

# Metro Omaha Swim Team NTS Summer Splash

## June 13<sup>th</sup> & 14<sup>th</sup> 2015

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming.  
Sanction MWS15026
- LOCATION:** UNO Hyper Building -50 meter swimming pool, 60<sup>th</sup> and Dodge St. Omaha, NE
- POOL** In-door 50 meter pool, six lanes with starting blocks at the shallow end. Colorado time system with touch pads at shallow end. Depth 4 feet at starting end, depth 16 feet at turn end; height of blocks is 29 ½ inches. Pool has not be certified in accordance with 104.2.2c(4)
- FACILITY:**
- MOST and the UNO 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, res rooms, or locker rooms.
- SCHEDULE:**
- |                           |                    |                 |
|---------------------------|--------------------|-----------------|
| Saturday & Sunday Morning | Warm-up 7:00 a.m.  | Meet 7:45 a.m.  |
| Saturday & Sunday/split   | Warm-up 11:30 p.m. | Meet 12:30 p.m. |
- Clubs will be notified of warm-ups
- MEET DIRECTOR:** Lori Benson [jlcbenson@cox.net](mailto:jlcbenson@cox.net) (402) 493-6891
- MEET OFFICIALS:** Referee: Steve Marchitelli [smarchitelli@cox.net](mailto:smarchitelli@cox.net) 402-598-7054  
Admin Official: Al Johnson [dadyal@neb.rr.com](mailto:dadyal@neb.rr.com) 402-727-9779  
Safety Marshal: Jay Malashock
- MEET FORMAT:** All events timed finals; like events swum together, placed separately by age group
- 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 apply.
- CREDENTIALS:**
- Presentation of current coach credentials will be required at coach sign-in. Credentials shall be available at all times.
  - In accordance with MWS Policy, only those coaches with current, valid USA Swimming credentials available 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 June 13, 2015, determines the age of the swimmer 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 per day.
  - 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 (205.3.1F). 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:**
- |                   |                    |
|-------------------|--------------------|
| Individual events | \$2.50             |
| Midwestern fee    | \$6.00 per swimmer |
| Facility fee      | \$5.00 per swimmer |
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek entry file with hard copy) or on a Meet Entry Form.
  - A check for the entry fees must accompany all entries.
  - Make checks payable to Metro Omaha Swim Team. No Refunds.

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- ENTRY DEADLINE:**
- Entries will be accepted starting Monday, May 25, 2015
  - Entries must be received by 7:30 p.m. June 3, 2015. Late entries will be accepted at the discretion of the meet director.
  - Psych sheet will be emailed to club entry chair to check for accuracy of entries within 24 hours of entry deadline. Clubs will have 48 hours to make corrections.
  - Deck entries will be accepted to fill open lanes only. No additional heats will be added. Double fees will be charged.
  - Late entries must provide proof of USA Swimming registration.
- ENTRY CHAIR:** Lori Benson – [jlcbenson@cox.net](mailto:jlcbenson@cox.net) (402) 493-6891  
16634 Yort Ave  
Omaha NE 68116
- GENERAL MEET CONDUCT:**
- All events are timed finals.
  - Meet will be preseeded except the 400IM, 400 and 1500 Free.
  - Fly-over start procedure may be used at the discretion of the Meet Referee.
  - The official Meet Program will indicate swimmer's heat and lane.
  - There will be no exhibition swimming.
  - 400s and 1500s will be swum fastest to slowest with the 1500s alternating girls and boys. Positive check-in will be required for these events. Swimmers not checked in will be scratched from the event.
  - Swimmers must provide 2 timers and 1 counter for combined event 53 & 54.
  - Each club will make available 2 timers for each session if needed
- 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 will be allowed during warm-up. Sit and slide pool entry will be used. Racing starts may be organized within the last 10 minutes of the warm-up period.
- 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 with current USA Swimming registration 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 points will be kept. Swimmers will be placed by age group.
- AWARDS:**
- Meet mementos will be given.
- FINAL RESULTS:**
- Meet results will be posted and will be available on the MW website within 48 hours of the meet conclusion– [www.mwswim.org](http://www.mwswim.org).
- PROGRAMS:**
- Programs will be sold.
  - Coaches' packets may be picked up from the meet director.
- 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.

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## Schedule of Events

### Saturday Morning, June 13, 2015

Warm-ups 7:00 a.m. – Meet starts at 7:45 a.m.

| Event # | Age/Event          | Event # |
|---------|--------------------|---------|
| 1       | 12 & U 200 IM      | 2       |
| 3       | 12 & U 50 FREE     | 4       |
| 5       | 12 & U 200 FREE    | 6       |
| 7       | 12 & U 100 FLY     | 8       |
| 9       | 12 & U 100 BACK    | 10      |
| 11      | 12 & U 50 BR       | 12      |
| 13      | 11 & 12 200 BREAST | 14      |

### Sunday Morning June 14, 2015

Warm-ups at 7:00 am – Meet starts at 7:45 am

| Event # | Age/Event         | Event # |
|---------|-------------------|---------|
| 29      | 11 & 12 400 FREE  | 30      |
| 31      | 12 & U 50 FLY     | 32      |
| 33      | 11 & 12 200 FLY   | 34      |
| 35      | 12 & U 50 BACK    | 36      |
| 37      | 11 & 12 200 BACK  | 38      |
| 39      | 12 & U 100 BREAST | 40      |
| 41      | 12 & U 100 FREE   | 42      |

### Saturday Afternoon June 13, 2015

Warm-ups 11:30 am – Meet starts at 12:30 pm

| Event # | Age/Event         | Event # |
|---------|-------------------|---------|
| 15      | 13 & O 400 IM*    | 16      |
| 17      | OPEN 50 FREE      | 18      |
| 19      | OPEN 200 FREE     | 20      |
| 21      | OPEN 100 FLY      | 22      |
| 23      | OPEN 100 BACK     | 24      |
| 25      | 13 & O 200 BREAST | 26      |
| 27      | 13 & O 400 Free*  | 28      |

\*Events 15 & 16 require positive check-in.

\*\*Events 27 and 28 will require positive check-in and be swum fastest to slowest, alternating girls and boys.

### Sunday Afternoon June 14, 2015

Warm-ups at 11:30 am – Meet starts at 12:30 pm

| Event # | Age/Event         | Event # |
|---------|-------------------|---------|
| 43      | 13 & O 200 FLY    | 44      |
| 45      | 13 & O 200 BACK   | 46      |
| 47      | OPEN 100 BREAST   | 48      |
| 49      | OPEN 100 FREE     | 50      |
| 51      | OPEN 200 IM       | 52      |
| 53      | *11 & O 1500 FREE | 54      |

\*Events 53 & 54 require positive check-in and will be swum fastest to slowest, alternating girls and boys.

\*800 splits will be available for the 1500 free and those splits will be added to the results data.