

GOAL Get'em Challenge Meet
Hosted by Greater Omaha Aquatics Leopardsharks
July 21-23, 2023

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction #: MWS23039/MWS23039TT
- It is understood and agreed that UA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Dillon Family Aquatics Center
806 N Lincoln Ave, Fremont, NE 68025
- POOL:**
- 50 Meter, 6 lanes, Colorado Timing System w/touch pads, scoreboard, Finish Place judging equipment, anti-turbulent lane lines, electronic horn start, LED scoreboard. Near end splits will be used and far end splits may be available.
 - There will be two (2) timers per lane.
 - The water depth of the competition pool (at the shallowest points) measured for a distance of 3' 3 ½" (1.0 meter) to 16' 5" (5.0 meters) from the start wall is 7.92' to 7.75' and the water depth at the turn end wall (NO starts from turn end) when measured for a distance of 3' 3 ½" (1.0 meter) to 16' 5" (5.0 meters) is 3.84' to 4.27' (USA-S Rule 202.3.4.D).
 - Separate warm-down pool available.
 - Competition course has been certified in accordance with 104.2.2C(4).
- FACILITY:**
- The competition pool is located in the Dillon Family Aquatics Center on the south side of the Fremont YMCA campus. Swimmers only have access to the pool and crash areas.
 - There will be NO spectator fees charged. A facility fee will be charged, and that will include an online program. Limited programs will be available onsite for purchase. Spectator seating will be available in the upstairs area and a crash area will be available for parents and swimmers in the gym.
 - Certified lifeguards will be present at all times. An AED, emergency telephone, and first aid kit are available in the pool area. Rescue equipment includes backboards with neck immobilizers, rescue tubes, and a shepherd's crook. Host does not offer athletic trainers or rehabilitation facilities. Ice is available for injuries.
 - The upstairs seating area will be for spectators only. The upstairs and photo area will not be allowed for "crash". Parents will be allowed in the gym crash area and upstairs spectator area, but will not be allowed on the pool deck.
 - Controlled temperature in facility.
 - No glass allowed on pool deck or in the stands.
 - Disinfecting stations will be in the lobby, on the pool deck, in the crash areas, and the upstairs seating.
 - GOAL and the YMCA Staff reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.
 - Use of audio or visual recording devices, including cell phones, is not permitted behind the blocks, in changing areas, restrooms, or locker rooms.
 - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and 9open ceiling locker rooms) at any time athletes, coaches, officials, and/or spectators are present.
 - Gym will be provided for crash area for swimmers and spectators.
 - Two gender-neutral/family facilities are available at this facility. Locations of these facilities and be found on the north side of the pool by the hot tub. For more information contact the meet director at jay.thiltgen@yahoo.com.
 - Seating for handicap is available on the pool deck. Crash area gym is open for spectators and swimmers. A live feed of the scoreboard will be available in the crash area.
- SCHEDULE** Warm-ups will be split. Two 25 minute warm-ups before each session.
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|--------------------------------|--------------------------|------------------|
| Friday PM Timed Finals: | Open Warm-ups: 4:30 p.m. | Start 5:15 p.m. |
| Saturday and Sunday AM 13 & O: | Warm-up: 7:00 a.m. | Start: 8:00 a.m. |
| Saturday and Sunday PM 12 & U: | Warm-up: 12:30 p.m. | Start: 1:30 p.m. |
- Saturday Distance Session: 5:30 p.m. Start Times will be communicated. Warmup lane will be open.
Time Trials: TBD
- MEET DIRECTOR:** Jay Thiltgen 402-980-7517 jay.thiltgen@yahoo.com

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- OFFICIALS:** Meet Referee: Dan Brailita
Admin Referees: Betsy Purcell, Betty Kooy
Meet Marshals: RJ Lebbert and Vickie Beck
- MEET FORMAT:**
- **All events Timed Finals; some swum mixed.**
 - Standards; Max time .01 less than 2023 MW Championship Long Course Automatic Qualifying times; 8 & Under minimum times; all ages eligible.
- 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 coach's membership credentials will be required at coach sign-in. Credentials shall be available at all times. The USA Swimming App is acceptable proof of USA Swimming membership.
 - In accordance with MWS Policy, only those coaches who hold current, valid USA Swimming credentials 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 and Midwestern Swimming.
 - The age of the swimmer on Friday, July 21st determines his/her age for the entire meet.
 - Athletes who appear as unregistered on the first pre-meet recon must register with USA Swimming 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 USA Swimming. The entering club will be billed \$30.00 late fee and must provide proof of registration before athlete is allowed to swim in the 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.
 - Conversion times will not be accepted. **LCM times only.**
 - Swimmers must not have achieved a time faster than the max LC time as listed on the meet schedule. Minimum times for 8 & Under athletes.
 - **Age Up Exception:** All swimmers who "age up" on or after July 21, 2023 and before July 27, 2023 and who do not have a MW qualifying time in their age group as of July 26, 2023, may enter a particular event in their current age group at the Championship Challenge Meet at a seed time at or faster than their current age group's qualifying standard. All such entries must be entered as **Exhibition** swims. This additional entry option is intended to allow all swimmers an opportunity to qualify for the Championship Meet in their actual Championship age group. Swimmers who enter an event at the meet under this section are **NOT** eligible for awards at this meet. Please alert the entry chair to all entered "Age-Up" swimmers in your entry email naming swimmer and event. For 10 & Under swimmers aging up to the 11-12 age group who wish to swim an event not offered for 10 & Under, Time Trials will be an option (time permitting).
- ENTRY LIMITS:**
- 13 & O swimmers may participate in 4 individual events per day (8 maximum events for the meet). Swimmers 12&U may participate in a maximum of 4 events per day (8 maximum for the meet).
 - The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & Under swimmers where a 4-hour projected time limit is reached. The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit (205.3.1F). Teams will be notified of any and all necessary adjustments.
 - If swimming time trials, maximum events per day may not exceed 6 events per day (max 2 time trials for the meet).

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- EVENT FEES:**
- Timed Final Events: \$5.25
 - \$15.00 Facility Fee. Includes digital online program. Limited programs will be available on site.
 - \$6.50 per swimmer – Midwestern Splash Fee.
 - Time Trials: \$10.50
- ENTRY PROCEDURE:**
- Entries must be submitted in electronic format or via email for unattached swimmers. A check for the entry fees must accompany all entries.
 - **Entries in LCM ONLY.** No Conversions.
 - **Entries with capped event numbers may require a provable time in SWIMS**
 - Make checks payable to Greater Omaha Aquatics Leopardsharks (Please do NOT use “GOAL”). NO REFUNDS.
 - Any entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
- DEADLINE FOR RECEIPT OF ENTRIES IS Tuesday, July 11th at 8:00PM.
 - Entries will open on Monday, July 3rd @ 8:00 a.m.
 - No late entries will be accepted.
 - Psych sheets will be sent to club entry chair within 24 hours of entry deadline. Coaches will have 24 hours to make corrections.
 - Any swimmer that did not make the cut line in an event with limited entries will be allowed to choose a different event on that same day. Those entry changes will be due no later than 24 hours follow receipt of event limit.
 - Deck entries will not be allowed. Time trial options may be available.
- ENTRY CHAIR:** Jay Thiltgen 402-980-7517
4655 N 209th St, Elkhorn, NE 68022
Email: jay.thiltgen@yahoo.com
- COACH MEETING:** Coach meeting will be held 10 minutes prior to a session, and only if needed. Coaching communications will be dealt with prior to the meet via email and digital communication.
- GENERAL MEET CONDUCT:**
- The meet will be pre-seeded with the exception of events 400 meters or longer.
 - Fly-over start procedure may be used at the discretion of the Meet Referee.
 - Starts will be from the West side of the pool, in 12’0” depth. Races will finish into Colorado touch pads.
 - All events will be seeded Fastest to Slowest. The distance session seeding will be communicated to teams at the entry deadline and confirmation of approximate swim time will also be communicated.
 - **Scratches** will be required for all events that are 400 meters in length and longer
 - Each swimmer shall report promptly to his/her assigned lane prior to the start of each race in which he/she is entered.
- WARM-UP PROCEDURES:**
- Use MWS Safety Guidelines for model. (MWS Policies and Procedures 8.6)
 - 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.
 - Swimmers are to sit and slide entering water.
 - During sprint starts, swimmers must swim one direction only.
 - Coaches must be in control of their swimmers in their assigned lanes.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
 - Each team must provide an adult with non-athlete USA Swimming membership to supervise the swimmers in the on-deck team area at all times. Only registered coaches, swimmers, and officials will be allowed on deck.
 - The gym area will be available for a swimmer and parent crash area.
- SCORING:** Twelve (12) place scoring will be used for the meet.
- AWARDS:**
- Team Score will be kept.
 - Medals will be awarded for Top 6 finishers in each age group.
- MEET RESULTS:**
- Available on Meet Mobile, and posted at the pool.

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- Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – 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.

**GENERAL
INFORMATION:**

- Concessions will be available on site in the crash areas.
- Information regarding meet apparel will be posted on the GOAL Website.
- Hospitality will be provided for coaches and officials.
- Link for Meet Information on the GOAL website.

PROGRAMS:

- Only limited quantities of programs will be available. The programs will be published online for viewing and personalized printing off site. Programs will be posted 24 hours prior to the meet.
- Coach packets may be picked up from the timing table.
- Programs will be available on the GOAL Website.

CONCESSIONS:

- Concessions will be available for sale in the lobby.

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Event Schedule

Friday Evening, July 21, 2023

Warm-up: 4:30 PM

Meet Starts: 5:15 PM

Girls	Maximum	Age	Distance/Stroke	Maximum	Boys
1	3:04.00	11-12	MIXED 200 IM	3:08.50	1
1	3:41.70	10 & U	MIXED 200 IM	3:40.80	1
2	2:49.10	13-14	MIXED 200 IM	2:45.30	2
3	2:43.10	15 & O	MIXED 200 IM	2:30.80	3
4	5:49.70	11-12	MIXED 400 Freestyle	5:48.70	4

Events will be scored 10 & U, 11-12, 13-14, 15 & O.

All events will be swum FASTEST to SLOWEST.

All Friday Evening events will be swum MIXED.

**Event 4 will be swum MIXED and will have a 5:00 p.m. Scratch Deadline.

Saturday Morning, July 22, 2023

Warm-up: 7:00 am

Meet Starts: 8:00 AM

Girls	Maximum	Age	Distance/Stroke	Maximum	Boys
5	2:28.40	13 – 14	200 Freestyle	2:25.80	6
5	2:23.00	15 & O	200 Freestyle	2:13.10	6
7	1:31.60	13 – 14	100 Breaststroke	1:28.10	8
7	1:29.00	15 & O	100 Breaststroke	1:19.90	8
9	30.70	13-14	50 Free	29.50	10
9	29.80	15 & O	50 Free	27.00	10
11	6:17.40	13-14	MIXED 400 IM**	6:04.70	11
11	6:04.00	15 & O	MIXED 400 IM**	5:42.70	11
13	1:18.40	13-14	100 Fly	1:15.50	14
13	1:14.10	15 & O	100 Fly	1:07.30	14
15	2:52.10	13-14	200 Back	2:49.10	16
15	2:46.90	15 & O	200 Back	2:36.60	16

Events will be placed 13-14, 15 & O.

All events will be swum FASTEST to SLOWEST.

**Event 11 will have an 8:00 a.m. Scratch Deadline.

**Event 11 will be swum Mixed Event and placed by age group and gender.

**Event 11 may be limited to the Top 12 in each gender.

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Saturday Afternoon, July 22, 2022

Warm-up: 12:30 pm

Meet Starts: 1:30 PM

Girls	Maximum	8&U Minimum	Age	Distance/Stroke	Maximum	8&U Minimum	Boys
17	3:14.40	3:50.79	10 & U	200 Freestyle	3:12.10	3:43.49	18
17	2:43.20		11 – 12	200 Freestyle	2:44.90		18
19	47.40	56.89	10 & U	50 Backstroke	49.20	57.29	20
19	39.70		11 – 12	50 Backstroke	40.40		20
21	1:57.80	2:17.79	10 & U	100 Breaststroke	1:56.00	2:12.39	22
21	1:39.30		11 – 12	100 Breaststroke	1:38.40		22
23	3:10.20	-	11-12	MIXED 200 Butterfly	3:06.20	-	23
25	38.50	46.09	10 & U	50 Freestyle	39.50	45.69	26
25	32.90		11 – 12	50 Freestyle	33.50		26
27	3:09.50	-	11-12	MIXED200 Backstroke	3:04.20	-	27
29	6:48.30		11-12	MIXED 400 IM**	6:39.20		29

Events will be placed 10 & U, 11-12.

All events will be swum FASTEST to SLOWEST.

Events 23 and 27 will be swum as a Mixed Event and placed by gender.

**Event 29 will be swum as a Mixed Event and placed by gender.

**Event 29 will have a Scratch Deadline – 2:00 pm.

Saturday Evening, July 22, 2023

Warm-up: 5:30 PM

Meet Starts: 6:10 PM

Girls	Maximum	Age	Distance/Stroke	Maximum	Boys
31	23:00.20	11 – 12	MIXED 1500 Freestyle***	22:36.40	31
31	21:05.70	13-14	MIXED 1500 Freestyle***	20:16.60	31
31	20:51.00	15 & O	MIXED 1500 Freestyle ***	19:26.80	31

Event will be swum MIXED and placed 11-12, 13-14, and 15 & O

Scratch Deadline for Event 31 is 5:30 p.m.

ALL Events will be swum FASTEST to SLOWEST with 11-12 swimming first.

Event 31 may be limited to the fastest 6 (11-12), fastest 12(13-14), and fastest 12(15&O)

800 Splits will be provided.

Due to limitations of event size, proof of performance will be required.

Any 11-12 year old swimmers assume the responsibility of being over a 4-hour limit for the day.

Swimmers in event 31 will be requested to provide two timers & one counter for their own lane.

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Sunday Morning, July 23, 2023

Warm-up: 7:00 am

Meet Starts: 8:00 AM

Girls	Maximum	Age	Distance/Stroke	Maximum	Boys
33	3:18.60	13-14	200 Breast	3:10.80	34
33	3:16.00	15 & O	200 Breast	3:01.00	34
35	1:07.60	13-14	100 Free	1:05.40	36
35	1:04.80	15 & O	100 Free	59.10	36
37	2:59.20	13-14	200 Butterfly	2:48.00	38
37	2:54.00	15 & O	200 Butterfly	2:40.00	38
39	1:19.20	13 – 14	100 Backstroke	1:17.80	40
39	1:16.10	15 & O	100 Backstroke	1:10.10	40
41	5:19.80	13-14	MIXED 400 Freestyle**	5:14.00	41
41	5:11.50	15 & O	MIXED 400 Freestyle**	4:54.00	41

Events will be placed 13-14, and 15 & O

ALL Events will be swum FASTEST to SLOWEST.

**Scratch deadline for Event 41 is 8:00 a.m.

****Event 41 may be limited to the fastest 18 (13-14), and fastest 18(15&O)**

****Due to limitations of event size, proof of performance will be required.**

****Events 41 will be swum as a Mixed events.**

****Swimmers in event 41 will be requested to provide two timers.**

Sunday Afternoon, July 23, 2023

Warm-up: 12:30 pm

Meet Starts: 1:30 PM

Girls	Maximum	8&U Minimum	Age	Distance/Stroke	Maximum	8&U Minimum	Boys
43	1:27.60	1:44.99	10 & U	100 Freestyle	1:30.20	1:43.59	44
43	1:12.90		11 – 12	100 Freestyle	1:15.30		44
45	3:35.70		11-12	MIXED 200 Breaststroke	3:28.70		45
47	47.10	56.89	10 & U	50 Butterfly	46.00	53.79	48
47	37.60		11 – 12	50 Butterfly	38.60		48
49	1:42.80	2:04.19	10 & U	100 Backstroke	1:43.10	2:00.09	50
49	1:25.80		11 – 12	100 Backstroke	1:28.00		50
51	53.30	1:02.49	10 & U	50 Breaststroke	53.30	1:01.69	52
51	45.30		11 – 12	50 Breaststroke	45.20		52
53	1:53.00	2:12.99	10 & U	100 Butterfly	1:50.80	2:10.09	54
53	1:28.40		11 - 12	100 Butterfly	1:26.30		54

Event 45 will be swum MIXED and placed by gender.