Select Swimming "Capital City Classic-Prelim/Final Meet"

June 26-29, 2014

SANCTION: Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction #MWS14026

LOCATION: Woods Park Pool, S. 33rd & J Street, Lincoln, NE

POOL:

- One 50 meter, 8 lane pool, non-turbulent lane lines, bottom stripes and turn targets, Horn start system, starting platforms on each lane end, Colorado Timing System with read-out board. The water depth of the competition pool measured for a distance of 3' 3 1/2" (1 meter) to 16' 5" (5.0 meters) from the start wall is 4' 8" – 5'6" and the water depth at the end or turn wall when measured for a distance of 3' 3 ½" (1 meter) to 16' 5" (5.0 meters) is 4' 0" – 4' 3". (USA-S Rule 202.3.4.D.)
- All events will start at the north end except the 50-meter events which will start at the south end.
- Competition pool is certified in accordance with 104.2.2.c(3) and 104.2.2c(4).
- Warm-up/ down pool: 25 meter, 6 lane pool adjacent to the competition pool.
  - Exception for Thursday and Friday Finals sessions in which the diving well will be used.
- No diving or starts will be permitted in the warm-up/down pool or diving well.

FACILITY:

- Locker rooms and showers available. Concessions will be available for the entire meet.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- Team tents, personal tents will be allowed in the pool area and are recommended. Tents will be allowed in pool area at 4:00 pm on Thursday and can be left up overnight.
- A vendor will be on sight for equipment purchases.
- Lincoln Select Swimming reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.

SCHEDULE:

Thursday – Timed Finals	Warm-ups	5:15 pm	Meet Starts	6:00 pm
Friday, Saturday, Sunday Prelims	Warm-ups	7:00/7:40 am SPLIT	Meet Starts	8:30 am
Friday, Saturday, Sunday Finals	Warm-ups	4:30 pm	Meet Starts	5:30 pm
Friday, Saturday, Sunday Timed Finals	Warm-ups	1:00 pm	Meet Starts	1:45 pm

MEET DIRECTOR: Louis Balogh selectswimming@gmail.com 402-261-6996(no calls after 9:00 pm)

OFFICIALS: Meet Referee: Tony Storer tstorer@summitgroupsoftware.com 402-429-0350
Admin Official: Kevin Damke
Meet Marshal: Nicole Storer

MEET FORMAT: Age Groups 11-12, 13-14 & Senior – Time Standards as listed; Timed Finals and Prelims/Finals events;
Age Groups 8 & U (NTS), 10 & U (B time standards) – Timed Finals.

DISABILITY SWIMMERS: Athletes with a disability are welcome 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: Current USA Swimming and MWS 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.

ELIGIBILTY

- All swimmers, coaches and clubs must be currently registered with USA Swimming.
- The age of the swimmer on June 26, 2014 determines the age of the swimmer for the meet.
- Time qualifications - NTS for 8 & U(NTS), NAG B standard for 10 & U. Time qualifications for the 11 & O are as listed. Host team reserves the right to enter their swimmers regardless of entry time.
- Late entries and deck entries will require proof of USA Swimming registrations.
- 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:

- Thursday events-1 individual event. Prelim/Final Events-3 individual events and 1 relay per day.
- Afternoon timed final events-4 individual events and 1 relay per day.
- 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.
- Teams will be notified of any and all necessary adjustments.

Select Swimming "Capital City Classic-Prelim/Final Meet"

June 26-29, 2014

EVENT FEES: Individual Events – Prelim/Final Events $4.00, Timed Final Events $2.50
Relays - $5.00
Surcharge: $11.00 per swimmer ($6.00 Midwestern fee plus $5.00 meet surcharge)

ENTRY PROCEDURE:

- Entries may be submitted either in electronic format (Hy-Tek file meet entry file with hard copy) or a Meet Entry Form.
- A check for the total amount due must accompany the entries. **Make checks payable to LSS.** No Refunds.

ENTRY DEADLINE:

- Entries will not be accepted before 8 am CST, Thursday, May 15th, 2014. DEADLINE FOR RECEIPT OF ENTRIES IS 6:00 pm, Monday, June 16th, 2014. Each entry accepted will be confirmed via a return email receipt. Lincoln Select Swimming has the sole discretion to determine which entries to accept. In exercising this discretion, Lincoln Select Swimming will consider: balance of age groups and gender in entries, level of competition and geographic location. Once entries are accepted; only time updates will be allowed. Any additions/substitutions must be made via email to the entries chair prior to the entry deadline.
- 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
- Late entries will be accepted at the discretion of Meet Director and double fees will be charged.
- Deck entries will be accepted for positive check events if time line (4 hour rule) is not exceeded, double fees will be charged.
- Timed final session deck entries will be accepted to fill open heats/lanes only. No additional heats will be added.

ENTRY CHAIR: Louis Balogh selectswimming@gmail.com 402-261-6996 (No phone calls after 9:00 pm)
6949 Kings Ct, Lincoln, NE 68516

GENERAL MEET CONDUCT:

- All 8 & U and 10 & U events are timed finals and will be pre-seeded.
- Positive check in will be required for all individual events for Thursday, all relays and for 800/1500 freestyle events.
- Check in for Thursday events must be complete by Thursday at 4:30 pm
  Scratch box for Friday morning events and check in for Friday relays closes at to 6:00 pm Thursday evening.
  Scratch box for Saturday morning events and check in for Saturday relays closes at to 6:00 pm Friday evening.
  Scratch box for Sunday morning events and check in for Sunday relays closes at to 6:00 pm Saturday evening.
  Check in sheets and scratch forms will be available at administration desk prior to deadlines.
- Fri/Sat/Sun afternoon sessions will be pre-seeded.
- Fly-over start procedure may be used at the discretion of the Meet Referee.
- 11-12 will have one heat of individuals (top 8) and all heats of relays in the finals session.
  13-14 and 15 & O will have two heats of individuals (top 16) and all heats of relays in the finals session.
  (A & B finals with B-consolation swimming first and then A-finals)
- 11-12 200 back/breaststroke/butterfly events will be timed finals with top 8 seeded swimmers in finals
- 800/1500 free events will be seeded and swum fastest to slowest, alternating heats of each gender. The fastest heat of each event on Sunday will be swum as the first two events during the evening finals session. Swimmers must provide their own timers for these events, except for Sunday finals session.
- Relays are timed finals and must be checked in according to the above schedule. All heats of 11 & Over relays will be swum during finals sessions.
- Order of events for prelims and finals are not necessarily the same. Check heat sheets.
- Midwestern scratch rule 1.14 & 1.15 will be governing the meet. Failure to swim a checked in event for the prelim session will result in swimmer not being able to swim their next scheduled event. A swimmer failing to swim in a finals event will be barred from the remainder of the meet. Swimmers not wanting to participate in finals after their preliminary swims will have 30 minutes after the event finish is announced to scratch or declare their intention to scratch.
- Each team with 5 or more swimmers in a particular session may be asked to provide up to 2 timers for either prelims or the afternoon timed final sessions. Timing assignments will be distributed and posted prior to meet start. Host team will provide timers for each finals session and for events 1-4.

WARM-UP PROCEDURES:

- 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.
- Warm ups will be split for the AM sessions. Teams will be notified prior to the meet on their assignments.

TEAM SUPERVISION:

- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Midwestern penalties will apply (MWS Policies and Procedures 8.5.14).
- Each team must provide a responsible adult with USA Swimming membership card to supervise its swimmers at all times.
- Only registered coaches, swimmers, officials, and adult supervisors with non-athlete USA Swimming cards will be allowed on the deck.

Select Swimming "Capital City Classic-Prelim/Final Meet"

June 26-29, 2014

SCORING: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS:

- 12 & Under: Individual events, Medals 1st-4th, Ribbons 5th- 8th, Relays: Ribbons 1st-3rd.
- High Point Awards: 1st-3rd All age categories: 8&U, 10&U, 11-12, 13-14, Senior. Only points scored in each age category will be used to determine high point winners.
- Team Awards: 1st-2nd Large Teams, 1st-2nd Small Teams. Team size assignments will be divided equally by number of swimmers per team prior to meet. Host Team is not eligible for this award.

GENERAL INFORMATION: Meet programs (psych sheet for 11 & Over, pre-seeded for 10 & U) will be available for purchase ($6.00). Complete meet programs will be available ($12.00) which will include tickets for all seeded prelim/final heat sheets for the entire weekend. Separate prelim ($2.00) and final ($1.00) heat sheets will be sold.

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 advance, written permission from the Meet Director or the Meet Referee to be on deck.

HOTEL INFORMATION

- Holiday Inn Downtown-$99/night(includes breakfast)
  141 N. 9th Street, Lincoln NE 68508 (1-402-475-9011). **Group Code CCS**

Schedule of Events

Thursday Evening All events Timed Finals

Warm-ups: 5:15 p.m.

Meet Start: 6:00 p.m.

Positive Check-in required for all Thursday events including relays by 5:15 pm

Scratch box closes at 6:30 pm for Friday's 11 & Over events. All Friday relays must be checked in by this time.

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
1	5:46.09	11-12	400	Freestyle	5:41.39	2
3	21:04.69	Senior	1500	Freestyle		
		Senior	800	Freestyle	10:27.09	4

- Events 3 & 4 will be seeded and swum fastest to slowest, alternating heats of each gender.
- Host team reserves the right to limit events 1-2 to top 32 swimmers and events 3-4 to the top 24 swimmers.

Select Swimming "Capital City Classic-Prelim/Final Meet"

June 26-29, 2014

Friday Morning

Warm-ups: 7:00/7:40 am split

Meet Start: 8:30 am

Scratch box closes at 6:00 pm for Saturday's 11 & Over events. All Saturday relays must be checked in by this time.

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
5	42.29	11-12	50	Backstroke	42.19	6
7	5:29.99	13-14	400	Freestyle	5:15.99	8
7	5:21.69	15 & O	400	Freestyle	5:02.39	8
9	2:44.79	11-12	200	Freestyle	2:41.79	10
11	1:36.39	13-14	100	Breaststroke	1:28.09	12
11	1:33.89	15 & O	100	Breaststroke	1:26.39	12
13	39.39	11-12	50	Butterfly	39.59	14
15	1:22.89	13-14	100	Butterfly	1:16.99	16
15	1:20.39	15 & O	100	Butterfly	1:13.39	16
17	3:08.29	11-12	200	Backstroke**	3:04.09	18
19	2:58.69	13-14	200	Ind Medley	2:48.99	20
19	2:54.19	15 & O	200	Ind Medley	2:42.89	20
21	NTS	11-12	200	Medley Relay*	NTS	22
23	NTS	13-14	400	Medley Relay*	NTS	24
25	NTS	Senior	400	Medley Relay*	NTS	26

- ** Timed finals events with top 8 seeded swimmers competing in finals session.
- * Timed finals events with all heats competing in finals session.
- Like events swum together for prelims and split by age for finals, 2 heats of 13-14, 2 heats of 15 & over, both girls and boys.
- Friday night finals will be swum in order Events 5-26.

Friday **Afternoon Session**

Warm-ups: 1:00 pm

Meet Start: 1:45 pm

All events pre-seeded. No penalty for no-shows.

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
27	3:48.59	10 & U	200	Freestyle	3:35.49	28
	5 min break					
29	NTS	8 & U	50	Freestyle	NTS	30
31	2:02.39	10 & U	100	Backstroke	1:58.09	32
33	NTS	8 & U	50	Backstroke	NTS	34
35	2:17.49	10 & U	100	Breaststroke	2:13.59	36
	5 min break					
37	55.09	10 & U	50	Butterfly	52.89	38
	5 min break					
39	NTS	10 & U	200	Free Relay	NTS	40

- All events pre-seeded Timed Finals.

Select Swimming "Capital City Classic-Prelim/Final Meet"

June 26-29, 2014

Saturday Morning 7:00/7:40 am split
Warm-ups: 8:30 am
Meet Start:

Scratch box closes at 6:00 pm for Sunday's 11 & Over events.
Positive check required at this time for 800/1500 freestyle events

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
41	3:07.19	11-12	200	Butterfly**	3:06.39	42
43	35.19	13-14	50	Freestyle	32.79	44
43	34.49	15 & O	50	Freestyle	31.19	44
45	36.39	11-12	50	Freestyle	35.29	46
47	2:54.29	13-14	200	Backstroke	2:47.09	48
47	2:51.99	15 & O	200	Backstroke	2:37.89	48
49	1:31.09	11-12	100	Backstroke	1:31.39	50
51	2:38.39	13-14	200	Freestyle	2:29.19	52
51	2:33.49	15 & O	200	Freestyle	2:23.59	52
53	1:41.89	11-12	100	Breaststroke	1:40.89	54
55	6:16.09	13-14	400	Ind Medley	5:59.19	56
55	6:05.79	15 & O	400	Ind Medley	5:46.39	56
57	NTS	11-12	200	Free Relay*	NTS	58
59	NTS	13-14	400	Free Relay*	NTS	60
61	NTS	Senior	400	Free Relay*	NTS	62

- ** Timed finals events with top 8 seeded swimmers competing in finals session.
- * Timed finals events with all heats competing in finals session.
- Like events swum together for prelims and split by age for finals, 2 heats of 13-14, 2 heats of 15 & over, both girls and boys.
- Saturday night finals will be swum in order Events 41-62.

Saturday **Afternoon Session**
Warm-ups: 1:00 pm
Meet Start: 1:45 pm

All events preseeded. No penalty for no-shows.

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
63	1:43.99	10 & U	100	Freestyle	1:41.59	64
65	NTS	8 & U	100	Freestyle	NTS	66
	5 min break					
67	2:12.59	10 & U	100	Butterfly	2:09.69	68
	5 min break					
69	NTS	8 & U	50	Breaststroke	NTS	70
71	1:01.59	10 & U	50	Breaststroke	1:01.59	72
	5 min break					
73	NTS	10 & U	200	Medley Relay	NTS	74

- All events pre-seeded Timed Finals.

Select Swimming "Capital City Classic-Prelim/Final Meet"

June 26-29, 2014

Sunday Morning

Warm-ups: 6:45/7:30 am split

Meet Start: 8:30 am

Scratch box closed at 6:00 pm on Saturday.

Positive check required for 800/1500 freestyle events

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
75	45.59	11-12	50	Breaststroke	47.09	76
77	3:19.99	13-14	200	Breaststroke	3:09.19	78
77	3:13.19	15 & O	200	Breaststroke	3:01.79	78
79	3:06.79	11-12	200	Ind Medley	3:06.89	80
81	1:16.19	13-14	100	Freestyle	1:11.49	82
81	1:14.39	15 & O	100	Freestyle	1:08.39	82
83	1:19.59	11-12	100	Freestyle	1:17.39	84
85	1:24.29	13-14	100	Backstroke	1:20.59	86
85	1:22.69	15 & O	100	Backstroke	1:16.49	86
87	3:32.59	11-12	200	Breaststroke**	3:29.49	88
89	2:55.29	13-14	200	Butterfly	2:45.99	90
89	2:49.19	15 & O	200	Butterfly	2:37.19	90
91	1:30.79	11-12	100	Butterfly	1:29.49	92
	5 min break					
93	11:03.09	Senior	800	Freestyle*		
		Senior	1500	Freestyle*	20:01.99	94

- ** Timed finals events with top 8 seeded swimmers competing in finals session.
- * Timed finals events with top seeded heat competing in finals session.
- Like events swum together for prelims and split by age for finals, 2 heats of 13-14, 2 heats of 15 & over, both girls and boys.
- For prelims, 800s and 1500s are at the end of the session. For finals the top heat of senior women and senior men only will compete at the BEGINNING of the finals session. Swimmers have the option to elect to swim in the prelim session but must choose to do so by the scratch deadline for this session on Saturday evening. Prelim heats will be swum fastest to slowest, alternating women and men. LSS reserves the right to limit events 93 and 94 to the top 24 swimmers.
- Sunday night finals will be swum in order Events 93-94, 75-92.

Sunday **Afternoon Session**

Warm-ups: 1:00 pm

Meet Start: 1:45 pm

All events pre-seeded. No penalty for no-shows.

Girls	Minimum Time	Age	Distance	Stroke	Minimum Time	Boys
95	4:12.99	10 & U	200	Ind Medley	4:10.69	96
97	NTS	8 & U	200	Ind Medley	NTS	98
99	45.09	10 & U	50	Freestyle	44.29	100
	5 min break					
101	NTS	8 & U	50	Butterfly	NTS	102
103	55.99	10 & U	50	Backstroke	56.39	104
	5 min break					
105	7:37.29	10 & U	400	Freestyle	7:38.49	106

- All events pre-seeded Timed Finals.
- 10 & U 400 Freestyle may be limited to top 16 swimmers.