Select Swimming "Capital City Classic-Prelim/Final Meet"
June 9-12, 2021

The plan for this meet is to be a prelim/final format as listed and to host a great meet for our participating athletes. As we get closer to the meet and we understand what Covid restrictions are in place, the meet may need to be altered to stay within the requirements. The plan will be to allow as many athletes as possible to participate in a safe atmosphere. This will be accomplished but the meet could move to a timed final format spaced out in multiple sessions depending on athlete numbers and restrictions as we move closer to the meet.

SANCTION: The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS21023

- 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, City of Lincoln, and Lancaster County.

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 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 PARATICIPATION IN THIS COMPETITION.

LOCATION: Woods Park Pool, S. 33rd & J Street (3200 J St), Lincoln, NE 68510

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 ½" (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.
  - Exception for Thursday and Friday Finals sessions in which the diving well will be used.
- No diving or starts will be permitted in the warm-up/down pool or diving well.

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FACILITY:

- At this time, masks will be required for all swimmers, coaches, volunteers, parents, spectators, etc… If local guidelines change, we will notify attending teams.
- *Spectators-Depending on State and Local guidelines at the time of the meet, spectators may or may not be permitted to attend the meet.*
- Locker rooms and showers available. Concessions will be available for the entire meet(if permitted).
- 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.
- Team tents, personal tents will be allowed in the pool area and are recommended. **Tents will be allowed in pool area at 4:00 pm on Wednesday and can be left up overnight.**
- A vendor will be on site for equipment purchases as well as a custom t shirt vendor(if permitted).
- Lincoln Select Swimming reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
- 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 selectswimming@gmail.com if you need family or gender-neutral changing spaces.
- We are hopeful that spectators will be allowed in the pool area. This decision will not be made until we get closer to the meet.

SCHEDULE *Times below may be adjusted based on swimmer numbers and Covid restrictions.*

Wednesday – Timed Finals	Warm-ups	4:30 pm	Meet Starts	5:15 pm
Thursday, Friday, Saturday Prelims	Warm-ups	6:45/7:20 am	Meet Starts	8:00 am
Thursday, Friday, Saturday, Finals	Warm-ups	SPLIT 5:30 pm	Meet Starts	6:15 pm
Thursday, Friday, Saturday, Prelim/Timed Finals(12 & U)	Warm-ups	1:30 pm	Meet Starts	2:15 pm

MEET DIRECTORS: Louis Balogh Email: selectswimming@gmail.com 402-610-1893 No calls after 9:00 pm
1521 Sawyer Court, Lincoln, NE 68505

OFFICIALS: Meet Referee: Tony Storer tstorernwu@gmail.com 402-429-0350
Admin Official: Kevin Damke
Meet Marshal: Jill Mogensen

MEET FORMAT: Age Groups 11-12, 13-14 & Senior – Time Standards as listed; Timed Finals and Prelims/Finals events; Age Groups 8 & U (NTS), 10 & U (B time standards) – 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 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 membership.
- 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.

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ELIGIBILITY

- All swimmers, coaches and clubs must be currently registered with USA Swimming.
- The age of the swimmer on June 9, 2021 determines the age of the swimmer for the meet.
- Time qualifications - NTS for 8 & U (NTS), NAG B standard for 10 & U (400 free BB standard). Time qualifications for the 11 & O are as listed. Host team reserves the right to enter their swimmers regardless of entry time.
- 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:

- 11 & Over Swimmers-3 events/day and 1 relay. 9 individual events total for the meet.
- 10 & Under Swimmers-max 4 individual events and 1 relay per day, 9 individual total for meet.
- The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & Under swimmers where a 4-hour projected time limit is reached. 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 necessary adjustments.

EVENT FEES:

Individual Events – Prelim/Final Events $6.50, Timed Final Events $4.00
All Relays - $15.00
Surcharge: $16.50 per swimmer ($6.50 Midwestern fee plus $10.00 facility surcharge)

ENTRY PROCEDURE:

- Entries may be submitted either in electronic format (electronic meet entry file with hard copy) or via email for those entering without a club entry.
- A check for the total amount due must accompany the entries. **Make checks payable to LSS.** No Refunds.

ENTRY DEADLINE:

- Entries will not be accepted before 8 am CST, Tuesday, April 27th, 2021. ***DEADLINE FOR RECEIPT OF ENTRIES IS 6:00 pm Friday, May 28th, 2021***. Each entry accepted will be confirmed via a return email receipt. Lincoln Select Swimming has the sole discretion to determine which entries to accept. In exercising this discretion, Lincoln Select Swimming will consider: balance of age groups and gender in entries, level of competition and geographic location. 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 with proof of registration will be accepted for positive check events if time line (4 hour rule) is not exceeded, double fees will be charged.
- Timed final session deck entries will be accepted to fill open heats/lanes only. No additional heats will be added.

ENTRY CHAIR:

Louis Balogh Email: selectswimming@gmail.com
1521 Sawyer Court
Lincoln, NE 68505 402-610-1893 No calls after 9:00 pm

GENERAL MEET CONDUCT:

- All 8 & U and 10 & U events are timed finals.
- Positive check in will be required for all individual events for Wednesday, 800/1500 freestyle events.
- Check in for **Wednesday events** must be complete by 4:45 pm Wednesday.
  Scratch box for **Thursday events** and check in for Thursday relays closes at to 6:00 pm Wednesday evening.
  Scratch box for **Friday events** and check in for Friday relays closes at to 6:00 pm Thursday evening.

Scratch box for **Saturday events** closes at to 6:00 pm Friday evening. Check in sheets and scratch forms will be available at administration desk.

- All sessions will be seeded each day after the scratch box closes.
- Fly-over start procedure may be used at the discretion of the Meet Referee.
- *At the meet director's discretion, chase starts from both ends of the pool may be used.*
- *At the meet director's discretion, two swimmers/lane may be used for 400 free prelims, 800 & 1500 free.* All swimmers on Wednesday night for these events must provide their own timers and counters.
- 11-12 400 free on Wednesday night will be swum fastest to slowest. Swimmers must provide their own timers for these events.
- 11-12 will have one heat of individuals (top 8) in the finals session and all heats of the relays swim in the afternoon.
  13-14 and 15 & O will have two heats of individuals (top 16) and all heats of relays in the finals session. (A & B finals with B-consolation swimming first and then A-finals)
- 11-12 200 back/breaststroke/butterfly events will be timed finals with top 8 seeded swimmers in finals
- 800/1500 free events will be seeded and swum fastest to slowest, alternating heats of each gender. The fastest heat of each event on Saturday will be swum as the first two events during the evening finals session. Swimmers must provide their own timers for these events, except for Sunday finals session.
- **Relays:** Relays are included in meet format but due to Covid restrictions, they may be eliminated. Teams will be notified of any changes prior to the meet start. Relays are timed finals and must be checked in according to the above schedule. All heats of 13-14 and Senior relays will be swum during finals sessions. Each team is limited to an A, B, C relay.
- Order of events for prelims and finals are not necessarily the same. Check heat sheets.
- Midwestern scratch rules P&P 8.5.12 will be governing the meet. Failure to swim a checked in event for the prelim session will result in swimmer not being able to swim their next scheduled event. A swimmer failing to swim in a finals event will be barred from the remainder of the meet. Swimmers not wanting to participate in finals after their preliminary swims will have 30 minutes after the event finish is announced to scratch or declare intention to scratch.
- Each team with 5 or more swimmers in a particular session may be asked to provide timers for either prelims or the afternoon timed final sessions. Timing assignments will be distributed and posted prior to meet start. Host team will provide timers for each finals session and for events 1-2.

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 of their assignments.

TEAM SUPERVISION:

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

SCORING:

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS:

- 12 & Under: Individual events, Medals 1st-4th, Ribbons 5th- 8th
  Relays: Ribbons 1st-3rd.

- High Point Awards: 1st-2nd All age categories: 8&U, 10&U, 11-12, 13-14, Senior (15 & O). Only points scored in each age category will be used to determine high point winners with one exception. The exception will be for points scored in the Senior 800/1500 freestyle events will count towards your age group point totals.

GENERAL INFORMATION:

Complete meet programs will be available ($15.00) which will include tickets for Wednesday night, all seeded morning prelim sessions, afternoon sessions and evening finals heat sheets for the entire weekend. Separate prelim/afternoon sessions ($3.00) and final ($2.00) heat sheets will be sold.

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 advance, written permission from the Meet Director or the Meet Referee to be on deck.

HOTEL INFORMATION

Fairfield Inn
8455 Andermatt Drive
Lincoln, NE 68526
(402) 325-6400
$132/night. Group code: Lincoln Select Swimming

The Graduate(located downtown in Haymarket area-will pay for parking)
141 N. 9th Street
Lincoln, NE 68508
(402) 475-4011
$109/night. Group code: 060821CAP

PARKING

Please see attached parking areas for the meet. There is NO PARKING on the neighborhood streets or in the church parking lot on 33rd street. Teams traveling by bus must communicate with Meet Director for bus parking areas.

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Schedule of Events

Wed Evening — All events Timed Finals

Warm-ups:
Meet Start: 4:30 p.m.
5:15 p.m.

Positive Check-in required for all Wednesday events by 4:45 pm
Scratch box closes at 6:00 pm for Thursday events (morning & afternoon sessions). All Thursday relays must be checked in by this time.

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
1	5:29.09	11-12	400	Freestyle*	5:21.89	2
3	20:10.39	Senior	1500	Freestyle*		
		Senior	800	Freestyle*	10:00.69	4

- Events 1-4 will be seeded and swum fastest to slowest, alternating heats of each gender.
- Host team reserves the right to limit events 1-2 to top 32 swimmers and events 3-4 to the top 32 swimmers.
  *Swimmers must provide their own times for all Wednesday night events.

Schedule of Events

Thurs Morning — **Thurs Finals**

Warm-ups: 6:45/7:20 am split — 5:30 p.m.
Meet Start: 8:00 am — 6:15 p.m.

Scratch box closes at 6:00 pm for Friday events (morning & afternoon sessions). All Friday relays must be checked in by this time.

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
5	2:50.99	13-14	200	Ind Medley	2:40.39	6
5	2:46.39	15 & O	200	Ind Medley	2:32.79	6
7	1:35.49	13-14	100	Breaststroke	1:28.09	8
7	1:33.89	15 & O	100	Breaststroke	1:26.39	8
9	1:22.89	13-14	100	Butterfly	1:16.99	10
9	1:20.39	15 & O	100	Butterfly	1:13.39	10
11	5:14.89	13-14	400	Freestyle	5:02.69	12
11	5:08.89	15 & O	400	Freestyle	4:48.69	12
13	NTS	13-14	200	Medley Relay*	NTS	14
15	NTS	Senior	200	Medley Relay*	NTS	16

- * Timed finals events with all heats competing in finals session.
- Like events swum together for prelims and split by age for finals, 2 heats of 13-14, 2 heats of 15 & over, both girls and boys.
- Thursday night finals will be swum in order: Events 17-18, 5-6, 23-24, 7-8, 29-30, 9-10, 33-34, 11-12, 13-16.

Thursday — **Afternoon Session**

Warm-ups: 1:30 pm
Meet Start: 2:15 pm

Scratch box closes at 6:00 pm for Friday events (morning & afternoon sessions). All Friday relays must be checked in by this time.

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
17	2:44.79	11-12	200	Freestyle*	2:41.79	18
19	3:48.59	10 & U	200	Freestyle	3:34.79	20
21	NTS	8 & U	50	Freestyle	NTS	22
23	42.29	11-12	50	Backstroke*	42.19	24
25	55.99	10 & U	50	Backstroke	56.39	26
27	NTS	8 & U	50	Backstroke	NTS	28
29	39.39	11-12	50	Butterfly*	39.59	30
31	55.09	10 & U	50	Butterfly	52.89	32
33	3:32.59	11-12	200	Breaststroke**	3:29.49	34
35	2:17.49	10 & U	100	Breaststroke	2:13.59	36
37	NTS	11-12	200	Free Relay	NTS	38
39	NTS	10 & U	200	Free Relay	NTS	40

- All 10 & Under events are timed finals
- * Prelim/Finals – one (1) heat in evening finals, both girls and boys.
- ** Timed finals event with top 8 seeded swimmers (both boys and girls) competing in finals session.

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Schedule of Events

Friday Morning
Warm-ups: 6:45/7:20 am split
Meet Start: 8:00 am

Friday Finals
5:30 p.m.
6:15 p.m.

Scratch box closes at 6:00 pm for Saturday events (morning & afternoon sessions). Positive check required at this time for 800/1500 freestyle events

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
41	2:48.59	13-14	200	Backstroke	2:40.79	42
41	2:46.99	15 & O	200	Backstroke	2:32.89	42
43	2:34.19	13-14	200	Freestyle	2:25.99	44
43	2:30.19	15 & O	200	Freestyle	2:20.49	44
45	34.89	13-14	50	Freestyle	31.99	46
45	34.49	15 & O	50	Freestyle	31.19	46
47	6:00.39	13-14	400	Ind Medley**	5:45.39	48
47	5:49.69	15 & O	400	Ind Medley**	5:24.49	48
49	NTS	13-14	200	Free Relay*	NTS	50
51	NTS	Senior	200	Free Relay*	NTS	52

- * Timed finals events with all heats competing in finals session.
- **Events 47, 48 heats may be limited. Minimum 24 swimmers in the 13-14 age group will be required.
- Like events swum together for prelims and split by age for finals, 2 heats of 13-14, 2 heats of 15 & over, both girls and boys.

Friday night finals will be swum in order: Events 53-54, 41-42, 59-60, 43-44, 63-64, 45-46, 69-70, 47-48, 49-52.

Friday
Warm-ups: 1:30 pm
Meet Start: 2:15 pm

Afternoon Session

Scratch box closes at 6:00 pm for Saturday events (morning & afternoon sessions).

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
53	3:03.79	11-12	200	Butterfly**	2:58.99	54
55	1:43.09	10 & U	100	Freestyle	1:41.29	56
57	NTS	8 & U	100	Freestyle	NTS	58
59	35.99	11-12	50	Freestyle*	35.09	60
61	2:11.19	10 & U	100	Butterfly	2:09.39	62
63	1:31.09	11-12	100	Backstroke*	1:30.09	64
65	1:01.29	10 & U	50	Breaststroke	1:01.19	66
67	NTS	8 & U	50	Breaststroke	NTS	68
69	1:41.89	11-12	100	Breaststroke*	1:39.99	70
71	NTS	10 & U	200	Medley Relay	NTS	72
73	NTS	11-12	200	Medley Relay	NTS	74

- All 10 & Under events are Timed Finals.
- * Prelim/Finals – one (1) heat in evening finals, both girls and boys.
- ** Timed finals event with top 8 seeded swimmers competing in finals session.

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Schedule of Events

Sat Morning — **Saturday Finals**

Warm-ups: 6:45/7:20 am split — 5:30 p.m. — **Scratch box closed at 6:00 pm** on Friday.

Meet Start: 8:00 am — 6:15 p.m. — Positive check required for 800/1500 freestyle events

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
75	3:10.79	13-14	200	Breaststroke	2:59.49	76
75	3:05.69	15 & O	200	Breaststroke	2:49.99	76
77	1:15.49	13-14	100	Freestyle	1:10.79	78
77	1:14.09	15 & O	100	Freestyle	1:07.39	78
79	2:49.69	13-14	200	Butterfly	2:40.59	80
79	2:46.29	15 & O	200	Butterfly	2:33.09	80
81	1:23.69	13-14	100	Backstroke	1:18.99	82
81	1:22.29	15 & O	100	Backstroke	1:15.49	82
	5 Minute Break					
83	10:32.09	Senior	800	Freestyle*		
		Senior	1500	Freestyle*	18:50.79	84

- * Timed finals events with top seeded heat competing in finals session.
- Like events swum together for prelims and split by age for finals, 2 heats of 13-14, 2 heats of 15 & over, both girls and boys.
- For prelims, 800s and 1500s are at the end of the session. For finals the top heat of senior women and senior men only will compete at the BEGINNING of the finals session. Swimmers have the option to elect to swim in the prelim session but must choose to do so by the scratch deadline for this session on Friday evening. Prelim heats will be swum fastest to slowest, alternating women and men and may be swum two swimmers/lane. LSS reserves the right to limit events 83 and 84 to the top 24 swimmers. Two swimmers per lane may be used for the morning session swims.
- Sunday night finals will be swum in order: Events 83-84, 85-86, 75-76, 91-92, 77-78, 97-98, 79-80, 101-102, 81-82, 105-106.

Saturday — **Afternoon Session** — **Scratch box closed at 6:00 pm** on Friday.

Warm-ups: 1:30 pm

Meet Start: 2:15 pm

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
85	3:06.79	11-12	200	Ind Medley*	3:06.89	86
87	4:10.09	10 & U	200	Ind Medley	4:08.09	88
89	NTS	8 & U	200	Ind Medley	NTS	90
91	45.59	11-12	50	Breaststroke*	45.99	92
93	44.99	10 & U	50	Freestyle	44.79	94
95	NTS	8 & U	50	Butterfly	NTS	96
97	1:18.99	11-12	100	Freestyle*	1:16.29	98
99	2:01.89	10 & U	100	Backstroke	1:56.09	100
101	3:08.29	11-12	200	Backstroke**	3:04.09	102
103	6:51.59	10 & U	400	Freestyle	6:44.59	104
105	1:29.69	11-12	100	Butterfly*	1:28.29	106

- All 10 & Under events are Timed Finals.
- * Prelim/Finals – one (1) heat in evening finals, both girls and boys.
- ** Timed finals event with top 8 seeded swimmers competing in finals session.
- 10 & U 400 Freestyle may be limited to top 16 swimmers.

Bus Parking
Lewis Field

2015 STATE GAMES OF AMERICA

Woods Memorial Pool (3200 J St, Lincoln, NE)

PARKING MAP