

Millard Aquatic Club
Gold Mid-Winter Blast
January 25-27, 2008

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming, Inc. Sanction #MWS08003
- LOCATION:** Millard West High School, 180th Q St., Omaha, NE. Please use the entrance between the portable classrooms on the West Side of the building.
- FACILITY:** Pool is eight lanes with anti-wave lane lines, paragon starting blocks and an eight lane readout scoreboard. Starting end is 14.5 deep. 25 yard events will start from the blocks in the deep end. Spectator seating for 400.
- MEET DIRECTOR:** David Lammel
6607 S 172nd Ave
Omaha NE 68135
(402) 681-0862
Email: madmac6@cox.net
- SCHEDULE:**
- | | | |
|------------------|-----------------------------|---------------------|
| Friday, Jan 25 | Warm-ups 5:00 pm | Meet starts 6:00 pm |
| Saturday, Jan 26 | Warm-ups 7:30 am (11&over) | Meet starts 8:30 am |
| | Warm-ups 12:15pm (10&under) | Meet starts 1:00 pm |
| Sunday, Jan 27 | Warm-ups 7:00 am (11&over) | Meet starts 8:00 am |
| | Warm-ups 12:15pm (10&under) | Meet starts 1:00pm |
- RULES:** Current USA Swimming and Midwestern Swimming rules apply.
- ELIGIBILITY:** All swimmers, coaches and clubs must be current members of USA Swimming. The age of the swimmer on January 25, 2008 determines his/her age group for the entire meet. Late entries must provide proof of USA Swimming registration. Swimmers must have a minimum of ONE Gold/qualifying time to be eligible for all events.
- CREDENTIALS:** Presentation of coach's membership card will be required at coach sign-in. Credentials shall be visible at all times.
- EVENT LIMITS:** A swimmer may participate in 4 individual events and 1 relay event per day.
- ENTRY FEES:**
- | | |
|-----------------------|--------|
| Individual events | \$2.00 |
| Relays | \$5.00 |
| Midwestern Splash Fee | \$4.00 |
- ENTRY DEADLINE:** **Entries must be received no later than Friday, January 18, 2008.**
- ENTRY PROCEDURES:** Please submit entries in electronic format or on a MW entry form. You may download the event file from the MAC web page. To send entries via e-mail please use madmac6@cox.net. Relay only swimmers must be listed on the roster and pay the Midwestern splash fee. A check for the total amount of entries must accompany all entries. Make checks payable to Millard Aquatic Club. No refunds.

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- MAIL ENTRIES TO:** David Lammel
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- GENERAL CONDUCT:** Meet will be pre-seeded. Fly-over starts may be used. Deck entries will be accepted and charged double. New heats will not be created for deck entries. Entries will be limited to the first 500 swimmers. No teams will be split.
- AWARDS:** **MEET MEMENTOS FOR EVERY SWIMMER**
- SCORING:** No team scores will be kept.
- OFFICIALS:** Referee: Gary Kuhn
Safety Marshall: Erica Storms
- WARM-UP PROCEDURE:** Midwestern safety guidelines will apply. All 8 lanes will be open for general warm up the first 30 minutes. Lanes 2, 6, 7 will then be sprint lanes and lanes 1, 8 push/pace and 3, 4, 5 general warm up. Sit and slide &/or one hand on wall entries will be enforced.
- FINAL RESULTS:** Final meet results will be mailed to the club entry chairman within 10 days if requested. Copies may be ordered for \$5.00. Results will be posted on the Midwestern Website – www.mwswim.org .
- TEAM SUPERVISION:** Each team must provide an adult with non-athlete USA Swimming card to supervise swimmers in the team area at all times. Only currently registered coaches, swimmers, and officials will be allowed on deck.
- MISCELLANEOUS:** Concessions with seating will be available in the commons area. Absolutely no glass containers will be allowed in the building.
M.A.C. reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.

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Order of Events

Friday, Jan 25		5:00 P.M.		6:00 P.M.	
<u>Female</u>	<u>Warm-ups</u> <u>Qual Time</u>	<u>Event</u>	<u>Meet Starts</u> <u>Qual Time</u>	<u>Male</u>	
1	3:19.39	10 & U 200 I.M.	3:18.09	2	
3	5:46.19	Open 400 I.M.	5:27.59	4	
5	7:39.49	12 & U 500 Free	7:35.19	6	
7	6:22.39	Open 500 Free	6:07.69	8	
Saturday, Jan 26		7:30 A.M.		8:30 A.M.	
9	NTS	13 & Over 200 Med. Relay	NTS	10	
11	NTS	11-12 200 Med. Relay	NTS	12	
13	2:25.39	Open 200 Free	2:16.29	14	
15	2:31.79	11-12 200 Free	2:27.99	16	
17	1:24.49	Open 100 Breast	1:18.39	18	
19	1:29.29	11-12 100 Breast	1:28.39	20	
21	2:39.59	Open 200 Back	2:31.09	22	
23	37.09	11-12 50 Back	36.79	24	
25	1:13.79	Open 100 Fly	1:08.69	26	
27	1:08.29	11-12 100 Fly	1:08.09	28	
29	30.99	Open 50 Free	28.79	30	
31	32.19	11-12 50 Free	30.99	32	
33	1:20.29	11-12 100 IM	1:18.29	34	
Saturday, Jan 26		12:15 P.M.		1:00 P.M.	
35	NTS	8&U 200 Free Relay	NTS	36	
37	NTS	10&U 200 Free Relay	NTS	38	
39	54.39	8 & U 50 Back	54.29	40	
41	43.49	9-10 50 Back	43.89	42	
43	20.19	8 & U 25 Free	19.79	44	
45	1:22.09	9-10 100 Free	1:19.99	46	
47	59.79	8 & U 50 Breast	58.79	48	
49	47.79	9-10 50 Breast	48.19	50	
51	23.89	8 & U 25 Fly	23.29	52	
53	1:42.09	9-10 100 Fly	1:40.59	54	
Sunday, Jan 27		7:30 A. M.		8:30 A.M.	
55	NTS	13 & O 200 Free Relay	NTS	56	
57	NTS	11-12 200 Free Relay	NTS	58	
59	2:43.89	Open 200 I.M.	2:33.69	60	
61	2:51.79	11-12 200 I.M.	2:49.69	62	
63	1:14.39	Open 100 Back	1:10.29	64	
65	1:21.89	11-12 100 Back	1:19.09	66	
67	2:40.99	Open 200 Fly	2:32.59	68	
69	35.39	11-12 50 Fly	35.49	70	
71	1:07.39	Open 100 Free	1:02.89	72	
73	1:08.29	11-12 100 Free	1:08.09	74	
75	3:01.99	Open 200 Breast	2:49.39	76	
77	41.09	11-12 50 Breast	41.09	78	
Sunday, Jan 27		12:15 P.M.		1:00 P.M.	
79	2:58.29	10 & U 200 Free	2:50.89	80	
81	NTS	8 & U 200 Med. Relay	NTS	82	
83	NTS	10&U 200 Med. Relay	NTS	84	
85	24.79	8 & U 25 Back	24.69	86	
87	1:33.99	9-10 100 Back	1:32.49	88	
89	44.49	8 & U 50 Free	44.39	90	
91	36.19	9-10 50 Free	35.59	92	
93	27.19	8 & U 25 Breast	26.69	94	
95	1:29.29	9-10 100 Breast	1:28.39	96	
97	52.49	8 & U 50 Fly	51.29	98	
99	42.99	9-10 50 Fly	41.99	100	
101	1:55.69	8 & U 100 I.M.	1:52.59	102	
103	1:34.39	9-10 100 I.M.	1:31.39	104	