

HLA BB+/B- Goggle Gobble

November 16-18, 2012

- SANCTION:** Held under the sanction of USA Swimming and Midwestern Swimming, Inc.
Sanction #: MWS12037
- LOCATION:** Lincoln Southeast High School
2930 S 37th St
Lincoln NE
- POOL:** 25 yards, 8 lanes, Daktronics 2000 Timing System with touch pads and scoreboard, anti-turbulent lane lines. Pool depth 13 feet at starting end (3'5" at turn end). Seating for 500.
Pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:**
- HLA reserves the right to remove any individual from the premises who might jeopardize safety and facility privileges.
 - Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- SCHEDULE:**
- | | | |
|-----------------------------|------------------------|---------------------|
| Friday, November 16, 2012 | Warm-ups 5:10 pm | Meet starts 6:00 pm |
| Saturday, November 17, 2012 | Warm-ups 8:30 am SPLIT | Meet starts 9:45 am |
| Sunday, November 18, 2012 | Warm-ups 8:30 am SPLIT | Meet starts 9:45 am |
- MEET DIRECTOR:** Erik Wiken Phone: (402) 560-7946 E-mail: coacherik@heartlandaquatics.org
- RULES:** Current USA Swimming and Midwestern Rules will apply..
- OFFICIALS:** Referee: Gary Kuhn
Marshal: Beth Meyer
- MEET FORMAT:** Timed finals; No Time Standards. Events placed by age group and **BB+/B-** categories.
- DISABILITY SWIMMERS:** Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete or athlete's coach is also responsible for notifying the Deck referee of any disability prior to competition.
- 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.
- ELIGIBILITY:**
- All swimmers, coaches, and clubs must be currently registered with USA Swimming.
 - Age of swimmer on November 16, 2012, determines age for the entire meet.
 - Late entries and deck entries will require proof of USA Swimming registration.
 - Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- EVENT LIMITS:**
- Swimmers may enter a maximum of 2 individual events on Friday
 - Swimmers may enter a maximum of 3 individual events and 1 relay on Saturday and Sunday.
 - Time trials and exhibition swimming will not be allowed.
- EVENT FEES:** \$2.50 per individual event
\$5.00 per relay
\$6.00 per swimmer Midwestern splash fee
\$2.50 per swimmer facility charge
Make checks payable to Heartland Aquatics. NO REFUNDS.
- ENTRY PROCEDURE:**
- Entries submitted in electronic format (Hy-Tek meet entry file with hard copy) only.
 - It is the responsibility of the submitting team to verify receipt of entries with the entry chair.
 - Swimmers must be listed on the official roster and pay splash fee to be eligible for relays.
 - **IMX Iron Turkey Award Participants must be listed in body of entry email. (See Awards)**
 - A check for the total amount due must accompany the entries.
 - Meet will be limited to 350 swimmers. Four hour rule will be enforced, teams will not be split.

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- ENTRY DEADLINE:** **9:00PM Friday, November 9, 2012**
- Psych sheets will be sent to the club entry chair within 24 hours of the entry deadline.
- ENTRY CHAIR:** Erik Wiken – entries@heartlandaquatics.org
- CONDUCT OF MEET:**
- All events are timed finals.
 - Meet will be pre-seeded. The official Meet Program will indicate swimmer's heat and lane.
 - Swimmers of all ages will be seeded together based on entry times.
 - Flyover starts may be used.
 - In-water breaks will be inserted as timeline allows.
 - Deck entries will be accepted by the Meet Director only if there are empty lanes in pre-seeded heats, and will be charged **double fees**.
 - Swimmers will be required to report promptly to their assigned lane prior to the start of each race in which he or she is entered.
- 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.
 - No diving during warm-ups. All 8 lanes will be open, warm-ups will be split and teams will be notified of their start times prior to the meet. "Sit & slide" entry will be in effect.
- TEAM SUPERVISION:**
- Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks. MW penalties will be applied.
 - Each team must provide a responsible adult with non-athlete USA Swimming card to supervise the team at all times.
 - Only registered coaches, swimmers, officials and volunteers will be allowed on deck.
- SCORING:** Meet will not be scored.
Placing will be by time in events 1-4, 7 & 8, 25 & 26.
Placing in events 5 & 6, 9-24, 27-42 will be by 10 & U, 11-12, 13 & Over, and in **BB+/B-** categories.
- AWARDS:**
- Each swimmer will receive a meet memento.
 - **IMX Iron Turkey Award:** Swimmers successfully completing all events will receive a special award.
10 & Under: 100BK, 100BR, 100Fly, 200FR, 200IM
11 & 12: 100BK, 100BR, 100Fly, 500FR, 400IM (200s may be substituted for the 100s)
13 & Over: 200BK, 200BR, 200Fly, 500FR, 400IM
 - **Participating swimmers must be listed in the body of the entry email to be eligible!**
- FINAL RESULTS:** Meet results will be posted on the Midwestern website – www.mwswim.org – within 48 hours of the meet conclusion.
- CONCESSIONS:**
- Meet Programs and concessions are available. No food or beverages allowed in the pool area.
 - Elsmore Aquatics will have equipment for sale.
- LINCOLN FOOD BANK DONATIONS**
- Volunteers will be on hand to collect non-perishables/canned goods all three days of the meet. All donations will be given to the Lincoln Food Bank in time for the Thanksgiving holiday.

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Order of Events

Friday, Nov. 16

Event #

1
3
5

Warm-ups 5:10 P.M.

Event Description

Open 200 Freestyle
Open 50 Freestyle
11 & O 1000 Freestyle

Meet Starts 6:00 P.M.

Boys Event #

2
4
6

Saturday, Nov. 17

Event #

7
9
11
13
15
17
19
21

Warm-ups 8:30 A.M.

Event Description

200 Medley Relay
11 & O 200 Butterfly
50 Freestyle
100 Breaststroke
11 & O 200 Backstroke
12 & U 50 Butterfly
200 I.M.
12 & U 50 Backstroke
10 minute break
11 & Over 500 Freestyle

Meet Starts 9:45 A.M.

Boys Event #

8
10
12
14
16
18
20
22

23

Sunday, Nov. 28

Girls Event #

25
27
29
31
33
35
37
39
41

Warm-ups 8:30 A.M.

200 Freestyle Relay
11 & O 200 Breaststroke
12 & U 100 I.M.
9 & O 200 Freestyle
100 Butterfly
12 & U 50 Breaststroke
100 Backstroke
100 Freestyle
10 minute break
11 & Over 400 I.M.

Meet Starts 9:45 A.M.

Boys Event #

24
26
28
30
32
34
36
38
40
42