

# Sarpy County Swim Club



Midwestern Swimming Short Course Championships  
Bob Devaney Sports Center  
1600 Court Street, Lincoln, NE  
March 22-24, 2019

- Host:** LSS - Lincoln Select Swimming  
[Event Page on team website](#) – meet flyer, entry report and other information is available here.
- Meet format:** Short Course Yards. Minimum time standards are set at qualifying times for MW short course championship meet. Prelims/Finals for most 13 & O events. Longer 13&O events are Timed Finals. All 12&U events are Timed Finals.
- Relays:** Relay assignments will be given out by the coaches. If your swimmer is unavailable for any reason, please let a coach know asap so that an alternate can be contacted. Relays may be adjusted at the meet.
- SCRATCHES:** Please inform a coach if your swimmer does not intend to swim an event in which he/she is entered! If your swimmer qualifies for finals but does not intend to swim, please let a coach know so he/she can scratch your swimmer. **There is a penalty for no shows at finals.** Do not leave the pool from prelims until you know whether your swimmer has qualified for finals or not.

## Warm up information

	<u>Sessions</u>	<u>Format</u>	<u>Warm-Ups</u>	<u>Competition</u>
1	Fri AM prelims	13&O	3 <sup>rd</sup> warm up, 7:54-8:21 AM, Lane 8	8:30 AM
2	Fri afternoon	12&U	2 <sup>nd</sup> warm up, 12:55-1:20 PM. Lanes 5-6	1:30 PM
3	Fri finals	13&O	4:30 PM, Open	5:15 PM
4	Sat AM prelims	13&O	2 <sup>nd</sup> warm up, 7:27-7:54 AM, Lanes 6-7	8:30 AM
5	Sat afternoon	12&U	2 <sup>nd</sup> warm up, 12:55-1:20 PM, Lanes 5-6	1:30 PM
6	Sat finals	13&O	4:30 PM, Open	5:15 PM
7	Sun prelims	13&O	1 <sup>st</sup> warm up, 6:45-7:07 AM, Lanes 9-10	8:00 AM
8	Sun afternoon	12&U	2 <sup>nd</sup> warm up, 12:55-1:20 PM, Lanes 1-2	1:30 PM
9	Sun finals	13&O	4:30 PM, Open	5:15 PM

\*\* Order of events at the bottom of document

- Timing:** Since this is a MW Swimming championship meet, we must provide timers for AM prelims and afternoon prelims/timed finals sessions. The host team is providing all timers for the Finals sessions at night. A job sign up is available on the team website. Please sign up for a timing slot if you have a swimmer in the meet. **If you have a swimmer in the 1000 or 1650, please plan to bring 2 timers and counter for your swimmer!**
- Parking:** All cars will be required to pay a parking fee, typically \$5. Parking is located off N Antelope Valley Pkwy (continuation of 14<sup>th</sup> St.) on the North side of the Devaney Center. You should be able to leave and re-enter within the same day.
- Pool environment:** Indoor, 10-lane, 25-yard pool. A separate warm down pool (diving well) is available. Colorado timing system with touch pads, scoreboard, anti-turbulent lane lines and sound system.
- Fees for spectators:** No facility entrance or admissions fee. Heat sheets will be available at the pool. Expect \$10 or so for the meet program. *Please note that preliminaries for 13 & over swimmers will not be pre-seeded, so heat sheets will not be available until shortly before each session begins. On Friday morning, heat sheets will be available at approximately 8:15 am.*
- Swimmer seating**
- Team area:** There is room on deck for swimmers between events. SCSC usually sits near the diving well at the starting end of the pool.
- Spectator seating:** There is a spectator seating area for 500 people inside the pool area.
- Concessions:** The Devaney concessions stand will probably be open during the meet. They offer typical sports arena food and drink.
- Swim gear for sale:** There is usually a vendor at the meet, located in a hallway somewhere near the pool entrance or in the track area.
- Parent access to pool deck and locker room:** Parents will not be allowed on deck or in the locker rooms at this meet. Your swimmer can come up to see you in the spectator seating area.
- Emergency Coach Contact:** If your child is sick or something comes up at the last minute preventing your athlete from attending the meet, please email your child's coach. Email addresses can be found on the team website under "[Coaches](#)" at the top left corner of the home page.
- Packing list:** **Shoes/sandals to walk in the hallway.** The Devaney folks are sticklers about not allowing kids to go out of the pool area without shoes on! Bleacher chairs, extra goggles, extra swim cap
- Map to pool link:** [Click here for map on team website](#)

## Order of events:

### FRIDAY MORNING

Girls	Friday March 22, 2019		Prelims Warm-Up 7:00 a.m./7:40 a.m. Split Finals Warm-Up 4:30 p.m.			Prelims Start 8:30 a.m. Finals Start 5:15 p.m.		Boys
	Minimum		Age	Distance	Stroke	Minimum		
	Yards	LC Meters				LC Meters	Yards	
1	5:21.69	6:17.39	13-14	400 y	Ind Medley***	6:04.69	5:15.29	2
1	5:20.59	6:04.39	15 & O	400 y	Ind Medley***	5:42.69	4:58.39	2
3	1:17.69	1:31.59	13-14	100 y	Breaststroke	1:28.09	1:14.79	4
3	1:14.69	1:29.29	15 & O	100 v	Breaststroke	1:20.39	1:06.99	4
5	2:09.19	2:28.79	13-14	200 v	Freestyle	2:25.79	2:04.09	6
5	2:03.49	2:23.19	15 & O	200 y	Freestyle	2:13.39	1:53.39	6
7	1:06.79	1:18.39	13-14	100 v	Butterfly	1:15.49	1:05.29	8
7	1:03.79	1:14.49	15 & O	100 y	Butterfly	1:07.49	57.39	8
9	1:07.59		13-14	50 y	Backstroke		1:05.49	10
9	1:04.29		15 & O	50 y	Backstroke		59.09	10
11	13:17.99	12:00.89	11-12	1000 y	Freestyle**	11:49.99	13:11.59	12
11	12:19.39	11:01.49	13-14	1000 v	Freestyle**	10:38.49	11:42.69	12
11	12:06.09	10:49.89	15 & O	1000 y	Freestyle**	10:13.09	11:17.89	12
13	NTS	NTS	13-14	400 v	Medley Relay* PM	NTS	NTS	14
15	NTS	NTS	11 & Over	400 y	Medley Relay* PM	NTS	NTS	16

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

Breaks at the discretion of the referee

**50s of stroke qualifying time is the qualifying time for the 100 of the stroke, Short Course Yards ONLY.**

\*\*\*The 400 IM is a timed final; the fastest one heat of 13-14 and fastest one heat of 15 & O will swim AFTER the 100 Butterfly in the Finals Session.

\* All Relays Timed Finals. The 400 y Medley Relay will swim in the EVENING Session. Positive check-in required by 7:15 am Friday; cards due 5:30 p.m. (Relays will be swum in the session indicated.)

\*\* 1000: Positive check-in required by 7:15 a.m. Will be seeded together, scored separately, swum fastest to slowest, alternating girls and boys – ALL 11 & O 1000 SWIMS IN THE MORNING. Swimmers for 1000 must provide two timers and a counter for their own heat/lane.

**Order for Finals: 3-4, 5-6, 7-8, 1-2, 9-10, 13-16.**

### FRIDAY AFTERNOON

Girls	Friday Timed Finals March 22, 2019		Age	Distance	Stroke	Timed Finals Start 1:30 p.m.		Boys
	Minimum					Minimum		
	Yards	LC Meters				LC Meters	Yards	
17	2:39.19	3:09.49	11-12	200 y	Backstroke	3:06.59	2:40.29	18
19	38.69	47.19	10 & U	50 y	Butterfly	45.99	40.29	20
21	31.69	37.59	11-12	50 v	Butterfly	38.69	33.19	22
23	1:25.19		10 & U	100 y	IM		1:28.19	24
25	1:12.69		11-12	100 y	IM		1:14.89	26
27	2:45.39	3:14.39	10 & U	200 v	Freestyle	3:12.09	2:47.49	28
29	28.79	32.89	11-12	50 y	Freestyle	33.49	28.99	30
31	1:39.29	1:57.79	10 & U	100 y	Breaststroke	1:57.69	1:41.89	32
33	1:23.69	1:39.29	11-12	100 y	Breaststroke	1:38.49	1:25.49	34
35	5:52.19	6:48.29	11-12	400 y	IM	6:39.39	5:46.39	36
37	NTS	NTS	11-12	400 y	Medley Relay	NTS	NTS	38

## SATURDAY MORNING

Girls	Saturday March 23, 2019		Prelims Warm-Up 7:00 a.m./7:40 a.m. Split Finals Warm-Up 4:30 p.m.			Prelims Start 8:30 a.m. Finals Start 5:15 p.m.		Boys
	Minimum		Age	Distance	Stroke	Minimum		
	Yards	LC Meters				LC Meters	Yards	
39	2:26.39	2:49.09	13-14	200 y	Ind Medley	2:45.29	2:21.19	40
39	2:20.89	2:43.49	15 & O	200 y	Ind Medley	2:30.79	2:07.69	40
41	26.99	30.79	13-14	50 y	Freestyle	29.69	25.59	42
43	25.99	29.79	15 & O	50 y	Freestyle	27.09	23.39	44
45	2:37.39	2:59.49	13-14	200 y	Butterfly	2:49.19	2:26.99	46
45	2:34.89	2:54.79	15 & O	200 y	Butterfly	2:40.39	2:20.49	46
47	1:07.59	1:19.19	13-14	100 y	Backstroke	1:17.79	1:05.49	48
47	1:04.29	1:16.39	15 & O	100 y	Backstroke	1:10.09	59.09	48
49	1:17.69		13-14	50 y	Breaststroke		1:14.79	50
49	1:14.69		15 & O	50 y	Breaststroke		1:06.99	50
51	5:52.39	5:21.39	13-14	500 y	Freestyle**	5:13.99	5:44.39	52
51	5:38.89	5:11.49	15 & O	500 y	Freestyle**	4:54.79	5:15.69	52
53	NTS		13-14	800 y	Free Relay***AM		NTS	54
55	NTS		11 & O	800 y	Free Relay***AM		NTS	56
57	NTS		13-14	200 y	Free Relay*PM		NTS	58
59	NTS		11 & O	200 y	Free Relay*PM		NTS	60

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

Breaks at the discretion of the referee

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\*\* 500 Freestyle: Positive check-in required by Friday at 7:15 p.m. Timed Finals – the fastest one heat of 13-14 and fastest one heat of 15 & O will swim in the Finals Session. AM swimmers will be seeded together, scored separately.

\* Swum in the evening session. Positive check-in on 200 Free Relay required by 7:00 p.m. Friday. (cards due by 5:30 p.m. Saturday)

\*\*\* The 800 free relay age groups may be combined for seeding/time line purposes. Positive check-in required for this event by 7:15 p.m. Friday (cards due 9:00 a.m. Saturday morning).

Order for Finals: 39-40, 41-42, 43-44, 45-46, 47-48, 51-52, 49-50, 57-60.

## SATURDAY AFTERNOON

Girls	Saturday Timed Finals March 23, 2019		Age	Distance	Stroke	Timed Finals Start 1:30 p.m.		Boys
	Minimum					Minimum		
	Yards	LC Meters				LC Meters	Yards	
61	2:47.89	3:10.19	11-12	200 y	Butterfly	3:07.69	2:43.99	62
63	1:13.99	1:27.59	10 & U	100 y	Freestyle	1:30.29	1:16.09	64
65	1:02.89	1:13.19	11-12	100 y	Freestyle	1:15.29	1:04.29	66
67	39.39	47.19	10 & U	50 y	Backstroke	49.19	40.59	68
69	38.19	45.29	11-12	50 y	Breaststroke	45.39	39.39	70
71	3:07.49	3:41.69	10 & U	200 y	IM	3:40.79	3:12.99	72
73	2:37.89	3:05.99	11-12	200 y	IM	3:09.29	2:42.29	74
75	6:22.99	5:51.99	11-12	500 y	Freestyle	5:48.69	6:27.59	76
77	NTS		10 & U	200 y	Free Relay		NTS	78
79	NTS		11-12	200 y	Free Relay		NTS	80

## SUNDAY MORNING

Girls	Sunday March 24, 2019		Prelims Warm-Up 6:45 a.m./7:20 a.m. Split Finals Warm-Up 4:30 p.m.			Prelims Start 8:00 a.m. Finals Start 5:15 p.m.		Boys
	Minimum		Age	Distance	Stroke	Minimum		
	Yards	LC Meters				LC Meters	Yards	
81	2:26.29	2:52.49	13-14	200 y	Backstroke	2:49.39	2:23.29	82
81	2:23.99	2:46.89	15 & O	200 y	Backstroke	2:36.59	2:13.69	82
83	58.69	1:07.69	13-14	100 y	Freestyle	1:05.39	55.99	84
83	56.19	1:04.99	15 & O	100 y	Freestyle	59.49	50.89	84
85	2:50.59	3:19.19	13-14	200 y	Breaststroke	3:11.59	2:44.69	86
85	2:49.49	3:15.99	15 & O	200 y	Breaststroke	3:01.59	2:34.69	86
87	1:06.79		13-14	50 y	Butterfly		1:05.29	88
87	1:03.79		15 & O	50 y	Butterfly		57.39	88
89	NTS		13-14	200 y	Medley Relay* AM		NTS	90
91	NTS		11 & O	200 y	Medley Relay* AM		NTS	92
93	22:17.09	23:00.19	11-12	1650 y	Freestyle**	22:36.39	21:55.09	94
93	20:37.49	21:05.69	13-14	1650 y	Freestyle**	20:16.59	19:35.89	94
93	20:11.49	20:50.99	15 & O	1650 y	Freestyle**	19:26.79	19:00.39	94
95	NTS		13-14	400 y	Freestyle Relay* PM		NTS	96
97	NTS		11 & O	400 y	Freestyle Relay* PM		NTS	98

Breaks at the discretion of the referee

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\* All Relays Timed Finals. Positive check-in on 200 Medley Relay required by 7:00 p.m. Saturday (cards due by 9:00 a.m. Sunday). Positive check-in on 400 Free Relay required by 7:00 p.m. Saturday. (cards due by 5:30 p.m. Sunday) – **ALL 400 Free Relays in the Sunday PM Session.**

\*\* 1650 Freestyle: Positive check-in required by 9:00 a.m. Sunday. Will be seeded together, scored separately, swum fastest to slowest, alternating girls and boys – **ALL 11 & O 1650 SWIMS IN THE MORNING.** Swimmers for 1650 must provide two timers and a counter for their own heat/lane  
Order for Finals: 81-82, 83-84, 85-86, 87-88, 95-96

## SUNDAY AFTERNOON

Girls	Sunday Timed Finals March 24, 2019		Warm-Up 12:30 p.m.			Timed Finals Start 1:30 p.m.		Boys
	Minimum		Age	Distance	Stroke	Minimum		
	Yards	LC Meters				LC Meters	Yards	
99	NTS		11-12	200 y	Medley Relay		NTS	100
101	NTS		10 & U	200 y	Medley Relay		NTS	102
103	3:03.29	3:35.69	11-12	200 y	Breaststroke	3:28.69	3:00.99	104
105	1:26.09	1:42.79	10 & U	100 y	Backstroke	1:43.59	1:28.59	106
107	1:12.79	1:25.79	11-12	100 y	Backstroke	1:29.09	1:14.69	108
109	32.99	38.49	10 & U	50 y	Freestyle	39.49	33.89	110
111	2:19.79	2:43.19	11-12	200 y	Freestyle	2:45.19	2:22.39	112
113	1:35.69	1:52.99	10 & U	100 y	Butterfly	1:51.39	1:37.99	114
115	1:14.79	1:28.39	11-12	100 y	Butterfly	1:26.29	1:16.49	116
117	44.99	53.29	10 & U	50 y	Breaststroke	53.29	46.59	118
119	33.69	39.69	11-12	50 y	Backstroke	40.89	34.69	120
121	NTS		11-12	400 y	Freestyle Relay		NTS	122