

Metro Omaha Swim Team NTS Summer Splash

June 4th & 5th 2016

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming.
Sanction MWS16022
It is understood and agreed that USA Swimming, Midwestern Swimming, Inc., Metro Omaha Swim Team, and the University of Nebraska-Omaha shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** University of Nebraska at Omaha, HPER Building – 50 meter swimming pool
6001 Dodge St, Omaha, NE 68182
- POOL**
- Indoor 50-meter pool, six racing lanes with starting blocks at the shallow end. Colorado Timing System with touch pads at shallow end.
 - The water depth of the pool measured for a distance of 1.0 meter to 5.0 meters from the start wall is 4'1" and the water depth at the end or turn wall when measured for a distance of 1.0 meter to 5.0 meters is 11'8" – 11'7". (USA-S Rule 202.3.4.D).
 - Height of blocks is 29 ½".
 - Pool has not been certified in accordance with 104.2.2C(4)
- FACILITY:**
- MOST and the UNO Pool 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, res rooms, or locker rooms.
- SCHEDULE:**
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|---------------------------|--------------------|----------------|
| Saturday & Sunday Morning | Warm-up 7:00 a.m. | Meet 8:00 a.m. |
| Saturday & Sunday/split | Warm-up 12:00 p.m. | Meet 1:00 p.m. |
- Clubs will be notified of warm-ups
- MEET DIRECTOR:** Lori Benson jlbenson@cox.net (402) 493-6891
- MEET OFFICIALS:** Referee: Steve Marchitelli smarchitelli@cox.net 402-598-7054
Admin Official: Jerry Nevins
Safety Marshal: Jay Malashock
- MEET FORMAT:** All events timed finals; like events swum together, placed separately by age group
- 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 apply.
- CREDENTIALS:**
- Presentation of current coach credentials will be required at coach sign-in. Credentials shall be available at all times.
 - In accordance with MWS Policy, only those coaches with current, valid USA Swimming credentials available 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 June 4th, 2016, determines the age of the swimmer for the entire meet.
 - Late entries and deck entries will require proof of USA Swimming registration.
 - 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 with this requirement.
- EVENT LIMITS:**
- Swimmers may enter a maximum of 3 individual events per day.
 - The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & U swimmers where the 4-hour projected time limit is reached (205.3.1F). The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit. Teams will be notified of any and all adjustments.

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- ENTRY FEES:**
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|-------------------|--------------------|
| Individual events | \$2.50 |
| Midwestern fee | \$6.00 per swimmer |
| Facility fee | \$5.00 per swimmer |
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek entry file with hard copy) or on a Meet Entry Form.
 - A check for the entry fees must accompany all entries.
 - Make checks payable to Metro Omaha Swim Team. No Refunds.
- ENTRY DEADLINE:**
- Entries will be accepted starting Monday, May 15, 2016 and must be received by 7:30 p.m. **Wednesday, May 25th, 2016.** Late entries will be accepted at the discretion of the meet director.
 - Psych sheet will be emailed to club entry chair to check for accuracy of entries within 24 hours of entry deadline. Clubs will have 48 hours to make corrections.
 - Deck entries will be accepted to fill open lanes only. No additional heats will be added. Double fees will be charged.
 - Late entries must provide proof of USA Swimming registration.
- ENTRY CHAIR:**
- Lori Benson – jlcbenson@cox.net (402) 493-6891
16634 Yort Ave, Omaha NE 68116
- GENERAL MEET CONDUCT:**
- All events are timed finals.
 - Meet will be preseeded except the 400IM, 400 and 1500 Free.
 - Fly-over start procedure may be used at the discretion of the Meet Referee.
 - The official Meet Program will indicate swimmer's heat and lane.
 - There will be no exhibition swimming.
 - 400s and 1500s will be swum fastest to slowest with the 1500s alternating girls and boys. Positive check-in will be required for these events. Swimmers not checked in will be scratched from the event.
 - Swimmers must provide 2 timers and 1 counter for combined event 53 & 54.
 - Each club will make available 2 timers for each session if needed
- 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.
 - No diving will be allowed during warm-up. Sit and slide pool entry will be used. Racing starts may be organized within the last 10 minutes of the warm-up period.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
 - All teams must provide a responsible adult with current USA Swimming registration to supervise the swimmers in the team area at all times.
 - Only registered coaches, swimmers and officials will be allowed on deck.
- SCORING:**
- No team points will be kept. Swimmers will be placed by age group.
- AWARDS:**
- Meet mementos will be given.
- FINAL RESULTS:**
- Meet results will be posted and will be available on the MW website within 48 hours of the meet conclusion– www.mwswim.org.
- PROGRAMS:**
- Programs will be sold.
 - Coaches' packets may be picked up from the meet director.
- 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 advanced, written permission from the Meet Director or the Meet Referee to be on deck.

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Schedule of Events

Saturday Morning, June 4th, 2016

Warm-ups 7:00 a.m. – Meet starts at 8:00 a.m.

Event #	Age/Event	Event #
1	12 & U 200 IM	2
3	12 & U 50 FREE	4
5	12 & U 200 FREE	6
7	12 & U 100 FLY	8
9	12 & U 100 BACK	10
11	12 & U 50 BREAST	12
13	11 & 12 200 BREAST	14

Sunday Morning June 5th, 2016

Warm-ups at 7:00 am – Meet starts at 8:00 am

Event #	Age/Event	Event #
29	11 & 12 400 FREE	30
31	12 & U 50 FLY	32
33	11 & 12 200 FLY	34
35	12 & U 50 BACK	36
37	11 & 12 200 BACK	38
39	12 & U 100 BREAST	40
41	12 & U 100 FREE	42

Saturday Afternoon June 4th, 2016

Warm-ups 12:00 pm – Meet starts at 1:00 pm

Event #	Age/Event	Event #
15	13 & O 400 IM*	16
17	OPEN 50 FREE	18
19	OPEN 200 FREE	20
21	OPEN 100 FLY	22
23	OPEN 100 BACK	24
25	13 & O 200 BREAST	26
27	13 & O 400 FREE*	28

*Events 15 & 16 require positive check-in.

**Events 27 and 28 will require positive check-in and be swum fastest to slowest, alternating girls and boys.

Sunday Afternoon June 5th, 2016

Warm-ups at 12:00 pm – Meet starts at 1:00 pm

Event #	Age/Event	Event #
43	13 & O 200 FLY	44
45	13 & O 200 BACK	46
47	OPEN 100 BREAST	48
49	OPEN 100 FREE	50
51	OPEN 200 IM	52
53	*11 & O 1500 FREE	54

*Events 53 & 54 require positive check-in and will be swum fastest to slowest, alternating girls and boys.

*800 splits may be available for the 1500 free and those splits will be added to the results data.