

**Millard Aquatic Club**  
**Senior Finals and Prelim/Finals, November 15-16, 2019**

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming, Inc.  
Sanction #MWS19052  
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.
- LOCATION:** Millard West High School, 5710 S 176<sup>th</sup> Ave, Omaha, NE 68135.  
**Please use the west pool entrance.**  
Pool Phone: (402) 715-6005
- POOL:**
- Pool is eight lanes with anti-wave lane lines, paragon starting blocks, Daktronics 2000 timing system with eight lane readout scoreboard.
  - 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 13' 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" to 4'6". (USA-S Rule 202.3.4.D).
  - Pool has been certified in accordance with 104.2.2C(4).
- FACILITY:**
- Spectator seating for 400.
  - Absolutely no glass containers will be allowed in the building.
  - **M.A.C. 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.
- SCHEDULE:**
- |                          | <b>SENIOR MEET</b>         |                     |
|--------------------------|----------------------------|---------------------|
| Friday, Nov 15           | Session 1 Warm-ups 5:00 PM | Meet starts 6:00 PM |
| Saturday, Nov 16 Prelims | Session 2 Warm-ups 8:00 AM | Meet starts 9:00 AM |
| Saturday, Nov 16 Finals  | Session 3 Warm-ups 5:00 PM | Meet Starts 5:45 PM |
- Morning warm-ups will be split, with 30 min allowed. Early or late warm-ups will be communicated to teams 48 hours prior to the start of the meet.
- MEET DIRECTOR:** David Lammel      Phone: (402) 681-0862      Pool: (402) 715-6005  
E-mail: [dslammel@cox.net](mailto:dslammel@cox.net)
- OFFICIALS:** Referee: Jim Hall      Admin Official: David Lammel  
Safety Marshall: Erica Storms
- MEET FORMAT:** Timed finals; Prelim-Finals Senior Meet with 15-16 BB minimum Qualifying times;
- 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 MWS rules will apply..
- 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 current members of USA Swimming.
  - The age of the swimmer on November 15, 2019 determines his/her age group for the senior meet.
  - Deck entries must show proof of current USA Swimming registration if not already entered in the meet.
  - Entries will be limited to the first 300 swimmers in the senior meet. No teams will be split.
  - 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.
  - Being the host team, all M.A.C. swimmers are eligible for this meet regardless of entry time.

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- EVENT LIMITS:**
- **SENIOR MEET** – swimmers must have achieved the minimum time standard for each event and may compete in a maximum of two (2) events Friday and three (3) events Saturday.
  - 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:**
- |                    |                       |                             |
|--------------------|-----------------------|-----------------------------|
| <b>Senior Meet</b> | Individual events     | \$3.50 TF/\$4.50 P/F        |
|                    | Midwestern Splash Fee | \$6.50                      |
|                    | Facility Fee          | \$4.00 (Total \$10.50 fees) |
- ENTRY PROCEDURES:**
- Entries may be submitted either in electronic format (electronic meet entry file with hard copy) or on a Meet Entry Form.
  - A check for the total amount of entries must accompany all entries.
  - Make checks payable to Millard Aquatic Club. No refunds.
- ENTRY DEADLINE:**
- **Entries will be accepted starting Monday, October 28, 2019 at 8 am and will close Tuesday, November 5, 2019 at 8 pm**
  - 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.
  - Deck entries will be accepted and charged double. New heats will not be created for deck entries.
- ENTRY CHAIR:**
- David Lammel  
 6607 S 172<sup>nd</sup> Ave, Omaha NE 68135  
 (402) 681-0862 Pool: (402) 715-6005  
[dslammel@cox.net](mailto:dslammel@cox.net)
- GENERAL MEET CONDUCT:**
- Fly-over starts may be used.
  - Meet will be pre-seeded.
  - All Timed Final events will be swum **FASTEST to SLOWEST**.
  - Three heats of girls and three heats of boys will swim Finals on Saturday.
  - The 500 Free will be limited to the first 24 girls and the first 24 boys (by date of entry). If event is full, athlete will be given the opportunity to substitute another event. The 500 Free will require positive check-in and will be deck seeded. The event will be swum fastest to slowest, alternating girls and boys heats. Swimmers not positively checked in will be scratched from the event. Swimmers must supply own timers and a lap counter.
  - **The referee and meet director reserve the right to allow a 5-minute swim down after events as needed and time line permits.**
  - **No exhibition swimming; No time trials.**
- 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 to lanes for their respective warm-up assigned time
  - There will be no diving allowed during warm-ups.
  - Morning warm-ups will be split with 30 minutes allowed per warm-up session. Teams will be notified of early or late warm-up. Teams may organize warm-ups within their own lanes.
  - All officials will strictly enforce sit and slide entry rule or one-hand-on-the-wall entry rule.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
  - All teams must provide a responsible adult(s) to supervise swimmers.
  - Only registered coaches, swimmers, and officials will be allowed on deck.
- SCORING:** **SENIOR MEET** – No individual or team scores will be kept.
- AWARDS:** **SENIOR MEET** – No awards
- MEET RESULTS:**
- Results will be available on the Midwestern Swimming Website at [www.mwswim.org](http://www.mwswim.org) within 48 hours after the conclusion of the meet.
- CONCESSIONS:**
- Concessions with seating will be available in the commons area.

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- 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.

**Event Schedule**

<b>Friday, November 15</b>	<b>Warm-ups</b>	<b>5:00 PM</b>	<b>Meet Starts</b>	<b>6:00 PM</b>
<u>Female</u>	<u>Quaifying Time</u>	<u>Event</u>	<u>Quaifying Time</u>	<u>Male</u>
1	2:54.69	200 Breaststroke	2:36.59	2
2	2:34.89	200 Butterfly	2:20.59	4
3	1:04.59	100 Freestyle	58.39	6
4	2:32.39	200 Backstroke	2:19.19	8
9	6:12.09	500 Freestyle*	5:45.99	10

- All Friday evening events will be swum FASTEST to SLOWEST.
- \*The 500 free will be swum FASTEST to SLOWEST, alternating girls and boys. Positive check-in is required. Swimmers not checked in will be scratched. Swimmers must supply own timers and a lap counter.

<b>Saturday, Nov 16</b>	<b>Warm-Ups</b>	<b>8:00 AM</b>	<b>Meet Starts</b>	<b>9:00 AM</b>
<b>Finals</b>	<b>Warm-Ups</b>	<b>5:00 PM</b>	<b>Meet Starts</b>	<b>5:45 PM</b>
11	29.79	50 Freestyle	26.79	12
13	2:36.19	200 I.M.	2:21.79	14
15	1:09.99	100 Butterfly	1:03.39	16
17	1:10.09	100 Backstroke	1:03.49	18
19	1:20.69	100 Breaststroke	1:12.09	20
21	2:19.19	200 Freestyle	2:07.49	22

- Saturday events are Prelim/Final events and will be seeded accordingly.
- Three heats of girls and three heats of boys will swim in finals.