

Millard Aquatic Club
Senior 3-Session Format, November 13-15, 2009
Age Group Pentathlon, November 14, 2009

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming, Inc.
Sanction #MWS09032
- LOCATION:** Millard West High School, 180th Q St., Omaha, NE. **Please use the west pool entrance.**
(402) 894-6005
- POOL:** Pool is eight lanes with anti-wave lane lines, paragon starting blocks, Omega VI timing system with eight lane readout scoreboard. Starting end is 14.5 deep. Depth for starting 25 yard events is 4.5 feet. Pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:**
- Great spectator seating for 400.
 - 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.**
- SCHEDULE:**
- | SENIOR MEET | | |
|--------------------|----------------------------|---------------------|
| Friday, Nov 13 | Session 1 Warm-ups 5:00 PM | Meet starts 6:00 PM |
| Saturday, Nov 14 | Session 2 Warm-ups 7:00 AM | Meet starts 8:00 AM |
| Sunday, Nov 15 | Session 3 Warm-ups 7:00 AM | Meet starts 8:00 AM |
- 12 & UNDER PENTATHLON**
- | | | |
|------------------|---------------------|---------------------|
| Saturday, Nov 14 | Warm-ups 12:00 noon | Meet Starts 1:00 PM |
|------------------|---------------------|---------------------|
- Teams will be notified of split warm-up: 1st Warm-up 12:00-12:30 PM; 2nd Warm-up 12:30-1:00 PM
- MEET DIRECTOR:** David Lammel Phone: (402) 681-0862 Pool: (402) 715-6005
E-mail: madmac6@cox.net
- OFFICIALS:** Referee: Gary Kuhn
Safety Marshall: Jamie Bowcott
- MEET FORMAT:** Timed finals; Senior Meet with minimum Qualifying times; Age Group Pentathlon
- DISABILITY SWIMMERS:** Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the Deck Referee of any disability prior to competition.
- RULES:** Current USA Swimming and Midwestern Swimming rules apply.
- CREDENTIALS:**
- Presentations 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. Coaches who do not possess these credentials will be required to leave the deck area.
- ELIGIBILITY:**
- All swimmers, coaches and clubs must be current members of USA Swimming.
 - The age of the swimmer on November 13, 2009, determines his/her age group for the entire meet.
 - Deck entries: must show proof of current USA Swimming registration if not already entered in the meet.
 - Entries will be limited to the first 400 swimmers in the senior meet and 250 swimmers in the pentathlon. No teams will be split.
 - Being the host team, all M.A.C. swimmers are eligible for this meet regardless of entry time.
- EVENT LIMITS:**
- **SENIOR MEET** – swimmers must have achieved the minimum time standard for each event and may compete in a maximum of 5 events per session.
 - **12 & UNDER PENTATHLON** – swimmer must enter all events to be eligible for the high-point trophy awards; swimmers with three qualifying times may compete in all events.
 - **Any swimmer who competes in all 5 events in the pentathlon is not eligible for any senior events on Saturday. A swimmer may compete in a maximum of 5 individual events per day.**

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- ENTRY FEES:**
- | | | |
|----------------------------------|--|--------|
| Senior Meet | Individual events | \$2.00 |
| | Midwestern Splash Fee | \$5.00 |
| 12 & Under Pentathlon | \$15 (includes all events and MW splash fee) | |
- **Any athlete competing in both meets need only pay one MW splash fee.
- ENTRY PROCEDURES:**
- Entries may be submitted either in electronic format (Hy-Tek meet entry file with hard copy) or on a Meet Entry Form.
 - **Please use a separate file for the senior meet and pentathlon meet.**
 - **“NT” entries will only be accepted for 8&U events.**
 - A check for the total amount of entries must accompany all entries.
 - Make checks payable to Millard Aquatic Club. No refunds.
- ENTRY DEADLINE:**
- **Entries must be received no later than Friday, November 6, 2009.**
 - Deck entries will be accepted and charged double.
 - New heats will not be created for deck entries.
- ENTRY CHAIR:**
- David Lammel
6607 S 172nd Ave, Omaha NE 68135
(402) 681-0862 Pool: (402) 715-6005
madmac6@cox.net
Please include an e-mail address or SASE for verification of entries received.
- GENERAL MEET CONDUCT:**
- Fly-over starts may be used.
 - Meet will be pre-seeded.
 - The 1000 will require positive check in and will be deck seeded. The 1000 will be swum fastest to slowest, alternating girls and boys heats. Swimmers not positively checked in will be scratched from the event.
 - **The referee and meet director reserve the right to allow a 5-minute swim down after events as needed and time line permitting.**
- 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.
 - 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.
- TEAM SUPERVISION:**
- All teams must provide a responsible adult(s) to supervise swimmers.
 - Only registered coaches, swimmers, and officials will be allowed on deck.
- SCORING:**
- SENIOR MEET** – No individual or team scores will be kept.
12 & UNDER PENTATHLON – High point award for the top finisher in each age group scored by lowest cumulative total time for those who compete in all 5 events. No team scores will be kept.
- AWARDS:**
- SENIOR MEET** – No awards
12 & UNDER PENTATHLON – Meet memento for each swimmer on entry roster.
- MEET RESULTS:**
- Results will be available at the meet – bring your own media. Hard copies will be mailed to the club entry chair upon request.
 - Results will be available on the Midwestern Swimming Website at www.mwswim.org.
- CONCESSIONS:**
- Concessions with seating will be available in the commons area

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Swimmer must have achieved the minimum qualifying time.

Friday, Nov 13		SENIOR MEET		
Female	Warm-ups	5:00 PM	Meet Starts	6:00 PM
	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Male</u>
1	2:24.99	200 Freestyle	2:15.69	2
3	1:24.09	100 Breaststroke	1:18.09	4
5	1:14.19	100 Backstroke	1:09.59	6
7	5:44.29	400 Ind. Medley	5:25.49	8
Saturday, Nov 14		7:00 AM		
	Warm-ups		Meet Starts	8:00 AM
9	30.99	50 Freestyle	28.49	10
11	1:13.49	100 Butterfly	1:08.09	12
13	2:39.59	200 Backstroke	2:29.79	14
15	6:22.39	500 Freestyle	6:03.19	16
Sunday, Nov 15		7:00 AM		
	Warm-ups		Meet Starts	8:00 AM
17	2:42.99	200 Ind. Medley	2:31.99	18
19	2:40.99	200 Butterfly	2:31.99	20
21	1:07.39	100 Freestyle	1:02.19	22
23	3:00.69	200 Breaststroke	2:49.39	24
25	13:08.29	1000 Freestyle	12:34.39	26

AGE GROUP PENTATHLON – SATURDAY, NOVEMBER 14

Warm-ups 12:00 noon Meet Starts 1:00 PM

Teams will be notified of split warm-ups

Any swimmer who has three qualifying times may compete in all five events.

1	NTS	8 & U 25 Fly	NTS	2
3	48.79	9-10 50 Fly	47.29	4
5	37.79	11-12 50 Fly	38.19	6
7	NTS	8 & U 25 Back	NTS	8
9	48.79	9-10 50 Back	49.19	10
11	39.59	11-12 50 Back	39.49	12
13	NTS	8 & U 25 Breast	NTS	14
15	53.59	9-10 50 Breast	53.59	16
17	44.09	11-12 50 Breast	44.29	18
19	NTS	8 & U 25 Free	NTS	20
21	39.79	9-10 50 Free	38.89	22
23	34.29	11-12 50 Free	33.39	24
25	NTS	8 & U 100 I.M.	NTS	26
27	1:44.99	9-10 100 I.M.	1:41.29	28
29	3:03.79	11-12 200 I.M.	3:03.09	30