

Monarch Swimming President's Day Gold/Silver Sprint
February 16-17, 2008

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming.
Sanction #MWS08007
- LOCATION:** Papillion-LaVista High School
402 Centennial Rd
Papillion, NE 68046
- FACILITY:** Indoor six-lane pool with warm-down area, starting blocks in 12'6" depth, new Daktronics timing system with touch pads six-lane scoreboard, and competitor lane ropes, including ropes on the outsides of Lanes 1 and 6. All events will start from 12'6".
- STARTING TIMES:** Morning sessions Warm-ups 7:00 am Meet starts 8:00 am
Afternoon sessions Warm-ups 12:30 pm Meet starts 1:30 pm
Teams will be notified if morning session needs to start earlier or can start later.
- MEET DIRECTOR:** Lynn Weaver
402 Shannon
Papillion, NE 68046
Phone: (402) 898-0400
lweaver@paplv.esu3.org
- RULES:** Current USA Swimming and MWS rules will apply.
- ELIGIBILITY:** All swimmers, coaches and clubs must be currently registered with USA Swimming. The age of the swimmer on February 16, 2008 determines his/her age group for the entire meet. Swimmers should enter with his/her fastest achieved yard times.
- CREDENTIALS:** Presentation of coach's membership card will be required at coach sign-in. Credentials shall be visible at all times.
- EVENT LIMITS:** Swimmers may enter a maximum of 4 individual events per day. No Exhibition Swimming.
- ENTRY FEES:** Individual \$2.00 per event
Deck entries \$4.00 per event, into open lanes only
Midwestern Swimming Fee \$4.00 per swimmer
No Refunds.
- ENTRY PROCEDURES:** **Entries in electronic format are appreciated!** Entries may be submitted in either electronic format (Hy-Tek Commlink II file and hard copy) or on a Midwestern Meet Entry form with all specified information. Times should be entered in yards. A check for the total, payable to Monarch Swimming, Inc., must accompany mailed entries.
Teams may e-mail entries to gary@monarchswimming.com using a Hy-Tek Commlink II file. Teams e-mailing entries must pay for all entries before the first meet session. Teams are responsible for ensuring our receipt of entries by e-mail. Please ask for confirmation e-mail.

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- DEADLINE:** **Entries must be received by Friday, February 8, 2008.** After the deadline only deck entries will be accepted if there are empty lanes in pre-seeded heats. New heats will not be created for deck entries. Deck entry fees will be \$4.00 per event and swimmers must show proof of USA Swimming registration if not already entered in meet.
The meet will be limited to the first 400 swimmers or all entries received before the projected meet time line runs over 4 hours for either session, whichever is less. Teams will not be split. Notification will be made immediately if entries cannot be accepted.
- MAIL ENTRIES TO:** Monarch Swimming Inc.
Attn: Gary Krysl
PO Box 461155
Papillion, NE 68046
(402) 537-9562
E-mail: gary@monarchswimming.com
- CONDUCT OF MEET:** All events are pre-seeded timed finals. Flyover starts may be used. Positive check-in will be required for the 500 Free and that event will be deck-seeded. Coaches please report scratches if possible.
- AWARDS:** Gold (BB+): Individual medals for places 1-3 and ribbons for places 4-6.
Silver (B-): Ribbons for places 1-6.
(15-16 time standards will be used for the open events)
Swimmers will be designated as Gold or Silver based on entry times. Awards will be distributed to coaches at the conclusion of the meet.
- SCORING:** No team scores will be kept.
- OFFICIALS:** Referee: David Conklin
Meet Marshal: Gretchen Lindner
- WARM-UP PROCEDURE:** Teams will be assigned lanes for the first 30 minutes, lap swimming only. Sit and slide or one hand on wall entry must be used. The last 20 minutes Lanes 1, 2, 5, 6 will have one-direction sprinting only. Lanes 3 and 4 will have general warm-up. The pool will be cleared 10 minutes prior to the start of the meet.
No warm-up behind the bulkhead. Warm-down will be available behind the bulkhead. The warm-down area is approximately 13 yards by two lanes and will be supervised.
- TEAM SUPERVISION:** Each team must provide an adult with a current non-athlete USA Swimming card to supervise swimmers in the team area at all times. Only USA Swimming registered coaches, swimmers, officials and adult supervisors will be allowed on deck. Please bring your USA Swimming card. We will have monitors at the deck access doors. **MS reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.**
- MEET RESULTS:** Results will be mailed to the address indicated on the entry roster within 10 days after the meet if requested. Final results will be posted at www.mwswim.org.
- CONCESSIONS:** A full line of food will be available. Action Accents will be selling swim merchandise. Complimentary lunches will be provided for officials and coaches.

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Order of Events

Saturday AM Session

Warm-ups 7:00 AM

Meet Starts 8:00 AM

Females		Males	
#	Event	#	
1	Open 50 Free	2	
3	9-10 50 Free	4	
5	Open 200 Fly	6	
7	10 & U 100 Fly	8	
9	Open 100 Breast	10	
11	9-10 50 Breast	12	
13	Open 200 Back	14	
15	10 & U 100 Back	16	
17	Open 100 Free	18	
19	9-10 100 IM	20	
21	Open 400 IM	22	
23	10 & U 200 Free	24	

Sunday AM Session

Warm-ups 7:00 AM

Meet Starts 8:00 AM

Females		Males	
#	Event	#	
45	Open 200 Free	46	
47	9-10 100 Free	48	
49	Open 100 Fly	50	
51	9-10 50 Fly	52	
53	Open 200 Breast	54	
55	10 & U 100 Breast	56	
57	Open 100 Back	58	
59	9-10 50 Back	60	
61	Open 200 IM	62	
63	10 & U 200 IM	64	
65	Open 500 Free	66	

Saturday PM Session

Warm-ups 12:30 PM

Meet Starts 1:30 PM

Females		Males	
#	Event	#	
25	11-12 50 Free	26	
27	8 & U 25 Free	28	
29	11-12 100 Fly	30	
31	8 & U 50 Fly	32	
33	11-12 50 Back	34	
35	8 & U 25 Back	36	
37	11-12 100 Breast	38	
39	8 & U 50 Breast	40	
41	11-12 200 IM	42	
43	8 & U 100 IM	44	

Sunday PM Session

Warm-ups 12:30 PM

Meet Starts 1:30 PM

Females		Males	
#	Event	#	
67	11-12 100 Free	68	
69	8 & U 50 Free	70	
71	11-12 50 Fly	72	
73	8 & U 25 Fly	74	
75	11-12 100 Back	76	
77	8 & U 50 Back	78	
79	11-12 50 Breast	80	
81	8 & U 25 Breast	82	
83	11-12 100 IM	84	
85	8 & U 100 Free	86	
87	11-12 200 Free	88	