



- SANCTION: Held under the Sanction of USA Swimming and Midwestern Swimming Sanction #MWS19019
HOSTED BY: Lincoln Select Swimming
LOCATION: Bob Devaney Sports Center
POOL: 25 yard, 10 lanes, Colorado Timing System w/touch pads, scoreboard, anti-turbulent lane lines and sound system.
FACILITY: Parking - All cars will be required to pay a parking fee.
SCHEDULE: Table with columns for Prelims Warm-ups, Prelims Start, Finals Warm-ups, Finals Start
MEET DIRECTORS: Louie Balogh, Uriah Reiners
OFFICIALS: Referee: Tony Storer, Administrative Referee: Steve Marchitelli
MEET FORMAT: Championship; P/F for 13 & O (with exceptions); Timed finals for 12 & U
DISABILITY SWIMMERS: Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.
RULES: Current USA Swimming and Midwestern Rules will govern this meet.
CREDENTIALS: Presentation of current coach credentials will be required at coach sign-in.
ELIGIBILITY: All swimmers, coaches and clubs must be currently registered with USA Swimming and Midwestern Swimming.



time. Entry will not occur until proof of registration is submitted and fees are paid. A team swimming a relay with a relay-only swimmer who does not enter within the given time frame, or if the athlete is unregistered at the time of the swim, the relay will be disqualified and the team will be subject to a \$100 fine in addition to double the current USA Swimming registration fee, the MW splash fee and the facility fee, all to be paid by the end of the session in which the relay was swum.

- The age of the swimmer on March 22, 2019 determines his/her age for the entire meet.
13 & Over 50s of stroke qualifying time is the 100 of stroke qualifying time – YARDS only. The 100 time will be used for entry purposes and MUST be HAND-ENTERED with a CUSTOM TIME.
Swimmers must have achieved a minimum of one (1) 2019 MW time standard as listed in the meet schedule to be eligible to swim the meet.
Bonus swims will be allowed with the following criteria:
No time standards for the bonus swims
1 qualifying time – 2 bonus swims possible
2 qualifying times – 2 bonus swims possible
3 qualifying times – 1 bonus swim possible
4 qualifying times or more – NO bonus swims
Bonus swim entry times must be entered in SHORT COURSE YARDS times
Bonus swims must be clearly marked as BONUS
NO bonus swims for the 12 & U 200s, and all ages 400 IM, 500, 1000, 1650 freestyles
Qualifying entry times may be either Yards or Long Course meters with course clearly indicated. Times will be seeded YL with Bonus times seeded last.
Conversions are not acceptable.

FINES:

- A \$25.00 fine will be assessed to any swimmer/club that checks in for the 400 IM, 500, 1000, and 1650 freestyles and relays and consequently fails to swim the event (with emergency exceptions).
Swimmers failing to scratch for Sunday evening finals and failing to swim the event will be assessed a fine of \$50.00 per missed event.

ENTRY LIMITS:

- Swimmers may enter a maximum of 7 individual events for the meet – max 3 ind/per day, not to exceed 7 total for the meet.
Swimmers ages 10 & U may swim a maximum of 1 relay per day;
11-12 a maximum of 1 relay per day with the exception of the Sunday afternoon session – 2 possible
13 & O a maximum of 1 relay per session
Clubs may enter a maximum of one (1) relay for the 400 and 800 relays and two (2) relay teams for the 200 relays. Only one relay will score. The B relays will be seeded after the A relays.
Relay only swimmers must be included on the roster to be eligible to swim (see exception under Eligibility).

EVENT FEES:

Table with 2 columns: Event Type and Fee. Rows include Individual Events (\$6.25), Relay Events (\$18.00), Midwestern Splash Fees (\$6.50), Facility Fee (\$10.00), and Time Trials (\$12.00/individual event; \$25.00/relay).

ENTRY PROCEDURE:

- Entries should be submitted in electronic format (exported meet entry file with hard copy).
A check for the entry fees must be mailed to the Midwestern Office (1429 N Webster Ave, Hastings, NE 68901) prior to the start of the meet. Meet management will notify clubs of fees owed after all entries have been received. Do not send check until you receive final billing notification from the MW Office.
Any swimmer in relays only will be listed on the roster and the Splash/Facility Fee (\$16.50) paid for that swimmer.
Make checks payable to Midwestern Swimming, Inc. NO REFUNDS.

ENTRY DEADLINE:

- Entries will be accepted starting Monday, March 4, 2019 at 8 a.m. and will close Tuesday, March 12, 2019 at 8 p.m. No LATE entries will be accepted.
Psych sheets will be sent to the club entry chair within 48 hours of the entry deadline. Clubs will have 24 hours (Friday evening, 8 p.m.) after psych sheets are sent to make corrections.

ENTRY CHAIR:

Betty Kooy -mwoffice@mwswwim.org - (402) 462-5941



MIDWESTERN SWIMMING

2019 Short Course Championships
March 22-24, 2019

COACH MTG:

- General meeting for coaches will be held **6:50 am, Friday morning. Scratch box will close at 7:15 a.m. for Friday morning events.**

GENERAL MEET CONDUCT:

- **The 12 & U sessions will be preseeded timed finals.**
- The 13 & O P/F events and TF events **will NOT be preseeded.**
- Deck entries will be allowed only in the case of errors made by meet management. The registration sheet/ electronic file is the official entry.
- Like events for 13-14 and 15 & O will be swum together for prelims and separated for finals.
- **Fly-over starts** may be used at the discretion of the meet referee.
- All finishes will be into the touch pads.
- 13-14 and 15 & O events will have prelims with 8 swimmers in FINALS and 8 swimmers in CONSOLS unless noted otherwise in the event list. Top 16 qualifiers for finals as well as alternates will be announced. **For the timed final events 400 IM and 500 free, the fastest one heat of 13-14 will swim in the finals and the fastest one heat of 15 & O will swim in finals. All heats of the 1000 and 1650 will be swum in the morning sessions.**
- **Scratch box** for Friday morning events and positive check in for the 400 IM and 1000 freestyle and positive check-in for Friday relays closes at **7:15 a.m. Friday morning. Virtual scratch box for Friday morning will be open Thursday evening from 6 – 9 p.m. (Louie Balogh-selectswimming@gmail.com)** Scratch box for Saturday morning events and positive check-in for the 500 freestyle and Saturday relays closes at 7:00 p.m. Friday evening. Scratch box for Sunday morning events and positive check in for the 1650 freestyles and Sunday relays closes at 7:00 p.m. Saturday evening. Check-in sheets and scratch forms will be available at the administration desk prior to deadlines.
- In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with the above deadlines, will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intention to swim prior to the close of the scratch box for that day's events.
- Intention to scratch for all finals must be reported within a 1/2 hour after the finalists have been announced. Final declaration to scratch must be made within a 1/2 hour after the swimmer's last event of the day.
- All Finals heats will be governed by the current USA Swimming scratch rules, 207.11.6 D&E. A swimmer qualifying for an A or B Final who neither scratches nor declares his intent to scratch within 30 minutes after the announcement of qualifying for that event will be considered checked in. If a checked-in swimmer fails to compete in Finals, he/she shall be barred from the remainder of the meet unless excused by the referee. In order to field full Finals heats, it is requested that swimmers who qualify in the top 20 and have no intention of swimming in Finals indicate this by scratching. First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in finals.
- Consolation finalists will report directly to the blocks. Championship finalists must check in at the ready area and finalists will process.
- The 13 & O 400 IM, 500 freestyle, 11 & O 1000, and 1650 freestyles will require positive check-in to swim. Check-in the 400 IM and 1000 freestyle must be completed by 7:15 a.m. Friday. Check in for the 500 freestyle must be completed by 7:00 p.m. Friday. Check-in for the 1650 freestyle must be completed by 7:00 p.m. Saturday. Failure to positively check-in for these events will result in the swimmer being scratched from the event. Swimmers who are positively checked in and seeded into a deck-seeded individual event and fail to compete will be barred from their next individual event unless excused by the referee and fine will be levied.
- The 1000 and 1650 will be swum fastest to slowest alternating girls and boys.
- **13 & Over Relay Session assignments:** 400 Medley Relay – Friday evening (cards due 5:30 p.m.); 800 Free Relay – Saturday morning (cards due 9:00 a.m.); 200 Free relay – Saturday Evening (cards due 5:30 p.m.); 200 Medley Relay – Sunday morning (cards due 9:00 a.m.); **ALL 400 Free Relays – Sunday evening** (cards due 5:30 p.m.).
Relay swimmer order can be updated at any time prior to the start of the race.
- **Relays must be positively checked in. Those relays not checked in will not be seeded.**
- Event results will be posted and announced.
- Programs for prelim sessions and finals will be available.



- **Time trials** will be held immediately following the morning sessions at the discretion of the referee **IF THERE IS TIME**. Fee for each trial is \$12.00; individual, \$25.00 relay. The number of swimmer events must not exceed the maximum allowable number of events per day (USA Swimming Rules 102.2). Time trial events are limited to USA Swimming recognized age group events (USA Swimming 102.1.2). Maximum two time trials per person for the entire meet. Swimmers not entered in the meet will pay the MW Splash/Facility Fee in addition to TT charge.

**WARM-UP
PROCEDURES:**

- MWS Safety and Warm-up procedures will be in effect. No diving, feet first entry will be enforced. 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 and warm-up lanes will be assigned.
- Teams may organize warm-ups in their assigned lanes. Racing starts may be initiated by team when ready.

**TEAM
SUPERVISION:**

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

OFFICIALS:

- Officials' meetings will be held prior to the start of each session at time and place to be designated.
- Meet will be an Officials Qualifying Meet.
- Officials will need to apply to be evaluated.
- Sign up for sessions and evaluation:

<https://www.signupgenius.com/go/4090945AAA723A4F49-scchampionships>

TIMERS:

- For the morning and afternoon sessions, timers (2 per lane) will be assigned from the attending clubs based on number of entries in that session. For the evening finals sessions, the host club will provide timers.
- Timing assignments by lane for the morning and afternoon sessions will be posted on the MW website and emailed to clubs.
- Swimmers for distance freestyle events (1000 and 1650) must provide two timers and a counter for their own heat/lane.

SCORING:

16-Place scoring will be used.

AWARDS:

Team	1 st – 3 rd Place	Trophies
Small Team	1 st Place	Trophy
Individual All	1 st -8 th Place	Custom Medals
12 & U	9 th – 16 th Place	Ribbons
Relays All	1 st – 3 rd Place	Custom Medals
12 & U	4 th – 8 th Place	Ribbons
High Point	1 st – 3 rd for each age group	Trophies

AWARDS:

- All 12 & U timed final awards will be presented during the afternoon sessions as dictated by the timeline.
- Awards during finals will be presented to the Top 3.

MEET RESULTS:

- Meet results will be posted on the MW Website – www.mwswim.org within 48 hours of meet conclusion.

CONCESSIONS:

- Concessions will be available.
- Swim wear and supplies will be available.

**PHOTOGRAPHY
POLICY:**

- 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



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 y	Breaststroke	1:20.39	1:06.99	4
5	2:09.19	2:28.79	13-14	200 y	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 y	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 y	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 y	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.

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 y	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 y	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



**MIDWESTERN
SWIMMING**

**2019 Short Course Championships
March 22-24, 2019**

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.		
Girls	Minimum		Age	Distance	Stroke	Minimum		Boys
	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

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

** 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 Timed Finals March 23, 2019			Warm-Up 12:30 p.m.			Timed Finals Start 1:30 p.m.		
Girls	Minimum		Age	Distance	Stroke	Minimum		Boys
	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



**MIDWESTERN
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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

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

* 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

Girls	Sunday Timed Finals March 24, 2019		Age	Distance	Stroke	Timed Finals Start 1:30 p.m.		Boys
	Minimum					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