

**Midwestern Long Course Qualifier
8 & Under Finals Meet
Hosted by: Metro Omaha Swim Team
July 18-20, 2014**

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction #: MWS14028
- LOCATION:** Hitchcock Pool, 5025 South 45th St, Omaha, NE
- POOL**
- 50 meter pool, eight lanes with starting blocks at deep end.
 - The water depth of the competition pool measured for a distance of 3' 3 1/2" (1.0 meter to 16' 5" (5.0 meters) from the start wall is 8'6" to 16' and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" to 16' 5" (5.0 meters) is 3'6" to 3'9". (USA-S Rule 202.3.4.D.)
 - Non-turbulent lane dividers for lane ropes. Colorado Timing system will be used.
 - Pool has been certified in accordance with 104.2.2c(4)
- FACILITY:**
- MOST and the Hitchcock Pool staff reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.
 - Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms, or locker rooms.
- SCHEDULE:**
- | | | | |
|-------------------|------------------|---------------|---------------------|
| Friday | Warm-up 4:00 | Meet 5:00 PM | |
| Saturday & Sunday | Warm-up 7:00 | Meet 8:15 AM | Finals Warm Up 3:30 |
| Saturday & Sunday | Warm-up 12:00 PM | Meet 12:45 PM | Finals Start 4:15 |
| Afternoon | | | |
- MEET DIRECTOR:** Al Johnson – dadyal@neb.rr.com 402-727-9779
Amber-Sky Green – swimmer5.ast@gmail.com 402-917-8523
- OFFICIALS:** Referee: Steve Marchitelli Admin Official: Al Johnson
Safety Marshal: Jay Malashock
- MEET FORMAT:**
- 10 & Under Timed Finals; 11 & Over Prelim/Finals; with exception of 400, 800 & 1500 freestyles and 400 IM and 200s of stroke which will be timed finals
 - Standards; .01 less than 2014 MW Championship Qualifying times max times; all ages eligible
 - 8 & Under Final Meet; No Standards
- 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 MWS 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.
 - The age of the swimmer on July 18, 2014 determines the age of the swimmer for the meet.
 - Swimmers who have achieved a LC MW time may not enter that event in this meet. Cut-off times are .01 below age group MW Championship qualifying time. (REFER TO Midwestern Time Standards for MW Long Course Championship cuts.)
 - **Age Up Exception:** All swimmers who "age up" on or after July 18, 2014 and before July 24, 2014 and who do not have a MW qualifying time in their age group as of July 24, 2014, may enter a particular event in their current age group at the Qualifier Meet at a seed time at or faster than their current age group's qualifying standard. All such entries must be entered as **Exhibition** swims. This additional entry option is intended to allow all swimmers an opportunity to qualify for the Championship Meet in their actual Championship age group. Swimmers who enter an event at the Qualifier meet under this section are **NOT** eligible for awards at this meet and will be eligible for **PRELIMS ONLY** of a Prelim/Final Event. Please alert the entry chair to all entered "Age-Up" swimmers in your entry email naming swimmer and event. For 10 & Under swimmers aging up to the 11-12 age group who wish to swim an event not offered for 10 & Under, Time Trials will be an option (time permitting).

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- All 8 & under swimmers are eligible to swim 8 & Under events - NTS.
- DO NOT use converted times. **There will be no attempt made to contact clubs that enter swimmers with converted times that are faster than the cuts.**

ENTRY LIMITS:

- 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.
- 11 & Over swimmers may enter a maximum of 3 events per day (including Time Trials)
- 10 & Under swimmers may enter a maximum of 4 events per day (including Time Trials)
- The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & U swimmers where the 4-hour projected time limit is reached. The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit. Teams will be notified of any and all adjustments.

ENTRY FEES:

Timed Final events	\$3.50
Prelim/Final Events	\$4.00
Facility Charge	\$5.00 Per Swimmer
Midwestern fee	\$6.00 per swimmer

ENTRY PROCEDURE:

- Entries should be submitted in electronic format (Hy-Tek entry file with hard copy) or on a Meet entry form.
- Make check payable to Metro Omaha Swim Team. A check for the total amount must accompany all entries. **No Refunds.**
- **Entries will not be accepted without entry fees**

ENTRY DEADLINE:

- Entries must be received by 7:30 PM July 8th, 2014.
- Psych sheets will be sent to the club entry chair within 24 hours of the entry deadline. Clubs will have 48 hours after psych sheets are sent to make corrections
- Late entries will be accepted as the discretion of the meet director – Double Fees.
- Absolutely NO deck entries.

ENTRY CHAIR:

Lori Benson Email: jlbenson@cox.net
16634 Yort Ave, Omaha NE 68116

TIMERS:

- Anyone who is willing to help time will be welcome. Clubs with entered swimmers may be asked to provide timing help.

COACH MEETING:

- Coach meeting will be held 15 minutes prior to warm-ups for each session.

CONDUCT OF MEET:

- Fly-over start procedure may be used at the discretion of the Meet Referee.
- 11 & Over events will be seeded together for prelims and will be swum and scored as 11-12, 13-14, 15 & Over for finals
- Meet will be pre-seeded with the exception of the 400, 800 and 1500 freestyles and 400 IMs (timed finals).
- The 400, 800 and 1500 freestyles will be swum fastest to slowest, alternating female and male, positive check-in required. Swimmers not checked in will be removed from the event.
- Intention to scratch for all finals must be declared ½ hour after the finalists have been announced.
- 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. (MW Policies 8.5.12).
- There is no penalty for not scratching or not swimming 10 & Under and timed finals events
- 11 & Over events that are prelim/finals will have 8 swimmers (one heat) in finals.
- 8 & under swimmers will have separate events – no maximum or minimum time standard.
- Other like events will be seeded together and scored separately.
- The official Meet Program will indicate swimmer's heat and lane.
- There will be no exhibition swimming (except swimmers aging up before championships).
- There will be time trials between sessions as time allows. Cost for Time Trials is \$5.00 (plus the \$11.00 MW/facility fee if not in meet). The number of swimmer events must not exceed

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the maximum allowable number of events per day (USA Swimming Rules 102.2). Time trial events are limited to USA Swimming recognized age group events – USA Swimming 102.1.2. Maximum two time trials per person for the entire meet.

- WARM-UP PROCEDURE:**
- MWS Safety Guidelines 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 will be allowed during warm-up. Sprint lanes will be opened in lanes 1 and 8 for the second half of the warm-up period. Sit and slide pool entry will be used.
- TEAM SUPERVISION:**
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Midwestern penalties will apply (MWS Policies and Procedures 8.5.14).
 - All teams must provide a responsible adult to supervise the swimmers in the team area at all times
 - Only registered coaches, swimmers, and officials will be allowed on deck.
- SCORING:**
- No team score will be kept.
- AWARDS:**
- Individual medals 1st – 8th place
- MEET RESULTS:**
- Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion– www.mwswim.org .
- PROGRAMS:**
- Programs will be sold.
 - Coaches’ packets may be picked up from the meet director.
- CONCESSIONS:**
- Meet Programs and food items will be available for purchase.
- PHOTOGRAPHY POLICY:**
- The MWS Photography Policy will be followed (MWS Policies and Procedures 8.5.15). Photographers taking pictures must adhere to MW policies and have advanced, written permission from the Meet Director or the Meet Referee to be on deck.

Schedule of Events

Maximum times are .01 slower than MW qualifying time for age group. See Midwestern Time Standards for MW Cuts.

Friday , July 18, 2014

Warm-up: 4:00 PM

Meet Starts: 5:00 PM

Girls	Maximum	Age	Distance Stroke	Maximum	Boys
1	6:52.10	11 – 12	400 Ind Medley*	6:42.50	2
1	6:29.60	13 – 14	400 Ind Medley*	6:08.80	2
1	6:15.60	15 & O	400 Ind Medley*	5:50.00	2
3	3:12.90	11 – 12	200 Backstroke*	3:08.30	4
3	2:57.80	13 – 14	200 Backstroke*	2:49.90	4
3	2:53.20	15 & O	200 Backstroke*	2:40.40	4
5	3:37.90	11 – 12	200 Breaststroke*	3:33.60	6
5	3:25.30	13 – 14	200 Breaststroke*	3:14.50	6
5	3:19.10	15 & O	200 Breaststroke*	3:03.90	6
7	3:14.20	11 – 12	200 Butterfly*	3:08.10	8
7	2:59.50	13 – 14	200 Butterfly*	2:49.60	8
7	2:55.90	15 & O	200 Butterfly*	2:41.50	8
9	5:56.50	11 – 12	400 Freestyle*	5:48.70	10
9	5:30.50	13 – 14	400 Freestyle*	5:26.20	10
9	5:22.70	15 & O	400 Freestyle*	5:04.90	10

• * Timed Finals –

Events will be placed 11-12, 13-14, 15 & O if swum together.

--Events 9-10 will be swum fastest to slowest, alternating girls and boys; POSITIVE CHECK-IN REQUIRED.

Swimmers in events 9 and 10 will be requested to provide two timers for their own lane.

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Saturday, July 19, 2014

Girls		Prelims: Warm-up/Split			7:00 AM/SPLIT Meet Starts: 8:15 AM	
Maximum	Age	Distance	Stroke	Maximum	Boys	
11	33.90	11 – 12	50 Freestyle	34.80	12	
11	31.70	13 – 14	50 Freestyle	30.50	12	
11	30.80	15 & O	50 Freestyle	27.60	12	
13	1:29.90	11 – 12	100 Backstroke	1:30.10	14	
13	1:22.10	13 – 14	100 Backstroke	1:19.00	14	
13	1:20.30	15 & O	100 Backstroke	1:13.80	14	
15	2:46.40	11 – 12	200 Freestyle	2:46.20	16	
15	2:33.50	13 – 14	200 Freestyle	2:29.60	16	
15	2:28.50	15 & O	200 Freestyle	2:16.50	16	
17	45.60	11 – 12	50 Breaststroke	46.00	18	
19	1:29.70	11 – 12	100 Butterfly	1:28.30	20	
19	1:21.20	13 – 14	100 Butterfly	1:16.30	20	
19	1:18.30	15 & O	100 Butterfly	1:19.60	20	
21	12:01.40	11 – 12	800 Freestyle*	11:51.40	22	
21	11:28.50	13 – 14	800 Freestyle*	11:06.80	22	
21	11:16.40	15 & O	800 Freestyle*	10:38.20	22	

***Timed Finals**

--Events 21 and 22 will be swum fastest to slowest, alternating girls and boys, **POSITIVE CHECK-IN REQUIRED**, all heats in the AM Session. Swimmers in events 21 and 22 will be requested to provide two timers & one counter for their own lane.

Saturday, July 19, 2014

Girls		Finals: Warm-up/Split		12:00 PM Meet Starts 12:45 PM	
23	NTS	8 & U	50 Freestyle*	NTS	24
25	40.00	9 – 10	50 Freestyle*	39.70	26
27	NTS	8 & U	50 Butterfly*	NTS	28
29	47.90	9 – 10	50 Butterfly*	46.80	30
31	1:46.30	10 & U	100 Backstroke*	1:43.90	32
33	2:00.00	10 & U	100 Breaststroke*	1:58.40	34
35	NTS	8 & U	100 Freestyle*	NTS	36
37	3:19.00	10 & U	200 Freestyle*	3:13.30	38

*** Timed Finals**

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Sunday, July 20, 2014

Prelims: Warm-up/Split 7:00 AM
Finals: Warm-up 4:00 PM

Meet Starts: 8:15 AM
Meet Starts: 4:45 PM

Girls	Maximum	Age	Distance	Stroke	Maximum	Boys
39	3:10.30	11 – 12	200	Ind Medley	3:11.40	40
39	2:55.90	13 – 14	200	Ind Medley	2:50.70	40
39	2:49.50	15 & O	200	Ind Medley	2:36.80	40
41	38.50	11 – 12	50	Butterfly	39.30	42
43	1:41.20	11 – 12	100	Breaststroke	1:40.00	44
43	1:34.50	13 – 14	100	Breaststroke	1:28.10	44
43	1:32.50	15 & O	100	Breaststroke	1:24.20	44
45	41.20	11 – 12	50	Backstroke	41.50	46
47	1:15.30	11 – 12	100	Freestyle	1:16.20	48
47	1:09.80	13 – 14	100	Freestyle	1:07.10	48
47	1:07.60	15 & O	100	Freestyle	1:00.90	48
49	23:00.20	11 – 12	1500	Freestyle***	22:41.40	50
49	21:58.40	13 – 14	1500	Freestyle***	21:10.40	50
49	21:44.20	15 & O	1500	Freestyle***	20:19.50	50

*****Timed Final**

--Events 49 and 50 be swum fastest to slowest, alternating boys and girls, **POSITIVE CHECK-IN REQUIRED**, all heats in the AM session. Swimmers in events 49 and 50 will be requested to provide two timers & one counter for their own lane.

Sunday, July 20, 2014

Finals: Warm-ups/Split 12:00 PM

Meet Starts 12:45 PM

51	NTS	8 & U	50	Breaststroke*	NTS	52
53	54.30	9 – 10	50	Breaststroke*	54.70	54
55	1:30.80	9 – 10	100	Freestyle*	1:30.90	56
57	NTS	8 & U	50	Backstroke*	NTS	58
59	48.90	9 – 10	50	Backstroke*	49.50	60
61	1:54.00	10 & U	100	Butterfly*	1:52.80	62
63	NTS	8 & U	200	Ind Medley*	NTS	64
65	3:43.00	10 & U	200	Ind Medley*	3:42.50	66

*** Timed Finals**

Time Trials: There may be time trials between sessions as time allows. Cost for Time Trials is \$5.00 (plus the \$11.00 MW/facility if swimmer is not already in the meet). The number of swimmer events must not exceed the maximum allowable number of events per day (USA Swimming Rules 102.2). Time trial events are limited to USA Swimming recognized age group events - USA Swimming 102.1.2. Maximum two time trials per person for the entire meet.