



SANCTION: Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction #MWS10009

HOSTED BY: Aquatic Club of Elkhorn

LOCATION: Elkhorn’s Common Ground, 1701 Veterans Drive, Elkhorn, NE.
Just North of Dodge on Hwy 31, turn right onto Veterans Drive. Follow the curve past the high school. ECG will be on your right after the four-way stop.

POOL: Pool is eight lanes with anti-wave lane lines and Colorado timing system with eight lane readout scoreboard. Starting end with blocks is 12’6” deep. 25 yard events will start from blocks in the deep end. Spectator seating is for 400. Pool has not been certified in accordance with 104.2.2C(4).

FACILITY:

- No glass bottles allowed in the facility.
- ACE and the Common Ground staff reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.

SCHEDULE:	Prelims Warm-ups	Prelims Start	Finals Warm-ups	Finals Start
Friday			4:00 p.m.	5:00 p.m.
Saturday and Sunday	7:00 a.m. split 7:40 a.m.	8:30 a.m.	4:30 p.m.	5:15 p.m.

MEET DIRECTOR:	Al Johnson (entries)	(402) 727-9779	dadyal@neb.rr.com
	Mary Losee (facilities)	(402) 991-1728	marylosee@cox.net
	Scot Sorensen (officials)	(402) 502-4558	scotsorensen@cox.net

OFFICIALS: Referee: Greg Rorris – (712) 274-2165 – gregrorris@cableone.net
Marshal: Matt Haney

MEET FORMAT: 13 & Over; Championship; P/F with event exceptions

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 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 and Midwestern Swimming.
- Swimmers must be registered at the time of meet entry. NO on-deck registration will be accepted.
- The age of the swimmer on March 12, 2010 determines his/her age for the entire meet.
- Swimmers must have achieved the 2010 MW minimum time standards as listed in the meet schedule.
- Entry times may be either yards or meters with course clearly indicated. Times will be seeded YLS.
- Conversions are **NOT** acceptable.

FINES:

- There will be a \$25.00 fine assessed to any swimmer who does not swim the minimum entry time and is unable to prove the minimum entry time with results.
- Times must be proven within 30 days of the conclusion of the meet. Clubs will be billed for unproven times.
- A \$25.00 fine will be assessed to any swimmer who checks in for the 500, 1000, and 1650 freestyles and consequently fails to swim the event (with emergency exceptions).
- Swimmers failing to scratch for Sunday evening finals and failing to swim event will be assessed a fine of \$50.00 per missed event.

ENTRY LIMITS:

- Swimmers may enter a maximum of 7 individual events for the meet – max 3 ind/per day, not to exceed 7 total for the meet.
- Swimmers may swim a maximum of 2 relays per day (one age group only on that day; not 13-14 and senior on the same day).
- Clubs may enter a maximum of one relay team per relay event.
- Relay only swimmers must be included on the roster to be eligible to swim.



- EVENT FEES:** Individual Events \$3.50 per event
Relay Events \$7.00 per event
Midwestern Splash Fees \$5.00 per swimmer
Time Trials: \$5.00
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek file meet entry file with hard copy) or on a Meet Entry Form.
 - A check for the entry fees must be paid prior to the start of the meet. Meet management will apprise clubs of fees owed after all entries have been received.
 - Any swimmer in relays only will be listed on the roster and the MW Splash Fee (\$5.00) paid for that swimmer.
 - Make checks payable to Midwestern Swimming, Inc. NO REFUNDS.
- ENTRY DEADLINE:**
- Entries must be received by Friday, March 5, 2010.
 - No late entries will be accepted except for qualifying times/events made the weekend of March 5-7, and those entries must be emailed (Hy-tek meet entry file) to the entry chair by 8 p.m., Sunday, March 7, 2010.
- ENTRY CHAIR:** Al Johnson dadyal@neb.rr.com (402) 727 9779
135 N Irving St, Fremont, NE 68025
- COACH MEETING:**
- General meeting for coaches and key officials will be held **for all sessions 15 minutes BEFORE scheduled WARM-UPS BEGIN.**
- GENERAL MEET CONDUCT:**
- The meet will be a pre-seeded meet.
 - Deck entries will be allowed only in the case of errors made by meet management. The registration sheet/ electronic file is the official entry.
 - Fly-over starts will be used on Friday evening and in the Saturday and Sunday morning sessions
 - All finishes will be into the touch pads.
 - All events will have prelims with 6 swimmers in FINALS and 6 swimmers in CONSOLS unless noted otherwise in the event list.
 - Intention to scratch for all finals must be reported 1/2 hour after the finalists have been announced. Final declaration to scratch must be made 1/2 hour after the swimmer's last event of the day.
 - Failure to swim an event which was not scratched in accordance with these guidelines will eliminate the offending swimmer from further competition in this meet.
 - Consolation finalists will report directly to the blocks. Championship finalists must check in at the ready area and finalists will process.
 - The 500, 1000, and 1650 freestyles will require positive check-in to swim. Check-in for these events must be reported ½ hour prior to the start of the session. Failure to positively check-in will result in the swimmer being scratched from the event.
 - The 500, 1000 and 1650 will be swum fastest to slowest; see event list for specifics.
 - All heats of the 200 relays will be swum in the finals session; all heats of the 400 relays in the prelim session.
 - Relay cards must be turned in prior to the swim – either to meet management or to the timer when the first relay swimmer gets on the block.
 - Event results will be posted and announced.
 - Programs for finals will be available.
 - Time trials will be held immediately following the AM sessions. The number of events must not exceed the maximum allowable events per day. Maximum of two (2) time trials per swimmer for the entire meet. No relay time trials. Swimmers not entered in the meet will pay the MW Splash Fee.
- 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.
 - Warm-ups will be split –7:00-7:40 a.m.; 7:40-8:20 a.m. Lanes will be assigned.
 - Teams may organize warm-ups in their assigned lanes.
 - The last 10 minutes of each warm-up session will be reserved for racing starts.
- TEAM SUPERVISION:**
- Each team must provide an adult with non-athlete USA Swimming card to supervise the swimmers in the team area at all times.
 - Only registered coaches, swimmers, officials, and team supervisors will be allowed on the deck.



- TIMERS:**
- All assigned clubs with entered swimmers must provide timers for all assigned sessions.
 - Timer lane assignments will be posted on the MWS website and in the meet program.
 - Swimmers for the distance freestyle events (500, 1000, 1650) must provide two timers and a counter for their own heat/lane.
- SCORING:** 12-Place scoring will be used.
Team points for the 13 & Over meet and the 12 & U meet will be added together for an overall team trophy – team places 1-3 to be awarded at the conclusion of the 12 & Under meet on Sunday evening, March 21, 2010, at UNO.
- AWARDS:**
- | | | |
|------------|--|---|
| Team | 1 st – 3 rd Place | Trophies – 13 & O and 12 & U meets combined |
| Individual | 1 st – 6 th Place | Custom Medals |
| Relays | 1 st – 3 rd Place | Custom Medals |
| High Point | 1 st – 2 nd for each age group | Trophies |
- MEET RESULTS:**
- Meet results will be available electronically at the end of the meet – provide own media.
 - Meet results will be posted on the MW Website – www.mwswim.org
 - Meet results will be mailed only if requested.
- CONCESSIONS:**
- Concessions will be available.
 - Action Accents will sell swim wear and supplies.

Event Schedule

FRIDAY EVENING

WARM-UP: 4:30 P.M.

MEET STARTS: 5:30 P.M.

WOMEN	MIN TIME	AGE	DISTANCE	EVENT	MIN TIME	MEN
1p	27.99	13-14	50 yd	Freestyle	27.19	2p
1p	27.19	15 & O	50 yd	Freestyle	25.59	2p
3	5:36.79	13-14	400 yd	Ind Medley*	5:25.49	4
3	5:31.59	15 & O	400 yd	Ind Medley*	5:11.79	4
1f		13-14	50 yd	Freestyle		2f
1f		15 & O	50 yd	Freestyle		2f
5	13:06.39	13-14	1000 yd	Freestyle*	12:34.39	6
5	12:51.79	15 & O	1000 yd	Freestyle*	12:08.19	6

- 12-place scoring (6 consols/6 finals) Swim 8 lanes for prelims and timed finals events with noted exceptions
- *Timed Finals
- The **400 IM** will be swum as follows: **Slowest to fastest** with the fastest 6 13-14 swimmers in the 2nd to the last heat, and the fastest 6 15 & O in the last heat.
- The 1000 Freestyle will REQUIRE POSITIVE CHECK-IN.
- The 1000 Freestyle will be swum fastest to slowest.
- **Order of swimming** for the **1000**: Fastest 6 swimmers 13-14 girls; fastest 6 swimmers 13-14 boys, fastest 6 swimmers 15-O girls, fastest 6 swimmers 15 – O boys; the rest of the swimmers will be seeded together (with no regard for age) by time, fastest to slowest, and swum alternating girls and boys.
- Swimmers in the 1000 Freestyle will provide two timers and one counter for their own lane when they are swimming.



Event Schedule

SATURDAY MORNING

WARM-UP: 7:00 A.M.

MEET STARTS: 8:30 A.M.

WOMEN	MIN TIME	AGE	DISTANCE	EVENT	MIN TIME	MEN
7	NTS	13-14	400 yd	Free Relay* AM	NTS	8
9	NTS	Senior	400 yd	Free Relay* AM	NTS	10
11	1:21.69	13-14	100 yd	Breast	1:18.09	12
11	1:20.89	15 & O	100 yd	Breast	1:14.19	12
13	1:12.19	13-14	100 yd	Butterfly	1:08.09	14
13	1:09.79	15 & O	100 yd	Butterfly	1:03.79	14
15	2:35.39	13-14	200 yd	Backstroke	2:29.79	16
15	2:34.39	15 & O	200 yd	Backstroke	2:23.39	16
17	2:14.49	13-14	200 yd	Freestyle	2:12.69	18
17	2:10.49	15 & O	200 yd	Freestyle	2:04.19	18
19	NTS	13-14	200 yd	Medley Relay* PM	NTS	20
21	NTS	Senior	200 yd	Medley Relay* PM	NTS	22
23	6:05.59	13-14	500 yd	Free**	6:02.59	24
23	5:56.29	15 & O	500 yd	Free**	5:45.89	24

- ** Order of swimming for the 500s: Fastest 6 swimmers 13-14 girls; fastest 6 swimmers 13-14 boys, fastest 6 swimmers 15-O girls, fastest 6 swimmers 15 – O boys will be swum at the **beginning** of the finals session; the rest of the swimmers will be seeded together (with no regard for age) by time, fastest to slowest, and swum alternating girls and boys in the morning in event order.

SUNDAY MORNING

WARM-UP: 7:00 A.M.

MEET STARTS: 8:30 A.M.

WOMEN	MIN TIME	AGE	DISTANCE	EVENT	MIN TIME	MEN
25	NTS	13-14	400 yd	Medley Relay* AM	NTS	26
27	NTS	Senior	400 yd	Medley Relay* AM	NTS	28
29	2:34.29	13-14	200 yd	Ind Medley	2:31.19	30
29	2:29.39	15 & O	200 yd	Ind Medley	2:22.89	30
31	1:01.09	13-14	100 yd	Freestyle	1:00.59	32
31	59.39	15 & O	100 yd	Freestyle	55.19	32
33	2:40.99	13-14	200 yd	Butterfly	2:31.99	34
33	2:36.49	15 & O	200 yd	Butterfly	2:24.49	34
35	1:11.39	13-14	100 yd	Backstroke	1:09.59	36
35	1:10.39	15 & O	100 yd	Backstroke	1:05.39	36
37	2:58.49	13-14	200 yd	Breaststroke	2:49.39	38
37	2:55.99	15 & O	200 yd	Breaststroke	2:42.59	38
39	NTS	13-14	200 yd	Free Relay* PM	NTS	40
41	NTS	Senior	200 yd	Free Relay* PM	NTS	42
43	21:53.19	13-14	1650 yd	Freestyle**	20:51.99	44
43	21:38.89	15 & O	1650 yd	Freestyle**	20:21.89	44

- *Events are timed finals.
- ** Order of swimming for the 1650s: Fastest 6 swimmers 13-14 girls; fastest 6 swimmers 13-14 boys **first** of the 1650s in the **morning** session, fastest 6 swimmers 15-O girls, fastest 6 swimmers 15 – O boys will be swum at the **beginning** of the **finals** session; the rest of the swimmers will be seeded together (with no regard for age) by time, fastest to slowest, and swum alternating girls and boys in the morning
- All **400 relay heats** will be swum in the **morning** session. All heats of the **200 relays** will be swum in **finals**.
- Like events will be swum together for prelims and by age groups (13-14, 15 & O) for finals.
- Swimmers in the 500 and 1650 Freestyle will provide two timers and one counter for their own lane when they are swimming.
- **The 500s and 1650s will require positive check-in and will be swum fastest to slowest alternating girls and boys. See particulars for each event.