



Midwestern 13 & O Long Course Championship

July 18-20, 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: MWS25019; MWS25019TT
- 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 (NO starts from turn end) 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).
 - Separate warm-down area may be available.
 - 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 and minimum number available for purchase (\$2 for prelims/\$1 finals)
 - 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 | Finals Warm-ups | Finals Start |
|----------|-----------|---------------|-----------------|--------------|
| Friday | 7:30 a.m. | 9:00 a.m. | 4:00 p.m. | 5:00 p.m. |
| Saturday | 7:30 a.m. | 9:00 a.m. | 4:00 p.m. | 5:00 p.m. |
| Sunday | 7:30 a.m. | 9:00 a.m. | 4:00 p.m. | 5:00 p.m. |
- MEET DIRECTOR:** FAST - Ryan Korthals – ryank@fremontfamilyymca.org
- OFFICIALS:** Meet Referee: Adam Ogura adamogura@gmail.com
Admin Referee: Bill Haney bhaneyaz@gmail.com
Meet Marshals: TBA
- MEET FORMAT:**
- Championship Format; P/F for 13 14 and Senior (with exceptions); non-scoring C Final for 15-18.
 - 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 18, 2025, determines their age for the entire meet.
 - Qualifying times are the 2025 Midwestern Qualifying times. Athlete must have at least one (1) qualifying time as listed on the meet schedule or on the qualifying time sheet to be eligible to swim the meet.
 - **13-14 and Senior 50s of STROKE will require NO qualifying time. Athlete must be qualified for and entered in at least one (1) individual event to swim the 50s of stroke. The 50 free requires a qual time.**
 - Qualifying entry times will be Long Course Meters, Short Course Yards, or Short Course Meters (in event file).
 - Conversions are NOT acceptable. Non-confirming times will be seeded last.
 - 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.
- FINES:**
- Swimmers who do not scratch the 1500 and fail to show will be assessed a \$25.00 fine.
 - Swimmers who do not scratch and fail to show for Sunday finals will be assessed a \$50.00 fine.
- ENTRY LIMITS:**
- Swimmers may enter a maximum of 6 individual events for the meet (excluding Time Trials); maximum 3 per day, not to exceed 6 total (excluding Time Trials), and 1 relay per session.
 - Clubs may enter a maximum of two (2) relays per relay event, one (1) relay for the 800 free relay
 - Relay only swimmers must be included on the roster to be eligible to swim.
- EVENT FEES:**
- | | | | |
|--------------------|--------------------------|---------------|---------------------|
| Individual Events: | \$10.00/event | Relays | \$10.00/relay |
| Midwestern Fee: | \$6.50 | Facility Fee: | \$30.00 |
| Time Trials: | \$20.00/individual event | | \$20.00/relay event |
- 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 22, 2025. **Checks must be sent to the MW Office** (1429 N Webster Ave, Hastings NE 68901). NO Refunds.
- ENTRY DEADLINE:**
- Entries will open Monday, June 30, 2025 and close Sunday, July 13, 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 15 to make corrections.



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ENTRY CHAIR: Betty Kooy mwoffice@mwsim.org
(402) 469-5051

COACH MEETING: General coaches meeting will be held at 8:00 a.m. Friday morning. Any other meeting may be called by meet management as needed.

GENERAL MEET CONDUCT:

- Seeding – meet will be seeded according to USA Swimming rules for P/F and TF
- 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.

- **Scratch deadlines - All 13 -14 and Senior events will be deck-seeded after scratches.**

Friday Morning Scratch Deadline: 6:00 pm Thursday (virtual scratch box via email to entry chair)

Saturday Morning Scratch Deadline: Friday evening 6:00 p.m.

Sunday Morning Scratch Deadline: Saturday evening 6:00 p.m.

National scratch rule 207.11.6 will be followed. Any athlete who did not scratch before the deadline and does not declare a false start prior to the start of their heat and is a 'no show' will be barred from further competition on that day. Events prior to the NS where an athlete has qualified for finals will be allowed to swim at finals.

- **18 & Over athletes** – Just a reminder that ALL 18 & OVER ATHLETES MUST COMPLETE THE USA SWIMMING REQUIRED [Athlete Protection Training](#). 18 & Over athletes who have NOT completed the REQUIRED Athlete Protection Training prior to the meet start date will NOT be entered into the meet and will not be refunded their entry fees. This applies to any athlete who turns 18 at any time during the meet.
- Intention to scratch for all finals must be reported within 1/2 hour after the finalists have been announced. Final declaration to scratch must be made within 1/2 hour after the swimmer's last event of the session.
- Deck entries will be allowed only in the case of errors made by meet management. The registration sheet/electronic file is the official entry.
- 13-14 events (A/B Finals) and Senior events (A/B Finals with non-scoring 15-18 yr olds in C finals) all swum 6 lanes for prelims and finals
- Top 12/18 qualifiers for finals as well as alternates will be announced.
- All Finals heats will be governed by the current USA Swimming scratch rules, 207.11.6 D&E. A swimmer qualifying for an A or B or C Final who neither scratches nor declares their intent to scratch within 30 minutes after the announcement of qualifying for that event will be considered checked in. If a checked in swimmer fails to compete in Finals, they shall be barred from the remainder of the meet unless excused by the referee. In order to field full Finals heats, it is requested that swimmers who qualify in the top 18/24 and have no intention of swimming in Finals indicate this by scratching. First and second alternates will be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in finals. A fine of \$50.00 will be assessed any seeded swimmer failing to report for Sunday evening finals. (MW Policies and Procedures – 8.5.12.2 (e))
- C Finalists, Consolation finalists and championship finalists must check in at the ready area. C Finalists and Consolation swimmers will then report behind the blocks. Finalists will be announced and process to the blocks.
- The 1500 freestyles will require scratches for those not wishing to swim. See above deadlines for scratches. Swimmers who did not scratch and were seeded into the 1500 and fail to compete will be barred from their next individual event unless excused by the referee. In addition, there will be a \$25.00 fine for such infraction.
- The 13-14 and Senior relays require SCRATCHES for those not intending to compete. See above for deadlines.
- Event results will be posted and announced.
- Programs for prelims and finals will be available for purchase (minimum number), MeetMobile and MW website.
- No exhibition swimming.

TIME TRIALS:

- Time Trials may be held immediately following all morning sessions at the discretion of the referee **IF THERE IS TIME.** Fee for each trial is \$20.00/individual and \$20.00/relay. 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.



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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.
- **Prelim Sessions: General warm-up, no assigned lanes.**
 - Swimmers are to sit and slide entering the water during general warm-up.
 - 30 minutes prior to start of competition the following warm-up procedures will be used.
 - Lanes 1 and 6 pace lanes, sit and slide entry only, circle swimming only
 - Lanes 2-5 sprint lane, racing starts may be used, one direction only. Backstrokers are to enter the water feet first in rotation. No diving over persons in the water.
 - Lanes 1 and 6 may be opened for additional starts as needed.
 - No equipment may be used during warm-up.
 - Pool will be closed 10 minutes prior to the start of competition
- **Finals Sessions: General warm-up, no assigned lanes**
 - Swimmers are to sit and slide entering the water during general warm-up.
 - 30 minutes prior to the start of competition warm-ups will follow the morning lane procedures.
 - Pool will be closed 5 minutes prior to the start of Finals competition.

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

TIMERS AND VOLUNTEERS

- Timers will be assigned from the attending clubs based on number of entries in that session. An online sign-up link on the MW Championship page will be provided for filling the timing assignments. Volunteer help will also be needed and there will be a sign-up sheet for that.
- Swimmers for the distance freestyle event (1500) must provide two timers and a counter for their own heat/lane.

SCORING:

12-Place scoring will be used		
Team	1 st – 3 rd Place	Trophies
Individual	1 st – 6 th Place	Custom Medals
Relays	1 st – 3 rd Place	Custom Medals
High Point	1 st – 3 rd 13-14/Senior	Trophies

AWARDS:

- Awards during finals will be presented to the Top 3 for 13-14 and Senior.

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 will 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, MeetMobile and MW website.
- Results will be available online and on Meet Mobile



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- 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](#) will be on the MW Website

Event Schedule Friday Session 1 and Session 2

July 18, 2025

Prelims: Warm-up: 7:30 am

Meet Starts: 9:00 am

Finals: Warm-up: 4:00 PM

Meet Starts: 5:00 pm

Girls	Min Qual Time	AGE	Distance Stroke	Min Qual Time	Boys
1	3:03.09	13 – 14	200 m Ind Medley	2:49.79	2
3	2:57.49	Open	200 m Ind Medley	2:43.59	4
5	1:20.99	13 – 14	100 m Butterfly	1:14.59	6
7	1:18.29	Open	100 m Butterfly	1:11.29	8
9	3:24.59	13-14	200m Breaststroke	3:08.29	10
11	3:17.29	Open	200m Breaststroke	3:00.59	12
13	NTS	13-14	50 m Backstroke	NTS	14
15	NTS	Open	50 m Backstroke	NTS	16
17	5:28.49	13 – 14	400 m Freestyle**	5:10.49	18
19	5:16.79	Open	400 m Freestyle**	4:58.39	20
21	NTS	13-14	400 m Medley Relay* PM	NTS	22
23	NTS	Open	400 m Medley Relay*PM	NTS	24

-- SCRATCHES required for ALL Events

--*Relays in PM – All girls heats before boys heats

--**400 Freestyle – Fastest heat (13-14 Girls/Boys; Open Girls/Boys) in PM – no downseeding; all Girls heats first

Time Trials: Time trials MAY be held immediately following the A.M. sessions for events offered in the meet if permitted by the time line. Fee for each trial will be \$20.00. The number of time trial events will be limited to two per swimmer for the entire meet and must not exceed the maximum allowable events per day (Swimmers not entered in the meet will pay the \$6.50 MW Splash Fee plus facility fee AND the \$20.00 trial fee.)



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Event Schedule Saturday Session 3 and Session 4

July 19, 2025

Prelims: Warm-up: 7:30 am
 Finals: Warm-up: 4:00 PM

Meet Starts: 9:00 am
 Meet Starts: 5:00 pm

Girls	Min Qual Time	AGE	Distance Stroke	Min Qual Time	Boys
25	2:42.79	13 – 14	200 m Freestyle	2:32.29	26
27	2:37.09	Open	200 m Freestyle	2:25.39	28
29	1:23.29	13 – 14	100 m Backstroke	1:17.69	30
31	1:20.69	Open	100 m Backstroke	1:13.69	32
33	NTS	13 – 14	50m Breaststroke	NTS	34
35	NTS	Open	50m Breaststroke	NTS	36
37	3:03.09	13-14	200 m Butterfly	2:46.79	38
39	2:54.39	Open	200 m Butterfly	2:39.49	40
41	34.59	13 – 14	50 m Freestyle	31.79	42
43	33.49	Open	50 m Freestyle	30.59	44
			BREAK		
45	6:28.19	13 – 14	400 m Ind Medley**	6:02.79	46
47	6:15.79	Open	400 m Ind Medley**	5:47.99	48
49	NTS	13-14	800 m Free Relay PM	NTS	50
51	NTS	Open	800 m Free Relay PM	NTS	52

****400 Ind Medley – Fastest heat (13-14 Girls/Boys; Open Girls/Boys) in PM – no downseeding.**

Timed Final: All heats of 800 free relays will be swum in the PM; one (1) relay per team only, all Girls heats first SCRATCHES REQUIRED for all Events

Time Trials: Time trials MAY be held immediately following the A.M. sessions for events offered in the meet if permitted by the time line. Fee for each trial will be \$20.00. The number of time trial events will be limited to two per swimmer for the entire meet and must not exceed the maximum allowable events per day (Swimmers not entered in the meet will pay the \$6.50 MW Splash Fee plus facility fee AND the \$20.00 trial fee.)



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Event Schedule Sunday Session 5 and Session 6

July 20, 2025

Prelims: Warm-up: 7:30 am

Meet Starts: 9:00 am

Finals: Warm-up: 4:00 PM

Meet Starts: 5:00 pm

Girls	Minimum	Age	Distance Stroke	Minimum	Boys
53	NTS	13 – 14	50 m Butterfly	NTS	54
55	NTS	Open	50 m Butterfly	NTS	56
57	1:15.39	13 – 14	100 m Freestyle	1:09.79	58
59	1:12.79	Open	100 m Freestyle	1:06.69	60
61	1:34.99	13 – 14	100 m Breaststroke	1:27.09	62
63	1:32.59	Open	100 m Breaststroke	1:23.09	64
65	2:59.49	13-14	200 m Backstroke	2:48.79	66
67	2:53.39	Open	200 m Backstroke	2:39.99	68
69	21:50.59	13-14	1500 m Freestyle***	20:35.79	70
69	21:01.49	15&O	1500 m Freestyle***	19:43.39	70
71	NTS	13-14	400 m Free Relay* PM	NTS	72
73	NTS	Open	400 m Free Relay* PM	NTS	74

SCRATCHES required for all events.

* Timed Finals; Relays in PM – All girls heats before boys heats

*** 1500 freestyle will be swum fastest to slowest, alternating girls and boys, POSITIVE CHECK-IN REQUIRED; All ages combined. All heats in AM.

--Swimmers for the 1500 freestyle events must provide two timers and a counter for their own heat/lane.

Time Trials: Time trials MAY be held immediately following the A.M. sessions for events offered in the meet if permitted by the time line. Fee for each trial will be \$20.00. The number of time trial events will be limited to two per swimmer for the entire meet and must not exceed the maximum allowable events per day (Swimmers not entered in the meet will pay the \$6.50 MW Splash Fee plus facility fee AND the \$20.00 trial fee.)