

# Midwestern Long Course Championship Challenge

## Hosted by: Fremont Area Swim Team and Swim Omaha

### July 22-24, 2022

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming  
Sanction #MWS22033; MWS22033TT
- 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.
  - Fremont Area Swim Team and Swim Omaha have agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Nebraska, the Fremont Family YMCA, the City of Fremont and Dodge County.
- DISCLAIMER:**
- Fremont Area Swim Team and Swim Omaha have 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 Dillon Family Aquatic Center. 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:** Dillon Family Aquatic Center at the Fremont Family YMCA, 806 N Lincoln, Fremont, NE 68025
- POOL**
- 50 meter (m) pool, six (6) lanes with starting blocks at deep end
  - wall is 7.75' to 11.74', 1m from turn wall is 3.84', 5m from turn wall is 4.27'. (USA-S Rule 202.3.4.D.)
  - Timing equipment is Colorado 6, touch pads at both ends. Electronic horn start and LED scoreboard.
  - Pool has been certified in accordance with 104.2.2c(4)
- FACILITY:**
- Masks are recommended but not required.
  - The pool is located on the south side of the Fremont YMCA campus. Swimmers have access to the pool and crash areas.
  - Balcony seating capacity is 350. Standing room only between bleachers. Spectators have access to crash area.
  - Absolutely NO glass containers are allowed on the pool deck.
  - Fremont Area Swim Team, Swim Omaha, and Fremont Family YMCA staff reserve the right to remove from the premises any individual who might jeopardize safety and facility procedures.
  - 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.
  - Two gender-neutral/family facilities are available on the north side of the pool deck, by the hot-tub.
  - Handicap seating is available on the pool deck.

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SCHEDULE:	Friday	Warm-up 4:00 PM	Meet 5:00 PM
	Saturday & Sunday Morning	Warm-up 7:00 AM	Meet 8:15 AM
	Saturday & Sunday Afternoon	Warm-up 12:00 PM	Meet 1:15 PM

Warm-ups will be split. Teams will be notified of warm-up times. See event schedule.

**MEET DIRECTORS:** Shane Ahrens, [ahrensrshane93@gmail.com](mailto:ahrensrshane93@gmail.com) and Lisa Ellis, [kittyfins@cox.net](mailto:kittyfins@cox.net)

**OFFICIALS:** Referee: Jerry Nevins [firecar1@cox.net](mailto:firecar1@cox.net) Admin Official: Sherry Farley  
Safety Marshals: Kimberly Ronnei, Murali Kumar Sunman

**MEET FORMAT:**

- **All events Timed Finals**
- Standards; .01 less than 2022 MW Championship Long Course Automatic Qualifying times max times; all ages eligible; **Minimum times** for 8 & Under athletes

**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 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 (MAAPP), 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 as 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 currently registered with USA Swimming and MW Swimming.
- The age of the swimmer on July 22, 2022 determines the age of the swimmer for the meet.
- NO on deck registration permitted. NO late entries permitted.
- Athletes who appear as unregistered on the first pre-meet recon must register with Midwestern immediately. A second pre-meet recon will be run 4 days prior to the start of the meet and any 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.
- Swimmers must not have achieved a time faster than the max LC time as listed on the meet schedule. Minimum times for 8 & Under athletes.
- **Age Up Exception:** All swimmers who "age up" on or after July 22, 2022 and before July 28, 2022 and who do not have a MW qualifying time in their age group as of July 28, 2022, may enter a particular event in their current age group at the Championship Challenge Meet at a seed time at or faster than their current age group's qualifying standard. All such entries must be entered as **Exhibition** swims. This additional entry option is intended to allow all swimmers an opportunity to qualify for the Championship Meet in their actual Championship age group. Swimmers who enter an event at the meet under this section are **NOT** eligible for awards at this meet. Please alert the entry chair to all entered "Age-Up" swimmers in your entry email naming swimmer and event. For 10 & Under swimmers aging up to the 11-12 age group who wish to swim an event not offered for 10 & Under, Time Trials will be an option (time permitting).
- Conversions will be accepted. **There will be no attempt made to contact clubs that enter swimmers with converted times that are faster than the maximum qualifying time.**
- 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.

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### July 22-24, 2022

- ENTRY LIMITS:**
- Swimmers may enter a maximum of 4 *meet* events per day, **8 for the entire meet**. If swimming time trials, maximum events per day may not exceed 6 events per day (max 2 time trials for the meet).
  - The 4-hour rule will be applied. The host will accept no further entries for a session where the 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 adjustments.
- ENTRY FEES:**
- |                    |                     |
|--------------------|---------------------|
| Timed Final events | \$5.25              |
| Facility Charge    | \$10.00 Per Swimmer |
| Midwestern fee     | \$6.50 Per Swimmer  |
| Time Trial events  | \$10.50             |
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email for unattached athletes.
  - All entry times should be Long Course Meter times. **Conversions will be accepted.**
  - Make checks payable to Fremont Area Swim Team. **No Refunds.**
  - Entry fees must be received by the start of the meet on July 22, 2022.**
- ENTRY DEADLINE:**
- Entries open at 8:00am Tuesday, July 5, 2022 and close at 7:30pm Tuesday, July 12, 2022.**
  - Psych sheet will be emailed to the club entry chair within 24 hours of entry deadline.
- ENTRY CHAIRS:** Shane Ahrens Email: [ahrensrshane93@gmail.com](mailto:ahrensrshane93@gmail.com) & Lisa Ellis Email: [kittyfins@cox.net](mailto:kittyfins@cox.net)  
Please send entries to BOTH emails.
- TIMERS:**
- Each team may be requested to provide 2 timers per session.
- COACH MEETING:**
- Coach meetings will be held 15 minutes prior to warm-ups for each session.
- CONDUCT OF MEET:**
- Fly-over start procedure may be used at the discretion of the Meet Referee.
  - All events will be swum FASTEST to SLOWEST.
  - 13 & Over events will be seeded together and placed separately – 13-14, 15 & O
  - 12 & Under events will be seeded together and placed separately – 10 & U, 11-12
  - Meet will be pre-seeded with the exception of the 400, 800 and 1500 freestyles and 400 IM
  - 400 free will alternate female/male; 800, and 1500 (mixed) may be limited to fastest 18 (11-12) or 24 (13-O) swimmers. Scratch deadlines – see Schedule of Events.
  - There is no penalty for not scratching or not swimming timed finals events. DFS as a courtesy.
  - Like events will be seeded together and placed separately.
  - The official Meet Program will indicate swimmer’s heat and lane except for positive check-in events.
  - There will be time trials between sessions and after the afternoon session **as time allows**. Cost for Time Trials is \$10.50 (plus the \$16.50 MW/facility fee if not in meet). The number of swimmer events must not exceed the USA Swimming maximum allowable number of events per day (6) (Rules102.2). Time trial events are limited to USA Swimming recognized age group events – USA Swimming 102.1.2. Maximum two (2) time trials per person for the entire meet.
- WARM-UP PROCEDURE:**
- MWS Safety Guidelines 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.
  - No diving will be allowed during warm-up. Sit and slide pool entry will be used. Teams may organize warm-ups in their assigned lane(s).
- TEAM SUPERVISION:**
- Deck changes are prohibited.
  - All teams must provide a responsible adult to supervise the swimmers in the team area at all times.
  - Only registered coaches, swimmers, and officials will be allowed on deck.
- SCORING:**
- No team score will be kept.
- AWARDS:**
- Individual medals 1st – 6th place

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- MEET RESULTS:** ● Meet results will be posted around the pool and on Meet Mobile, and will be available electronically on the MW website within 48 hours of the meet conclusion– [www.mwswim.org](http://www.mwswim.org) .
- PROGRAMS:** ● Programs will be sold.  
● Coach packets may be picked up from the timing table.
- CONCESSIONS:** ● Concessions will be available for sale in the lobby.
- 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.

### Schedule of Events

Maximum times are .01 slower than MW 2022 LC qualifying time for age group.  
See Midwestern Time Standards for MW Cuts.

**Friday, July 22, 2022**

**Warm-up: 4:00 PM**

**Meet Starts: 5:00 PM**

Girls	Maximum	Age	Distance/Stroke	Maximum	Boys
1	6:48.30	11-12	400 Ind Medley**	6:39.20	2
1	6:17.40	13-14	400 Ind Medley**	6:04.70	2
1	6:04.00	15 & O	400 Ind Medley**	5:42.70	2
3	3:09.50	11-12	200 Backstroke	3:04.20	4
3	2:52.10	13-14	200 Backstroke	2:49.10	4
3	2:46.90	15 & O	200 Backstroke	2:36.60	4
5	3:35.70	11-12	200 Breaststroke	3:28.70	6
5	3:18.60	13-14	200 Breaststroke	3:10.80	6
5	3:16.00	15 & O	200 Breaststroke	3:01.00	6
7	3:10.20	11-12	200 Butterfly	3:06.20	8
7	2:59.20	13-14	200 Butterfly	2:48.00	8
7	2:54.00	15 & O	200 Butterfly	2:40.00	8
9	5:49.70	11-12	400 Freestyle*	5:48.70	10
9	5:19.80	13-14	400 Freestyle*	5:14.00	10
9	5:11.50	15 & O	400 Freestyle*	4:54.00	10

Events will be placed 11-12, 13-14, 15 & O.

All events will be swum FASTEST to SLOWEST.

\*\*Events 1-2 Scratch Deadline – 4:15 p.m.

\*Events 9-10 will be swum alternating girls and boys; Scratch Deadline 4:15 p.m.

Swimmers in events 9 and 10 will be requested to provide two timers for their own lane.

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**Schedule of Events**

Saturday, July 23, 2022			Warm-up/Split	7:00/7:35 AM	Meet Starts 8:15 AM		
Girls	Maximum	8&U Minimum	Age	Distance Stroke	Maximum	8&U Minimum	Boys
11	38.50	43.49	10 & U	50 Freestyle	39.50	44.59	12
11	32.90		11 – 12	50 Freestyle	33.50		12
13	1:42.80	1:50.79	10 & U	100 Backstroke	1:43.10	1:51.59	14
13	1:25.80		11 – 12	100 Backstroke	1:28.00		14
15	3:14.40	3:30.30	10 & U	200 Freestyle	3:12.10	3:28.09	16
15	2:43.20		11 – 12	200 Freestyle	2:44.90		16
17	47.10	52.19	10 & U	50 Butterfly	46.00	51.99	18
17	37.60		11 – 12	50 Butterfly	38.60		18
19	1:57.80	2:05.79	10 & U	100 Breaststroke	1:56.00	2:05.69	20
19	1:39.30		11 – 12	100 Breaststroke	1:38.40		20
21	12:09.90		11 - 12	800 Freestyle***	11:50.00		21

Events will be placed 10 & U, 11-12

All Events will be swum FASTEST to SLOWEST.

Event 21 may be limited to the fastest 18 swimmers, swimming the event mixed. If timeline allows, heats may be added.

\*\*\*SCRATCH DEADLINE – 8:15 A.M.

Swimmers in event 21 will be requested to provide two timers & one counter for their own lane.

Saturday, July 23, 2022			Warm-up Split 12:00/12:35 PM	Meet Starts 1:15 PM		
Girls	Maximum	Age	Distance Stroke	Maximum	Boys	
23	30.70	13 – 14	50 Freestyle	29.50	24	
23	29.80	15 & O	50 Freestyle	27.00	24	
25	1:19.20	13 – 14	100 Backstroke	1:17.80	26	
25	1:16.10	15 & O	100 Backstroke	1:10.10	26	
27	2:28.40	13 – 14	200 Freestyle	2:25.80	28	
27	2:23.00	15 & O	200 Freestyle	2:13.10	28	
29	1:18.40	13 – 14	100 Butterfly	1:15.50	30	
29	1:14.10	15 & O	100 Butterfly	1:07.30	30	
31	11:01.50	13 – 14	800 Freestyle***	10:38.50	31	
31	10:49.90	15 & O	800 Freestyle***	10:13.10	31	

Events will be placed 13-14, 15 & O

All Events will be swum FASTEST to SLOWEST.

Event 31 may be limited to the fastest 24 swimmers, swimming the event mixed. If timeline allows, heats may be added. \*\*\*SCRATCH DEADLINE – 1:15 P.M.

Swimmers in event 31 will be requested to provide two timers & one counter for their own lane.

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**Schedule of Events**

Sunday, July 24, 2022			Warm-ups/Split		7:00/7:35 AM		Meet Starts 8:15 AM	
Girls	Maximum	8&U Minimum	Age	Distance	Stroke	Maximum	8&U Minimum	Boys
33	53.30	58.29	10 & U	50	Breaststroke	53.30	58.29	34
33	45.30		11 – 12	50	Breaststroke	45.20		34
35	1:27.60	1:35.59	10 & U	100	Freestyle	1:30.20	1:38.29	36
35	1:12.90		11 – 12	100	Freestyle	1:15.30		36
37	47.40	52.39	10 & U	50	Backstroke	49.20	54.19	38
37	39.70		11 – 12	50	Backstroke	40.40		38
39	1:53.00	2:02.99	10 & U	100	Butterfly	1:50.80	1:59.39	40
39	1:28.40		11 - 12	100	Butterfly	1:26.30		40
41	3:41.70	4:01.69	10 & U	200	Ind Medley	3:40.80	4:00.79	42
41	3:04.00		11 – 12	200	Ind Medley	3:08.50		42
43	23:00.20		11 – 12	1500	Freestyle***	22:36.40		43

Events will be placed 10 & U, 11-12

All Events will be swum FASTEST to SLOWEST.

Event 43 may be limited to the fastest 18 swimmers, **swimming the event mixed**. If timeline allows, heats may be added. \*\*\***SCRATCH DEADLINE 8:15 A.M.**

Swimmers in event 43 will be requested to provide two timers & one counter for their own lane

Sunday, July 24, 2022			Warm-up/Split		12:00/12:35 PM		Meet Starts 1:15 PM	
Girls	Maximum		Age	Distance	Stroke	Maximum		Boys
45	2:49.10		13 – 14	200	Ind Medley	2:45.30		46
45	2:43.10		15 & O	200	Ind Medley	2:30.80		46
47	1:31.60		13 – 14	100	Breaststroke	1:28.10		48
47	1:29.00		15 & O	100	Breaststroke	1:19.90		48
49	1:07.60		13 – 14	100	Freestyle	1:05.40		50
49	1:04.80		15 & O	100	Freestyle	59.10		50
51	21:05.70		13 – 14	1500	Freestyle***	20:16.60		51
51	20:51.00		15 & O	1500	Freestyle***	19:26.80		51

Events will be placed 13-14, 15 & O

ALL Events will be swum FASTEST to SLOWEST.

Event 51 may be limited to the fastest 24 swimmers, **swimming the event mixed**. If timeline allows, heats may be added. \*\*\***SCRATCH DEADLINE – 1:15 P.M.**

Swimmers in event 51 will be requested to provide two timers & one counter for their own lane.

**Time Trials:** There may be time trials between sessions and after the afternoon session as time allows. Cost for Time Trials is \$10.50 (plus the \$16.50 MW/facility if swimmer is not already in the meet). The number of swimmer events must not exceed the USA Swimming maximum allowable number of events per day (6) (USA Swimming Rules 102.2). Time trial events are limited to USA Swimming recognized age group events - USA Swimming 102.1.2. Maximum two (2) time trials per person for the entire meet