



Midwestern 12 & U Long Course Championship

July 26-27, 2025

Dillon Aquatic Center, Fremont NE

Host: Fremont Area Swim Team

- SANCTION:** The meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS25021; MWS25021TT
- It is understood and agreed that USA Swimming and Midwestern Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Dillon Family Aquatics Center
806 N. Lincoln Ave. Fremont, Nebraska 68025
- POOL:**
- 50 Meter, 6 lanes, Colorado Timing System w/touch pads, scoreboard, Finish Place judging equipment, anti-turbulent lane lines, electronic horn start, LED scoreboard. Near end splits will be used and far end splits may be available.
 - There will be two (2) timers per lane.
 - The water depth of the competition pool (at the shallowest points) measured for a distance of 3' 3 1/2" (1.0 meter) to 16' 5" (5.0 meters) from the start wall is 7.92' to 7.75' and the water depth at the turn end wall when measured for a distance of 3' 3 1/2" (1.0 meter) to 16' 5" (5.0 meters) is 3.84' to 4.27' (USA-S Rule 202.3.4.D).
 - NO starts from turn end other than for 200 relay swimmers #2 and #4 which will be in-water starts.**
 - The host will ensure the required course dimensions
- FACILITY:**
- The Competition pool is located in the Dillon Family Aquatic Center on the south side of the Fremont YMCA campus. Swimmers have access to the pool and gyms for crash areas.
 - Certified lifeguards will be present during all sessions of the meet. Facility has access to an AED, backboards, shepherd's crook, lifeguard tubes and ice. The facility does not off athletic trainers or rehab facilities.
 - No spectator fee. Heat sheets available on MeetMobile, MW website, and minimum number available for purchase \$3.00
 - Seating for 350. Standing/Picture area between bleachers. Controlled temperature in facility.
 - No glass allowed on pool deck or in the stands.
 - FAST and the Fremont YMCA 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.
 - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
 - Two gender-neutral/family facilities are available at this facility. Locations of these facilities can be found on the North side of the pool, by the hot-tub. For more information contact the Fremont staff at mirandal@fremontfamilyymca.org.
 - Handicap seating is available on pool deck. Crash area gym is open for spectators and swimmers. A Live Feed of the scoreboard will be available in crash area.
- SCHEDULE:**
- | | Warm-ups | Session Start | Times Subject to Change. |
|----------------|----------|---------------|--------------------------|
| Saturday AM | TBD | 10:00 AM | |
| Saturday PM | TBD | 5:00 PM | |
| Sunday AM 1500 | 10:00 AM | 10:30 AM | |
| Sunday PM | 11:30 AM | 12:30 PM | |
- MEET DIRECTOR:** FAST - Miranda Long – mirandal@fremontfamilyymca.org
- OFFICIALS:** Meet Referee: Stefanie Martinez samdive@me.com
Admin Referee: Betty Kooy, Betsy Purcell
Meet Marshals: TBD
- MEET FORMAT:**
- All events Timed Finals
 - MW 2025 Qual times (SCY, LCM, SCM)
- MEET THEME:** Clubs are encouraged to select their OWN THEME to motivate their athletes.



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- 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 Meet Referee of any disability modifications necessary prior to competition.
- RULES:** Current USA Swimming Rules and Midwestern Rules will govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- CREDENTIALS:**
- Presentation of coach's membership credentials will be required at coach sign-in. Credentials shall be available at all times. The USA Swimming App is acceptable proof of USA Swimming membership.
 - In accordance with MWS Policy, only those coaches who hold 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. A screen shot of the App is NOT acceptable proof.
- ELIGIBILITY:**
- All swimmers, coaches and clubs must be currently registered with USA Swimming and MIDWESTERN (no Flex).
 - Swimmers must be registered with USA Swimming at the time of **MEET ENTRY**. Swimmers not registered on the first recon will be deleted from the entries. NO deck entries or deck registration.
 - The age of the swimmer on July 26, 2025, determines their age for the entire meet.
 - Qualifying times are the 2025 Midwestern Qualifying times. See entry limits for Bonus options
 - Qualifying entry times will be Long Course Meters, Short Course Yards, or Short Course Meters (in event file).
 - 800 qualifying times will be accepted for the 1500 Freestyle. Swimmers using the 800 time to enter the 1500 event will be seeded with minimum 1500 LCM time.
 - Conversions are NOT acceptable.
 - 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.
- ENTRY LIMITS:**
- Swimmers may enter a maximum of 6 individual events (max 3 per session) for the meet
 - Clubs may enter a maximum of two (2) relays per relay event
 - Swimmers with 1 qualifying events may enter 2 bonus events (No bonus for 200s and over)
 - Swimmers with 2 qualifying events may enter 1 bonus event (No bonus for 200s and over)
 - Relay only swimmers must be included on the roster to be eligible to swim.
- EVENT FEES:**
- | | | | |
|--------------------|--|---------------|--------------|
| Individual Events: | \$8.00/event | Relays | \$8.00/relay |
| Midwestern Fee: | \$6.50 | Facility Fee: | \$15.00 |
| Time Trials: | \$16.00/individual event (no relay TT) | | |
- In the event of extenuating circumstances, Meet Management will accept entry for additional relay only swimmer at the meet. Proof of registration MUST accompany the entry exception.
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email for UN swimmers with no club.
 - There is no time period in which the entry time must have been achieved.
 - Make checks for the total amount payable to **Midwestern Swimming**. Total fees due will be sent to clubs AFTER entries are complete. Do NOT send checks prior to final accounting.
 - All fees must be paid by July 29, 2025. Checks may be sent to the MW Office (1429 N Webster Ave, Hastings NE 68901) or given to Betty Kooy at the meet. NO Refunds.
- ENTRY DEADLINE:**
- Entries will open Monday, July 7, 2025 and close Sunday, July 20, 2025 at 8:00 p.m.
 - NO late entries.
 - Psych sheets will be sent to club entry chair within 16 hrs of entry deadline. Clubs will have until noon Tuesday, July 22 to make corrections.
- ENTRY CHAIR:** Betty Kooy mwoffice@mwsim.org
(402) 469-5051



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- COACH MEETING:** General coaches meeting will be held Saturday morning, time TBD. Any other meeting may be called by meet management as needed.
- GENERAL MEET CONDUCT:**
- Seeding – Preseeded
 - All events seeded Slowest to Fastest
 - Meet committee will be announced prior to the start of the meet.
 - Fly-over starts may be used at the discretion of the meet referee and meet director.
 - All finishes will be into touch pads.
 - There is no penalty for not scratching or not swimming a pre-seeded event.
 - Deck entries will be allowed only in the case of errors made by meet management. The registration sheet/electronic file is the official entry.
 - The 400 freestyle will require positive check-in 1/2 hour before the start of the session in which they are swum.
 - The 1500 freestyle will require positive check-in 1/2 hour prior to the start of the 1500 events. Athletes must provide their own timers and counters for this event.
 - Event results will be posted and announced.
 - Minimum number of programs may be available for purchase (\$5.00) and on MeetMobile.
 - No exhibition swimming.
- TIME TRIALS:**
- Time Trials may be held immediately following the morning sessions at the discretion of the referee **IF THERE IS TIME.** Fee for each trial is \$16.00/individual. 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 (2) time trials per person limit for the entire meet. Swimmers not entered in the meet will pay the MW Splash and Facility Fee in addition to the TT charge.
- WARM-UP PROCEDURES:**
- 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.
 - Lane assignments and times for warm-ups will be sent to all entering clubs and posted at the meet.
 - Swimmers are to sit and slide entering the water.
 - During sprint starts, swimmers must swim one direction only.
 - Coaches must be in control of their swimmers in their assigned lanes.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
 - Teams can use the deck or crash areas for seating.
 - Each team must provide an adult with non-athlete USA Swimming membership to supervise the swimmers in the on-deck team area at all times.
 - Only registered coaches, swimmers, and officials will be allowed on deck.
- OFFICIALS:**
- Officials' meetings may be held prior to the start of each session at time and place to be designated.
 - [Sign-up Genius for OFFICIALS sessions.](#)
- TIMERS & VOLUNTEERS:**
- Timers will be assigned from the attending clubs based on number of entries in that session. Volunteer help will also be needed and there will be a sign-up sheet. An [online sign-up link](#) on the MW Championship page will be provided for filling the timing/volunteer assignments.
- SCORING:**
- | | | |
|------------|---|---------------|
| Team | 1 st – 3 rd Place | Trophies |
| Individual | 1 st – 6 th Place | Custom Medals |
| | 7 th – 12 th Place | Ribbons |
| Relays | 1 st – 3 rd Place | Custom Medals |
| High Point | 1 st – 3 rd 10 & U, 11-12 | Trophies |
- AWARDS:**
- Awards (1st 6th medals) will be presented during sessions and breaks will be taken as dictated by the timeline.



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- MEET** • Available on Meet Mobile, and posted at the pool.
- 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.
- 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 prior written permission from the Meet Director or the Meet Referee to be on deck.
- CONCESSIONS:** • Concessions may be available on site in the crash areas.
• Meet apparel will be available **both online and on site** (in the crash areas) for purchase. Link will be posted on the MW website.
- ADMISSION & PROGRAMS** • No spectator fee. Minimal number of heat sheets will be available for purchase, on MeetMobile, MW website.
• Results will be available online and on Meet Mobile.
- GENERAL INFO** • Hospitality will be provided for coaches and officials. Attending clubs may be asked to help with items for hospitality.
• A link will be available on the Midwestern website for those who wish to volunteer to help at the meet.
• [Link for Meet Information](#) on the MW Website

Event Schedule

Session 1

Start times may be tentative and will be based on timeline. Warm-up times TBD.

SATURDAY, JULY 26, 2025

SPLIT WARM-UP: TBD

MEET STARTS: 10:00 AM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
1	NTS	11-12	400	Medley Relay	NTS	2
3	NTS	10 & U	200	Medley Relay	NTS	4
5	3:31.09	11-12	200	Butterfly	3:24.79	6
7	4:15.69	10 & U	200	Individual Medley	4:09.49	8
9	3:30.59	11-12	200	Individual Medley	3:24.39	10
11	2:01.59	10 & U	100	Backstroke	1:56.69	12
13	1:40.59	11-12	100	Backstroke	1:37.19	14
15	2:19.39	10 & U	100	Breaststroke	2:12.89	16
17	1:50.39	11-12	100	Breaststroke	1:47.79	18
19	3:50.99	10 & U	200	Freestyle	3:36.69	20
21	3:06.39	11-12	200	Freestyle	2:59.19	22

Time Trials may be held at the end of the morning session if there is time - \$16.00 fee.



Event Schedule

Session 2

Start times may be tentative and will be based on timeline. Warm-up times TBD.

SATURDAY, JULY 26, 2025

SPLIT WARM-UP: TBA

MEET STARTS: 5:00 PM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
23	NTS	11-12	200	Medley Relay	NTS	24
BREAK						
25	3:28.09	11-12	200	Backstroke	3:22.99	26
27	54.49	10 & U	50	Butterfly	52.29	28
29	41.79	11-12	50	Butterfly	41.99	30
31	49.79	11-12	50	Breaststroke	49.79	32
33	45.29	10 & U	50	Freestyle	43.89	34
35	38.49	11-12	50	Freestyle	37.39	36
BREAK						
37	NTS	11-12	400	Free Relay	NTS	38
BREAK						
39	7:01.69	10 & U	400	Freestyle	6:52.49	40
41	6:04.79	11-12	400	Freestyle	5:53.89	42

Event Schedule

Session 3

Start times may tentative and will be based on timeline. Warm-up times TBD.

SUNDAY, JULY 27, 2025

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
WARM-UP FOR 1500 – 10:00 AM			START FOR 1500 - 10:30 AM			
43	24:14.99	11-12	1500	Freestyle*	24:00.99	44
Meet Warm-up – TBA			Start - TBA			
45	1:02.19	10 & U	50	Breaststroke	1:00.89	46
47	3:56.79	11-12	200	Breaststroke	3:47.89	48
49	2:12.79	10 & U	100	Butterfly	2:09.49	50
51	1:38.29	11-12	100	Butterfly	1:35.09	52
53	55.79	10 & U	50	Backstroke	55.39	54
55	44.79	11-12	50	Backstroke	44.49	56
BREAK						
57	6:56.79	11-12	400	Ind Medley	6:46.59	58
59	1:44.09	10 & U	100	Freestyle	1:40.99	60
61	1:25.59	11-12	100	Freestyle	1:22.09	62
BREAK						
63	NTS	10 & U	200	Free Relay	NTS	64
65	NTS	11-12	200	Free Relay	NTS	66

***Athletes must provide their own timers and counters for the 1500 freestyle.**

Time Trials may be held at the end of the morning session if there is time - \$16.00 fee.