

Lincoln Select “Winterfest”

January 29-30, 2022

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming.
Sanction #MWS22006
- 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 Northeast High School, 2635 North 63rd Street Lincoln, Nebraska 68507
Pool entrance is north of main entrance facing East. Door #38 off of 63rd street.
- POOL**
- 8 Lane, 25 yard pool. WaveEater2 lane ropes; Daktronics 2000 timing system with touch pads. Water depth of 3.5ft at 1M, 4ft at 5M from turn end. Depth of 13ft at 1M, 12.5ft at 5M from start end. USA-S Rule 202.3.4.
 - Pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:**
- FACE COVERINGS. All persons in an LPS facility shall wear a face covering at all times. Coaches, spectators, athletes, officials, school staff members will all wear masks. The face covering shall cover the person’s mouth and nose. Face shields are not allowed as a replacement for a face covering. All swim meet participants will wear cloth face coverings per district policy. This requirement applies to all swimmers, coaches, volunteers, meet officials, family, spectators and anyone else present in or at an LPS facility. Swimming participants are allowed to remove their face coverings while engaged in exercise or while swimming. (This will change if the LPS Policy changes.)
 - LSS reserves 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.
 - 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.

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SCHEDULE:		AM Warm-up	Start	PM Warm-up	Start
	Saturday			12:30 a.m.	1:30 p.m.
	Sunday	7:30 a.m.	8:30 a.m.	12:30 p.m.	1:00 p.m.
MEET DIRECTOR:	Uriah Reiners Email: uriahreiners@gmail.com , 402-540-0158 (No calls after 9:00 pm) 1521 Sawyer Court, Lincoln, NE 68505				
OFFICIALS:	Referee: Brian Hoelsing Admin Official: Kevin Damke Meet Marshall: Kayla Kontras, Aaron Kassebaum				
MEET FORMAT:	Timed Final, no time standards.				
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.				
RULES:	Current USA Swimming Rules and Midwestern Rules will govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPPP, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.				
CREDENTIALS:	<ul style="list-style-type: none"> • Presentation of current coach 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 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:	<ul style="list-style-type: none"> • All swimmers, coaches, and clubs must be currently registered with USA Swimming. • Age of swimmer on January 29, 2022 determines age for the entire meet. • NO late entries or deck entries. • 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. • 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:	<ul style="list-style-type: none"> • Swimmers may enter a maximum of 3 individual events on Saturday and 5 individual events on Sunday and 1 relay. Time trials will not be offered. • 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. 				
ENTRY FEES:	Individual events	\$4.00			
	Relays	\$6.00			
	Surcharge	\$14.50 per swimmer (\$6.50 Midwestern fee plus \$8.00 meet surcharge)			
ENTRY PROCEDURE:	<ul style="list-style-type: none"> • Entries should be submitted in electronic format (meet entry file with hard copy). • A check for the total amount due must accompany the entries. Make checks payable to LSS. 				
ENTRY DEADLINE:	<ul style="list-style-type: none"> • Entries will be accepted starting Monday, January 9, 2022 at 8:00 am and close Wednesday, January 19, 2022 at 8:00 pm. If you desire confirmation of receipt of entries, enclose a SASE or request an e-mail receipt. • No Late Entries. No Deck Registration • No Refunds. 				

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- MAIL ENTRIES TO:** Uriah Reiners Email: uriahreiners@gmail.com
1521 Sawyer Court Lincoln, NE 68505
- CONDUCT OF MEET:**
- Exhibition swims will be permitted.
 - All events are timed finals.
 - Meet will be pre-seeded.
 - Events will all be swum FASTEST to SLOWEST.
 - The official Meet Program will indicate swimmer’s heat and lane.
 - The 500 freestyles will be deck seeded and require positive check in. These events will be swum fastest heats to slowest, alternating girls and boys heats. The 500 freestyles may have limited heats to adhere to the 4 hour rule. Swimmers in these events must provide their own timers.
 - Fly over starts may be used at the discretion of the meet referee and meet director.
 - 11 & Over events will be placed as 11-12 and 13 & Over.
- 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.
 - Teams may be assigned lanes for warm-ups. MWS Safety Guidelines and warm-up procedures will be in effect. Warm ups may be split in the AM sessions depending on the size of the meet. The diving well will be available for warming up and warming down during the meet.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
 - Each team must provide an adult with non-athlete USA Swimming registration to supervise the team in the team area at all times.
 - **Only registered coaches, swimmers, officials and meet volunteers 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
 - Heat winner awards
 - Awards will be given to coaches at the conclusion of the meet. Awards will not be mailed.
- FINAL RESULTS:**
- Results will be posted on the Midwestern Website. www.mwswim.org within 48 hours of meet conclusion.
- TIMERS AND JUDGES:**
- Each participating club may be requested to provide 2 volunteer timers during various sessions of the meet.
 - Teams are welcome and encouraged to volunteer as certified stroke and turn judges. Interested teams should contact the Meet Director to make arrangements.
- 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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Event Schedule

Saturday Afternoon January 29, 2022

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

Girls	Age/Event	Boys
1	12 & U 100 IM	2
3	11 & O 400 IM	4
5	8 & U 25 Free	6
7	12 & U 100 Free	8
9	13 & O 100 Free	10
11	12 & U 50 Breast	12
13	11 & O 200 Breast	14
15	8 & U 25 Back	16
17	12 & U 100 Fly	18
19	13 & O 100 Fly	20
21	12 & U 50 Back	22
23	11 & O 200 Back	24
25	12 & U 200 Free	26
27	13 & O 200 Free	28

Sunday Morning January 30, 2022

Warm-ups start at 7:30 AM Meet starts at 8:30 AM

Girls	Age/Event	Boys
29	11-12 100 Breast	30
31	13 & O 100 Breast	32
33	11-12 50 Fly	34
35	11 & O 200 Fly	36
37	11-12 200 IM	38
39	13 & O 200 IM	40
41	11-12 50 Free	42
43	13 & O 50 Free	44
45	11-12 100 Back	46
47	13 & O 100 Back	48
49	11 & O 500 Free*	50

Sunday Afternoon January 30, 2022

Warm-ups start at 12:30 PM Meet starts at 1:00 PM

Girls	Age/Event	Boys
51	10 & U 100 Back	52
53	8 & U 25 Fly	54
55	10&U 200 IM	56
57	8 & U 25 Breast	58
59	9-10 50 Fly	60
61	8 & U 50 Free	62
63	9-10 50 Free	64
65	8 & U 50 Fly	66
67	10 & U 100 Breast	68
69	10 & U 200 Fr Relay	70
	--5 Min Break--	
71	*10&U 500 Free	72

ALL Events swum FASTEST to SLOWEST.

*Events swum fastest to slowest, alternating girls and boys, positive check in required.