



- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction #MWS1010
- HOSTED BY:** Metro Omaha Swim Team and Swim Omaha
- LOCATION:** University of Nebraska at Omaha, HPER Building, 60th and Dodge Streets, Omaha NE
- POOL:** Two 25 yard, 6 lane pools, non-turbulent lane lines, bottom stripes and turn targets, 4ft to 16ft depth. Horn start system at each pool and starting platforms on each lane. Colorado Timing with read-outs on both courses. Seating for 800-1000.
- FACILITY:**
- Midwestern Swimming and its member clubs are the guests of the University of Nebraska, Omaha. Any behavior that might jeopardize the working relationship between UNO and Midwestern will be dealt with immediately. UNO and Midwestern reserve the right to remove any offending individuals or groups from the meet premises.
 - Food and drink is not allowed outside of Student Lounge Room 101 unless provided by meet director for consumption by meet officials and volunteers during competition or intermission.
 - Meet Schedule (Prelims/Finals, Warm-ups and Finals) list the time the pool area is open to participants. Only meet officials and volunteers will be allowed in the building 15 min prior to the times listed in the meet schedule.
- SCHEDULE:**
- | | Prelims Warm-ups | Prelims Start | Finals Warm-ups | Finals Start |
|---------------------|------------------------------|----------------------|------------------------|---------------------|
| Friday | | | 4:00 p.m. | 5:00 p.m. |
| Saturday and Sunday | 7:00 a.m. Split
7:40 a.m. | 8:30 a.m. | 4:45 p.m. | 5:30 p.m. |
- MEET DIRECTOR:** Betty Kooy (entries) (402) 462-5941 blkoooy@charter.net
Mary Losee (facilities) (402) 991-1728 marylosee@cox.net
Scot Sorensen (officials) (402) 502-4558 scotsorensen@cox.net
- OFFICIALS:** Referee: Steve Marchitelli – smarchitelli@cox.net
Marshal: Alan Johnson
- MEET FORMAT:** 12 & U; Championship; P/F for 9-10 and 11-12 with event exceptions; Timed Finals for 8 & U
- 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 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. Coaches who do not possess these credentials will be required to leave the deck area.
- ELIGIBILITY:**
- All swimmers, coaches and clubs must be currently registered with USA Swimming and Midwestern Swimming.
 - Swimmers must be registered at the time of meet entry. NO on-deck registration will be accepted.
 - The age of the swimmer on March 19, 2010 determines his/her age for the entire meet.
 - Swimmers must have achieved the 2010 MW minimum time standards as listed in the meet schedule.
 - Entry times may be either yards or meters with course clearly indicated. Times will be seeded YLS.
 - Conversions are not acceptable.
- FINES:**
- There will be a \$25.00 fine assessed to any swimmer who does not swim the minimum entry time and is unable to prove the minimum entry time with results.
 - Times must be proven within 30 days of the conclusion of the meet. Clubs will be billed for unproven times.
 - A \$25.00 fine will be assessed to any swimmer who checks in for the 500, 1000, and 1650 freestyles and consequently fails to swim the event (with emergency exceptions).
 - Swimmers failing to scratch for Sunday evening finals and failing to swim event will be assessed a fine of \$50.00 per missed event.
- ENTRY LIMITS:**
- Swimmers may enter a maximum of 7 individual events for the meet – max 3 ind/per day for 9-10 and 11-12, not to exceed 7 total for the meet; max 5 ind/per day for 8 & U not to exceed 7 total for the meet.
 - Swimmers ages 11-12 may swim a maximum of 2 relays per day; Swimmers ages 10 & U a maximum of 1 relay per day.



- Clubs may enter a maximum of one relay team per relay event.
- Relay only swimmers must be included on the roster to be eligible to swim.

EVENT FEES:	Individual Events	\$3.50 per event
	Relay Events	\$7.00 per event
	Midwestern Splash Fees	\$5.00 per swimmer
	Time Trials:	\$5.00

- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek file meet entry file with hard copy) or on a Meet Entry Form.
 - A check for the entry fees must be paid prior to the start of the meet. Meet management will apprise clubs of fees owed after all entries have been received.
 - Any swimmer in relays only will be listed on the roster and the MW Splash Fee (\$5.00) paid for that swimmer.
 - Make checks payable to Midwestern Swimming, Inc. NO REFUNDS.

- ENTRY DEADLINE:**
- Entries must be received by Friday, March 12, 2010.
 - No late entries will be accepted except for qualifying times/events made the weekend of March 12-14, and those entries must be emailed (Hy-tek meet entry file) to the entry chair by 8 p.m., Sunday, March 14, 2010.

ENTRY CHAIR: Betty Kooy Phone: (402) 462-5941 Email: mwoffice@mwsim.org
1429 N Webster, Hastings, NE 68901

- COACH MEETING:**
- General meeting for coaches and key officials will be held **for all sessions 15 minutes BEFORE scheduled WARM-UPS BEGIN.**

- GENERAL MEET CONDUCT:**
- The meet will be a pre-seeded meet.
 - Deck entries will be allowed only in the case of errors made by meet management. The registration sheet/electronic file is the official entry.
 - Girls will swim in one pool and boys in the other during the morning sessions and Friday evening session.
 - Like events for 9-10 and 11-12 may be swum together for prelims and separated for finals.
 - Fly-over starts will be used on Friday evening and in the Saturday and Sunday morning sessions
 - All finishes will be into the touch pads except for the 8 & U 25s where watches will be used.
 - 9-10 and 11-12 events will have prelims with 6 swimmers in FINALS and 6 swimmers in CONSOLS unless noted otherwise in the event list.
 - All 8 & Under events will be swum as timed finals.
 - There is no penalty for not scratching or not swimming prelims, 8 & Under and timed final events.
 - Intention to scratch for all finals must be reported 1/2 hour after the finalists have been announced. Final declaration to scratch must be made 1/2 hour after the swimmer's last event of the day.
 - Failure to swim an event which was not scratched in accordance with these guidelines will eliminate the offending swimmer from further competition in this meet.
 - Consolation finalists will report directly to the blocks. Championship finalists must check in at the ready area and finalists will process.
 - The 500, 1000, and 1650 freestyles will require positive check-in to swim. Check-in for these events must be reported ½ hour prior to the start of the session. Failure to positively check-in will result in the swimmer being scratched from the event.
 - The 500, 1000 and 1650 will be swum fastest to slowest.
 - 8 & U relays and 400 medley and free relays will be swum in the morning session. The 200 medley and free relays will be swum in the evening finals session.
 - Relay cards must be turned in prior to the swim – either to meet management or to the timer when the first relay swimmer gets on the block.
 - Event results will be posted and announced.
 - Programs for finals will be available.
 - Time trials will be held immediately following the AM sessions. The number of events must not exceed the maximum allowable events per day. Maximum of two (2) time trials per swimmer for the entire meet. No relay time trials. Swimmers not entered in the meet will pay the MW Splash Fee.

- WARM-UP PROCEDURES:**
- 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.
 - Warm-ups will be split –7:00-7:40 a.m.; 7:40-8:20 a.m. Lanes will be assigned.
 - Teams may organize warm-ups in their assigned lanes.
 - The last 10 minutes of each warm-up session will be reserved for racing starts.



- TEAM SUPERVISION:**
- Each team must provide an adult with non-athlete USA Swimming card to supervise the swimmers in the team area at all times.
 - UNO Campus Recreation policy requires that all children under 14 years of age be accompanied while in the hallways and locker rooms. Unsupervised children will be brought to the attention of parents and coaches. Parents and coaches unable to provide adult supervision for their children while in the building may jeopardize their child's participation in the meet.
 - Only registered coaches, swimmers, officials, and team supervisors will be allowed on the deck.
- TIMERS:**
- All assigned clubs with entered swimmers must provide timers for all assigned sessions.
 - Timer lane assignments will be posted on the MWS website and in the meet program.
 - Swimmers for the distance freestyle events (500, 1000, 1650) must provide two timers and a counter for their own heat/lane.
- SCORING:** 12-Place scoring will be used.
Team points for the 13 & Over meet, the 12 & U meet will be added together for an overall team trophy – team places 1-3 and trophies presented at the conclusion of the 12 & U Sunday Finals
- AWARDS:**
- | | | |
|------------|--|---|
| Team | 1 st – 3 rd Place | Trophies – Combined 13 & O and 12 & U meets |
| Individual | 1 st – 6 th Place | Custom Medals |
| | 7 th – 12 th Place | Ribbons |
| Relays | 1 st – 3 rd Place | Custom Medals |
| | 4 th – 6 th Place | Ribbons |
| High Point | 1 st – 2 nd for each age group | Trophies |
- AWARDS PRESENTATION:**
- All 8 & U awards, places 1-6, will be presented immediately following the morning sessions.
 - Awards for 9-10 and 11-12, places 1-6, will be presented at the finals sessions
- MEET RESULTS:**
- Meet results will be available electronically at the end of the meet – provide own media.
 - Meet results will be posted on the MW Website – www.mwswim.org
 - Meet results will be mailed only if requested.
- CONCESSIONS:**
- Vending machines are available.
 - Action Accents will sell swim wear and supplies.

**Event Schedule
9-10 and 11-12 Prelims/Finals**

Friday Evening Session		Warm-ups – 4:00 p.m.		Meet starts – 5:00 p.m.		
Girls	Minimum Yard	Age	Distance	Stroke	Minimum Yard	Boys
1p	29.99	11-12	50 yd	Freestyle	30.49	2p
3p	34.79	9-10	50 yd	Freestyle	35.19	4p
5	6:04.19	11-12	400 yd	Ind Medley*	5:56.29	6
7	3:18.49	9-10	200 yd	Ind Medley*	3:18.09	8
1f		11-12	50 yd	Freestyle		2f
3f		9-10	50 yd	Freestyle		4f
5 min break						
9	13:55.99	11-12	1000 yd	Freestyle*	13.46.49	10

- The 1000 Freestyle REQUIRES POSITIVE CHECK-IN.
- The 1000 Freestyle will be swum fastest to slowest.
- Swimmers in the 1000 Freestyle will provide two timers and one counter for their own lane when they are swimming.



**Event Schedule
9-10 and 11-12 Prelims/Finals
8 & U Timed Finals**

Saturday Morning Session		Warm-ups – 7:00 a.m.		Meet starts – 8:30 a.m.		
Girls	Minimum Yard	Age	Distance	Stroke	Minimum Yard	Boys
11	NTS	11-12	400 yd	Free Relay* - AM	NTS	12
13	30.49	8 & U	25 yd	Breaststroke*	29.89	14
15	46.79	9-10	50 yd	Breaststroke	47.89	16
15	40.69	11-12	50 yd	Breaststroke	40.79	16
17	1:52.19	8 & U	100 yd	Freestyle*	1:49.79	18
19	2:47.69	11-12	200 yd	Ind Medley	2:49.39	20
21	1:01.09	8 & U	50 yd	Backstroke*	1:00.99	22
23	1:31.39	9-10	100 yd	Backstroke	1:32.09	24
23	1:17.89	11-12	100 yd	Backstroke	1:19.09	24
25	27.09	8 & U	25 yd	Butterfly*	26.19	26
27	42.29	9-10	50 yd	Butterfly	41.99	28
27	34.39	11-12	50 yd	Butterfly	35.19	28
29	49.29	8 & U	50 yd	Freestyle*	47.79	30
31	1:18.49	9-10	100 yd	Freestyle	1:19.89	32
31	1:06.49	11-12	100 yd	Freestyle	1:07.69	32
33	3:04.99	11-12	200 yd	Butterfly* - AM	3:01.19	34
35	NTS	8 & U	200 yd	Medley Relay* - AM	NTS	36
37	NTS	10 & U	200 yd	Medley Relay* - PM	NTS	38
39	NTS	11-12	200 yd	Medley Relay* - PM	NTS	40
41	6:40.09	11-12	500 yd	Freestyle**	6:35.09	42

*Events are timed finals.

- All 11-12 400 relay heats and 8 & U relays will be swum in the morning session. All heats of the 200 relays will be swum in finals.
- Swimmers in the 500 Freestyle will provide two timers and one counter for their own lane when they are swimming.
- **The 500s will require positive check-in and will be swum fastest to slowest with the fastest **one** heat swum of girls and **one** heat of boys at the **beginning** of the evening finals session.

Maximum 7 events for meet (3 max per day 9-12, 5 max per day 8 & U).



**Event Schedule
9-10 and 11-12 Prelims/Finals
8 & U Timed Finals**

Sunday Morning Session		Warm-ups – 7:00 a.m.		Meet starts – 8:30 a.m.		
Girls	Minimum Yard	Age	Distance	Stroke	Minimum Yard	Boys
43	NTS	11-12	400 yd	Medley Relay* AM	NTS	44
45	1:06.99	8 & U	50 yd	Breaststroke*	1:05.79	46
47	1:44.39	9-10	100 yd	Breaststroke	1:43.69	48
47	1:28.69	11-12	100 yd	Breaststroke	1:27.79	48
49	27.79	8 & U	25 yd	Backstroke*	27.79	50
51	41.49	9-10	50 yd	Backstroke	43.19	52
51	35.99	11-12	50 yd	Backstroke	36.49	52
53	3:11.69	11-12	200 yd	Breaststroke* - AM	3:07.29	54
55	22.39	8 & U	25 yd	Freestyle*	21.69	56
57	2:56.09	9-10	200 yd	Freestyle	2:50.89	58
57	2:27.09	11-12	200 yd	Freestyle	2:27.49	58
59	59.79	8 & U	50 yd	Butterfly*	57.69	60
61	1:42.09	9-10	100 yd	Butterfly	1:40.39	62
61	1:20.19	11-12	100 yd	Butterfly	1:18.69	62
63	2:48.89	11-12	200 yd	Backstroke* - AM	2:45.59	64
65	2:09.49	8 & U	100 yd	Ind Medley*	2:05.19	66
67	1:30.29	9-10	100 yd	Ind Medley	1:31.19	68
67	1:17.89	11-12	100 yd	Ind Medley	1:17.59	68
69	NTS	8 & U	200 yd	Free Relay* - AM	NTS	70
71	NTS	10 & U	200 yd	Free Relay* - PM	NTS	72
73	NTS	11-12	200 yd	Free Relay* - PM	NTS	74
75	23:27.89	11-12	1650	Freestyle*	23:10.49	76

*Events are timed finals.

- All 11-12 400 relay heats and 8 & U relays will be swum in the morning session. All heats of the 200 relays will be swum in finals.
- Swimmers in the 1650 Freestyle will provide two timers and one counter for their own lane when they are swimming.
- **The 1650s will require positive check-in and will be swum fastest to slowest with the fastest **one** heat of girls and **one** heat of boys swum at the **beginning** of the evening finals session.

Maximum 7 events for meet (3 max per day 9-12, 5 max per day 8 & U).