Millard Aquatic Club
NTS Mid-Winter Blast
January 15-16, 2022

SANCTION: Held under the Sanction of USA Swimming and Midwestern Swimming, Inc.
Sanction #MWS22002

- 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.
- The Millard Aquatic Club 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 Omaha..

DISCLAIMER:

- The Millard Aquatic Club 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 Millard West High School and the Millard West 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.

LOCATION: Millard West High School, 5710 S 176th Ave, Omaha, NE 68135.
Please use the entrance on the West Side of the building.

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 is13’ 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” to 4’6”. (USA-S Rule 202.3.4.D).
- Pool has been certified in accordance with 104.2.2C(4).

FACILITY:

- **There are currently NO mask requirements. Please note, however, this could change for both athletes and spectators based on Millard Public Schools and DCHHS guidelines.**
- **Spectators will be allowed. Please note very LIMITED seating will be available due to athletes/teams sitting in the bleacher area. More information will be available the week of the meet.**
- No glass will be allowed in the building and NO concessions will be available.
- Disinfecting stations utilizing hand sanitizer and wipes will be available throughout the venue.
- The Millard Aquatic Club 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.
- Locker rooms are available for restroom use only. 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 Erica Storms at millardaquaticclub@gmail.com if you need such facilities.

SCHEDULE:

Saturday, Jan 15	Warm-Ups 7:45 a.m. (11&O)	Meet starts at 9:00 a.m.
Sunday Jan 16	Warm-Ups 11:45 a.m. (10&U)	Meet starts at 12:30 p.m.

Warm-ups will be split; clubs will be notified of warm-up time. Minimum 30 min warm-up.

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MEET DIRECTOR: David Lammel dslammel@cox.net (402) 681-0862

OFFICIALS: Referee: Betsy Purcell Admin Official: Betty Kooy
Meet Marshals: Tara Goss and Jamie Bowcott

MEET FORMAT: NTS; Timed Finals; All Age Group

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:
- 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:
- All swimmers, coaches and clubs must be current members of USA Swimming.
- The age of the swimmer on January 15, 2022 determines his/her age group for the entire meet.
- NO late entries; NO deck registration.
- Athletes who appear as unregistered on the first pre-meet recon must register with Midwestern or their own LSC immediately. A second pre-meet recon will be run 4 days prior to the start of the meet and any unregistered MW 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:
- A swimmer may participate in 4 individual events per day.
- 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.
- The 500 free and 400 IM heats may be limited if necessitated by the timeline.

ENTRY FEES:

Individual events	$4.00
Midwestern Splash Fee	$6.50
Facility Charge	$8.00 (Total $14.50 surcharges)

ENTRY PROCEDURES:
- Entries should be submitted in electronic format (electronic meet entry file with hard copy). You may download the event file from the MAC web page or the MW website.
- 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 December 27, 2021 at 8 am and will close Wednesday, January 6, 2022 at 8 pm.** NO late entries!
- 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.

ENTRY CHAIR: David Lammel dslammel@cox.net (402) 681-0862
20978 Polk St, Elkhorn, NE 68022

GENERAL CONDUCT:
- Meet will be pre-seeded.
- Fly-over starts may be used at the discretion of the Referee.

- No exhibition swimming. No time trials.
- All events will be swum FASTEST to SLOWEST.
- Like distance and stroke may be swum together and placed separately. (11-12, 13-O)
- 400 IM and 500 Free will require positive check-in, will be swum fastest to slowest alternating girls and boys; **swimmers are requested to provide their own timer (and counter for the 500) for these events.**

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.
- Warm-ups will be split. Teams will be notified of time. Teams may organize their own warm-ups in their lanes with racing starts the last 10 minutes of the warm-up period. Sit and slide &/or one hand on wall entries will be enforced.

TEAM SUPERVISION:

- Deck changes are prohibited.
- Each team must provide an adult with non-athlete USA Swimming registration to supervise swimmers in the team area at all times.
- Only currently registered coaches, swimmers, and officials will be allowed on deck.

SCORING: No team scores will be kept.

AWARDS: **No awards.**

FINAL RESULTS:

- Results will be available at www.mwswim.org within 48 hours of meet conclusion.

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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Order of Events

Saturday

Girls Saturday Jan 15	Warm-ups	Event 7:45 A.M./Split	MeetStarts	Boys 9:00A.M.
1	NTS	11 & O 200 Free	NTS	2
3	NTS	11-12 100 IM	NTS	4
5	NTS	11 & O 100 Breast	NTS	6
7	NTS	11 & O 200 Back	NTS	8
9	NTS	11-12 50 Back	NTS	10
11	NTS	11 & O 100 Fly	NTS	12
13	NTS	11 & O 50 Free	NTS	14
15	NTS	11 & O 400 IM	NTS	16

Events 15-16 will require positive check-in; events will be swum fastest to slowest alternating girls/boys. Swimmers are asked to provide their own timers for these events.

Girls Saturday Jan 15	Warm-ups	11:45 A.M.	MeetStarts	Boys 12:30 P.M.
	MIN Qual		**MIN Qual**	
17	NTS	10 & U 200 I.M.	NTS	18
19	NTS	8 & U 50 Back	NTS	20
21	NTS	9-10 50 Back	NTS	22
23	NTS	8 & U 25 Free	NTS	24
25	NTS	10 & U 200 Free	NTS	26
27	NTS	8 & U 50 Breast	NTS	28
29	NTS	9-10 50 Breast	NTS	30
31	NTS	8 & U 25 Fly	NTS	32
33	NTS	10 & U 100 Fly	NTS	34

Sunday

Girls Sunday Jan 16	Warm-ups	*Event* 7:45 A. M./Split	MeetStarts	Boys 9:00A.M.
35	NTS	11 & O 200 I.M.	NTS	36
37	NTS	11 & O 100 Back	NTS	38
39	NTS	11 & O 200 Fly	NTS	40
41	NTS	11-12 50 Fly	NTS	42
43	NTS	11 & O 100 Free	NTS	44
45	NTS	11 & O 200 Breast	NTS	46
47	NTS	11-12 50 Breast	NTS	48
49	NTS	11 & O 500 Free	NTS	50

Events 49-50 will require positive check-in; events will be swum fastest to slowest alternating girls/boys; Swimmers are asked to provide their own timers and counters for these events.

Girls Sunday Jan 16	Warm-ups	11:45 A.M.	MeetStarts	Boys 12:30 P.M.
	MIN Qual		**MIN Qual**	
51	NTS	10 & U 100 Free	NTS	52
53	NTS	8 & U 25 Back	NTS	54
55	NTS	10 & U 100 Back	NTS	56
57	NTS	8 & U 50 Free	NTS	58
59	NTS	9-10 50 Free	NTS	60
61	NTS	8 & U 25 Breast	NTS	62
63	NTS	10 & U 100 Breast	NTS	64
65	NTS	8 & U 50 Fly	NTS	66
67	NTS	9-10 50 Fly	NTS	68
69	NTS	8 & U 100 I.M.	NTS	70
71	NTS	9-10 100 I.M.	NTS	72

All events will be swum FASTEST to SLOWEST.

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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
b) The plan for spectator ingress and egress
c) The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc
d) Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child
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, Millard Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, Inc, the State of Nebraska, and City of Omaha and Douglas County

The assumption of risk disclaimer language (listed in the Meet Information under Disclaimer) must be included in all meet information, announcements, and heat sheets.

MPS and MAC protocols are as follows…

1. There is no mask requirement at this time. Please note this could change prior to the meet.
2. Locker rooms are only for restroom use only. No changing into or out of swimsuits or showers.
3. Swimmers will have assigned areas in the spectator area of the pool (bleachers).
4. Spectators will be allowed into the facility during this time. There will be limited seating due to athletes seating in the bleacher area. Meet will be live streamed if possible.
5. No sharing of food or water bottles. Swimmers will need to bring their own snack. No concession stand will be available, no vending machines.
6. No swimmers, coaches, workers will exit the pool to the hallways of Millard West. Hallways are off limits. Pool area only. Rest rooms and commons area.
7. All swimmers, officials, coaches and meet workers will enter and exit the pool facility through the WEST doors on the west side of the building.
8. Swimmers' seating location in the pool spectator area. Only those swimming in that race will be allowed on deck prior to their race/heat. Coaches will be allowed on deck maintaining social distancing. All meet workers will be stationed around the pool deck to complete their job duties.
9. This swim meet will adhere to all local jurisdictional guidelines.

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