

**GNST Kearney May Short Course
Greater Nebraska Swim Team
May 21, 2022**

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction #MWS22020
- 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 Kearney High School. 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:** Kearney High School
2702 W 11th St, Kearney, NE 68844
- POOL:**
- 8 lane, 25 yard pool, non-turbulent lane lines, Daktronics timing system and 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 4' to 4'5" and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" (1meter) to 16' 5" (5.0 meters) is 14' to 14'5". (USA-S Rule 202.3.4.D).
 - Pool has been certified in accordance with 104.2.2C(4)
- FACILITY:**
- 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.
- SCHEDULE:**
- | | | |
|-----------------|---|---|
| Warm-Up Time | 7:00 am (1 st session-distance event) | Warm-up time: 8:00 am (2 nd session) |
| Meet Start Time | 7:30 am (1 st session-distance event)) | Meet starts : 8:45 am(2 nd session) |
- MEET DIRECTOR:** Becky O'Connell Email: beckyoconnell76@yahoo.com (308) 627-4699

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- OFFICIALS:** Meet Referee: Brenda Dankert
Admin Official: Andra White
Meet Marshal: Paul O'Connell; Melissa Wuellner
- MEET FORMAT:** Meet is a Coed Timed Final NTS Meet, like events swum together, placed separately by gender and age group. No individual or team scoring.
- 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 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.
 - On deck USA Swimming registration will not be permitted.
 - The age of the swimmer on May 21, 2022 determines his/her age for the entire meet.
 - 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.
 - Late entries and deck entries will require proof of USA Swimming registration.
 - 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 6 individual events and 1 relay.
 - 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.
 - No time trials.
- EVENT FEES:** \$4.00/ individual event; \$6.00 / relay event
\$9.50/ swimmer – \$6.50 Midwestern Splash Fee and \$3.00 Facility Fee
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (club electronic entry file with hard copy) or via email for swimmers entering without a club entry.
 - 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 2, 2022 and close Wednesday, May 11, 2022 at 7:30 p.m. Late entries will be accepted at the discretion of the meet director.
 - 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.

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- Deck entries will be accepted in the order received (for swimmers already in the meet) to fill open heats/lanes only.
- No additional heats will be added.
- Double fees for deck entries.

ENTRY CHAIR: Becky O'Connell 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.
- 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 1650.
- No exhibition swimming.

WARM-UP

PROCEDURES:

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

SCORING:

No team or individual scoring; events placed by 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

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.

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Event Schedule

Saturday Morning – May 21, 2022

Warm-up -7:00 AM		Race Starts 7:30 AM	
Mixed	Age	Distance	Event
1	11-O	1650	Free*

2nd Session

Warm-up – 8:00 AM		Meet Starts – 8:45 AM	
Mixed	Age	Distance	Event
2	Open	100	Free
3	8 & U	25	Free
4	Open	200	IM
5	Open	100	Butterfly
6	Open	50	Backstroke
7	Open	100	Breaststroke
8	8 & U	25	Backstroke
9	11-O	200	Backstroke
10	Open	50	Butterfly
11	11-O	500	Freestyle
12	11-O	400	IM
13	8 & U	25	Butterfly
14	Open	100	Backstroke
15	Open	50	Freestyle
16	11-O	200	Breaststroke
17	Open	50	Breaststroke
18	Open	200	Freestyle
19	Open	100	IM
20	11-O	200	Butterfly
21	8 & U	25	Breaststroke
22	Open	200	Free Relay

All events will be swum FASTEST to SLOWEST.

* 1000 splits may be available.