

**GNST Kearney Invite  
Greater Nebraska Swim Team  
June 11-12, 2022**

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming  
Sanction #MWS22024
- 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.
  - Greater Nebraska Swim Team 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 Kearney..
- DISCLAIMER:**
- Greater Nebraska Swim Team 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 Harmon 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 PARTICIPATION IN THIS COMPETITION.
- LOCATION:** Harmon Park Pool, 3207 7<sup>th</sup> Ave, Kearney, NE 68845.
- POOL:**
- 50 meter, 7 lanes, non-turbulent lane lines, bottom stripes and turn targets 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 12' and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" (1 meter) to 16' 5" (5.0 meters) is 3'6" to 4'. (USA-S Rule 202.3.4.D.). Block height from surface of the water is 18".
  - Daktronics starting system. Watch timing.
  - The pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:** Facility is located in Harmon Park.
- Mask requirements – Masks are optional;
  - Team seating in separate areas for athletes only
  - Disinfecting stations – will be located throughout the venue.
  - GNST reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
  - NO glass containers allowed on the pool deck.
  - 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.
  - 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 [beckyoconnell76@yahoo.com](mailto:beckyoconnell76@yahoo.com) if you need family or gender-neutral changing spaces.
- SCHEDULE:** Warm-Up Time 7:00 am (1<sup>st</sup> session-distance event) Warm-up time: 8:00 am (2<sup>nd</sup> session)  
Meet Start Time 7:30 am (1<sup>st</sup> session-distance event)) Meet starts : 8:35 am (2<sup>nd</sup> session)
- MEET DIRECTOR:** Becky O'Connell Email: [beckyoconnell76@yahoo.com](mailto:beckyoconnell76@yahoo.com) (308) 627-4699
- OFFICIALS:** Meet Referee: Brenda Dankert  
Admin Official: Andra White  
Meet Marshal: Paul O'Connell; Melissa Wuellner
- MEET FORMAT:** Meet is a Timed Final NTS Meet, like events swum together, placed separately. No individual or team scoring.

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- 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.
  - NO on deck registration permitted. NO late entries permitted.
  - 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.
  - The age of the swimmer on June 25, 2022 determines his/her age for the entire meet.
  - 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:**
- A swimmer may participate in 5 individual events and 1 relay per day.
  - The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & U swimmers where the 4-hour projected time limit is reached (205.3.1F). 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.
- EVENT FEES:** \$4.00 / individual event; relay events – no charge  
\$9.50 / swimmer – \$6.50 Midwestern Splash Fee and \$3.00 Facility Fee
- ENTRY PROCEDURE:**
- Entries may be submitted either by club in electronic format (entry file with hard copy) or via email.
  - A check for the entry fees must accompany all entries.
  - Make checks payable to GNST. NO REFUNDS.
- ENTRY DEADLINE:**
- Entries will be accepted starting **Monday, May 23 and close Wednesday, June 1 at 7:30 p.m.** 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.
  - No deck entries.
- ENTRY CHAIR:** Becky O'Connell [beckyoconnell76@yahoo.com](mailto:beckyoconnell76@yahoo.com) (308) 627-4699  
1 North Lake Drive, Kearney, NE 68845
- COACH MEETING:** Coaches meeting will be held 10 minutes prior to meet start of session.
- GENERAL MEET CONDUCT:**
- Meet is pre-seeded. Events are swum mixed gender.
  - Fly-over start procedure may be used at the discretion of the Meet Referee.
  - All events will be swum FASTEST to SLOWEST.
  - Positive check-in required for the 800 and 1500.
  - No exhibition swimming. No time trials.
- WARM-UP PROCEDURES:**
- Athletes should arrive in their suits and depart in their suits. Locker rooms will be available. Social distancing is encouraged.
  - MWS Safety and Warm-up procedures will be in effect. Teams will be assigned warm-up lanes.
  - 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, sit and slide entry only.
  - Racing starts will begin upon announcement.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
  - Each team must provide an adult with non-athlete USA Swimming membership to supervise the swimmers in the team area at all times.

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- Only registered coaches, swimmers, and officials will be allowed on deck.

**SCORING:** No team or individual scoring; events placed by gender and age group.

**AWARDS:** Meet mementos will be given to coaches at the beginning of the meet.

**MEET RESULTS:** Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – [www.mwswim.org](http://www.mwswim.org)

**GENERAL INFORMATION:** Concession stand will be available.  
Programs will be available at the concession stand.

**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.

***Event Schedule***

**Saturday Morning – June 11, 2022**

**1<sup>st</sup> Session**

<b>Warm-up -7:00 AM</b>			<b>Race Starts 7:30 AM</b>
<b>MIXED</b>	<b>Age</b>	<b>Distance</b>	<b>Event</b>
1	11-O	800	Free

**2<sup>nd</sup> Session**

<b>Warm-up – 8:00 AM</b>			<b>Meet Starts – 8:35AM</b>
<b>MIXED</b>	<b>Age</b>	<b>Distance</b>	<b>Event</b>
2	Open	100	Free
3	Open	200	IM
4	Open	100	Butterfly
5	Open	50	Backstroke
6	Open	100	Breaststroke
7	Open	50	Butterfly
8	11-O	200	Backstroke
9	11-O	400	Freestyle
10	Open	200	Med Relay

**Sunday Morning – June 12, 2022**

**1<sup>st</sup> Session**

<b>Warm up 7:00 AM</b>		<b>Race starts 7:30 AM</b>	
<b>MIXED</b>	<b>Age</b>	<b>Distance</b>	<b>Event</b>
11	11-O	1500	Freestyle

**2<sup>nd</sup> Session**

<b>Warm-up – 8:00 AM</b>		<b>Meet Starts – 8:35 AM</b>	
<b>MIXED</b>	<b>Age</b>	<b>Distance</b>	<b>Event</b>
12	11-O	400	IM
13	Open	50	Freestyle
14	Open	100	Backstroke
15	11-O	200	Breaststroke
16	Open	50	Breaststroke
17	Open	200	Freestyle
18	11-O	200	Butterfly
19	Open	200	Free Relay