

Council Bluffs Swim Club
Silver (B-)/Open Holiday Meet
December 5-6, 2009

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming, Inc.
Sanction #MWS09036
- LOCATION:** Titan Hill Intermediate School
4125 Harry Langdon Blvd
Council Bluffs, Iowa 51503
- POOL:** 8 Lane, 25 yard pool. Non-turbulent lane lines; Daktronics Electronic timing system with an 8-lane scoreboard. Water Depth at the starting end is 12'. The starting blocks are 30" off the water surface.
Pool has not been certified in accordance with 104.2.2C(4)
- FACILITY:** CBSC reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
- SCHEDULE:**
- | SESSION | WARM-UP | MEET |
|--------------------------------|------------|-----------|
| Morning 11-12, 13 & Over, Open | 7:00 a.m. | 8:00 a.m. |
| Afternoon 8& U, 10 & U | 12:00 p.m. | 1:00 p.m. |
- **Note:** Warm-ups will not start before the posted warm-up times and will be at least 45 minutes in length.
- MEET DIRECTOR:** Bruce Schomburg Phone: (712) 328-6876 Email: baswmr@yahoo.com
- OFFICIALS:** Referee: Mike Hale
Marshal: Chris Pawloski
- MEET FORMAT:** Times finals; Age Group B- time standard; Open events NTS
- 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 Swimming rules will govern the conduct of the 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 December 5, 2009, will determine his/her age group for the entire meet.
 - Late entries and deck entries will require proof of USA Swimming registration.
- ENTRY LIMITS:**
- A swimmer may participate in 5 individual events each day.
 - Swimmers cannot enter events in which they have achieved times faster than the maximum times.
 - 8 U U events and Open events will not have time standards.
 - Exhibition swimming is not allowed.
 - Meet limited to 400 swimmers.

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- ENTRY FEES:** Individual Events: \$2.00
Midwestern Swimming Fee \$5.00
- ENTRY PROCEDURE:**
- Entries may be submitted in either electronic format (Hy-tek meet entry file with hard copy) or on a Meet Entry Form.
 - A check for the total amount of entries must accompany all entries.
 - Make checks payable to Council Bluffs Swim Club. NO REFUNDS.
- DEADLINE:**
- Friday, November 27, 2009
 - Late entries will be accepted at the discretion of the Meet Director.
 - Deck entries will be double fees.
- ENTRY CHAIR:** Bruce Schomburg
109 Golden Circle
Council Bluffs, IA 51503
baswmr@yahoo.com
- GENERAL MEET CONDUCT:**
- All events will be timed finals.
 - The meet will be pre-seeded. Fly-over starts may be used at the discretion of the referee.
- WARM-UP PROCEDURE:**
- 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 failure to follow the safety rules.
 - WARM-UPS will be at least 45 minutes in length.
 - Teams will be assigned to lanes. The first half hour of each warm-up will be lap swimming. NO DIVING will be allowed during the first half hour of warm-ups. The remaining time will allow for sprinting from the starting blocks.
 - The team(s) in each lane will be allowed to organize their own warm-up procedure but under the above guidelines.
 - Sit and slide pool entry will be used.
- 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, and officials will be allowed on the pool deck.
- SCORING:** Meet will not be scored.
- AWARDS:** Ribbons: Individual – 1st through 6th place (8 & U placed Gold and Silver)
Note: No awards for Open Events
- MEET RESULTS:**
- Final results will be mailed to each club if requested.
 - Hy-tek results files will be available at the end of the meet – bring your own media.
 - Results will be posted on the MW Website – www.mwswim.org .
- CONCESSIONS:** Programs, food, drink and swimming apparel will be available.

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Saturday, December 5, 2009 – Morning Session

Warm-up 7:00 AM – Meet Starts 8:00 AM

<u>Girls</u>	<u>Maximum</u>	<u>Age Group/Event</u>	<u>Maximum</u>	<u>Boys</u>
1	1:08.30	11-12 100 yd Freestyle	1:07.90	2
3	1:07.40	13 & Over 100 yd Freestyle	1:02.20	4
5	NTS	Open 100 yd Freestyle	NTS	6
7	36.80	11-12 50 yd Backstroke	36.50	8
9	NTS	Open 200 yd Backstroke	NTS	10
11	1:29.30	11-12 100 yd Breaststroke	1:27.90	10
13	1:24.10	13 & Over 100 yd Breaststroke	1:18.10	14
15	NTS	Open 100 yd Breaststroke	NTS	16
17	35.10	11-12 50 yd Butterfly	35.20	18
19	NTS	Open 200 yd Butterfly	NTS	20
21	2:50.70	11-12 200 yd Individual Medley	2:49.40	22
23	2:43.00	13 & Over 200yd Individual Medley	2:32.00	24
25	NTS	Open 200 yd Individual Medley	NTS	26
		10 minute		
27	NTS	11 & O 1000 yd Freestyle	NTS	28

Saturday December 5, 2009– Afternoon Session

Warm-up 12:00 noon – Meet will not start before 1:00 PM

<u>Girls</u>	<u>Maximum</u>	<u>Age Group/Event</u>	<u>Maximum</u>	<u>Boys</u>
29	NTS	8 & U 100 yd Freestyle	NTS	30
31	1:21.60	10 & U 100 yd Freestyle	1:20.00	32
33	NTS	8 & U 25 yd Backstroke	NTS	34
35	43.50	10 & U 50 Backstroke	43.70	36
37	NTS	8 & U 25 yd Breaststroke	NTS	38
39	1:46.70	10 & U 100 yd Breaststroke	1:43.70	40
41	NTS	8 & U 50 yd Butterfly	NTS	42
43	43.00	10 & U 50 yd Butterfly	42.00	44
45	NTS	8 & U 100 yd Individual Medley	NTS	46
47	1:33.80	10 & U 100 yd Individual Medley	1:31.20	48
		10 Minute Break		
49	7:39.50	10 & Under 500 yd Freestyle	7:35.20	50

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**Sunday December 6, 2009– Morning Session
Warm-up 7:00 AM – Meet Starts at 8:00 AM**

<u>Girls</u>	<u>Maximum</u>	<u>Age Group/Event</u>	<u>Maximum</u>	<u>Boys</u>
51	2:31.50	11-12 200 yd Freestyle	2:27.50	52
53	2:25.00	13 & Over 200 yd Freestyle	2:15.70	54
55	NTS	Open 200 yd Freestyle	NTS	56
47	1:21.10	11-12 100 yd Backstroke	1:19.10	58
59	1:14.20	13 & Over 100 yd Backstroke	1:09.60	60
61	NTS	Open 100 yd Backstroke	NTS	62
63	40.90	11-12 50 yd Breaststroke	40.80	64
65	NTS	Open 200 yd Breaststroke	NTS	66
67	1:20.20	11-12 100 yd Butterfly	1:18.70	68
69	1:13.40	13 & Over 100 yd Butterfly	1:08.10	70
71	NTS	Open 100 yd Butterfly	NTS	72
73	1:20.10	11-12 100 yd Individual Medley	1:17.60	74
75	NTS	11 & O 400 yd Individual Medley	NTS	76
77	31.90	11-12 50 yd Freestyle	31.00	78
79	31.00	13 & Over 50 yd Freestyle	28.50	80
81	NTS	Open 50 yd Freestyle	NTS	82
		10 Minute Break		
83	NTS	11&Over 500 yd Freestyle	NTS	84

Sunday December 6, 2009– Afternoon Session

Warm-up 12:00 noon – Meet will not start before 1:00 PM

<u>Girls</u>	<u>Maximum</u>	<u>Age Group/Event</u>	<u>Maximum</u>	<u>Boys</u>
85	NTS	8 & U 25 yd Freestyle	NTS	86
87	2:58.30	10 & U 200 yd Freestyle	2:50.90	88
89	NTS	8 & U 50 yd Backstroke	NTS	90
91	1:34.00	10 & U 100 yd Backstroke	1:32.10	92
93	NTS	8 & U 50 yd Breaststroke	NTS	94
95	47.80	10 & U 50 yd Breaststroke	47.90	96
97	NTS	8 & U 25 yd Butterfly	NTS	98
99	1:42.10	10 & U 100 yd Butterfly	1:40.40	100
101	NTS	8 & U 50 yd Freestyle	NTS	102
103	36.00	10 & U 50 yd Freestyle	35.20	104
105	3:19.40	10 & Under 200 yd Individual Medley	3:18.10	106