



MIDWESTERN SWIMMING

2008 Division I Short Course Championship
March 7-9, 2008

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming
Midwestern Sanction # MWS08009
- HOSTED BY:** Metro Omaha Swim Team (MOST) and Swim Omaha (SO)
- LOCATION:** University of Nebraska, Omaha; 60th & Dodge St: Omaha, NE – HPER Building
- FACILITY:**
- Two 25 yard, 6 lane pools, non-turbulent lane lines, bottom stripes and turn targets, 4 ft to 16 ft depth, Horn start system at each pool, starting platforms on each lane, Colorado Timing System with read-outs on both courses, Seating for 1000.
 - MWS and its member clubs are the guests of UNO. Any behavior that might jeopardize the working relationship between UNO and MWS will be dealt with immediately. UNO and MWS reserve the right to remove any individual who might jeopardize safety and facility privileges.
 - Food and drink is not allowed outside of the Student Lounge Room 101 unless provided by the Meet Director for consumption by Officials and Volunteers during competition or intermission.
 - Meet Schedule (Prelims/Finals, Warm-up and Finals) lists the time the pool area is open to participants. Only meet Officials and Volunteers will be allowed in the building prior to the times listed below.

SCHEDULE:	Warm -Up	Prelims	Warm-Up	Finals
Friday			4:00 pm	5:00 pm
Saturday	7:00 / 7:40 am Split	8:30 am	4:45 pm	5:30 pm
Sunday	7:00 / 7:40 am Split	8:30 am	4:30 pm	5:15 pm
Saturday/Sunday	12:30 pm			1:15 pm

MEET DIRECTOR:	Entries	(402) 462-5941	blkooy@charter.net
Betty Kooy	Facility/Safety	(402) 991-1728	marylosee@cox.net
Mary Losee	Officials	(402) 489-2444	ssorensen@neb.rr.com
Scot Sorensen			

OFFICIALS:	Meet Referee: Gretchen Lindner	lindner2000@cox.net	Phone: (402) 614-3168
	Meet Marshal: Al Johnson	dadyal@neb.rr.com	Phone: (402) 727-9779

- RULES:**
- Current USA Swimming and Midwestern Swimming 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.
 - Swimmers must be registered with USA Swimming and MWS at the time of meet entry. **NO on-deck registration will be accepted.**
 - The age of the swimmer on March 7, 2008, determines the age of the swimmer for the meet.
 - Swimmers must have achieved the minimum times as listed on the meet schedule.
 - Swimmers with a disability may enter the meet regardless of entry times.
- FINES:**
- Qualifying Times are the 2008 Midwestern Qualifying Times (Short Course or Long Course Cut).
 - Please Note: There will be a \$25.00 fine assessed at this meet for any MW swimmer not swimming the minimum entry time and unable to prove minimum time. If the swimmer is using a long course cut or a non-conforming time, please enter at the minimum yard time. Conversions are **NOT** acceptable.
 - Clubs will be billed for unproven times. Print-out of current MW qualifiers will be available at the meet.
- EVENT LIMITS:**
- Swimmers may participate in a maximum of 7 individual events for the meet; max 3 /day for 11 and over, max 5/day for 10 & under not to exceed 7 total and 2 relays per day (one age group only).
 - Clubs may enter a maximum of 1 relay team per relay event.
 - Relay only swimmers must be included on the roster to be eligible to swim.
- ENTRY FEES:**
- | | | |
|------------|----------------|--|
| Individual | \$3.50 | Make checks payable to Midwestern Swimming, Inc. |
| MWS Fee | \$4.00/swimmer | NO refunds |
| Relays | \$7.00/relay | |



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- TEAM SUPERVISION:**
- Each team must provide a responsible adult with non-athlete USA Swimming card to supervise its swimmers at all times.
 - UNO Campus Recreation policy requires that all children under 14 years of age be accompanied while in the hallways, 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 clubs with entered swimmers must provide timers for all sessions.
 - Timer lane assignments will be posted on the MWS website and in the meet program.
 - Swimmers for distance freestyle events (500, 1000, 1650) must provide two timers for their own heat/lane.
- SCORING:** 12 Place scoring will be used
- AWARDS:**
- | | | |
|------------|--|---------------|
| Team | 1 st – 3 rd Place | Trophies |
| 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 |
- MEET RESULTS:**
- Meet results via Commlink file or backup will be available at the conclusion of the meet.
 - Meet results will be mailed if requested to attending clubs within 10 days after the meet.
 - Results will be posted on the MW Website – www.mwswim.org.
- CONCESSIONS:**
- Vending machines are available.
 - Action Accents will sell swim wear and supplies.

**Friday Evening Session
March 7, 2008**

Warm-Up 4:00 pm

Meet Starts 5:00 pm

Girls	Minimum	Age	Distance	Stroke	Minimum	Boys
1	1:17.09	11-12	100 yd	IM*	1:18.29	2
5 minute break						
3	6:06.19	11-12	400 yd	IM*	5:59.59	4
3	5:35.19	13-14	400 yd	IM*	5:27.59	4
3	5:40.29	15 & O	400 yd	IM*	5:13.19	4
5 minute break						
5	29.79	11-12	50 yd	Freestyle*	30.69	6
5	27.99	13-14	50 yd	Freestyle*	27.49	6
5	27.59	15 & O	50 yd	Freestyle*	25.99	6
10 minute break						
7	13:57.39	11-12	1000 yd	Freestyle*	13:52.99	8
7	13:07.29	13-14	1000 yd	Freestyle*	12:39.99	8
7	12:55.49	15 & O	1000 yd	Freestyle*	12:08.19	8

* Timed Finals – swim together, scored 11-12, 13-14, 15 & O

- Events 3 & 4 and 7 & 8 REQUIRE POSITIVE CHECK-IN

- Events 7 and 8 will be swum fastest to slowest

- Swimmers in events 7 and 8 will provide two timers and one counter when they are swimming



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Saturday
March 8, 2008

Prelims Warm-Up: 7:00 am
Finals Warm-Up: 4:45 pm

Prelims Start: 8:30 am
Finals Start: 5:30 pm

Girls	Minimum	Age	Distance	Stroke	Minimum	Boys
9	NTS	11-12	400 yd	Medley Relay*	NTS	10
11	NTS	13-14	400 yd	Medley Relay*	NTS	12
13	NTS	11 & O	400 yd	Medley Relay*	NTS	14
15	1:06.49	11-12	100 yd	Freestyle	1:07.99	16
15	1:01.29	13-14	100 yd	Freestyle	1:01.29	16
15	1:00.59	15 & O	100 yd	Freestyle	56.39	16
17	40.59	11-12	50 yd	Breaststroke	41.09	18
19	2:52.99	11-12	200 yd	Butterfly*	2:51.49	20
21	2:40.09	13-14	200 yd	Butterfly	2:32.59	22
21	2:38.79	15 & O	200 yd	Butterfly	2:25.59	22
23	1:17.79	11-12	100 yd	Backstroke	1:19.09	24
23	1:11.09	13-14	100 yd	Backstroke	1:10.29	24
23	1:11.89	15 & O	100 yd	Backstroke	1:06.39	24
25	2:45.99	11-12	200 yd	IM	2:49.69	26
25	2:33.49	13-14	200 yd	IM	2:33.69	26
25	2:32.59	15 & O	200 yd	IM	2:26.19	26
27	35.89	11-12	50 yd	Backstroke	36.79	28
29	3:12.49	11-12	200 yd	Breaststroke*	3:07.39	30
31	2:58.59	13-14	200 yd	Breaststroke	2:49.39	32
31	2:58.39	15 & O	200 yd	Breaststroke	2:42.59	32
33	NTS	11-12	200 yd	Free Relay	NTS	34
35	NTS	13-14	200 yd	Free Relay	NTS	36
37	NTS	11 & O	200 yd	Free Relay	NTS	38
39	6:37.29	11-12	500 yd	Freestyle**	6:35.09	40
39	6:04.89	13-14	500 yd	Freestyle**	6:07.69	40
39	6:07.39	15 & O	500 yd	Freestyle**	5:52.29	40

* Timed Finals

** POSITIVE CHECK-IN REQUIRED – Timed Finals – Fastest 2 heats swum with finals session

Swimmers in Events 39 and 40 will provide two timers and one counter in Prelims only

Saturday, March 8, 2008

Finals Warm-Up: 12:30 pm

Finals Start: 1:15 pm

41	1:29.79	9-10	100 yd	IM*	1:31.29	42
43	43.89	8 & U	50 yd	Freestyle*	44.39	44
45	34.79	9-10	50 yd	Freestyle*	35.59	46
47	52.49	8 & U	50 yd	Butterfly*	51.29	48
49	41.99	9-10	50 yd	Butterfly*	41.99	50
51	23.29	8 & U	25 yd	Backstroke*	24.59	52
53	1:31.59	9-10	100 yd	Backstroke*	1:32.49	54
55	26.89	8 & U	25 yd	Breaststroke*	26.69	56
57	1:43.59	9-10	100 yd	Breaststroke*	1:44.79	58
59	NTS	8 & U	200 yd	Medley Relay*	NTS	60
61	NTS	9-10	200 yd	Medley Relay*	NTS	62
63	1:40.89	8 & U	100 yd	Freestyle*	1:37.59	64
65	2:56.79	9-10	200 yd	Freestyle*	2:50.89	66

* Timed Finals



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Sunday
March 9, 2008

Prelims Warm-Up: 7:00 am
Finals Warm-Up: 4:30 pm

Prelims Start: 8:30 am
Finals Start: 5:15 pm

Girls	Minimum	Age	Distance	Stroke	Minimum	Boys
67	NTS	11 – 12	400 y	Free Relay*	NTS	68
69	NTS	13 – 14	400 y	Free Relay*	NTS	70
71	NTS	15 & O	400 y	Free Relay*	NTS	72
73	1:28.59	11 – 12	100 y	Breaststroke	1:28.39	74
73	1:21.79	13 – 14	100 y	Breaststroke	1:18.39	74
73	1:22.49	15 & O	100 y	Breaststroke	1:14.99	74
75	2:26.09	11 – 12	200 y	Freestyle	2:27.89	76
75	2:14.79	13 – 14	200 y	Freestyle	2:14.99	76
75	2:14.69	15 & O	200 y	Freestyle	2:08.49	76
77	34.09	11 – 12	50 y	Butterfly	35.49	78
79	2:50.19	11 – 12	200 y	Backstroke*	2:46.59	80
81	2:35.29	13 – 14	200 y	Backstroke	2:31.09	82
81	2:37.99	15 & O	200 y	Backstroke	2:23.69	82
83	1:20.19	11 – 12	100 y	Butterfly	1:19.29	84
83	1:11.89	13 – 14	100 y	Butterfly	1:08.69	84
83	1:11.59	15 & O	100 y	Butterfly	1:05.39	84
85	NTS	11 – 12	200 y	Med Relay*	NTS	86
87	NTS	13 – 14	200 y	Med Relay*	NTS	88
89	NTS	11 & O	200 y	Med Relay*	NTS	90
91	23:30.19	11 – 12	1650 y	Freestyle***	23:23.89	92
91	21:53.19	13 – 14	1650 y	Freestyle***	21:06.99	92
91	21:38.89	15 & O	1650 y	Freestyle***	20:21.89	92

* Timed Finals

*** Timed Final Swum Fastest to Slowest; Fastest heat of girls and fastest heat of boys at the beginning of finals
Swimmers in Events 91 and 92 will provide two timers and one counter in Prelims only

Sunday, March 9, 2008

Finals Warm-Up: 12:30 pm

Finals Start: 1:15 pm

93	58.29	8 – U	50 y	Breaststroke*	58.79	94
95	46.59	9 – 10	50 y	Breaststroke*	48.19	96
97	19.29	8 – U	25 y	Freestyle*	19.79	98
99	1:18.59	9 – 10	100 y	Freestyle*	1:19.99	100
101	53.09	8 – U	50 y	Backstroke*	54.29	102
103	41.59	9 – 10	50 y	Backstroke*	43.79	104
105	23.59	8 – U	25 y	Butterfly*	23.29	106
107	1:41.99	9 – 10	100 y	Butterfly*	1:40.59	108
109	NTS	8 – U	200 y	Free Relay*	NTS	110
111	NTS	10 – U	200 y	Free Relay*	NTS	112
113	1:53.29	8 – U	100 y	Ind Medley*	1:52.59	114
115	3:18.19	9 – 10	200 y	Ind Medley*	3:18.09	116

* Timed Finals

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