

Omaha Westside Swim Club Spring Into It!

Age Group and 13 & Over Open

June 1-3, 2012

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming.
Midwestern Sanction # MWS12015
- LOCATION:** University of Nebraska at Omaha
HPER Building – 50 meter swimming pool
60th and Dodge Streets, Omaha, NE
- POOL:** Indoor 50-meter pool, six racing lanes with starting blocks at the shallow end. Colorado Timing System with touch pads at shallow end. Depth is 4' at starting end; 16' at turn end. Height of blocks is 29 ½". Pool has not been certified in accordance with 104.2.2C(4)
- FACILITY:**
- Snack machines available on site, but no food concessions.
 - Meet Schedule lists the time the pool area is open to participants. Only meet officials and volunteers will be allowed in the building prior to times listed in meet schedule.
 - OWSC and attending clubs are the guests of the University of Nebraska, Omaha. Any behavior that might jeopardize the working relationship between UNO and Midwestern Swimming, Inc. will be dealt with immediately. UNO and OWSC reserve the right to remove any offending individuals or groups from the meet premises.
 - Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms
- SCHEDULE:**
- | | | |
|--------------------|-------------------------|--|
| Friday Evening | Warm-ups
Meet start | 4:30 – 5:20 pm (doors open 4:15 p.m.)
5:30 pm |
| Morning Sessions | Warm-ups
Meet starts | 7:30-8:20 am (doors open 7:15 a.m.)
8:30 am |
| Afternoon Sessions | Warm-ups
Meet starts | 1:00pm
1:50 pm |
- MEET DIRECTOR:** Lisa J Ellis kittyfins@cox.net (402) 415-7323 or (402) 343-2770
- OFFICIALS:** Referee: Tony Storer
Safety Marshal: Michel Miller
- FORMAT:** Timed Final Meet; No Time Standards, All ages; Like events swum together, scored separately
- DISABILITY SWIMMERS:** Athletes with a disability are welcome 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.
- 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.
 - The age of the swimmer on June 1, 2012 determines the age of the swimmer for the meet. A swimmer may swim in only one age group.
 - Late entries and deck entries will require proof of USA Swimming registrations.
 - NT accepted for all events except the 400 free, 1500 free and 400 IM which will require an entry time. Conversions will be accepted.
 - 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 meet will be limited to the first **500 swimmers or whenever a session timeline reaches the 4-hour rule limit.** Teams will not be split.
- ENTRY FEES:**
- | | |
|--------------|--|
| Individual | \$2.50 per event |
| Deck entries | \$5.00 per entry/if there are open lanes |
| Surcharge | \$11.00 per swimmer (\$6.00 MW Fee plus \$5.00 facility fee) |

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- Each club is required to include a check for \$50.00 made out to The University of Nebraska at Omaha with the team's entries. Entries will not be accepted without this deposit. The check will be returned if there is no damage to university property. Please help us by telling your swimmers and parents how critical it is that we do not have food or glass in the stands or on the deck
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek meet entry file with hard copy) or on a Meet Entry Form.
 - Enter long course meter times. Conversions will be accepted.
 - Make checks payable to Omaha Westside Swim Club.
 - Checks must accompany entries. No refunds will be given.
- ENTRY DEADLINE:**
- 8:00 pm, Sunday May 27, 2012
 - Late entries 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.
 - Late entries will be charged double and swimmers not already in the meet must provide proof of USA Swimming registration.
 - The meet will be limited to the first **500 swimmers or when the 4 hr session limit has been met.** Teams will not be split. Notification will be made by phone immediately after receiving entries if they cannot be accepted.
- ENTRY CHAIRS:** Lisa J Ellis at kittyfins@cox.net and Cindy Wigness at fitnessauthority@cox.net
6931 Spencer St, Omaha NE 68104-3138
(402) 415-7323 **Please send entries to BOTH e-mails!!**
- MEET CONDUCT:**
- All events will be timed finals.
 - Fly-over starts will be used.
 - Swimmers will report promptly to the blocks prior to the start of each race.
 - All events will be pre-seeded, except 400, 1500 Freestyles and the 400 IM
 - The 400, 1500 Freestyles and the 400 IM will require a positive check-in and will be deck seeded. Swimmers not checked in will be deleted from the event.
 - The 1500 free will be swum fastest to slowest. 800 splits will be available.
 - Meet host reserves the right to limit the number of heats for distance events depending on the timeline.
 - Scratches for pre-seeded events do not need to be reported but would be appreciated. No penalty for no-shows.
 - Events with identical distance and stroke in a session will be seeded together, but placed separately by age group.
 - There will be no exhibition swimming.
- WARM-UP PROCEDURE:**
- Midwestern 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.
 - There will be no diving allowed during warm-ups.
 - Use sit and slide entry or one-hand-on-the-wall entry.
 - **Warm-ups will be split:**
 - First ½ of every warm-ups session will be SO, BSC, OWSC, MOST and others if necessary, will be assigned after entries are in.
 - Teams assigned to the second ½ of warm-up will be determined after entries are in.
 - Teams will be notified 72 hours prior to start of meet with split warm-up times.
- TEAM SUPERVISION:**
- NO deck changing will be allowed. Penalties will apply.
 - Each team must provide a responsible adult with USA Swimming membership card to supervise its swimmers at all times.
 - Only registered coaches, swimmers, officials, and adult supervisors with non-athlete USA Swimming cards will be allowed on the deck.
- SCORING:** No team or individual scores will be kept.
- AWARDS:** Each swimmer will receive a meet memento.
- MEET RESULTS:**
- Meet results will be posted and will be available electronically at the conclusion of the meet.
 - Final results will be mailed to the address on the entry roster if requested.
 - Results will be available on the MW Website – www.mwswim.org

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Fly-over starts will be used.

**Friday Afternoon
June 1**

**Warm-ups 4:30- 5:20 pm
Meet starts 5:30 pm**

Girls event #	Age Group	Distance	Stroke	Boys event #
1	11 & Over	200	Backstroke	2
3	13 & Over	100	Freestyle	4
5	11 & 12	400	Freestyle*	6
	13 & Over	1500	Freestyle*	8

**Saturday Morning,
June 2**

**Warm-ups 7:30-8:20 am,
Meet starts 8:30am**

9	13 & Over	400	Ind Medley*	10
11	13 & Over	50	Free	12
13	13 & Over	200	Breaststroke	14
15	13 & Over	100	Butterfly	16
17	13 & Over	1500	Freestyle*	

**Saturday Afternoon,
June 2**

**Warm-ups 1:00 pm,
Meet will start no earlier than 1:45 pm**

19	11-12	200	Breaststroke	20
21	12 & Under	100	Freestyle	22
23	12 & Under	50	Breaststroke	24
25	12 & Under	100	Backstroke	26
27	12 & Under	50	Butterfly	28
29	12 & Under	200	Ind Medley	30

**Sunday Morning,
June 3**

**Warm-ups 7:30-8:20 am,
Meet starts 8:30 am**

31	13 & Over	100	Breaststroke	32
33	13 & Over	200	Ind Medley	34
35	13 & Over	200	Freestyle	36
37	13 & Over	100	Backstroke	38
39	13 & Over	200	Butterfly	40
41	13 & Over	400	Freestyle*	42

**Sunday Afternoon,
June 3**

**Warm-ups 1:00 pm,
Meet will start no earlier than 1:45 pm**

43	11-12	200	Butterfly	44
45	12 & Under	100	Breaststroke	46
47	12 & Under	50	Freestyle	48
49	12 & Under	100	Butterfly	50
51	12 & Under	50	Backstroke	52
53	12 & Under	200	Freestyle	54

* Positive Check-in required. Will be swum fastest to slowest, alternating girls and boys. Host reserves the right to limit the number of heats depending on the timeline.