

# Metro Omaha Swim Team Gold/Silver Summer Splash

## June 11, 12, & 13 2010

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming.  
Sanction #MWS10017
- LOCATION:** University of Nebraska, Omaha - HYPER Building 60<sup>th</sup> and Dodge St. Omaha, NE
- POOL:** Indoor 50 meter pool, six lanes, non-turbulent lane lines, bottom stripes with turn targets, 4 ft depth at start end; block height 29 ½ inches; 16 ft depth at turn end. Colorado Timing system with touch pads. Seating for 800-1000.  
**(LOCATION MAY CHANGE TO HITCHCOCK)** Pool has not be certified in accordance with 104.2.2c(4)
- FACILITY:**
- MOST and the UNO Pool staff reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.
- SCHEDULE:**
- |                   |                    |                 |
|-------------------|--------------------|-----------------|
| Friday            | Warm-up 4:15 p.m.  | Meet 5:00 p.m.  |
| Saturday & Sunday | Warm-up 7:30 a.m.  | Meet 8:15 a.m.  |
|                   | Warm-up 12:00 p.m. | Meet 12:45 p.m. |
- MEET DIRECTOR:** Lori Benson [jlbenson@cox.net](mailto:jlbenson@cox.net) (402) 493-6891
- MEET OFFICIALS:** Referee: Steve Marchitelli  
Safety Marshal: Mary Ellyn Fitzler
- MEET FORMAT:** All events timed finals; like events swum together, scored separately based on Gold/Silver entry time.
- 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 and Midwestern rules will apply.
- CREDENTIALS:**
- Presentation of coach’s membership card will be required at coach sign-in. Credentials shall be visible at all times.
  - In accordance with MWS Policy, only those coaches who display 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.
  - The age of the swimmer on June 11, 2010, determines the age of the swimmer for the entire meet.
  - Late entries and deck entries will require proof of USA Swimming registration.
- EVENT LIMITS:** Swimmers may enter a maximum of 5 individual events per day.
- ENTRY FEES:**
- |                          |   |
|--------------------------|---|
| Individual events        | \$3.00                                      |
| Midwestern fee           | \$5.00 per swimmer                          |
| Deposit                  | \$50.00 per team – returnable if no damage  |
| <b>Event Sponsorship</b> | <b>\$4.00 per event – see details below</b> |
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek entry file with hard copy) or on a Meet Entry Form.
  - A check for the entry fees must accompany all entries.
  - Make checks payable to Metro Omaha Swim Team. No Refunds.
- ENTRY DEADLINE:**
- Entries must be received by 7:30 p.m. June 4, 2010. Late entries will be accepted at the discretion of the meet director.
  - Deck entries will be accepted to fill open lanes only. No additional heats will be added. Double fees will be charged.
  - Late entries must provide proof of USA Swimming registration.

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- ENTRY CHAIR:** Lori Benson – [jlcbenson@cox.net](mailto:jlcbenson@cox.net)  
 5526 N 164<sup>th</sup> St  
 Omaha NE 68116  
 (402) 493-6891
- GENERAL MEET CONDUCT:**
- All events are timed finals.
  - Meet will be preseeded.
  - Fly-over start procedure may be used at the discretion of the Meet Referee.
  - The official Meet Program will indicate swimmer’s heat and lane.
  - There will be no exhibition swimming.
  - 400 IM, 400s, 800s and 1500s will be deck seeded, limited in numbers (see event list for limits) and will be swum fastest to slowest. Positive check-in will be required for these events. The 1500s will alternate girls and boys. Swimmers not checked in will be scratched from the event.
- WARM-UP PROCEDURE:**
- 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.
  - No diving will be allowed during warm-up. Sprint lanes will be opened in lanes 1 and 8 for the second half of the warm-up period. Sit and slide pool entry will be used.
- TEAM SUPERVISION:**
- All teams must provide a responsible adult to supervise the swimmers in the team area at all times.
  - Only registered coaches, swimmers and officials will be allowed on deck.
- SCORING:**
- Meet will not be scored.
  - Placing: 8 & U, 9-10, 11-12, 13-14, and 15 & O in respective events for both Gold and Silver swimmers based on entry time.
- AWARDS:**
- Meet mementos will be given.
- FINAL RESULTS:**
- Meet results will be available electronically at the end of the meet (provide own new media) and posted on the MW Website – [www.mwswim.org](http://www.mwswim.org).
- PROGRAMS:**
- Programs will be sold.
  - Coaches’ packets may be picked up from the meet director.
- SPONSOR AN EVENT!**
- \$4.00 / event
- Wish your swimmer Good Luck!** Wish your father a Happy Father’s Day!  
*We can place this in the program above the event you choose.  
 Please include this information with your entries.*

### Schedule of Events

**Friday Evening June 11, 2010**

**Warm-ups 4:15 pm – Meet starts at 5:00 pm**

Girls	Age/Event	Boys
1	11 & O 400 IM (top 24)	2
3	Open 50 Free	4
5	11 & O 1500 Fr (top 18)	6

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## June 11, 12, & 13 2010

### Saturday Morning June 12, 2010

Warm-ups 7:30 am – Meet starts at 8:15 am

GIRLS	Age/Event
7	11 & O 400 Fr (top30)
9	12 & U 50 Fly
11	11 & O 200 Fly
13	12 & U 50 Back
15	11 & O 200 Back
17	Open 100 Breast
19	Open 100 Free
21	Open 200 IM

### Saturday Afternoon, June 12, 2010

Warm-ups 12:00 pm – Meet starts at 12:45 pm

Age/Event	BOYS
11 & O 400 Fr (top30)	8
12 & U 50 Fly	10
11 & O 200 Fly	12
12 & U 50 Back	14
11 & O 200 Back	16
Open 100 Breast	18
Open 100 Free	20
Open 200 IM	22

### Sunday Morning June 13, 2010

Warm-ups 7:30 am – Meet starts at 8:15 am

GIRLS	Age/Event
23	Open 200 Free
25	Open 100 Fly
27	Open 100 Back
29	12 & U 50 Breast
31	11 & O 200 Breast
33	11 & O 800 Free (top 18)

### Sunday Afternoon, June 13, 2010

Warm-ups 12:00 pm – Meet starts at 12:45 pm

Age/Event	BOYS
Open 200 Free	24
Open 100 Fly	26
Open 100 Back	28
12 & U 50 Breast	30
11 & O 200 Breast	32
11 & O 800 Free (top 18)	34