

**HLA Goggle Gobble**  
**B+ High Point/ IMX Challenge**  
**November 22-23, 2014**

- SANCTION:** Held under the sanction of USA Swimming and Midwestern Swimming, Inc.  
Sanction #: MWS14047
- LOCATION:** Lincoln Northeast High School  
2635 N. 63<sup>rd</sup> St  
Lincoln NE
- POOL:** 25 yards, 8 lanes, Daktronics 2000 Timing System, 8 lane readout scoreboard and anti-turbulent lane lines. Pool depth of 3.5ft at 1M, 4ft at 5M from turn end. Depth of 13ft at 1M, 12.5ft at 5M from start end. USA-S Rule 202.3.4.D. 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 behind the blocks, in changing areas, rest rooms, or locker rooms.
- SCHEDULE:**
- |                             |                        |                     |
|-----------------------------|------------------------|---------------------|
| Saturday, November 22, 2014 | Warm-ups 7:00 am SPLIT | Meet starts 8:00 am |
| Saturday, November 22, 2014 | Warm-ups 3:00 pm SPLIT | Meet starts 4:00 pm |
| Sunday, November 23, 2014   | Warm-ups 8:30 am SPLIT | Meet starts 9:30 am |
- MEET DIRECTOR:** Erik Wiken Phone: (402) 560-7946 E-mail: [coacherik@heartlandaquatics.org](mailto:coacherik@heartlandaquatics.org)
- RULES:** Current USA Swimming and Midwestern Rules will apply.
- OFFICIALS:** Referee: Betsy Purcell Admin Officials: Kim Bailey, Kerri Hiatt Marshal: KellyMullendore
- MEET FORMAT:** Timed finals; No Time Standards. Events placed by age group and **B+/Sub 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 22, 2014, 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 3 individual events (5 per day), 1 relay per session
  - Swimmers may enter 8 individual events max for the meet
  - **Host reserves right to remove relays to adhere to the 4 hour rule on Saturday and/or Sunday.**
  - **Host reserves right to limit 1000, 400IM & 500 to 5 heats, 40 total athletes, per event.**
  - **Swimmers removed from 1000, 400IM, 500 may enter in another event, space permitting.**
  - **Entries times required for 1000 Free, 400IM & 500 Free.**
  - Time trials will not be allowed. Exhibition swimming will be allowed.
- EVENT FEES:** \$2.50 per individual event, \$5.00 for relay event  
\$6.00 per swimmer Midwestern splash fee  
\$4.00 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)**

# **HLA Goggle Gobble**

## **B+ High Point/ IMX Challenge**

### **November 22-23, 2014**

- ENTRY PROCEDURE:**
- 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.
- Entries accepted starting Monday, 11/03/2014 at 8AM through 9PM Wednesday, 11/12/2014**
- ENTRY PERIOD:**
- Psych sheets will be sent to the club entry chair within 24 hours of the entry deadline.
  - Teams will have 48 hours to submit any changes.
- ENTRY CHAIR:** Erik Wiken – [coacherik@heartlandaquatics.org](mailto:coacherik@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 have team scoring.
  - Placing in individual events will be by 10 & U, 11-12, 13-14, 15 & Over categories.
  - Points awarded 1<sup>st</sup>-16<sup>th</sup>, scoring 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 for B+ division
  - No points will be awarded for NTS division
- AWARDS:**
- **IMX Iron Turkey Award:** Swimmers **successfully** completing all events will receive an 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 (1000 may be substituted for 500)
  - **Participating swimmers must be listed in the body of the entry email to be eligible!**
  - Ribbons awarded for top 8 10 & Under, 11-12 age groups in Sub B division, no ribbons for B+.
  - Relay Event # 1, #23 & #27 are awarded ribbons for top 3.
  - **Relay Event #23: Teams must have 4 girls and 4 boys to be eligible for top 3 awards!**
  - High Point will be awarded for top 3 in 10 & Under, 11-12, 13-14 age groups for B+ division
  - **Only events entered at B+ or better are eligible for High Point Award.**
  - Event Awards will be available during the meet for swimmers to pick up. Remaining awards will be sent with coaches or mailed to club contacts.
- FINAL RESULTS:** Meet results will be posted on the Midwestern website – [www.mwswim.org](http://www.mwswim.org) – within 48 hours of the meet conclusion.
- CONCESSIONS:**
- Meet Programs will be available. No food or beverages allowed in the pool area.
  - Elsmore Aquatics will have equipment for sale.

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**LINCOLN FOOD BANK  
DONATIONS**

- Volunteers will be on hand to collect non-perishables/canned goods both days of the meet. All donations will be given to the Lincoln Food Bank in time for the Thanksgiving holiday.

## Order of Events

Saturday, Nov. 22		Warm-ups 7:00 A.M.		Meet Starts 8:00 A.M.	
Girls Event #		Event Description		Boys Event #	
1	Open	200 Medley Relay		2	
3	11 & O	200 Breaststroke		4	
5	Open	100 Backstroke		6	
7	12 & U	100 IM		8	
9	Open	100 Freestyle		10	
		<i>5 Minute Break</i>			
11	11 & O	1000 Freestyle*		12	

Saturday, Nov. 22		Warm-ups 3:00 P.M.		Meet Starts 4:00 P.M.	
Girls Event #		Event Description		Boys Event #	
13	11 & O	200 Butterfly		14	
15	Open	100 Breaststroke		16	
17	Open	50 Freestyle		18	
19	Open	200 IM		20	
21	12 & U	50 Butterfly		22	
		<i>5 Minute Break</i>			
23/24	Open	400 Free Relay (8 x 50)		23/24	
		<i>5 Minute Break</i>			
25	11 & O	500 Freestyle*		25	

Sunday, Nov. 23		Warm-ups 8:30 A.M.		Meet Starts 9:30 A.M.	
Girls Event #		Event Description		Boys Event #	
27	Open	200 Freestyle Relay		28	
29	11 & O	200 Backstroke		30	
31	12 & U	50 Breaststroke		32	
33	Open	100 Butterfly		34	
35	12 & U	50 Backstroke		36	
37	Open	200 Freestyle		38	
		<i>5 minute break</i>			
39	11 & O	400 IM*		40	

**\*Events require entry time. Events may be limited to 5 total heats.**

**^1000 will be run fastest to slowest, alternating girls & boys**