

**Hastings Fun in the Sun Meet – NTS**  
**Hosted by Hastings YMCA Aquatic Club (HYAC)**  
**Hastings, Nebraska – July 8-9, 2023**

- SANCTION:** This meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc Sanction #MWS23034
- 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.
- LOCATION:** Aquacourt Waterpark, 2200 W 3<sup>rd</sup> St, Hastings, NE 68901
- POOL:**
- 50 meter, 8 lanes. Lanes are separated by non-turbulent lane lines and have bottom stripes and turn targets. Timing and place judging equipment is a fully automatic Colorado 6, complete with touch pads at both ends, electronic horn start, and LED scoreboard. Splits and far-end splits may be available.
  - 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 4'6" to 4'8" and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" to 16' 5" (5.0 meters) is 13' to 11'. (USA-S Rule 202.3.4.D.)
  - Relay swimmers #2 and # 4 for 200 relays will start at 13' depth from the deck.
  - Pool has not been certified in accordance with 104.2.2C(4).
- FACILITY:** The competition pool is in the Aquacourt Waterpark. Meet swimmers will not have access to other water facilities, only the competition pool.
- Certified lifeguards will be present during the meet. Facility has access to an AED, backboards, lifeguard tubes and shepherd's crooks. The facility does not offer athletic trainers or rehab facilities.
  - HYAC reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
  - 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 swimming venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) at any time athletes, coaches, officials and/or spectators are present.
  - A gender-neutral/family facility is available next to the male and female bathrooms/locker rooms.
- SCHEDULE:**
- |                            |                            |
|----------------------------|----------------------------|
| <b>Session 1: Saturday</b> | <b>Session 2: Sunday</b>   |
| <b>Warm-ups 7:45 AM</b>    | <b>Warm-ups 7:45 AM</b>    |
| <b>Meet starts 8:30 AM</b> | <b>Meet starts 8:30 AM</b> |
- MEET DIRECTOR:** John Schmidt [jwschmidt101@gmail.com](mailto:jwschmidt101@gmail.com) 217-621-1537
- OFFICIALS:** Meet Referee: Amy Thompson  
Admin Official: Dawn Schmidt  
Meet Marshal: Nicole Terrell, Neil Heckman
- MEET FORMAT:** All events are timed finals. Events are pre-seeded.  
Like events/distances will be swum together mixed gender, and placed separately by age group and gender.
- 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. The USA Swimming App 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.
  - LATE entries will require proof of USA Swimming registration and will be charged double entry fees.
  - 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

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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 July 8, 2023, determines the age of the swimmer for the meet.
- Relay-only swimmers must be included on the entry roster and MW splash fee paid.
- 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:**
- Swimmers may participate in a maximum five (5) individual events and one (1) relay per day.
  - No time trials.
  - 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.

- ENTRY FEES:**
- |                   |   |
|-------------------|---|
| Individual Events | \$4.00  |
| Relays            | \$8.00  |
| Fees              | \$14.50 (\$6.50 MW Splash Fee, \$8.00 Facility Fee) |

- ENTRY PROCEDURE:**
- Please submit entries in electronic format (meet entry file with hard copy). Request email receipt
  - Entries will be accepted on Midwestern Entry Roster Sheets or via Email for Unattached athletes.
  - LC Meter entry times are requested. Conversions from SCY and SCM times will be accepted.
  - A check for the total amount of entries made payable to SOS Swim Hastings must accompany all entries.

- ENTRY DEADLINE:**
- Entries must be received by **Wednesday, June 28, 2023**.
  - 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.

- ENTRY CHAIR:** Betty Kooy      Email: [blkooy@charter.net](mailto:blkooy@charter.net)      (402) 469-5051  
1429 N Webster Ave, Hastings NE 68901

- GENERAL MEET CONDUCT:**
- This meet will be preseeded.
  - Scratches are requested prior to the start of each session to the clerk of course in order to allow for and late/deck entries. **PLEASE be courteous and inform the Clerk of your scratches.**
  - Fly-over start procedure may be used at the discretion of the Meet Referee.
  - Each swimmer shall report promptly to his/her assigned lane prior to the start of each race in which he/she is entered and stand behind the blocks when waiting for their heat to be called to help with social distancing behind the blocks.
  - All events swum Fastest to Slowest.
  - All races will finish into touch pads with touch pads in place on both ends.
  - No exhibition swimming; no time trials.

- WARM-UP PROCEDURES:**
- Locker rooms will be available for restroom use only and will be monitored for usage and social distancing.
  - 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.
  - The "sit and slide" entry will be used.
  - The first 30 minutes will be general warm-up. Lanes will be assigned to teams. Coaches may organize their own warm-up. The last 15 minutes will be used for racing starts, one direction only.

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

- SCORING:**
- Individual points will be kept for all events (8-lane scoring – 9, 7, 6, 5, 4, 3, 2, 1) for high point and runner-up; 8 & U, 9-10, 11-12, 13-14, 15-18. 19 and O swimmers are welcome but will not score.

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- AWARDS:**
- Age groups are swum together but placed separately by gender and age group, 8 & U, 9-10, 11-12, 13-14, 15-18.
  - Trophies for high point and runner-up – 8 & U, 9-10, 11-12, 13-14, 15-18;  
 Special token for completion of Pentathlon events (50 Free, 50 Back, 50 Breast, 50 Fly, 200 IM) with all age groups eligible.
- FINAL 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)
- 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.

**We are using the facility in the Hastings Waterpark. There is a large area for tents and awnings in the park. Swimmers and families are welcome to pay admission to the Waterpark and use the facilities after competition is done. We welcome you to Hastings and this fun facility.**

## Meet Schedule

### Session 1: Saturday, July 8

**Warm-up – 7:45 AM**

**Start – 8:30 AM**

Event	Gender	Age	Distance	Stroke
1	Mixed	Open	100 M	Free
2	Mixed	11 & Over	400 M	Ind. Medley
3	Mixed	Open	50 M	Breast
4	Mixed	11 & Over	200 M	Back
5	Mixed	9 & Over	200 M	Free
6	Mixed	9 & Over	100 M	Butterfly
7	Mixed	Open	50 M	Back
8	Mixed	11 & Over	200 M	Breast
9	Mixed	Open	200 M	Medley Relay
10	Mixed	11 & Over	800 M	Free

### Session 2: Sunday, July 9

**Warm-up – 7:45 AM**

**Start – 8:30 AM**

Event	Gender	Age	Distance	Stroke
11	Mixed	Open	50 M	Free
12	Mixed	11 & Over	200 M	Butterfly
13	Mixed	9 & Over	100 M	Breast
14	Mixed	Open	200 M	Ind. Medley
15	Mixed	11 & Over	400 M	Free
16	Mixed	Open	50 M	Butterfly
17	Mixed	9 & Over	100 M	Back
18	Mixed	Open	200 M	Free Relay

Special token for completion of Pentathlon events (50 Free, 50 Back, 50 Breast, 50 Fly, 200 IM) with all age groups eligible.