

Lincoln Invite
May 30-May 31, 2015

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction #MWS15023
- LOCATION:** Woods Park Pool, S. 33rd & J Street, Lincoln, NE
- POOL:**
- One 50 meter, 8 lane pool, non-turbulent lane lines, bottom stripes and turn targets, Horn start system, starting platforms on each lane end, Colorado Timing System with read-out board. The water depth of the competition pool measured for a distance of 3' 3 1/2" (1 meter) to 16' 5" (5.0 meters) from the start wall is 4' 8" – 5'6" and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" (1 meter) to 16' 5" (5.0 meters) is 4' 0" – 4' 3". (USA-S Rule 202.3.4.D.)
 - All events will start at the north end except the 50-meter events which will start at the south end.
 - Competition pool is certified in accordance with 104.2.2.c(3) and 104.2.2c(4).
 - Warm-up/ down pool: 25 meter, 6 lane pool adjacent to the competition pool.
 - No diving or starts will be permitted in the warm-up/down pool or diving well.
- FACILITY:**
- Locker rooms and showers available.
 - 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.
 - Lincoln Select Swimming reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
- SCHEDULE:**
- | | | | | |
|-------------------------|----------|---------|-------------|---------|
| Saturday Morning | Warm-ups | 7:00 am | Meet Starts | 8:00 am |
| Sunday Morning | Warm-ups | 7:00 am | Meet Starts | 8:00 am |
- MEET DIRECTOR:** Louis Balogh selectswimming@gmail.com 402-261-6996(no calls after 9:00 pm)
- OFFICIALS:** Meet Referee: Tony Storer tstorer@summitgroupsoftware.com 402-429-0350
Admin Official: Kevin Damke
Meet Marshal: Nicole Storer
- MEET FORMAT:** Teams for this meet consist of: LSS, HLA, NA, GNST, HUSK, and LYD.
Mixed gender events; Age Groups 12 & Under, 11 & Over, Senior – Timed Finals
- DISABILITY SWIMMERS:** Athletes with a disability are welcome 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.
- RULES:** Current USA Swimming and MWS 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 May 30, 2015 determines the age of the swimmer for the meet.
 - Time qualifications - NTS
 - Late entries and deck entries will require proof of USA Swimming registrations.
 - 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:**
- All Swimmers-3 individual events, 1 relay 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.
- EVENT FEES:** Individual Events – \$2.50
Relays – \$5.00
Surcharge: \$6.00 Midwestern fee
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek file meet entry file with hard copy) or a Meet Entry Form.
 - A check for the total amount due must accompany the entries. **Make checks payable to LSS.** No Refunds.
- ENTRY DEADLINE:**
- **Entries will be accepted starting Wednesday, May 13 at 8 am and will close Thursday, May 21 at 8 pm.**
 - Each entry accepted will be confirmed via a return email receipt. Once entries are accepted; only time updates will be allowed. Any additions/substitutions must be made via email to the entries chair prior to the entry deadline.
 - Psych sheets will be sent to the club entry chair within 24 hours of the entry deadline. Clubs will have 48 hours after psych sheets are sent to make corrections
 - Late entries will be accepted at the discretion of Meet Director and double fees will be charged.
 - Deck entries will be accepted for positive check events if time line (4 hour rule) is not exceeded, double fees will be charged.
- ENTRY CHAIR:** Louis Balogh selectswimming@gmail.com 402-261-6996 (No phone calls after 9:00 pm)
6949 Kings Ct, Lincoln, NE 68516

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- GENERAL MEET CONDUCT:**
- Fly-over start procedure may be used at the discretion of the Meet Referee.
 - Mixed relays can consist of any gender mix to make up the four swimmers.
 - Each team will be asked to provide 6 timers for both Saturday and Sunday sessions.
- WARM-UP PROCEDURES:**
- 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.
 - Warm ups will be split for the AM sessions. Teams will be notified prior to the meet on their assignments.
- TEAM SUPERVISION:**
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Midwestern penalties will apply. (MWS Policies and Procedures 8.5.14)
 - Each team must provide a responsible adult with non-athlete USA Swimming membership to supervise the team on deck at all times.
 - Only registered coaches, swimmers, and meet officials will be allowed on deck.
- SCORING:** No scoring for this meet will be used.
- AWARDS:**
- No awards for this meet.
- FINAL RESULTS** Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – www.mwswim.org .
- GENERAL INFORMATION:** Meet programs will be provided by host team at no charge.
- 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.

Schedule of Events

Saturday Morning

Warm-ups: 7:00 a.m.

Meet Start: 8:00 a.m.

All events Timed Finals

Mixed Gender	Age	Distance	Stroke
1	Senior	50	Free
2	Senior	100	Free
3	Senior	200	Free
4	Senior	400	Free
5 Min Break			
5	12 & U	50	Fly
6	Senior	100	Fly
7	Senior	200	Fly
5 Min Break			
8	12 & U	50	Back
9	Senior	100	Back
10	Senior	200	Back
5 Min Break			
11	12 & U	50	Breast
12	Senior	100	Breast
13	Senior	200	Breast
5 Min Break			
14	Senior	200	IM
15	11 & Over	400	IM
10 Min Break			
16	Senior	200	Fr Relay

Sunday Morning

Warm-ups: 7:00 a.m.

Meet Start: 8:00 a.m.

All events Timed Finals

Mixed Gender	Age	Distance	Stroke
17	Senior	50	Free
18	Senior	100	Free
19	Senior	200	Free
20	Senior	400	Free
5 Min Break			
21	12 & U	50	Fly
22	Senior	100	Fly
23	Senior	200	Fly
5 Min Break			
24	12 & U	50	Back
25	Senior	100	Back
26	Senior	200	Back
5 Min Break			
27	12 & U	50	Breast
28	Senior	100	Breast
29	Senior	200	Breast
5 Min Break			
30	Senior	200	IM
31	11 & Over	400	IM
10 Min Break			
32	Senior	200	Med Relay
5 Min Break			
33	11 & Over	800	Free***
			***Limit 2 heats