

2021 MW LSS Spooky Splash
Lincoln Select Swimming
October 23-24, 2021

- SANCTION:** The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS21053
- It is understood and agreed that USA Swimming and Midwestern Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
 - Lincoln Select Swimming agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Nebraska, and city of Lincoln.
- DISCLAIMER:**
- Lincoln Select Swimming has taken enhanced health and safety measures for all athletes, officials, and family members. Participants must follow all posted instructions while in and around the venue of Lincoln Southeast High School. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, people with underlying medical conditions are especially vulnerable. By attending and participating in this activity, participants voluntarily assume all risks related to exposure to COVID-19.
 - To Parents: USA Swimming, Inc., cannot prevent you or your children from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in this USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
 - BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, AND MIDWESTERN SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- LOCATION:** Lincoln South East High School
2930 S 37th St, Lincoln, Ne 68506
- POOL:**
- 25 yards, 8 lanes, Daktronics 2000 Timing System with touch pads and scoreboard, anti-turbulent lane lines. The water depth of the competition pool measured for a distance of 3' 3 1/2" (1.0 meter) to 16' 5" (5.0 meters) from the start wall is 13 ft – 12 ft and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" (1.0 meter) to 16' 5" (5.0 meters) is 3.5ft to 4ft (USA-S Rule 202.3.4.D).
 - Pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:**
- Mask requirements – All swimmers, coaches, timers, officials, and spectators will be required to wear masks at all times. Spectators will be allowed in the bleacher seating area. Spectators can socially distance themselves in the stands. Please practice social distancing and wear your mask at all times.
 - Team seating in separate areas for athletes only
 - Athletes must stay in assigned team areas when they are not scheduled to swim.
 - Disinfecting stations – located on the pool deck and the pool area.
 - Lincoln Select Swimming and Lincoln Public Schools 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, rest rooms, or locker rooms.
 - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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- Gender neutral/family facilities are not available at this facility since it was built before current codes apply. To accommodate the needs of individuals, please contact uriahreiners@gmail.com if you need family or gender-neutral changing spaces.
- As listed above. Spectators will be allowed in bleachers areas.

SCHEDULE:		AM Warm-up	Start	PM Warm-up	Start
	Saturday	7:00 a.m.	8:00 a.m.	12:30 p.m.	1:15 p.m.
	Sunday	7:00 a.m.	8:00 a.m.	12:30 p.m.	1:15 p.m.

MEET DIRECTOR: Uriah Reiners 402-540-0158 uriahreiners@gmail.com

OFFICIALS: Meet Referee: Brian Hoelsing, brian_hoelsing@hotmail.com
Admin Official: Kevin Damke, ktdamke@gmail.com 402-217-4327
Meet Marshal: Jill Mogensen

MEET FORMAT: Timed Final, No time standards for 11 & Over. No time standards for 10 & U

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 Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”) and Midwestern Rules will govern this meet.

CREDENTIALS:

- Presentation of coach’s membership credentials will be required at coach sign-in. Credentials shall be available at all times. Deck Pass is acceptable proof of USA Swimming membership.
- In accordance with MWS Policy, only those coaches who hold 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.
- NO on deck registration permitted. NO late entries permitted.
- Athletes who appear as unregistered on the first pre-meet recon must register with Midwestern immediately or own LSC. A second pre-meet recon will be run 4 days prior to the start of the meet and any MW unregistered athlete that appears on that list must register with Midwestern Swimming and will be charged an additional \$30.00 above the current MW registration fee and must provide proof of registration before being allowed to swim in the meet. Meet management must delete unregistered athletes from the meet file prior to meet commencement.
- The age of the swimmer on October 23, 2021 determines his/her age for the entire meet.
- No Time Standards all ages
- 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.”

ENTRY LIMITS:

- Swimmers may enter a maximum of 4 individual events & 1 relay per day.
- No time trials.
- The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & Under swimmers where a 4-hour projected time limit is reached. The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit (205.3.1F). Teams will be notified of any and all necessary adjustments.
- Entries might be limited based on Facility limit requirements.

EVENT FEES:	Individual Events	\$4.00		
	Relays	\$6.00		
	Midwestern Fee:	\$6.50	Facility Fee:	\$8.00

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- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email.
 - All entry times should be **YARD** times.
 - A check for the entry fees must accompany all entries.
 - Make checks payable to Lincoln Select Swimming. **NO REFUNDS**
 - Entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
- **DEADLINE FOR RECEIPT OF ENTRIES IS October 13, 2021 by 5:00pm.**
 - **NO late entries. NO deck entries.**
 - Psych sheets will be sent to club entry chair within 24 hours of entry deadline. Corrections must be sent back by 10/14/20 by Noon..
- ENTRY CHAIR:** Uriah Reiners Uriahreiners@gmail.com 402 540 0158
1521 Sawyer Court, Lincoln, Nebraska, 68505
- COACH MEETING:** 30 minutes prior to meet start on pool deck.
- GENERAL MEET CONDUCT:**
- All events will be timed finals and pre-seeded.
 - Report any scratches as soon as possible.
 - Athletes will start from the deep end and finish at the deep end into touch pads.
 - All events swum Fastest to Slowest.
 - Fly over starts **MAY** or **MAY NOT** be used at the discretion of the referee and meet director. .
 - Exhibition swimming will not be allowed.
- WARM-UP PROCEDURES:**
- Athletes should arrive in their suits and depart in their suits if possible. Locker rooms will be available for restroom use only and will be monitored for usage and social distancing.
 - 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 time and lanes for warm-ups.
 - Swimmers are to sit and slide entering water.
 - During sprint starts, swimmers must swim one direction only from deep to shallow.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
 - Team area will be located on deck and bleachers. All swimmers entering and exiting the pool area must have sandals or shoes on.
 - Each team must provide an adult with non-athlete USA Swimming membership to supervise the swimmers in the team area at all times. Only registered coaches, swimmers, and officials will be allowed on deck.
- SCORING:** Meet will not be scored.
- AWARDS:**
- Ribbons - 1st-8th place for 8 & U, 9 – 10/10&U, 11 – 12 age groups, 1st - 3rd Place Relay Awards
 - Heat winner awards
 - Awards will be given to coaches at the conclusion of the meet. Awards will not be mailed
- MEET RESULTS:** Meet Results will be posted to Meet mobile. No results will be posted. Meet results will be available electronically on the MW website within 48 hours of the meet conclusion – www.mwswim.org .
- 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.
- GENERAL INFORMATION:** Hospitality will be offered. Meet will not be streamed.

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Event List

Saturday Morning October 23, 2021

Warm-ups start at 7:00 AM Meet starts at 8:00 AM

Girls	Age/Event	Boys
1	11-12 100 IM	2
3	11 & O 400 IM	4
5	11-12 100 Free	6
7	13 & O 100 Free	8
9	11-12 50 Breast	10
11	11 & O 200 Breast	12
13	11-12 100 Fly	14
15	13 & O 100 Fly	16
17	11-12 50 Back	18
19	11 & O 200 Back	20
21	11 & O 200 Med. Rel	22
	--10 min break--	
23	11-12 500 Free	24
25	*13 & O 500 Free	26

Sunday Morning October 24, 2021

Warm-ups start at 7:00 AM Meet starts at 8:00 AM

Girls	Age/Event	Boys
51	11-12 100 Breast	52
53	13 & O 100 Breast	54
55	11-12 50 Fly	56
57	11 & O 200 Fly	58
59	11-12 200 IM	60
61	13 & O 200 IM	62
63	11-12 50 Free	64
65	13 & O 50 Free	66
67	11-12 100 Back	68
69	13 & O 100 Back	70
71	11-12 200 Free	72
73	13 & O 200 Free	74
75	11 & O 200 Free Rel	76
	Min Qual	Min Qual
77	24:53.99	*11 & O 1650 Free
		24:21.89
		78

Saturday Afternoon October 23, 2021

Warm-ups start at 12:30 PM Meet starts at 1:15 PM

Girls	Age/Event	Min Time	Boys
27	10&U 200 Med Relay		28
29	9-10 100 IM		30
31	8 & U 25 Back		32
33	10&U 100 Back		34
35	8 & U 50 Free		36
37	9-10 50 Free		38
39	8 & U 25 Breast		40
41	10&U 100 Breast		42
43	8 & U 50 Fly		44
45	9-10 50 Fly		46
47	8 & U 100 Free		48
49	10&U 200 Free		50

Sunday Afternoon October 24, 2021

Warm-ups start at 12:30 PM Meet starts at 1:15 PM

Girls	Min Time	Age/Event	Boys
79		10&U 200 Free Relay	80
81		10&U 200 IM	82
83		8 & U 25 Free	84
85		9-10 100 Free	86
87		8 & U 50 Breast	88
89		9-10 50 Breast	90
91		8 & U 25 Fly	92
93		10&U 100 Fly	94
95		8 & U 50 Back	96
97		9-10 50 Back	98
99		8 & U 100 IM	100
	Min qual	--5 min break--	Min Qual
101	8:30.49	*10&U 500 Free	8:25.79
			102

***500 Fr will be limited to top 24 swimmers.**

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**USA Swimming and Midwestern Swimming
Supplement Document for Sanction**

- A statement of the local protocols and requirements:

COVID-19 Protocols for Non-LPS Youth Organizations
LPS Swimming Facilities Addendum

Non-LPS Youth Organization use of LPS swimming pools shall comply with the following additional protocols in addition to all other issued protocols.

1. **MAXIMUM CAPACITY.** The total, maximum number of persons at an LPS facility attending, participating in, or observing a swimming event shall be as follows:

LPS High School Maximum number of persons on site

Lincoln East 600

Lincoln Southeast 560

Lincoln High 400

Lincoln North Star 300

Lincoln Southwest 300

Lincoln Northeast 280

Swimming events include practices and meets. The above capacity limits include all swimmers, coaches, volunteers, meet officials, and spectators. The Non-LPS Youth Organization reserving the LPS swimming pool is and shall be responsible for enforcing these capacity limits.

2. **FACE COVERINGS.** All persons in or at an LPS facility shall wear a face covering at all times if not fully vaccinated. The face covering shall cover the person's mouth and nose. This requirement applies to all swimmers, coaches, volunteers, meet officials, family, and anyone else present in or at an LPS facility. Youth swimming participants are allowed to remove their face coverings while engaged in exercise or while swimming.

The Non-LPS Youth Organization reserving the LPS swimming pool is and shall be responsible for enforcing the face covering requirement. Any Non-LPS Youth Organization determined by LPS in its sole discretion to not have enforced the face covering requirement may be denied future reservations of LPS swimming facilities.

3. **SOCIAL DISTANCING.**

All persons in or at an LPS facility shall observe appropriate social distancing guidelines, including wherever possible maintaining 6 feet of distance between individuals.

The Non-LPS Youth Organization reserving the LPS swimming pool is and shall be responsible for developing, implementing, and enforcing a plan to comply with the 6 feet social distancing requirements contained in Lincoln-Lancaster County Health Directed Health Measures. This plan should include, but not be limited to, providing for social distancing in the bleachers and on the pool deck wherever possible. Such a plan shall be in writing and shall be made available to LPS upon request. The Non-LPS Youth Organization reserving the LPS swimming pool is and shall be responsible for enforcing social distancing requirements. Any Non-LPS Youth Organization determined by LPS in its sole discretion to not have developed a social distancing plan or to not have enforced Rev 09-16-20 appropriate social distancing or its social distancing plan may be denied future reservations of LPS swimming facilities.

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For information purposes only, social distancing in bleachers may be accomplished by appropriate non-permanent markings on bleacher seats for allowed seating. By way of example only, blocking every other row of bleacher seating may be appropriate. Also for information purposes only, the number of persons on pool decks should be limited as much as possible to essential persons only and persons not needed on pool decks should be directed to allowed bleacher seating. By way of example only, social distancing on the pool deck may be accomplished by appropriate nonpermanent markings on the floor, including appropriate swimmer spacing near the starting blocks, and limiting the number of swimmers on the deck prior to events and heats.

4. COMPLIANCE MONITORING. The Non-LPS Youth Organization reserving the LPS swimming pool shall develop and retain records showing compliance with LPS protocols, applicable federal, state, or local health measures and regulations, and any governing or sanctioning organization COVID-19 guidance. Such records shall be in writing and shall be made available to LPS upon request. Any Non-LPS Youth Organization determined by LPS in its sole discretion to not have compliance records or to not be in compliance with LPS protocols may be denied future reservations of LPS swimming facilities.

- The plan for spectator ingress and egress:

Spectators can plan on entering the building through door #9 at LSE high school. when the meet is done they can also exit through this door.

- The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc: Total number of individuals gathering will be limited to 560. Swimmers will be able to spread out around the pool deck and the back hallways. Spectators will be in the stands and socially distanced as much as possible.
- Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child:

All on deck changing rooms are only available to athletes. Coaches, officials, and meet volunteers will have alternate access to restrooms on the basement level of the school. Parents and spectators are not allowed on the pool deck per USA swimming rules. Spectators have the ability to watch the meet from the stands or in the hallway.

- An attestation statement in which the meet hosts attest that the conduct of the meet will adhere to local jurisdictional guidelines:

Lincoln Select Swimming will supply ample safety marshals to insure local guidelines and social distancing are being adhered to.

In applying for this sanction(ed event), the Host, Lincoln Select Swimming agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, Inc, the State of Nebraska, and the city of Lincoln.

The assumption of risk disclaimer language (listed in the Meet Information under Disclaimer) must be included in all meet information, announcements, and heat sheets.