

# Nebraska YMCA Championship Swim Meet

## Dillon Family Aquatics Center

March 15 & 16<sup>th</sup>, 2024

- SANCTION:** Held under the Sanction of YMCA Competitive Swimming & Diving Sanction and approval of USA Swimming and Midwestern Swimming. It is understood and agreed that Nebraska YMCA Swim League, Fremont Family YMCA, Dillon Family Aquatics Center, Y of the USA, USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- APPROVAL:** **MWSAP2406**
- LOCATION:** Dillon Family Aquatics Center 806 North Lincoln Avenue Fremont, NE 68025
- POOL/FACILITY:** 25yd, 12lanes, Colorado Timing System w/touchpads, scoreboard, anti-turbulent lane lines & sound system. Pool depth of 5.88 at 1M, 5.89 feet at 5M from turn end. Depth of 5.14ft at 1M, 5.48ft at 5M from start end. Pool has been certified in accordance with 104.2.2C (4). Lanes 1-10 will be used for Competition.
- Nebraska Y League 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 cell phone, is not permitted behind the block, 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.
  - Water/water bottles allowed on deck, no coolers or other food & drink.
  - There will be designated swimmer crash areas in the designated gym area. Upper-level spectator seating is available.
  - We also have a designated area for video and pictures. Please do not crash here, this area is only to be for use of video and picture taking. This area is located in the middle of the stands.
- SCHEDULE:** **FRIDAY PM Doors open at 4:45 PM**  
Warm-Up @ 5:00 PM  
Meet start @ 5:45 PM
- SATURDAY AM Doors Open @ 7:15 AM**  
Warm-Up #1 @ 7:30-8:10 AM  
Open Ln 0 **BYST** Ln 1,2 **LYD**-Ln 2,3 **BARRA**-Ln 4,5 **FAST**-Ln 6,7,8 **CYST**-Ln 9,10,11  
Warm-Up #2 @ 8:10-8:50 AM  
Open Ln 0 **MYMCA**-Ln 1,2 **KYT**-Ln 3,4 **HG**-Ln 5,6,7 **HYAC**-Ln 8,9 **HOL**-Ln Lane 10 **NYA**-Ln 11  
Meet starts @ 9:00 AM
- MEET DIRECTORS:** Referee: Analisa Peterson & Ben Huniak      Admin Officials: Kari Huniak
- OFFICIALS:** Stroke & Turn: Please volunteer and submit name to Ben Huniak & Shane Ahrens @ [ahrensrshane93@gmail.com](mailto:ahrensrshane93@gmail.com) by March 1<sup>st</sup>.
- MEET FORMAT:** Timed Finals Championship meet; No Time Standards
- DISABILITY SWIMMERS:** Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the Deck Referee of any disability prior to competition.
- RULES:**
- ELIGIBILITY:** Current USA Swimming and YMCA Competitive Swimming Rules will apply.
- The age of swimmer is determined by their age as of December 1, 2023.
  - The following are the age divisions of competition: 8 & U, 9/10, 11/12, 13/14, 15-18.

- Swimmers are allowed to “age-up” for relays
- Swimmers who wish to participate must be full privileged members of their YMCA and have only competed under their YMCA name (except High School) for a period of 90 days prior to the start of the meet.
- Swimmers must have swum in three YMCA league meets.
- If a swimmer does not meet the requirements, a waiver can be requested by the Coach in the form of a letter outlining the circumstances. Waiver requests must be made by the coach and sent to [neaquatic@ymcalincoln.org](mailto:neaquatic@ymcalincoln.org) no later than February 23<sup>rd</sup>.

ENTRY LIMITS: A swimmer may participate in 4 individual events and 2 relay events.

ENTRY FEES:

- YMCA League Splash Fee \$4.00
- Individual Events \$2.00 Relays \$6.00

\*Swimmers will not be allowed to compete if their team’s Championship meet fees have not been received or brought to the meet. **Make checks payable to Nebraska YMCA Swim League.**

ENTRY PROCEDURE

- All entries must have times; NT entries will not be accepted for the Championship meet.
- Teams may enter unlimited swimmers in individual events.
- Teams are allowed only one relay team per relay event.
- Entries should be submitted in electronic format.

ENTRY DEADLINE: E-mail entries to: Analisa Peterson [neaquatic@ymcalincoln.org](mailto:neaquatic@ymcalincoln.org)  
 Entries will close on Friday March 8<sup>th</sup> @ 5pm  
 Psych Sheet will be sent out Tues. March 12<sup>th</sup>. Any Changes or fixes need to be made by March 13<sup>th</sup> @5pm.

ENTRY CHAIR: Analisa Peterson [neaquatic@ymcalincoln.org](mailto:neaquatic@ymcalincoln.org) (402) 434-9267

GENERAL MEET CONDUCT:

- The official meet Program will indicate swimmer’s heat and lane.
- Swimmers will be required to report promptly to their assigned lane prior to the start of each race in which he or she is entered.
- Fly-over starts may be used at the discretion of the Meet Referee.
- Please remind coaches, parents, and spectators that there should be silence as a heat concludes and when whistles are heard. We will not be responsible for missed events due to noise from stands and coaches.
- Like distance and stroke may be swum together and placed separately.
- Protests:
  - The Coach or designated “Parent Representative” (no coach in attendance) may only present a protest.
  - Must be presented in writing to Referee at the meet. Form will be in coaches’ packet.
  - No video and/or picture may be used when filing a protest.
  - Championship Meet Rules Committee Decision is final.

WARM-UP PROCEDURES: 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 team if they fail to follow the safety rules.

- Each team is assigned to a 40-minute warm-up slot.
- The “sit & slide” entry will be enforced.
- First 20 minutes will be general warm-up.
- Race starts with one direction swimming will be allowed in the last 20 minutes.

TEAM SUPERVISION:

Deck changes are prohibited.

- Each team must provide an adult to supervise their team at all times during the meet.
- All swimmers are required to wear shoes when outside the pool area.
- Crash area will be available in the designated gym only.
- Please follow all signage and stay out of restricted areas.
- Bathrooms are located in locker rooms for swimmers and main level next to the stairs for spectators.
- **ONLY SWIMMERS, COACHES WITH VAILD CREDENTIALS, MEET VOLUNTEERS, AND MEET OFFICIALS WILL BE ALLOWED ONDECK!**

SCORING:

Individual Events: Sixteen (16) places will be scored, and points will be awarded. Only two swimmers from each team may score in each individual event. However, awards will be given to the fastest 16 swimmers regardless of the team the swimmer represents.

AWARDS:

Relay Event: Only one relay per team is allowed in each relay event. Eight (8) places will be scored and points will be awarded.

1st – 16th place for individual events

1st – 8th place for relay events.

RESULTS:

Note: although age groups/genders may be swum together, placement and ribbons will be awarded separate according to age group and gender.

- Results will be posted via Meet Mobile & Pool deck for coaches.
- Please do not bother the Referee or results table with questions concerning the results or when they will be posted. If there is an issue, the coach should complete the protest form.
- Official meet results will be emailed to coaches within 48 hours of the meet conclusion.

TIMERS:

- There must be two timers behind the block during all events.
- There will be a timer meeting at 8:45 AM for ALL timers in the hospitality room.
- Please be considerate and have your lane(s) staffed in advanced.

LYD	BARRA	CYSC	HG	BYST	KYT	HYAC	HOL	FRE	NYA	MYMCA
3	2	3	3	2	2	2	1	6	1	1

\*You can staff your volunteers however works best for your team (shifts, etc.), but please make sure you have the names of your volunteer in advance so that they can be turned in and all attend the timers/deck volunteer meeting.

CONCESSIONS:

- Concessions will be located in the Crash/Gym area.

SPECTATORS:

- Seat Saving Policy: Chairs and/or stadium chairs are prohibited from the spectator seating area. Please be courteous of all spectators keeping in mind the core values of the YMCA.
- The Middle area in the upstairs seating is for video or picture taking only. It is **STANDING ROOM ONLY** in this area.
- Handicap Seating is available on the pool deck, north wall. This area will not be an area for other family members and swimmers, handicap only.
- No flash photography at the start of competition races.
- There should be silence as a heat concludes and when whistles are heard. We will not be responsible for missed events due to noise from the stands and/or coaches and other swimmers.
- Children are not allowed to roam the facility unattended; they must be supervised in all areas.
- Spectators are not permitted on deck.
- **No smoking, drugs, or alcohol are permitted in the Aquatics Center or in the parking lot.**

STATE MEET PROTEST FORM

State the Protest:

Reason for Protest:

Coaches Signature: \_\_\_\_\_

Team: \_\_\_\_\_

Date: \_\_\_\_\_

Decision:

Signature of State Rules Committee Chair: \_\_\_\_\_

Date: \_\_\_\_\_

## 2024 Nebraska YMCA State Championship

### Friday Evening

Warm-Up @ 5:00

Meet Start @ 5:45

- |   |                                  |    |                                     |
|---|----------------------------------|----|-------------------------------------|
| 1 | Girls 13 & Over 200 Backstroke   | 6  | Boys 13 & Over 200 Breaststroke     |
| 2 | Boys 13 & Over 200 Backstroke    | 7  | Girls 11 & Over 400 Freestyle Relay |
| 3 | Girls 13 & Over 200 IM           | 8  | Boys 11 & Over 400 Freestyle Relay  |
| 4 | Boys 13 & Over 200 IM            | 9  | Girls 13 & Over 1000 Freestyle      |
| 5 | Girls 13 & Over 200 Breaststroke | 10 | Boys 13 & Over 1000 Freestyle       |

### Saturday

Warm-Up @ 7:30 & 8:10

Meet Start @ 9:00

- |    |                                  |    |                                     |
|----|----------------------------------|----|-------------------------------------|
| 11 | Girls 8 & Under 100 Freestyle    | 49 | Girls 11-12 200 IM                  |
| 12 | Boys 8 & Under 100 Freestyle     | 50 | Boys 11-12 200 IM                   |
| 13 | Girls 9-10 200 Freestyle         | 51 | Girls 11 & Over 500 Freestyle       |
| 14 | Boys 9-10 200 Freestyle          | 52 | Boys 11 & Over 500 Freestyle        |
| 15 | Girls 11-12 200 Freestyle        | 53 | Girls 8 & Under 25 Butterfly        |
| 16 | Boys 11-12 200 Freestyle         | 54 | Boys 8 & Under 25 Butterfly         |
| 17 | Girls 13 & Over 200 Freestyle    | 55 | Girls 9-10 50 Butterfly             |
| 18 | Boys 13 & Over 200 Freestyle     | 56 | Boys 9-10 50 Butterfly              |
| 19 | Girls 8 & Under 100 Medley Relay | 57 | Girls 11-12 50 Butterfly            |
| 20 | Boys 8 & Under 100 Medley Relay  | 58 | Boys 11-12 50 Butterfly             |
| 21 | Girls 9-10 200 Medley Relay      | 59 | Girls 13 & Over 100 Butterfly       |
| 22 | Boys 9-10 200 Medley Relay       | 60 | Boys 13 & Over 100 Butterfly        |
| 23 | Girls 11-12 200 Medley Relay     | 61 | Girls 8 & Under 50 Freestyle        |
| 24 | Boys 11-12 200 Medley Relay      | 62 | Boys 8 & Under 50 Freestyle         |
| 25 | Girls 13 & Over 200 Medley Relay | 63 | Girls 9-10 100 Freestyle            |
| 26 | Boys 13 & Over 200 Medley Relay  | 64 | Boys 9-10 100 Freestyle             |
| 27 | Girls 8 & Under 25 Freestyle     | 65 | Girls 11-12 100 Freestyle           |
| 28 | Boys 8 & Under 25 Freestyle      | 66 | Boys 11-12 100 Freestyle            |
| 29 | Girls 9-10 50 Freestyle          | 67 | Girls 13 & Over 100 Freestyle       |
| 30 | Boys 9-10 50 Freestyle           | 68 | Boys 13 & Over 100 Freestyle        |
| 31 | Girls 11-12 50 Freestyle         | 69 | Girls 8 & Under 25 Breaststroke     |
| 32 | Boys 11-12 50 Freestyle          | 70 | Boys 8 & Under 25 Breaststroke      |
| 33 | Girls 13 & Over 50 Freestyle     | 71 | Girls 9-10 50 Breaststroke          |
| 34 | Boys 13 & Over 50 Freestyle      | 72 | Boys 9-10 50 Breaststroke           |
| 35 | Girls 8 & Under 100 IM           | 73 | Girls 11-12 50 Breaststroke         |
| 36 | Boys 8 & Under 100 IM            | 74 | Boys 11-12 50 Breaststroke          |
| 37 | Girls 9-10 100 IM                | 75 | Girls 13 & Over 100 Breaststroke    |
| 38 | Boys 9-10 100 IM                 | 76 | Boys 13 & Over 100 Breaststroke     |
| 39 | Girls 11-12 100 IM               | 77 | Girls 8 & Under 100 Freestyle Relay |
| 40 | Boys 11-12 100 IM                | 78 | Boys 8 & Under 100 Freestyle Relay  |
| 41 | Girls 8 & Under 25 Backstroke    | 79 | Girls 9-10 200 Freestyle Relay      |
| 42 | Boys 8 & Under 25 Backstroke     | 80 | Boys 9-10 200 Freestyle Relay       |
| 43 | Girls 9-10 50 Backstroke         | 81 | Girls 11-12 200 Freestyle Relay     |
| 44 | Boys 9-10 50 Backstroke          | 82 | Boys 11-12 200 Freestyle Relay      |
| 45 | Girls 11-12 50 Backstroke        | 83 | Girls 13 & Over 200 Freestyle Relay |
| 46 | Boys 11-12 50 Backstroke         | 84 | Boys 13 & Over 200 Freestyle Relay  |
| 47 | Girls 13 & Over 100 Backstroke   |    |                                     |
| 48 | Boys 13 & Over 100 Backstroke    |    |                                     |