limited to the first 300 swimmers. Teams will not be split.
- ENTRY DEADLINE:** Friday, November 13, 2009
- ENTRY CHAIR:** Randy Goldenstein – [rgoldenstein@heartlandaquatics.org](mailto:rgoldenstein@heartlandaquatics.org)  
PO Box 67206, Lincoln, NE, 68506
- CONDUCT OF MEET:**
- All events are timed finals.
  - Meet will be pre-seeded. The official Meet Program will indicate swimmer's heat and lane.

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- Swimmers of all ages will be seeded together based on entry times.
- Flyover starts may be used.
- In-water breaks will be inserted as timeline allows.
- Deck entries will be accepted by the Meet Director only if there are empty lanes in pre-seeded heats, and will be charged **double fees**.
- Swimmers will be required to report promptly to their assigned lane prior to the start of each race in which he or she is entered.

**WARM-UP PROCEDURE:**

- MWS Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
- No diving during warm-ups. All 8 lanes will be open for general warm-up the first 30 minutes. "Sit & slide" or "one hand on wall" entry will be in effect. The last 30 minutes racing starts will be allowed in lanes 2, 6. Push/pace work will be allowed in lanes 1 & 8.

**TEAM SUPERVISION:**

- Each team must provide a responsible adult with non-athlete USA Swimming card to supervise the team at all times.
- Only registered coaches, swimmers, and officials will be allowed on deck.

**SCORING:** Meet will not be scored. Placing will be by 8 & U, 9-10, 11-12, 13 & Over, Gold and Silver.

**AWARDS:** Each swimmer will receive meet mementos.

**FINAL RESULTS:** Meet results will be available on disk at the end of the meet or as a hard copy sent to the club within 10 days if requested.

**CONCESSIONS:**

- Meet Programs and food items will be available. No food or beverage items will be allowed in the pool area.
- Action Accents will have swim wear for sale.

### **Order of Events**

**Saturday, Nov. 21**

**Event #**

1  
3  
5  
7  
9  
11  
13  
15  
  
17

**Warm-ups 8:30 A.M.**

**Event Description**

200 Medley Relay  
11 & O 200 Butterfly  
50 Freestyle  
100 Breaststroke  
11 & O 200 Backstroke  
50 Butterfly  
200 I.M.  
50 Backstroke  
*10 minute break*  
11 & Over 500 Freestyle

**Meet Starts 10:00 A.M.**

**Boys Event #**

2  
4  
6  
8  
10  
12  
14  
16  
  
18

**Sunday, Nov. 23**

**Girls Event #**

19  
21  
23  
25  
27  
29  
31  
33  
  
35

**Warm-ups 8:30 A.M.**

200 Freestyle Relay  
11 & O 200 Breaststroke  
100 I.M.  
9 & O 200 Freestyle  
100 butterfly  
50 Breaststroke  
100 Backstroke  
100 freestyle  
*10 minute break*  
11 & Over 400 I.M.

**Meet Starts 10:00 A.M.**

**Boys Event #**

20  
22  
24  
26  
28  
30  
32  
34  
  
36