

Swim Omaha's Single Age Group Gold Meet December 19-20, 2009

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming.
Sanction # MWS09038
- LOCATION:** Westside High School
8701 Pacific St.
Omaha, NE 68114
(402) 343-2770
- POOL:** Indoor 6 lane 25 yard pool with starting blocks in the DEEP end. Colorado Timing System with touch pads and a six-lane read-out. Twelve feet deep in the starting end.
- FACILITY:** **SO reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.**
- SCHEDULE:**
- | | | |
|--|--------------------|--------------------|
| Saturday &
Sunday Morning | Warm-ups | 7:30 AM |
| | Meet starts | 8:30 AM |
| Saturday &
Sunday Afternoon | Warm-ups | 12:00 PM (approx) |
| | Meet starts | not before 1:00 PM |
- (Warm-ups will start immediately following the morning session.)
- MEET DIRECTOR:** Lisa Ellis Phone: (402) 571-2029 E-mail: kittyfins@cox.net
- OFFICIALS:** Meet Referee: Anne Twedt
Meet Marshall: Cindie Graber
- MEET FORMAT:** Timed finals; like events swum together, scored by single ages. Last meet for All Star qualification.
- 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 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:**
- Swimmers, coaches and clubs must be currently registered with USA Swimming.
 - The swimmer's age on December 19, 2009, determines the swimmer's age for the meet. **Swimmers with at least one Gold time may enter other events up to the maximum number per session with no penalty.** (Enter with fastest achieved time.)
 - Late entries and deck entries will require proof of USA Swimming registration.
 - Host club's swimmers are eligible for all events regardless of entry times.
- ENTRY LIMITS:**
- Swimmers may enter a maximum of 4 individual events and 1 relay per day.
- ENTRY FEES:**
- | | |
|---------------------------|--------------------|
| Individual | \$2.00 per event |
| Midwestern Swimming Fee | \$5.00 per swimmer |
| Relays | \$5.00 per relay |
| Late entries/deck entries | Double fees |
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-tek meet entry file with hard copy) or on a Meet Entry Form. Please enter with Yard times.
 - Incomplete entries will be discarded.
 - Make checks payable to Swim Omaha.
 - Checks must accompany entries or be paid prior to the beginning of the meet. NO Refunds.

Swim Omaha's Single Age Group Gold Meet December 19-20, 2009

- DEADLINE:**
- Meet entries are due by 8:00 PM on Thursday, December 10, 2009.
 - Late entries may be accepted at the discretion of the meet director. Fees will be double.
- ENTRY CHAIRS:** Lisa Ellis kittyfins@cox.net and Cindy Wigness fitnessauthority@cox.net
6931 Spencer St
Omaha NE 68104
(402) 571-2029
Please email entries to BOTH email addresses.
- MEET CONDUCT:**
- Meet will be pre-seeded.
 - All events are Timed Finals.
 - Flyover starts may be used.
 - 400 IMs and 500s will be swum fastest to slowest alternating girls and boys, positive check-in required. Swimmers not checked in will be scratched. Swimmers must provide own timers and counters.
 - Swimmers will be required to report promptly to their assigned lane prior to the start of each entered race.
 - The meet will be limited to the first 350 swimmers. Teams will be accepted on first-come, first-served basis. Teams will not be split. Any team not accepted will be notified upon receipt of its entries. Please fill in all information on your entry form. If sending a Hy-Tek entry file, please be sure your club information is accurate and up-to-date.
- 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.
 - The first 30 minutes will be general warm-ups. The last 30 minutes lanes 2 and 5 will be used for racing starts, lanes 1 and 6 push/pace, with lanes 3 and 4 continuing as general warm-up.
- TEAM SUPERVISION:**
- Each team must provide a responsible adult to supervise its swimmers at all times.
 - Only registered coaches, swimmers, officials, and adult supervisors with non-athlete USA Swimming cards will be allowed on the deck.
- SCORING:** **No** team score or individual high point scores will be kept.
- AWARDS:** Individual event ribbons 1st – 6th for each single age group
No ribbons for relays
- MEET RESULTS:**
- Electronic meet results will be available at the end of the meet. – bring own media.
 - Meet results may be mailed to attending clubs within 10 days after the meet upon request.
 - Results will be posted at www.mwswim.org.
- CONCESSIONS:** Concessions will be available in the pool area.

Swim Omaha's Single Age Group Gold Meet December 19-20, 2009

Swimmers with at least ONE minimum time may enter other events up to the maximum number per session.

Saturday Morning Session		Warm-up: 7:30 AM		Meet Starts: 8:30 AM		
Women	Minimum Time	Age	Distance	Events	Minimum Time	Men
1	2:24.99	Senior	200	Freestyle	2:15.69	2
3	2:31.49	12 yr old	200	Freestyle	2:27.49	4
3	2:31.49	11 yr old	200	Freestyle	2:27.49	4
5	1:14.19	Senior	100	Backstroke	1:09.59	6
7	36.79	12 yr old	50	Backstroke	36.49	8
7	36.79	11 yr old	50	Backstroke	36.49	8
9	2:40.99	Senior	200	Butterfly	2:31.99	10
11	1:20.09	12 yr old	100	Butterfly	1:18.69	12
11	1:20.09	11 yr old	100	Butterfly	1:18.69	12
13	3:00.69	Senior	200	Breaststroke	2:49.39	14
15	40.89	12 yr old	50	Breaststroke	40.79	16
15	40.89	11 yr old	50	Breaststroke	40.79	16
17	1:07.39	Senior	100	Freestyle	1:02.19	18
19	1:08.29	12 yr old	100	Freestyle	1:07.89	20
19	1:08.29	11 yr old	100	Freestyle	1:07.89	20
21	6:04.19	Senior	400	IM*	5:56.29	22

* Swum Fastest to slowest, alternating girls and boys; positive check-in required.

Saturday Afternoon Session		Warm-up: Immediately following AM session		Meet Starts: 1 hour after the beginning of warm-ups; not before 1:00 PM		
Women	Minimum Time	Age	Distance	Events	Minimum Time	Men
23	1:21.59	10 yr old	100	Freestyle	1:19.99	24
23	1:21.59	9 yr old	100	Freestyle	1:19.99	24
25	NT	8 yr old	50	Freestyle	NT	26
25	NT	7 & under	50	Freestyle	NT	26
27	1:33.99	10 yr old	100	Backstroke	1:32.09	28
27	1:33.99	9 yr old	100	Backstroke	1:32.09	28
29	NT	8 yr old	25	Backstroke	NT	30
29	NT	7 & under	25	Backstroke	NT	30
31	47.79	10 yr old	50	Breaststroke	47.89	32
31	47.79	9 yr old	50	Breaststroke	47.89	32
33	NT	8 yr old	50	Breaststroke	NT	34
33	NT	7 & under	50	Breaststroke	NT	34
35	1:42.09	10 yr old	100	Butterfly	1:40.39	36
35	1:42.09	9 yr old	100	Butterfly	1:40.39	36
37	NT	8 yr old	50	Butterfly	NT	38
37	NT	7 & under	50	Butterfly	NT	38
39	NT	10 & under	200	Med Relay	NT	40
41	NT	8 & under	100	Med Relay	NT	42

Swim Omaha's Single Age Group Gold Meet December 19-20, 2009

Swimmers with at least ONE minimum time may enter other events up to the maximum number per session.

Sunday Morning Session		Warm-up: 7:30 AM		Meet Starts: 8:30 AM		
Women	Minimum Time	Age	Distance	Events	Minimum Time	Men
43	2:42.99	Senior	200	Ind Medley	2:31.99	44
45	2:50.69	12 yr old	200	Ind Medley	2:49.39	46
45	2:50.69	11 yr old	200	Ind Medley	2:49.39	46
47	30.99	Senior	50	Freestyle	28.49	48
49	31.89	12 yr old	50	Freestyle	30.99	50
49	31.89	11 yr old	50	Freestyle	30.99	50
51	2:39.59	Senior	200	Backstroke	2:29.69	52
53	1:21.09	12 yr old	100	Backstroke	1:19.09	54
53	1:21.09	11 yr old	100	Backstroke	1:19.09	54
55	1:13.49	Senior	100	Butterfly	1:08.09	56
57	35.09	12 yr old	50	Butterfly	35.19	58
57	35.09	11 yr old	50	Butterfly	35.19	58
59	1:24.09	Senior	100	Breaststroke	1:18.09	60
61	1:29.29	12 yr old	100	Breaststroke	1:27.79	62
61	1:29.29	11 yr old	100	Breaststroke	1:27.79	62
63	6:22.39	Senior	500	Freestyle*	6:03.19	64

* Swum Fastest to slowest, alternating girls and boys; positive check-in required.

Sunday Afternoon Session		Warm-up: Immediately following AM session		Meet Starts: 1 hour after the beginning of warm-ups; not before 1:00 PM		
Women	Minimum Time	Age	Distance	Events	Minimum Time	Men
65	35.99	10 yr old	50	Freestyle	35.19	66
65	35.99	9 yr old	50	Freestyle	35.19	66
67	NT	8 yr old	25	Freestyle	NT	68
67	NT	7 & under	25	Freestyle	NT	68
69	1:33.79	10 yr old	100	Ind Medley	1:31.19	70
69	1:33.79	9 yr old	100	Ind Medley	1:31.19	70
71	NT	8 yr old	100	Ind Medley	NT	72
71	NT	7 & under	100	Ind Medley	NT	72
73	43.49	10 yr old	50	Backstroke	43.69	74
73	43.49	9 yr old	50	Backstroke	43.69	74
75	NT	8 yr old	50	Backstroke	NT	76
75	NT	7 & under	50	Backstroke	NT	76
77	1:46.69	10 yr old	100	Breaststroke	1:43.69	78
77	1:46.69	9 yr old	100	Breaststroke	1:43.69	78
79	NT	8 yr old	25	Breaststroke	NT	80
79	NT	7 & under	25	Breaststroke	NT	80
81	42.99	10 yr old	50	Butterfly	41.99	82
81	42.99	9 yr old	50	Butterfly	41.99	82
83	NT	8 yr old	25	Butterfly	NT	84
83	NT	7 & under	25	Butterfly	NT	84
85	NT	10 & under	200	Free Relay	NT	86
87	NT	8 & under	100	Free Relay	NT	88