

Heartland Aquatics 12 & U Old-School Sprint September 22, 2019

- SANCTION:** Held under the sanction of USA Swimming and Midwestern Swimming, Inc.
Sanction #: MWS19038
It is understood and agreed that USA Swimming, Midwestern Swimming, Inc., Heartland Aquatics, Lincoln Southeast High School, and Lincoln Public Schools shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Lincoln Southeast 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 3.5ft to 4ft 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 13ft – 12ft (USA-S Rule 202.3.4.D).
 - Pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:**
- HLA reserves the right to remove any individual from the premises 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.
- SCHEDULE:**
- | | | |
|----------------------------|-----------------|--------------------------------|
| Sunday, September 22, 2019 | Warm-up 8:00AM | Meet starts 9:00AM |
| Sunday, September 22, 2019 | Warm-up 12:00PM | Meet starts not before 12:45PM |
- MEET DIRECTOR:** Marcus "Sam" Bach Phone: (402) 880-7028 E-mail: sambach@heartlandaquatics.org
- RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and MWS rules will apply.
- OFFICIALS:** Referee: Dan Brailita Admin Officials: Kim Bailey, Kerri Hiatt
Marshal: JoMac Machmer
- MEET FORMAT:** 11-12 Pentathlon: Timed finals, No Time Standards. Events placed by single age and gender.
10 & Under: Timed Finals; No Time Standards. Events placed by age group and gender.
- DISABILITY SWIMMERS:** Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete or athlete's coach is also responsible for notifying the Deck referee of any disability prior to competition.
- 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 registration.
 - In accordance with MWS Policy, only those coaches with 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.
 - Age of swimmer on September 22, 2019, determines age 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 10 & U may enter a maximum of 5 individual events and 1 relay per session
 - Swimmers 11-12 may enter a maximum of 5 individual events
 - **Host reserves right to remove relays to adhere to the 4 hour rule.**
 - No time trials will be allowed.
 - 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 **in addition to combining sessions.** Teams will be notified of any and all adjustments.

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- EVENT FEES:** \$3.50 per individual event, \$6.00 for relay event
\$6.50 per swimmer Midwestern splash fee; \$3.50 per swimmer facility charge – total \$10.00
Make checks payable to: Heartland Aquatics. NO REFUNDS.
Send to 6830 Starr St, Lincoln, NE 68505
- ENTRY PROCEDURE:**
- Submit entries in electronic format (electronic meet entry file with hard copy) only.
 - It is the responsibility of the submitting team to verify receipt of entries with the entry chair.
 - Swimmers must be listed on the official roster and pay splash fee to be eligible for relays.
 - A check for the total amount due must accompany the entries.
- ENTRY PERIOD:** **Entries accepted starting Monday, September 2, 2019 at 8 00 AM through 9:00 PM Wednesday, September 11, 2019**
- Psych sheets will be sent to the club entry chair within 24 hours of the entry deadline.
 - Teams will have 48 hours to submit any changes.
- ENTRY CHAIR:** Sam Bach sambach@heartlandaquatics.org Phone: (402) 880-7028
Please no calls between 9:00 PM-9:00 AM CDT
- CONDUCT OF MEET:**
- All events are timed finals.
 - Meet will be pre-seeded. The official Meet Program will indicate swimmer's heat and lane.
 - Swimmers of all ages will be seeded together based on entry times.
 - Flyover starts may be used.
 - In-water breaks will be inserted as timeline allows.
 - Deck entries accepted by the Meet Director only if there are empty lanes in pre-seeded heats, and will be charged **double fees**. Late/Deck entries require proof of USA Swimming registration.
 - Swimmers will be required to report promptly to their assigned lane prior to the start of each race in which he or she is entered.
 - **All Events will be swum FASTEST to SLOWEST.**
 - Exhibition swimming will be allowed.
- 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 during warm-ups. All 8 lanes will be open, warm-ups will be split and teams will be notified of their start times prior to the meet. "Sit & slide" entry will be in effect.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
 - Each team must provide a responsible adult with non-athlete USA Swimming membership to supervise the team at all times.
 - Only registered coaches, swimmers, officials and volunteers will be allowed on deck.
- SCORING:**
- Meet will not have team scoring.
 - Placing in individual events will be by 8&U, 9-10, 11, 12 age groups and gender.
- AWARDS:**
- Mystery Heats for 8&U, 10&U, 11-12: Random heats will be selected, winner will receive a prize.
- "OLD-SCHOOL"
AWARDS**
- **Heat winners with a best time in a non-technical suit will earn a raffle ticket.**
 - **Swimmers who achieve a new personal best time and AAA time standard in any event in a non-technical suit will receive a \$5 Elsmore Aquatic gift card.**
 - **Swimmers who achieve a new personal best time and an LSC record in any event in a non-technical suit will receive a \$25 Elsmore Aquatic gift card.**
 - **Gift Cards will be emailed to winners after the meet.**
- FINAL RESULTS:** Meet results will be posted on Meet Mobile. Meet Results will be posted on the Midwestern website – www.mwswim.org – within 48 hours of the meet conclusion.
- CONCESSIONS:**
- Meet Programs will be available. No food or beverages allowed in the pool area.

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Order of Events

Sunday, September 22	Warm-ups 8:00 AM	Meet Starts 9:00 AM
Girls Event #	Age Event Description	Boys Event #
1	11 50 Butterfly	2
3	12 50 Butterfly	4
5	11 50 Backstroke	6
7	12 50 Backstroke	8
9	11 50 Breaststroke	10
11	12 50 Breaststroke	12
13	11 50 Freestyle	14
15	12 50 Freestyle	16
	10 Minute Break	
17	11 100 Individual Medley	18
19	12 100 Individual Medley	20

Sunday, September 22	Warm-ups Start not before 12:00 PM	Meet Start not before 12:45 PM
Mixed Event #	Age Event Description	
21	8 & U 100 Freestyle	
22	9 – 10 100 Freestyle	
	10 Minute Break	
23	8 & U 25 Butterfly	
24	10 & U 50 Butterfly	
25	8 & U 25 Backstroke	
26	10 & U 50 Backstroke	
27	8 & U 25 Breaststroke	
28	10 & U 50 Breaststroke	
29	8 & U 25 Freestyle	
30	10 & U 50 Freestyle	
31	8 & U 100 Individual Medley	
32	9 – 10 100 Individual Medley	
	5 Minute Break	
Girls Event #		Boys Event #
33	10 & & 200 Freestyle Relay	34

All Events will be swum fastest to slowest