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| **Location:** | Hastings Family YMCA, 16th and Hewett, Hastings, Nebraska 68901 |
| **Approved Meet:MWSAP2003** | * In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
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| **Pool:** | * 25 yard, 8 lane pool with non-turbulent lane lines, bottom stripes, and turn targets.Timing and place judging equipment is a fully automatic Colorado 6, with touch pads, electronic horn start, and 8-lane Daktronics LED 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’ to 11’ and the water depth at the end or turn wall when measured for a distance of 3’ 3 ½” to 16’ 5” (5.0 meters) is 3’10” to 4’3”. (USA-S Rule 202.3.4.D). All deep end (13’) starts.
* The competition course has not been certified in accordance with 104.2.2C (4)
* 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.
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| **Starting Time:** | Warm-up: 10:00 a.m. Meet begins at 11:00 a.m. |
| **Meet Director** | Dan Brailita danmino2000@yahoo.com 402-460-7900Drew Ceperly drewcep@gmail.com |
| **Rules:** | * Current USA Swimming rules and YMCA rules will apply.
* Meet is a USA Swimming/MW Swimming Approved meet. Times for currently registered USA Swimming/Midwestern swimmers will be loaded in SWIMS and the MW database.
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| **Officials:** | Referee: Dan Brailita. Admin Referee: Betty Kooy. Admin Official: John Schmidt All YMCA and USAS officials welcome. Officials Meeting at 10:30 AM.  |
| **Eligibilty:** | * All swimmers must be active members of the YMCA they are swimming for as of February 22, 2020.
* A swimmer’s age group will be determined by his/her age on December 1, 2019.
* Swimmers will be scored as 8 & under, 9-10, 11-12, 13-14, and 15-18.
* Swimmers are eligible to move up one age group in a relay as long as he/she does not displace a swimmer of that age group.
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| **Event Limits:** | * A swimmer may compete in four (4) individual events and two (2) relays.
* Each club may enter unlimited swimmers in individual events and only one relay per team per relay event.
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| **Entry Procedures:** | Please enter electronically with Hy-Tek/TeamUnify meet entry file or on an entry roster. Please use yard times. Please complete with all necessary information. |
| **Mail entries to**: | Email: Betty Kooy – blkooy@charter.net Request return receipt (402) 469-5051Entries must be received no later than Monday, February 17, 2020 at 6 p.m. |
| **Teams:** | Hastings YMCA, and other YMCA League teams.  |
| **General Meet Conduct:** | * The meet will be pre-seeded with like events swimming together and being scored separately. Meet will be swum **FAST TO SLOW**
* All starts from the deep end.
* All finishes into touch pads.
* 2nd and 4th relay swimmer on the 100 relays will start in the water.
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| **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.
* Sit and slide entry will be enforced. No diving or jumping into the pool will be allowed.
* Teams may organize warm-up in their assigned lane. The last 20 minutes of warm-up will be set aside for racing starts.
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| **Awards:** | Individual Events: Ribbons 1-6 Relays: Ribbons 1-6 |
| **Team Supervision:** | * Teams must provide responsible adults to supervise swimmers at all times. Please make sure that your swimmers act safely at all times.
* Deck changing is prohibited.
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| **Concessions:** | A concession stand providing sandwiches, fruit, candy, soft drinks etc will be available. Programs will be sold at the concession stand. |
| **Building Rules:** | **No glass anywhere in the building****No smoking on the YMCA property****No spectators and/or swimmers in the weight room or on the running trackNo swimmers in the men’s or women’s locker rooms** |

**List of Events**

**All Events will run FASTEST to SLOWEST**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Girls** | **Age** | **Distance** | **Event** | **Boys** |
| 1 | 11 and O | 500 | Freestyle | 2 |
|  |  |  |  |  |
| 3 | 8 & U | 100 | Medley Relay | 4 |
| 5 | 10 & U | 200 | Medley Relay | 6 |
| 7 | 12 & U | 200 | Medley Relay | 8 |
| 9 | 14 & U | 200 | Medley Relay | 10 |
| 11 | 18 & U | 200 | Medley Relay | 12 |
|  |  |  |  |  |
| 13 | Open | 50 | Freestyle | 14 |
|  |  |  |  |  |
| 15 | 8 & U | 25 | Butterfly | 16 |
| 17 | 12 & U | 50 | Butterfly | 18 |
| 19 | Open | 100 | Butterfly | 20 |
|  |  |  |  |  |
| 21 | 8 & U | 25 | Backstroke | 22 |
| 23 | 12 & U | 50 | Backstroke | 24 |
| 25 | Open | 100 | Backstroke | 26 |
|  |  |  |  |  |
| 27 | 8 & U | 25 | Freestyle | 28 |
| 29 | Open | 200 | Freestyle | 30 |
|  |  |  |  |  |
| 31 | 8 & U | 25 | Breaststroke | 32 |
| 33 | 12 & U | 50 | Breaststroke | 34 |
| 35 | Open | 100 | Breaststroke | 36 |
|  |  |  |  |  |
| 37 | Open | 100 | Freestyle | 38 |
|  |  |  |  |  |
| 39 | 10 & U | 100 | Ind Medley | 40 |
| 41 | Open | 200 | Ind Medley | 42 |
|  |  |  |  |  |
| 43 | 8 & U | 100 | Free Relay | 44 |
| 45 | 10 & U | 200 | Free Relay | 46 |
| 47 | 12 & U | 200 | Free Relay | 48 |
| 49 | 14 & U | 200 | Free Relay | 50 |
| 51 | 18 & U | 200 | Free Relay | 52 |

Like events are swum together and scored separately (exception: relays)

12 & U events scored: 10 & U, 11-12; 10 & U events scored: 8 & U, 9-10; Open events scored: 12 & U, 13-14, 15 & Over

Open 50, 100 free scored: 8 & U, 9-10, 11-12, 13-14, 15 & Over; 200 free scored 10 & U, 11-12, 13-14, 15 & O