



Midwestern 12 & Under Short Course Championship
February 22-23, 2025
Millard West High School, Millard NE
Host: Millard Aquatic Club

- SANCTION:** The meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS25009
- 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:** Millard West High School
5710 S. 176th St, Omaha, NE 68135 Please use the WEST entrance into the building
- POOL:**
- Pool is indoor eight lanes with anti-wave lane lines, paragon starting blocks, Daktronics 2000 timing system with eight lane readout scoreboard.
 - 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 13' and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" (1 meter) to 16' 5" (5.0 meters) is 4'0" to 4'6". (USA-S Rule 202.3.4.D).
 - The host will ensure the required course dimensions.
- FACILITY:**
- **There will be NO spectator fee.**
 - Medical supervision available: Millard Aquatic Club coaches are certified Red Cross lifeguards. An AED, emergency telephone, and first aid kit are available in the pool area. Rescue equipment includes backboards with neck immobilizers, and rescue tubes. MAC does not offer athletic trainers or rehabilitation facilities. Ice is available for injuries.
 - No glass will be allowed in the building. **Concessions may be available.**
 - Disinfecting stations utilizing hand sanitizer and wipes will be available throughout the venue.
 - The Millard Aquatic Club reserves 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.
 - Locker rooms are available. Gender neutral/family facilities are not available at this facility since it was built before current codes apply. To accommodate the needs of individuals, please contact Erica Storms at millardaquaticclub@gmail.com if you need such facilities.
- SCHEDULE:**
- | | Warm-Ups: Split | Meet Starts |
|--------------------|------------------------|--------------------|
| Saturday AM | 7:15 am & 7:50 am | 8:30 am |
| Saturday PM | 3:30 pm & 4:05 pm | 4:45 pm |
| Sunday AM | 8:45 am & 9:20 am | 10:00 am |
- Warm-up and Start times may be impacted by the timeline. Breaks will be scheduled as needed and for awards.**
- MEET DIRECTOR:** MAC: Erica Storms millardaquaticclub@gmail.com
- OFFICIALS:**
- Meet Referee: Betsy Purcell betsypurcell417@gmail.com
Admin Referee: Betty Kooy blkooy@charter.net
Meet Marshals: Joel Schindler, Jen Adams
- MEET FORMAT:**
- All Timed finals for 12 & U
 - MW Qual times (Seeded SCY, LCM, SCM)
- MEET THEME:** Clubs are encouraged to select their OWN THEME to motivate their athletes.
- 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



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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.
 - 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 February 22, 2025, determines their age for the entire meet.
 - Qualifying times are the 2025 Midwestern Qualifying times (SCY, LCM, SCM) (Qual times for LCM and SCM will be in the event file).
 - 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 and **2 relays per session**
 - 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 |
- 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.
 - SCY, LCM, and SCM times will be accepted.
 - 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 February 25, 2025. Checks may be brought to the meet and given to Betty Kooy or sent to the MW Office (1429 N Webster Ave, Hastings NE 68901). NO Refunds.
- ENTRY DEADLINE:**
- Entries will open Monday, February 3, 2025 and close Tuesday, February 18, 2025 at 8:00 AM.
 - NO late entries.
 - Psych sheets will be sent to club entry chair within 10 hrs of entry deadline. Clubs will have until 12:00 p.m. Wednesday, February 19, 2025 to make corrections.
- ENTRY CHAIR:** Betty Kooy mwoffice@mwsim.org
(402) 469-5051
- COACH MEETING:** General coaches meeting will be held at 7:45 a.m. Saturday morning. 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.



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- All finishes will be into touch pads with the exception of the 8 & U 25s (3 watches)
- 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 IM and 500 freestyle will require positive check-in 1/2 hour before the start of the session in which they are swum.
- Event results will be posted and announced.
- Programs may be available for purchase and on MeetMobile.
- No exhibition swimming.

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. Non-coach supervisors must check in and be issued an on-deck access band.
- Only registered coaches, swimmers, and officials will be allowed on deck.

OFFICIALS:

- Officials' meetings will be held prior to the start of each session at time and place to be designated.
- Sign-up Genius for OFFICIALS sessions when available.

TIMERS:

- Timers will be assigned for each session from the attending clubs based on number of entries in that session. An online sign-up link on the MW 12 & U Championship page will be provided for filling the timing assignments.

SCORING:

16-Place scoring will be used

Team	1 st – 3 rd Place	Trophies
Individual	1 st – 8 th Place	Custom Medals
	9 th – 16 th Place	Ribbons
Relays	1 st – 3 rd Place	Custom Medals
	4 th – 8 th Place	Ribbons
High Point	1 st – 3 rd gender/age	Trophies

AWARDS:

- All awards will be presented during each session as dictated by the timeline.

MEET

RESULTS:

- Available on Meet Mobile, and posted at the pool.
- 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.
- Meet apparel will be available both online and on site for purchase. Link will be posted on the MW website.

ADMISSION & PROGRAMS

- Heat sheets will also be available for purchase and on MeetMobile.
- Results will be available online and on Meet Mobile.

GENERAL INFO

- Hospitality will be provided for coaches and officials.
- A link will be available on the Midwestern website for those who wish to volunteer to help at the meet.



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- Link for Meet Information on the MW Website
[Midwestern Swimming - 2025 Midwestern 12 & U Short Course Championships](#)

Event Schedule

Session 1

Start times are tentative and will be based on timeline.

SATURDAY, FEBRUARY 22, 2025

SPLIT WARM-UP: 7:15 AM; 7:50 AM

MEET STARTS: 8:30 AM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
1	NTS	12 & U	200	MIXED Free Relay	NTS	
3	NTS	8 & U	100	Freestyle	NTS	4
5	3:22.79	9-10	200	Freestyle	3:09.49	6
7	2:42.59	11-12	200	Freestyle	2:35.99	8
9	NTS	8 & U	50	Breaststroke	NTS	10
11	2:00.29	9-10	100	Breaststroke	1:54.09	12
13	1:36.49	11-12	100	Breaststroke	1:32.59	14
15	NTS	8 & U	25	Butterfly	NTS	16
17	48.39	9-10	50	Butterfly	46.49	18
19	36.89	11-12	50	Butterfly	37.09	20
21	6:03.69	11-12	400	Ind Medley	5:50.09	22
23	NTS	8 & U	50	Backstroke	NTS	24
25	1:45.79	9-10	100	Backstroke	1:40.69	26
27	1:26.59	11-12	100	Backstroke	1:22.19	28
29	3:03.39	11-12	200	Butterfly	2:56.59	30
31	NTS	10 & U	200	Medley Relay	NTS	32
33	NTS	12 & U	200	Medley Relay	NTS	34

Breaks will be taken as needed and for awards.

Event Schedule

Session 2

Start times are tentative and will be based on timeline.

SATURDAY, FEBRUARY 22, 2025

SPLIT WARM-UP: 3:30pm; 4:05pm;

MEET STARTS: 4:45 PM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
35	6:45.69	11-12	500	Freestyle	6:29.99	36
37	NTS	8 & U	100	Individual Medley	NTS	38
39	1:44.29	9-10	100	Individual Medley	1:39.69	40
41	1:25.19	11-12	100	Individual Medley	1:21.89	42
43	NTS	8 & U	25	Backstroke	NTS	44
45	48.59	9-10	50	Backstroke	48.29	46
47	38.79	11-12	50	Backstroke	38.49	48
				Break		
49	NTS	12 & U	400	Medley Relay	NTS	50
				Break		
51	NTS	8 & U	25	Freestyle	NTS	52
53	39.79	9-10	50	Freestyle	38.19	54
55	33.99	11-12	50	Freestyle	32.79	56
57	3:25.69	11-12	200	Breaststroke	3:16.39	58
59	NTS	12 & U	400	Free Relay	NTS	60

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Event Schedule Session 3

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SUNDAY, FEBRUARY 23, 2025

SPLIT WARM-UP: 8:45am; 9:20am

MEET STARTS: 10:00 AM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
61	NTS	12 & U	200	MIXED Med Relay	NTS	62
63	3:42.09	9-10	200	Individual Medley	3:38.59	64
65	3:03.89	11-12	200	Individual Medley	2:59.29	66
67	NTS	8 & U	50	Freestyle	NTS	68
69	1:30.79	9-10	100	Freestyle	1:27.99	70
71	1:14.69	11-12	100	Freestyle	1:11.49	72
73	NTS	8 & U	25	Breaststroke	NTS	74
75	54.59	9-10	50	Breaststroke	53.39	76
77	43.99	11-12	50	Breaststroke	43.49	78
79	NTS	8 & U	50	Butterfly	NTS	80
81	1:56.69	9-10	100	Butterfly	1:53.49	82
83	1:25.79	11-12	100	Butterfly	1:22.89	84
85	2:59.49	11-12	200	Backstroke	2:52.89	86
87	NTS	10 & U	200	Free Relay	NTS	88
89	NTS	12 & U	200	Free Relay	NTS	90

Breaks will be taken as needed and for awards.