



## 2021 Midwestern Long Course Championship

July 29-August 1, 2021

Woods Pool, Lincoln NE

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming  
Sanction # MWS21040/MWS21040TT
- 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 has agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Nebraska, and the 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 Woods Park and Woods Park Pool. 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.
- HOSTED BY:** Lincoln Select Swimming
- LOCATION:** Woods Park Pool, 3200 J St., Lincoln, NE 68510 – Enter gates at SOUTHWEST corner of the pool.
- 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.
  - One 25 meter warm-up/down pool adjacent to the competition pool.
  - Competition pool (50 m) has been certified in accordance with 104.2.2C(4)
- FACILITY:**
- Each team will be allocated space to place ONE (1) tent that takes up no more than 10 feet of pool width, to be placed around the pool area. The tent must be behind the yellow rope (or 5' from pool) and is intended to be a coach tent. Placing of this tent around the pool will be on a first come, first served basis. All other team tents must be placed away from the pool area. This allows most teams the opportunity to have space around the competition area. Entry to venue is at SOUTHWEST corner of the pool.
  - Teams may put out tents in the area around the pool beginning Thursday at 4:00 p.m.
  - ALL participants (swimmer, coach, official, spectators within the pool confines) must sign the WAIVER/RELEASE for the City of Lincoln. (Waiver/Release is attached to the Meet Information.)
  - Mask requirements: Masks will be optional. In the event policy changes clubs will be notified.
  - Disinfecting stations will be available throughout the venue.
  - MWS and its member clubs are the guests of the city of Lincoln. Any behavior that might jeopardize the working relationship between the city of Lincoln and MWS will be dealt with immediately. MWS and LSS reserve the right to remove 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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- Locker rooms are available for restroom use. 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 Uriah Reiners – [uriahreiners@gmail.com](mailto:uriahreiners@gmail.com) – If you need such facilities.

<b>SCHEDULE:</b>	<b>P/F Sessions</b>	<b>Warm –Up</b>	<b>Prelims</b>	<b>Warm-Up</b>	<b>Finals</b>
	Thursday			4:30 pm	5:15 pm
	Friday, Saturday, Sunday	6:30 am/7:10 split	8:00 am	4:30 pm	5:15 pm
	<b>Afternoon Session</b>	<b>Warm-Up</b>	<b>Meet Start</b>		
	Friday, Saturday, Sunday	12:30 pm	1:15 pm		

**MEET DIRECTOR:** Louis Balogh (402) 261 6996 [selectswimming@gmail.com](mailto:selectswimming@gmail.com)  
Uriah Reiners (402) 540-0158 [uriahreiners@gmail.com](mailto:uriahreiners@gmail.com)

**OFFICIALS:** Meet Referee: Dan Brailita [danmino2000@gmail.com](mailto:danmino2000@gmail.com)  
Admin Referee: Steve Marchitelli [smarchitelli@cox.net](mailto:smarchitelli@cox.net)  
Meet Marshal:

**MEET FORMAT** • Championship Meet; P/F for 13 & over except relays, 400, 800, 1500 freestyles and 400 IM; Timed Finals for 12 & under

**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 Swimming Rules will govern this meet

**CREDENTIALS:** • Presentation of current coach credentials will be required at coach sign-in. Credentials shall be available at all times. Deck Pass is acceptable as proof of USA Swimming membership.  
• 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.  
• Swimmers must be registered at the time of meet entry. Swimmers not registered on the first recon will be deleted from the entries. NO deck registration or deck entries will be accepted.  
• The age of the swimmer on July 29, 2021, determines the age of the swimmer for the meet.  
• Qualifying Times are the 2021 Midwestern Qualifying Times (Long Course or Short Course Yard/Meter Cut).  
• 13 & Over 50s of **STROKE** will require NO qualifying time. Athlete must be qualified for and entered in at least one (1) individual event in order to swim the 50s of stroke. (The 50 free must have auto or sec time.)  
• Swimmers must have achieved a minimum of one (1) 2021 AUTOMATIC MW time standard as listed in the meet schedule or on the qualifying time sheet to be eligible to swim individual events at the meet.  
• Entry times must be in SWIMS. No declared times.  
• Qualifying entry times may be Long Course meters or Short Course yards or Short Course meters with course clearly indicated. Times will be seeded LSY. Qualifying times sheet is included with flyer.  
• Conversions are not acceptable.  
• 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.

**FINES:** • Swimmers who check in for events requiring check-in and then fail to show will be assessed a \$25.00 fine.  
• Swimmers who do not scratch and fail to show for Sunday finals will be assessed a \$50.00 fine.

**EVENT LIMITS:** • Swimmers may enter a maximum of 7 individual events for the meet (excluding Time Trials); max 3 /day not to exceed 7 total (excluding Time Trials), and 2 relays per day.  
• Clubs may enter a maximum of one (1) relay for the 400 and 800 relays and two (2) relay teams for the 200 relays. Only one relay can place and score. The B relays (EX) will be seeded after the A relays.  
• Relay only swimmers must be included on the roster to be eligible to swim.



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- ENTRY FEES:**
- |                 |                 |  |
|-----------------|-----------------|--|
| Individual      | \$6.50/event    | Relay only swimmers - \$6.50 plus \$10.00 facility charge.           |
| Relays          | \$18.00/relay   | Club will be responsible for relay entry fees.                       |
| MWS Fee         | \$6.50/swimmer  | In the event of extenuating circumstances, Meet Management will      |
| Facility Charge | \$10.00/swimmer | accept entry for additional relay only swimmer at the meet. Proof of |
| Time Trials     | \$13.00/event   | registration MUST accompany the entry exception.                     |
- ENTRY PROCEDURE:**
- Entries must be submitted in electronic format by club (electronic entry file with hard copy) or via email for UN swimmers with no club.
  - Please enter with LC Meter times (enter non-conforming qualifying times by clearly indicating course – seeded LSY).
  - Make checks for the total amount payable to **Midwestern Swimming**. **Total fees due will be sent to clubs after entries are complete. Do NOT send checks prior to final accounting.**
  - **All fees must be paid by August 2, 2021. Send to the MW Office (1429 N Webster Ave, Hastings, NE 68901). NO Refunds.**
- ENTRY DEADLINE:**
- **Entries must be received by the ENTRY CHAIR Betty Kooy by 6:00 PM, Wednesday, July 21, 2021.**
  - **No late entries** will be accepted **except** for times made at meets held on the weekend of July 24-25 and those entries must be emailed **using LC Champ Meet Entry Form with athlete name, ID #, gender, event name and number, and event entry time** to the Entry Chair no later than **8:00 PM, Sunday, July 25**
  - Final Psych sheet will be emailed to club entry chair to check for accuracy of entries by 8:00 AM, Monday, July 26, 2021. Corrections must be made by **8:00 PM, Monday, July 26, 2021.**
- ENTRY CHAIR:** **Betty Kooy** [mwoffice@mwsim.org](mailto:mwoffice@mwsim.org)  
**(402) 469-5051**
- COACHES MEETING:** General meeting for coaches will be held 1 hour prior to the start of the Thursday evening session (4:15 PM). Any other meeting may be called by meet management as needed.
- MEET CONDUCT:**
- Seeding – non-conforming times will be seeded after conforming times (LSY).
  - Meet committee will be announced prior to the start of the meet.
  - Fly-over starts or chase starts from both ends of the pool may be used at the meet director's discretion.
  - All finishes will be into the touch pads.
  - **The 12 & U sessions will be pre-seeded slowest to fastest and swum as timed finals.**
  - **The 13 & O P/F events will be preseeded.**
  - There is no penalty for not scratching or not swimming a pre-seeded event
  - Deck entries will be allowed only in the case of errors made by meet management. The registration sheet/electronic file is the official entry.
  - Like events for 13-14 and 15 & O will be swum together for prelims and separated for finals – 8 swimmers in FINALS and 8 swimmers in CONSOLS. The timed final 400 Free and 400 IM will have the fastest heat 13-14 (girls and boys) and the fastest heat 15 & O (girls and boys) swimming in the finals session.
  - 13-14 and 15 & Over 400 IM and 400 free will be swum as timed finals with one heat of 13-14 girls, one heat of 15 & O girls, one heat of 13-14 boys, and one heat of 15 & O boys swum in the Finals Session. Swimmers seeded in top 10 must declare either morning or evening for seeding.
  - Top 16 qualifiers for finals as well as alternates will be announced.
  - **13-14 and 15 & O will be filled with 'secondary' times (if not filled to 40 or more with automatic times) up to forty (40) 13-14 swimmers (40 boys, 40 girls) and forty (40) 15 & O swimmers (40 boys, 40 girls) per event for prelims sessions.**
  - **12 & Under events will be filled with 'secondary' times (if not filled with automatic times) up to thirty two (32) swimmers per event.**
  - Positive check-in for Thursday evening events (800 free relays, 11 & O girls 1500, 11 & O boys 800) will close at 4:45 p.m. Swimmers and relays not positively checked in will not be seeded in the Thursday evening events.
  - Positive check-in for the Friday 13 and over 400 Freestyle closes at 8:00 a.m. Friday. Swimmers who are in the top 10 of the event may indicate choice of morning or evening session (must be declared by Friday at 8:00 a.m.)
  - Positive check-in for the 400 IM closes at 8:00 a.m. Saturday. Swimmers who are in the top 10 of the event may indicate choice of morning or evening session (must be declared by Saturday at 8:00 a.m.)
  - Positive check-in for the girls 800 free closes at 9:00 a.m. Saturday.
  - Positive check-in for the boys 1500 free closes at 9:00 a.m. Sunday.



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- Intention to scratch for all finals must be reported within ½ hour after the finalists have been announced. Final declaration to scratch must be made within ½ hour after the swimmer's last event of the day.
- All Finals heats will be governed by the current USA Swimming scratch rules, 207.11.6 D&E. A swimmer qualifying for an A or B Final who neither scratches nor declares his intent to scratch within 30 minutes after the announcement of qualifying for that event will be considered checked in. If a checked in swimmer fails to compete in Finals, he/she shall be barred from the remainder of the meet unless excused by the referee. In order to field full Finals heats, it is requested that swimmers who qualify in the top 24 and have no intention of swimming in Finals indicate this by scratching. First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in finals. A fine of \$50 will be assessed any seeded swimmer failing to report for Sunday evening finals. (MW Policies and Procedures – 8.5.12.2 (e))
- Consolation finalists and championship finalists must check in at the ready area. Consolation swimmers will then report behind the blocks. Finalists will process.
- The 400 IM, 400, 800 and 1500 freestyles will require positive check-in to swim. See above deadlines for positive check-in. Failure to positively check-in for these events will result in the swimmer being scratched from the event. Swimmers who are positively checked in and seeded into a deck-seeded individual event and fail to compete will be barred from their next individual event unless excused by the referee. In addition, there will be a \$25.00 fine for such infraction.
- The 13-14 and Senior (11 & O) Relays for Friday, Saturday, and Sunday require a positive check by 8:00 a.m. on the day the relays are to be swum.
- In the event of a disqualification of an A relay in the 200 relays, the B relay may score and be awarded.
- **13-14 and 11 & O 200 relays will be swum in the evening sessions; 400 medley relay will be swum in the morning session; all heats of the 400 free relay will be swum in the Sunday FINALS session.**
- **All 12 & Under events will be swum as timed finals. The 800 and 1500 freestyles will be swum in the appropriate 13 & O sessions.**
- Event results will be posted and announced.
- Programs for prelims and finals will be available.
- No exhibition swimming (with the exception of the non-scoring B relays in the 200 relays).

### TIME TRIALS:

- **Time trials** will be held immediately following all morning sessions and the Sunday afternoon session at the discretion of the referee **IF THERE IS TIME**. Fee for each trial is \$13.00; individual, \$25.00 relay. The number of swimmer events must not exceed the maximum allowable number of events per day (3 for 13 & Over; 6 for 12 & U) (USA Swimming 102.2). Time trial events are limited to USA Swimming recognized age group events (USA Swimming 102.1.2). Maximum two (2) time trials per person for the entire meet. Swimmers not entered in the meet will pay the MW Splash Fee and Facility Charge in addition to the TT charge.

### WARM-UP

#### PROCEDURES:

- MWS safety guidelines and warm-up procedure 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 for morning sessions will be split. Lane assignments for warm-ups will be sent to all entering clubs, posted at the meet, and listed in the program.
- Coaches must be in control their swimmers in their assigned lanes.

### TEAM SUPERVISION

- Deck changes are prohibited.
- Each team must provide a responsible adult with non-athlete USA Swimming membership to supervise its swimmers at all times.
- Only registered coaches, swimmers, officials, and team supervisors will be allowed on the deck.

### TIMERS:

- For the morning and afternoon sessions, timers (2 per lane) will be assigned from the attending clubs based on entries in that session. For the evening finals sessions, the host club will provide timers. Timing assignments by lane for the morning and afternoon sessions will be posted on the MW website, emailed to clubs, and be placed in the meet program.
- Swimmers for 11 & O distance freestyle events (800 and 1500) must provide two timers and a counter for their own heat/lane.



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**SCORING:** 16-Place scoring will be used

<b>AWARDS:</b>	Team	1 <sup>st</sup> – 3 <sup>rd</sup> Place	Trophies
	Small Team	1 <sup>st</sup> Place	Trophy
	Individual – all ages	1 <sup>st</sup> – 8 <sup>th</sup> Place	Medals
	12 & U	9 <sup>th</sup> – 16 <sup>th</sup> Place	Ribbons
	Relays – all ages	1 <sup>st</sup> – 3 <sup>rd</sup> Place	Medals
	12 & U	4 <sup>th</sup> – 8 <sup>th</sup> Place	Ribbons
	High Point	1 <sup>st</sup> – 3 <sup>rd</sup> for each age group	

- All 12 & U awards will be presented during the afternoon sessions as dictated by the timeline.
- 13 & O awards will be presented to the Top 3.

**MEET RESULTS:** • Results will be posted on the MW Website – [www.mwswim.org](http://www.mwswim.org) within 48 hours of the meet conclusion.

**CONCESSIONS:** • Woods Pool has concessions available.  
 • Swim wear and supplies will be available. Meet shirts can be purchased online from meet supplier. Link on MW Website will be provided.

**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 prior written permission from the Meet Director or the Meet Referee to be on deck.

### Event Schedule

Thursday July 29, 2021			Finals Warm-Up 4:30 pm			Finals Start 5:15 pm		
Girls	Minimum		Age	Distance	Stroke	Minimum		Boys
	LC Meters	Yards				LC Meters	Yards	
1	NTS	NTS	13-14	800 m	Free Relay	NTS	NTS	2
3	NTS	NTS	11 & O	800 m	Free Relay	NTS	NTS	4
				<b>5 min break</b>				
5	23:00.19	22:17.09y	11-12	1500 m	Freestyle			
5	21:05.69	20:37.49y	13-14	1500 m	Freestyle			
5	20:50.99	20:11.49y	15 & O	1500 m	Freestyle			
			11-12	800 m	Freestyle	11:49.99	13:11.59y	6
			13-14	800 m	Freestyle	10:38.49	11:42.69y	6
			15 & O	800 m	Freestyle	10:13.09	11:17.89y	6

**The 800 m free relays** may be combined (13-14 girls and 11 & O girls; 13-14 boys and 11 & O boys) in order to save heats and time. The event will require a positive check in by 4:45 p.m.

**800/1500 Freestyle:** Positive check-in required by 4:45 p.m. Will be seeded together, scored separately, swum fastest to slowest, alternating 1500 girls and 800 boys – Swimmers for 800 and 1500 must provide two timers and a counter for their own heat/lane



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**July 29-August 1, 2021**  
 Woods Pool, Lincoln NE

**Event Schedule**

Girls	Friday July 30, 2021		Prelims Warm-Up 6:30 am/7:10 am Split Finals Warm-Up 4:30 pm			Prelims Start 8:00 am Finals Start 5:15 pm		Boys
	Minimum		Age	Distance	Stroke	Minimum		
	LC Meters	Yards				LC Meters	Yards	
7	1:18.39	1:06.79	13-14	100 m	Butterfly	1:15.49	1:04.89	8
7	1:14.09	1:03.49	15 & O	100 m	Butterfly	1:07.29	57.09	8
9	3:18.59	2:49.79	13-14	200 m	Breaststroke	3:11.59	2:44.09	10
9	3:15.99	2:48.59	15 & O	200 m	Breaststroke	3:00.99	2:34.49	10
11	5:19.79	5:52.09y	13-14	400 m	Freestyle***	5:13.99	5:42.09y	12
11	5:11.49	5:37.79y	15 & O	400 m	Freestyle***	4:53.99	5:14.19y	12
13	2:49.09	2:26.19	13-14	200 m	Ind Medley	2:45.29	2:20.59	14
13	2:43.09	2:20.49	15 & O	200 m	Ind Medley	2:30.79	2:07.19	14
15	NTS		13-14	50 m	Backstroke*	NTS		16
15	NTS		15 & O	50 m	Backstroke*	NTS		16
17	NTS	NTS	13-14	400 m	Medley Relay**AM	NTS	NTS	18
19	NTS	NTS	11 & Over	400 m	Medley Relay**AM	NTS	NTS	20
21	NTS	NTS	13-14	200 m	Free Relay** PM	NTS	NTS	22
23	NTS	NTS	11 & Over	200 m	Free Relay** PM	NTS	NTS	24

Like events will be seeded together for prelims and swum separately for finals

**Breaks at the discretion of the referee**

\* NTS Qualifying time for 50s of STROKE! Entrant must be qualified for and entered in at least one (1) individual event.

\*\* All Relays Timed Finals. Relays will be swum in the session indicated.

\*\*\* 400 Freestyle: Swimmers who are in the top 10 of the event may indicate choice of morning or evening session (must be declared by Friday, 8:00 a.m.). The fastest one heat of 13-14 (girls & boys) and fastest one heat of 15 & O (girls & boys) will be swum during finals.

Girls	Friday Timed Finals July 26, 2019		Age	Distance	Stroke	Timed Finals Start 1:15 pm		Boys
	Minimum					Minimum		
	LC Meters	Yards				LC Meters	Yards	
25	3:09.49	2:38.79	11-12	200 m	Backstroke	3:06.49	2:40.29	26
<b>5 min break</b>								
27	47.19	38.69	10 & U	50 m	Butterfly	45.99	40.29	28
29	37.59	31.69	11-12	50 m	Butterfly	38.69	33.09	30
<b>5 min break</b>								
31	3:14.39	2:45.39	10 & U	200 m	Freestyle	3:12.09	2:47.49	32
33	2:43.19	2:18.89	11-12	200 m	Freestyle	2:45.19	2:21.59	34
<b>Awards</b>								
35	1:57.79	1:39.29	10 & U	100 m	Breaststroke	1:57.69	1:41.89	36
37	1:39.29	1:23.69	11-12	100 m	Breaststroke	1:38.49	1:25.49	38
<b>10 min break</b>								
39	NTS	NTS	11-12	400 m	Med Relay	NTS	NTS	40
<b>10 min break</b>								
41	6:48.29	5:52.19	11-12	400 m	Ind Medley	6:39.39	5:46.39	42



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## Event Schedule

Saturday July 31, 2021			Prelims Warm-Up 6:30 am/7:10 am Split Finals Warm-Up 4:30 pm			Prelims Start 8:00 am Finals Start 5:15 pm		
Girls	Minimum		Age	Distance	Stroke	Minimum		Boys
	LC Meters	Yards				LC Meters	Yards	
43	2:28.39	2:08.69	13-14	200 m	Freestyle	2:25.79	2:04.09	44
43	2:22.99	2:03.09	15 & O	200 m	Freestyle	2:13.09	1:53.39	44
45	1:19.19	1:07.29	13-14	100 m	Backstroke	1:17.79	1:05.49	46
45	1:16.09	1:04.09	15 & O	100 m	Backstroke	1:10.09	59.09	44
47	6:17.39	5:20.79	13-14	400 m	Ind Medley**	6:04.69	5:15.29	48
47	6:03.99	5:19.59	15 & O	400 m	Ind Medley**	5:42.69	4:58.39	48
49	30.79	26.89	13-14	50 m	Freestyle	29.49	25.59	50
49	29.79	25.99	15 & O	50 m	Freestyle	26.99	23.39	50
51	NTS		13-14	50 m	Breaststroke*	NTS		52
51	NTS		15 & O	50 m	Breaststroke*	NTS		52
<b>10 min break</b>								
53	12:00.89	13:17.99y	11-12	800 m	Freestyle***			
53	11:01.49	12:19.39y	13-14	800 m	Freestyle***			
53	10:49.89	12:06.09y	15 & O	800 m	Freestyle***			
55	NTS	NTS	13-14	200 m	Medley Relay PM	NTS	NTS	56
57	NTS	NTS	11 & O	200 m	Medley Relay PM	NTS	NTS	58

Like events will be seeded together for prelims and swum separately for finals.

**Breaks (other than listed break) at the discretion of the referee**

**\* NTS Qualifying time for 50s of STROKE! Entrant must be qualified for and entered in at least one (1) individual event.**

**All Relays Timed Finals. Relays will be swum in the session indicated in event list.**

**\*\* 400 IM:** Swimmer who is in the top 10 of the event may indicate choice of morning or evening session (must be declared by Saturday, 8:00 a.m.). Timed Finals – **The fastest one heat of 13-14 (girls & boys) and fastest one heat of 15 & O (girls & boys) will be swum during finals.**

**\*\*\* GIRLS 800:** Positive check-in required by 9:00 a.m. prior to the swim. Will be seeded together, scored separately, swum fastest to slowest – **ALL 11 & O 800 swims in the MORNING.** Swimmers for distance freestyle events (800) must provide two timers and a counter for their own heat/lane.

Saturday Timed Finals July 31, 2021			Warm-Up 12:30 pm			Timed Finals Start 1:15 pm		
Girls	Minimum		Age	Distance	Stroke	Minimum		Boys
	LC Meters	Yards				LC Meters	Yards	
59	NTS	NTS	11-12	200 m	Free Relay	NTS	NTS	60
61	NTS	NTS	10 & U	200 m	Free Relay	NTS	NTS	62
<b>Awards</b>								
63	3:10.19	2:47.89	11-12	200 m	Butterfly	3:07.69	2:43.99	64
<b>Awards</b>								
65	1:27.59	1:13.99	10 & U	100 m	Freestyle	1:30.29	1:15.79	66
67	1:12.89	1:02.79	11-12	100 m	Freestyle	1:15.29	1:04.09	68
<b>5 min break</b>								
69	53.29	44.99	10 & U	50 m	Breaststroke	53.29	46.59	70
71	45.29	38.19	11-12	50 m	Breaststroke	45.39	39.39	72
<b>Awards</b>								
73	3:41.69	3:07.49	10 & U	200 m	Ind Medley	3:40.79	3:12.99	74
75	3:03.99	2:37.89	11-12	200 m	Ind Medley	3:09.29	2:42.29	76
<b>Awards</b>								
77	5:48.69	6:21.09	11-12	400 m	Freestyle	5:48.69	6:25.79y	78



# 2021 Midwestern Long Course Championship

July 29-August 1, 2021

Woods Pool, Lincoln NE

## Event Schedule

Girls	Sunday August 1, 2021		Age	Distance	Stroke	Prelims Start 8:00 am Finals Start 5:15 pm		Boys
	Minimum					Minimum		
	LC Meters	Yards				LC Meters	Yards	
79	2:59.49	2:37.29	13-14	200 m	Butterfly	2:49.19	2:26.99	80
79	2:54.79	2:34.89	15 & O	200 m	Butterfly	2:40.39	2:20.49	80
81	1:07.59	58.59	13-14	100 m	Freestyle	1:05.39	55.89	82
81	1:04.79	56.19	15 & O	100 m	Freestyle	59.09	50.79	82
83	1:31.59	1:17.39	13-14	100 m	Breaststroke	1:28.09	1:14.59	84
83	1:28.99	1:14.29	15 & O	100 m	Breaststroke	1:19.89	1:06.889	84
85	2:52.09	2:25.59	13-14	200 m	Backstroke	2:49.39	2:23.19	86
85	2:46.89	2:23.19	15 & O	200 m	Backstroke	2:36.59	2:12.99	86
87	NTS		13-14	50 m	Butterfly*	NTS		88
87	NTS		15 & O	50 m	Butterfly*	NTS		88
89	NTS	NTS	13-14	400 m	Free Relay PM**	NTS	NTS	90
91	NTS	NTS	11 & O	400 m	Free Relay PM**	NTS	NTS	92
<b>10 min break</b>								
			11-12	1500 m	Freestyle***	22:36.39	21:55.09y	94
			13-14	1500 m	Freestyle***	20:16.59	19:35.89y	94
			15 & O	1500 m	Freestyle***	19:26.79	19:00.39y	94

Breaks (other than listed breaks) at the discretion of the referee

\* NTS Qualifying time for 50s of STROKE! Entrant must be qualified for and entered in at least one (1) individual event.

\*\* All heats of the 400 Free Relay will be swum in the FINALS session. 13-14 Boys and 11 & O Boys after all girls relays.

\*\*\* **BOYS 1500 Freestyle:** Positive check-in required by 9:00 a.m. prior to the swim. Will be seeded together, scored separately, swum fastest to slowest - **ALL 11 & O 1500 swims in the MORNING.** Swimmers for distance freestyle events (1500) must provide two timers and a counter for their own heat/lane.

Girls	Sunday Timed Finals August 1, 2021		Age	Distance	Stroke	Warm-Up 12:30 pm Timed Finals Start 1:15 pm		Boys
	Minimum					Minimum		
	LC Meters	Yards				LC Meters	Yards	
95	NTS	NTS	11-12	200 m	Medley Relay	NTS	NTS	96
97	NTS	NTS	10 & U	200 m	Medley Relay	NTS	NTS	98
<b>Awards</b>								
99	3:35.69	3:03.29	11-12	200 m	Breaststroke	3:28.69	3:00.99	100
<b>Awards</b>								
101	1:42.79	1:25.69	10 & U	100 m	Backstroke	1:43.59	1:28.59	102
103	1:25.79	1:12.39	11-12	100 m	Backstroke	1:29.09	1:14.49	104
<b>5 min break</b>								
105	38.49	32.99	10 & U	50 m	Freestyle	39.49	33.69	106
107	32.89	28.69	11-12	50 m	Freestyle	33.49	28.89	108
<b>Awards</b>								
109	1:52.99	1:35.69	10 & U	100 m	Butterfly	1:51.39	1:37.99	110
111	1:28.39	1:14.39	11-12	100 m	Butterfly	1:26.29	1:16.49	112
<b>5 min break</b>								
113	47.39	39.19	10 & U	50 m	Backstroke	49.19	40.39	114
115	39.69	33.59	11-12	50 m	Backstroke	40.89	34.59	116
<b>Awards</b>								
117	NTS	NTS	11-12	400 m	Freestyle Relay	NTS	NTS	118
<b>Awards</b>								





**2021 Midwestern Long Course Championship**  
**July 29-August 1, 2021**  
Woods Pool, Lincoln NE

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

The following information must be provided for sanction.

- a) A statement of the local protocols and requirements:  
At this time there are no local protocols or requirements. Masks are optional. The City of Lincoln is requiring a waiver to be filled out for each participant prior to the meet and turned in at the check-in table at the southwest entrance to the pool venue.
- b) The plan for spectator ingress and egress:  
All participants and spectators will enter from the southwest entrance to the pool venue.
- c) The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc  
At any given time, there will be between 400-600 swimmers, coaches, officials and spectators on deck. The plan for spectator seating will be at this time spread out throughout the large pool deck area. If needed, additional space can be utilized outside of the pool deck area
- d) Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child  
At this time, the plan is to allow parents to at least watch from the turn end of the pool. Coaches only will have access to the sides of the pool for viewing
- e) An attestation statement in which the meet hosts attest that the conduct of the meet will adhere to local jurisdictional guidelines.

In applying for this sanction 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 and Lancaster County.

\_\_\_\_\_ (local city/jurisdiction).

**2021 Midwestern Championship Qualifying Times**  
 Compiled by Jimmy Parmenter 4/9/21 – Minimal Updates 05/19/21

GIRLS						10 & Un	BOYS					
B-Cut SCY	A-Cut SCY	B-Cut SCM	A-Cut SCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut SCM	B-Cut SCM	A-Cut SCY	B-Cut SCY
34.97	32.99	38.82	36.99	39.62	38.49	<b>50 Freestyle</b>	39.49	40.49	37.40	39.66	33.69	35.73
1:17.32	1:13.99	1:25.83	1:22.13	1:28.59	1:27.59	<b>100 Freestyle</b>	1:30.29	1:31.75	1:24.13	1:30.15	1:15.79	1:21.22
2:59.39	2:45.39	3:19.12	3:03.58	3:22.32	3:14.39	<b>200 Freestyle</b>	3:12.09	3:21.32	3:05.91	3:18.12	2:47.49	2:58.49
40.85	39.19	45.34	43.50	48.39	47.39	<b>50 Backstroke</b>	49.19	50.19	44.83	48.26	40.39	43.48
1:36.14	1:25.69	1:46.72	1:35.12	1:47.92	1:42.79	<b>100 Backstroke</b>	1:43.59	1:50.92	1:38.33	1:49.32	1:28.59	1:38.49
48.06	44.99	53.35	49.94	54.35	53.29	<b>50 Breaststroke</b>	53.29	56.16	51.71	55.16	46.59	49.69
1:46.52	1:39.29	1:58.24	1:50.21	2:00.24	1:57.79	<b>100 Breaststroke</b>	1:57.69	2:00.73	1:53.10	1:59.13	1:41.89	1:47.32
40.84	38.69	45.33	42.95	48.19	47.19	<b>50 Butterfly</b>	45.99	52.61	45.42	51.91	40.29	46.77
1:47.29	1:35.69	1:59.09	1:46.22	2:00.49	1:52.99	<b>100 Butterfly</b>	1:51.39	1:57.55	1:50.37	1:55.95	1:37.99	1:44.46
1:30.50	1:25.19	1:40.46	1:34.56			<b>100 IM</b>			1:37.89	1:45.62	1:28.19	1:35.15
3:14.78	3:07.49	3:36.21	3:28.11	3:42.69	3:41.69	<b>200 IM</b>	3:40.79	3:52.07	3:34.22	3:48.87	3:12.99	3:26.19

GIRLS						11-12	BOYS					
B-Cut SCY	A-Cut SCY	B-Cut SCM	A-Cut SCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut SCM	B-Cut SCM	A-Cut SCY	B-Cut SCY
29.63	28.69	32.89	31.85	33.69	32.89	<b>50 Freestyle</b>	33.49	34.49	32.87	33.82	28.89	29.57
1:06.31	1:02.79	1:13.60	1:09.70	1:15.20	1:12.89	<b>100 Freestyle</b>	1:15.29	1:16.29	1:11.14	1:13.83	1:04.09	1:06.51
2:23.17	2:18.89	2:38.92	2:34.17	2:44.19	2:43.19	<b>200 Freestyle</b>	2:45.19	2:48.56	2:37.16	2:45.36	2:21.59	2:28.97
No B	6:21.09	No B	5:33.72	No B	5:48.69	<b>500 Freestyle</b>	5:48.69	No B	5:37.92	No B	6:25.79	No B
No B	13:17.99	No B	11:39.41	No B	12:09.89	<b>1000 Freestyle</b>	11:49.99	No B	10:20.87	No B	13:11.59	No B
No B	22:27.09	No B	22:30.03	No B	23:00.19	<b>1650 Freestyle</b>	22:36.39	No B	22:39.52	No B	21:55.09	No B
36.22	33.59	40.20	37.28	40.80	39.69	<b>50 Backstroke</b>	40.89	41.89	38.39	39.65	34.59	35.72
1:17.27	1:12.39	1:25.77	1:20.35	1:26.97	1:25.79	<b>100 Backstroke</b>	1:29.09	1:30.09	1:22.68	1:25.97	1:14.49	1:17.45
2:42.10	2:38.79	2:59.93	2:56.26	3:10.49	3:09.49	<b>200 Backstroke</b>	3:06.49	3:07.49	2:57.92	3:02.21	2:40.29	2:44.15
41.01	38.19	45.52	42.39	46.52	45.29	<b>50 Breaststroke</b>	45.39	47.58	43.72	46.58	39.39	41.96
1:29.73	1:23.59	1:39.60	1:32.78	1:41.60	1:39.29	<b>100 Breaststroke</b>	1:38.49	1:47.89	1:34.89	1:45.89	1:25.49	1:35.40
3:10.61	3:03.29	3:31.58	3:23.45	3:36.69	3:35.69	<b>200 Breaststroke</b>	3:28.69	3:37.53	3:24.90	3:33.53	3:00.99	3:12.37
34.11	31.69	37.86	35.18	38.56	37.59	<b>50 Butterfly</b>	38.69	39.69	36.73	37.76	33.09	34.02
1:18.07	1:14.39	1:26.66	1:22.57	1:29.39	1:28.39	<b>100 Butterfly</b>	1:26.29	1:34.97	1:24.90	1:33.57	1:16.49	1:24.30
2:51.89	2:47.89	3:10.80	3:06.36	3:14.00	3:10.19	<b>200 Butterfly</b>	3:07.69	3:09.27	3:02.03	3:06.47	2:43.99	2:47.99
1:15.30	1:12.39	1:23.58	1:20.35			<b>100 IM</b>			1:22.91	1:26.27	1:14.69	1:17.72
2:44.97	2:37.89	3:03.12	2:55.26	3:04.99	3:03.99	<b>200 IM</b>	3:09.29	3:10.24	2:59.92	3:07.04	2:42.09	2:48.50
No B	5:52.19	No B	6:30.93	No B	6:48.29	<b>400 IM</b>	6:39.39	No B	6:24.49	No B	5:46.39	No B

**2021 Midwestern Championship Qualifying Times**

**GIRLS**

**13-14**

**BOYS**

B-Cut SCY	A-Cut SCY	B-Cut SCM	A-Cut SCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut SCM	B-Cut SCM	A-Cut SCY	B-Cut SCY
28.39	26.89	31.51	29.85	32.31	30.69	<b>50 Freestyle</b>	29.49	29.76	29.20	30.20	25.59	26.09
1:00.59	58.59	1:07.25	1:05.03	1:08.85	1:07.59	<b>100 Freestyle</b>	1:05.39	1:06.39	1:02.04	1:03.15	55.89	56.89
2:11.69	2:08.69	2:26.18	2:22.85	2:29.38	2:28.39	<b>200 Freestyle</b>	2:25.79	2:26.79	2:17.41	2:19.07	2:03.79	2:05.29
No B	5:52.09	No B	5:07.84	No B	5:19.79	<b>500 Freestyle</b>	5:13.99	No B	4:58.92	No B	5:42.09	No B
No B	12:19.39	No B	10:47.11	No B	11:01.49	<b>1000 Freestyle</b>	10:38.49	No B	10:14.35	No B	11:42.69	No B
No B	20:37.49	No B	18:11.66	No B	21:05.69	<b>1650 Freestyle</b>	20:16.59	No B	17:16.68	No B	19:35.89	No B
1:09.29	1:07.29	1:16.91	1:14.69	1:20.19	1:19.19	<b>100 Backstroke</b>	1:17.79	1:18.79	1:12.47	1:13.58	1:05.29	1:06.29
2:28.69	2:25.69	2:45.05	2:41.72	2:53.09	2:52.09	<b>200 Backstroke</b>	2:49.39	2:50.39	2:38.94	2:40.61	2:23.19	2:24.69
1:19.39	1:17.39	1:28.12	1:25.90	1:32.59	1:31.59	<b>100 Breaststroke</b>	1:28.09	1:29.90	1:22.79	1:23.90	1:14.59	1:15.59
2:52.79	2:49.79	3:11.80	3:08.47	3:19.59	3:18.59	<b>200 Breaststroke</b>	3:11.59	3:12.59	3:02.14	3:03.80	2:44.09	2:45.59
1:08.79	1:06.79	1:16.36	1:14.14	1:19.39	1:18.39	<b>100 Butterfly</b>	1:15.49	1:16.49	1:12.03	1:13.14	1:04.89	1:05.89
2:40.29	2:37.29	2:57.92	2:54.59	3:00.72	2:59.49	<b>200 Butterfly</b>	2:49.19	2:50.19	2:43.16	2:44.82	2:26.99	2:28.49
2:29.19	2:26.19	2:45.60	2:42.27	2:50.09	2:49.09	<b>200 IM</b>	2:45.29	2:46.29	2:36.05	2:37.72	2:20.59	2:22.09
No B	5:20.79	No B	5:56.08	No B	6:17.39	<b>400 IM</b>	6:04.69	No B	5:49.97	No B	5:15.29	No B

**15 and Over**

B-Cut SCY	A-Cut SCY	B-Cut SCM	A-Cut SCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut SCM	B-Cut SCM	A-Cut SCY	B-Cut SCY
26.59	25.99	30.51	29.65	30.31	29.79	<b>50 Freestyle</b>	26.99	27.88	25.85	27.08	23.29	24.40
57.96	56.19	1:04.34	1:03.97	1:05.94	1:04.79	<b>100 Freestyle</b>	59.09	1:01.07	56.38	59.47	50.79	53.58
2:07.76	2:03.09	2:21.81	2:16.63	2:25.01	2:22.99	<b>200 Freestyle</b>	2:13.09	2:16.10	2:08.73	2:12.90	1:53.09	1:59.73
5:46.15	5:37.79	5:02.54	4:55.08	5:12.49	5:11.49	<b>500 Freestyle</b>	4:53.99	4:54.99	4:34.01	4:43.16	5:14.19	5:24.44
No B	12:06.09	No B	10:35.24	No B	10:49.89	<b>1000 Freestyle</b>	10:13.09	No B	9:52.22	No B	11:17.89	No B
No B	20:11.49	No B	20:11.72	No B	20:50.99	<b>1650 Freestyle</b>	19:26.79	No B	18:59.20	No B	19:00.39	No B
1:06.09	1:04.09	1:13.36	1:12.34	1:17.09	1:16.09	<b>100 Backstroke</b>	1:10.09	1:11.29	1:05.37	1:10.09	58.89	1:03.14
2:30.14	2:23.19	2:46.66	2:38.94	2:49.06	2:46.89	<b>200 Backstroke</b>	2:36.59	2:37.59	2:27.62	2:33.24	2:12.99	2:18.05
1:16.65	1:14.29	1:25.08	1:24.46	1:29.99	1:28.99	<b>100 Breaststroke</b>	1:19.89	1:20.09	1:14.25	1:18.09	1:06.89	1:10.35
2:51.56	2:48.59	3:10.43	3:07.13	3:16.99	3:15.99	<b>200 Breaststroke</b>	3:00.99	3:04.55	2:51.48	3:00.55	2:34.49	2:42.66
1:07.13	1:03.49	1:14.51	1:10.47	1:15.91	1:14.09	<b>100 Butterfly</b>	1:07.29	1:11.87	1:04.77	1:10.47	57.09	1:01.83
2:56.37	2:34.89	3:15.77	2:51.93	3:18.57	2:54.79	<b>200 Butterfly</b>	2:40.39	2:53.15	2:35.94	2:50.35	2:20.49	2:33.47
2:24.32	2:20.49	2:40.20	2:35.94	2:44.09	2:43.09	<b>200 IM</b>	2:30.79	2:31.79	2:21.18	2:25.05	2:07.19	2:10.68
5:24.17	5:19.59	5:59.83	5:54.74	6:06.23	6:03.99	<b>400 IM</b>	5:42.69	5:53.15	5:31.21	5:46.75	4:58.39	5:12.39

**WARNING OF RISK, WAIVER, AND RELEASE OF ALL CLAIMS**

**Participant Obligations.** Participant (player, member, coach, official or other participant) agrees to comply with all federal, state, and municipal laws, rules and regulations, health and safety guidelines, Directed Health Measures, and protocols. The likelihood of injury or illness may be reduced by adherence to safety rules or procedures. Participant agrees to conduct the activity in a safe and professional manner at all times.

**Assumption of Risk and Release of Claims.** Participant is fully aware and understand the specific risks associated with this activity, including physical injury, sickness and disease **including COVID-19 or novel coronavirus**, and death, and that this activity may be hazardous to the Participant. The COVID-19 coronavirus has been declared a worldwide pandemic by the World Health Organization, is extremely contagious and is believed to spread mainly from person-to-person contact. Participant agrees to assume and accept the full risks associated with this activity without limitation, or in the alternative waives all rights to notice of risks associated with this activity and any activities connected or associated with this activity, including any loss or damage to clothing and/or personal equipment; any mental and/or physical injuries, including illness, permanent and/or partial disability; severe social and/or economic loss; attorney’s fees; and/or any other damages or loss which may result not only from actions, inactions or negligence of Participant, or of others, or in the condition of the premises or of any equipment used. Participant agrees to waive and relinquish all claims Participant may have as a result of or related to the activity against the City of Lincoln and their officials, officers, agents, and employees. Participant further assumes all the foregoing risks and accepts personal responsibility for all costs associated with the risks or injuries that Participant incurs or causes.

**Indemnification.** To the fullest extent permitted by law, Participant shall indemnify, covenant not to sue, defend, release, and hold forever harmless City of Lincoln or their officers, agents, and employees from and against claims, damages, losses, and expenses, including but not limited to attorney’s fees, arising out of or resulting from this activity, that results in any claim for damage whatsoever, including without limitation, any bodily injury, sickness and disease **including COVID-19 or novel coronavirus**, death, or any injury to or destruction of tangible or intangible property, including any loss of use resulting therefrom that is caused in whole or in part by the intentional or negligent act or omission associated therewith. This shall not require Participant to indemnify or hold harmless City for any losses, claims, damages, and expenses arising out of or resulting from the sole negligence of the City. City does not waive its governmental immunity and defenses. This obligation shall not be terminated at the conclusion of the activity.

**Effect of Waiver and Release.** This Warning of Risk, Waiver, and Release of All Claims shall be construed and enforced in accordance with the laws of the State of Nebraska; contains the entire understanding of the parties superseding any prior negotiations; shall be read as broadly and inclusively as permitted by law; and in the event any provision is rendered invalid, the remainder shall still remain valid and enforceable to the fullest extent of the law.

**Acknowledgment and Capacity.** In consideration for participation in the activity, the undersigned hereby acknowledges and represents unqualified authority to execute the same on their own behalf. Parent/Guardian of the Participant who sign (if applicable) agree that by signing below they are in addition to binding themselves *and* binding any minor Participant on whose behalf they have signed, to the maximum extent permitted by applicable law as provided herein. The undersigned has read, fully understood, and freely agrees to this Warning of Risk, Waiver, and Release of All Claims.

Participant Name (Player, Coach, Official or Other Participant): \_\_\_\_\_

Participant Signature (if Participant is not a minor): \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent/Guardian Signature (if Participant is minor): \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of Parent/Guardian: \_\_\_\_\_ Age of Participant: \_\_\_\_\_