

Monarch Swimming Gold/Silver November Classic
Monarch Swim Club
November 7-8, 2009

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming.
Sanction #MWS09031
- LOCATION:** Papillion-LaVista High School
402 Centennial Rd
Papillion, NE 68046
- POOL:** Indoor six-lane pool with warm-down area, starting blocks in 12'6" depth, new Daktronics timing system with touch pads six-lane scoreboard, and competitor lane ropes, including ropes on the outsides of Lanes 1 and 6. All events will start from 12'6".
- FACILITY:** MS reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
- STARTING TIMES:** Morning sessions Warm-ups 7:00 am Meet starts 8:00 am
Afternoon sessions Warm-ups 12:30 pm Meet starts 1:30 pm
- Teams will be notified if morning session needs to start earlier or can start later.
- MEET DIRECTOR:** Lynn Weaver Phone: (402) 339-5183 lweaver@paplv.esu3.org
- OFFICIALS:** Meet Referee: Gretchen Lindner
Meet Marshal: Peggy Roberts
- MEET FORMAT:** Timed Finals all ages
- 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 MWS rules will apply.
- 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 November 7, 2009 determines his/her age group for the entire meet.
 - Late entries and deck entries will require proof of USA Swimming registration.
- EVENT LIMITS:**
- Swimmers may enter a maximum of 4 individual events per day.
 - No Exhibition Swimming.
 - Due to timeline constraints, entries in the 500 Free will be limited to swimmers **11 and Over** and may be limited to **the first 24 male and first 24 female entries received**.
 - Once the limit has been reached, teams will be notified if we cannot accept any more swimmers in the 500 Free.
- ENTRY FEES:**
- | | |
|-------------------------|--|
| Individual | \$2.00 per event |
| Deck entries | \$4.00 per event, into open lanes only |
| Midwestern Swimming Fee | \$5.00 per swimmer |
- No Refunds.**
- ENTRY PROCEDURES:**
- Entries may be submitted either in electronic format (Hy-Tek meet entry file with hard copy) or on a Meet Entry form.
 - Times should be fastest achieved yard times. **Please use swimmers' fastest achieved times.** Failure to do so may result in swimmer being dismissed from the remainder of the meet.
 - A check for the total, payable to Monarch Swimming, Inc., must accompany mailed entries.
 - Teams emailing entries must pay all fees before the first meet session.

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- Teams are responsible for ensuring our receipt of entries by e-mail. Please ask for confirmation e-mail.

DEADLINE:

- **Entries must be received by Friday, October 30, 2009.**
- After the deadline only deck entries will be accepted if there are empty lanes in pre-seeded heats. New heats will not be created for deck entries.
- The meet will be limited to the first 300 swimmers or all entries received before the projected meet time line runs over 4 hours for either session, whichever is less. Teams will not be split.
- Notification will be made immediately if entries cannot be accepted.

ENTRY CHAIR:

Monarch Swimming Inc.
Attn: Gary Krysl
PO Box 461155. Papillion, NE 68046
E-mail: gary@monarchswimming.com Phone: (402) 210-7936

**GENERAL MEET
CONDUCT:**

- All events are pre-seeded timed finals.
- Flyover starts may be used.
- Positive check-in will be required for the 500 Free and that event will be deck-seeded. Swimmers not positively checked in will be scratched from the event.
- Coaches please report scratches if possible.

**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 the failure to follow the safety rules.
- Teams will be assigned lanes for the first 30 minutes, lap swimming only. Sit and slide or one hand on wall entry must be used. The last 20 minutes Lanes 1, 2, 5, 6 will have one-direction sprinting only. Lanes 3 and 4 will have general warm-up. The pool will be cleared 10 minutes prior to the start of the meet.
- No warm-up behind the bulkhead. Warm-down will be available behind the bulkhead. The warm-down area is approximately 13 yards by two lanes and will be supervised.

**TEAM
SUPERVISION:**

- Each team must provide an adult with a current non-athlete USA Swimming card to supervise swimmers in the team area at all times.
- Only USA Swimming registered coaches, swimmers, officials and adult supervisors will be allowed on deck. Please bring your USA Swimming card. We will have monitors at the deck access doors.

SCORING:

No team scores will be kept.

AWARDS:

Gold (BB+): Individual medals for places 1-3 and ribbons for places 4-6.
Silver (B-): Ribbons for places 1-6.
(11 & O events: scored 14 & U; 15 & O; using 13-14 and 15-16 time standards)

- Swimmers will be designated as Gold or Silver based on entry times.
- Awards will be distributed to coaches at the conclusion of the meet.

MEET RESULTS:

- Results will be available for transfer to writable media at the meet.
- Results will be mailed to the address indicated on the entry roster within 10 days after the meet if requested.
- Final results will be posted at www.mwswim.org.

CONCESSIONS:

- A full line of food will be available.
- Action Accents will be selling swim merchandise.
- Complimentary lunches will be provided for officials and coaches between the morning and afternoon sessions on Saturday and Sunday.

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Order of Events

Saturday AM Session

Warm-ups 7:00 AM

Meet Starts 8:00 AM

Females		Males	
#	Event	#	#
1	11 & O 50 Free	2	
3	9-10 50 Free	4	
5	11 & O 200 Fly	6	
7	9-10 100 Fly	8	
9	11 & O 100 Breast	10	
11	9-10 50 Breast	12	
13	11 & O 200 Back	14	
15	9-10 100 Back	16	
17	11 & O 100 Free	18	
19	9-10 100 IM	20	
21	11 & O 400 IM	22	
23	9-10 200 Free	24	

Sunday AM Session

Warm-ups 7:00 AM

Meet Starts 8:00 AM

Females		Males	
#	Event	#	#
45	11 & O 200 Free	46	
47	9-10 100 Free	48	
49	11 & O 100 Fly	50	
51	9-10 50 Fly	52	
53	11 & O 200 Breast	54	
55	9-10 100 Breast	56	
57	11 & O 100 Back	58	
59	9-10 50 Back	60	
61	11 & O 200 IM	62	
63	9-10 200 IM	64	
65	11 & O 500 Free	66	

Saturday PM Session

Warm-ups 12:30 PM

Meet Starts 1:30 PM

Females		Males	
#	Event	#	#
25	11-12 50 Free	26	
27	8 & U 25 Free	28	
29	11-12 100 Fly	30	
31	8 & U 50 Fly	32	
33	11-12 50 Back	34	
35	8 & U 25 Back	36	
37	11-12 100 Breast	38	
39	8 & U 50 Breast	40	
41	11-12 200 IM	42	
43	8 & U 100 IM	44	

Sunday PM Session

Warm-ups 12:30 PM

Meet Starts 1:30 PM

Females		Males	
#	Event	#	#
67	11-12 100 Free	68	
69	8 & U 50 Free	70	
71	11-12 50 Fly	72	
73	8 & U 25 Fly	74	
75	11-12 100 Back	76	
77	8 & U 50 Back	78	
79	11-12 50 Breast	80	
81	8 & U 25 Breast	82	
83	11-12 100 IM	84	
85	8 & U 100 Free	86	
87	11-12 200 Free	88	