

FAST-GOAL Spring Sprint Cup
13 & Over – B+/NTS; 12 & Under NTS
Hosted by Fremont Area Swim Team and Greater Omaha Aquatics
April 20-21, 2024

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction #: MWS24020
- 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.
 - The host will ensure the required course dimensions.
- 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 for 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.
 - FAST, 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 ahrensrshane93@gmail.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** Two 25 minute warm-ups before each session.
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| 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. |
- Finals Warm-up and Start: TBD

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- MEET** Jay Thiltgen 402-980-7517 jay.thiltgen@yahoo.com
- DIRECTORS:** Shane Ahrens 402-990-9305 ahrensrshane93@gmail.com
- OFFICIALS:** Meet Referee: Dan Brailita
Admin Officials: Betsy Purcell, Sherry Farley
Meet Marshals: Vickie Beck, RJ Lebbert
- MEET FORMAT:** 13 & Over: Timed Finals and Prelim/Final Events
12 & Under: Timed Final Events and Prelims/Finals Events
- 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.
 - The age of the swimmer on Saturday, April 20th 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.
 - All events with an athlete limit should be entered with a proven LCM time. SCY and SCM will be taken, but at a lower non-conforming standard. All events without a cut, can be entered with SCY.
 - For 13 & O, all events 100 yards and shorter are NTS, and will be Prelim/Finals. Events that are 200 and 400 yards will require the NAG "B" minimum standard and capped with a maximum number of athletes allowed in the event (conversions will be acceptable).
 - All 12&U events except for the 50 and 100 Free will be NTS, however the 400 events will be capped with a maximum number of athletes allowed. **The 50 and 100 Free will be Prelims/Finals.**
 - Late entries and deck entries (if accepted) will require proof of USA Swimming registration.
 - 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:**
- **13 & O swimmers may participate in 3 individual events per day, total of 6 for the meet. Swimmers 12&U may participate in a maximum of 4 timed finals events per day (8 maximum for the meet). Swimmers 12&U that participate in the 50 or 100 may only compete in 2 additional Timed Finals swims for the day. Swims should not exceed 4 swims for the 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 (205.3.1F). Teams will be notified of any and all necessary adjustments.

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- EVENT FEES:**
- Timed Final Events: \$4.00
 - Prelim-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.
- 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.
 - Make checks payable to Greater Omaha Aquatics. NO REFUNDS.
 - Any entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
- DEADLINE FOR RECEIPT OF ENTRIES IS Wednesday, April 10th.
 - Priority entry will begin on Thursday, March 28th at 8:00 a.m.: Priority entry will be given to teams from the 2023 entry list or teams from outside of the LSC that may add competitive value to the meet.
 - Entries will open on Monday, April 1st @ 8:00 a.m for all other teams.
 - Late entries are at discretion of Meet Director and will be double fees for late entries. Any late entries must prove current USA Swimming Registration.
 - 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 be accepted in the order received (for swimmers already in the meet) to fill open heats/lanes only. No additional heats will be added.
- 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 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, and the finals session will be seeded immediately following the close of the prelim event. Events scheduled for a finals swim, will be seeded into an A,B,C Final. The C Final will have 6 swimmers (Prelims results 7-12), the B Final will have 4 swimmers (Prelims results 3-6), and the fastest two swimmers from prelims will be in the A Final. For 12&Unders, the B final will have 4 swimmers and the fastest two will be in the A final.
 - 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 for the 13&Over session will be seeded Slowest to Fastest, and the 12&U session will be seeded Fastest to Slowest.
 - The Finals session will begin 25 minutes following the conclusion of event 12 and 38 and be seeded into A/B/C finals. The top 12 swimmers in each event will be eligible for a finals swim. Events 13, 14, 41, and 42 for the 12&U P/F events will have the top 6 participate in an A/B final at the end of the session.
 - No swimmer may participate in more than 2 finals swims within the session. In the event the swimmer qualifies for three finals swims, and fails to scratch a specific event, they will be removed from their lowest seeded event or their third finals swim.
 - The C final will have 6 swimmers, the B final will have 4 swimmers, and the A final will have 2 swimmers. For the 12&U P/F, the B final will have 4 swimmers and the A final will have 2 swimmers. Seeding will be in the middle of the pool.
 - Positive Check-in will be required for all 13&O events that are 200 meters in length and longer. However, these events will have an event cap. Those individuals that are entered into the meet will be notified of their acceptance into the event within 48 hours of the close of entry acceptance. Swimmers in these events should notify the meet host as soon as possible, if they are no longer available to swim the event. Once the psych sheet is published, swimmers in the 200/400 events will not be allowed to

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change events, only scratch. The 12&Under will have positive check in for the 400 meter events.

- There will be no penalty for a "No Show" to the Finals session. Please inform the meet host if a scratch from the finals event is necessary, in order to allow for maximum participation in the final session. Please report any scratches to the admin table, immediately following the prelim results being announced.
- Exhibition swimming will not be allowed.
- 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.
- Teams can use the deck or crash areas for seating.

SCORING:

Twelve (12) place scoring will be used for the 13 & Over sessions and the 12 & Under sessions. The 13 & Over session and 12 & Under session will be scored separately from each other.

AWARDS:

- The 13&O sessions of the meet will be scored as a team, and a team award will be presented to the winning team following the Sunday session. The 12&U session sessions of the meet will be scored separately from the 13&O session, and as a team. A separate team award will be presented to the winning team following the Sunday session.
- A cake will be presented to the highest combined scoring team for both 13&O and 12&U

MEET RESULTS:

- Available on Meet Mobile, and posted at the pool.
- 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.
- Meet apparel will be available both online and on site (in the crash areas) for purchase. Link will be posted on the GOAL website.
- Hospitality will be provided for coaches and officials.
- Link for Meet Information on the GOAL website.

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Event Schedule

Saturday, April 20, Session 1 – 13 & Over

Warm-up 7:00 a.m. SPLIT; Meet Starts 8:00 a.m.

Girls	Qual Time	Event	Qual Time	Boys
1	2:54.29	200 Free*	2:44.09	2
3	NT	100 Fly	NT	4
5	NT	50 Back	NT	6
7	NT	100 Breast	NT	8
9	NT	50 Free	NT	10
11	6:55.49	400 IM**	6:32.69	12

*Events 1-2 (Timed Final) will require a 13-14 B Time.

Only the top 30 entrants will swim

**Events 11-12 (Timed Final) will require a 13-14 B Time.

Only the top 24 entrants will swim

Sunday, April 21, Session 3 – 13 & Over

Warm-up 7:00 a.m. SPLIT; Meet Starts 8:00 a.m.

Girls	Qual Time	Event	Qual Time	Boys
27	3:15.79	200 IM*	3:04.59	28
29	NT	50 Fly	NT	30
31	NT	100 Back	NT	32
33	NT	50 Breast	NT	34
35	NT	100 Free	NT	36
37	6:06.79	400 Free**	5:49.09	38

*Events 27-28 (Timed Final) will require a 13-14 B Time.

Only the top 30 entrants will swim

**Events 37-38 (Timed Final) will require a 13-14 B Time.

Only the top 24 entrants will swim

Saturday, April 20, Session 2 – 12 & Under

Warm-up 12:30 p.m. SPLIT; Meet Starts 1:30 p.m.

Girls	Qual Time	Event	Qual Time	Boys
13	NT	100 Free*	NT	14
15	NT	50 Breast	NT	16
17	NT	200 Fly	NT	18
19	NT	100 Back	NT	20
21	NT	200 Breast	NT	22
23	NT	50 Fly	NT	24
25	NT	200 IM	NT	26

All afternoon events Timed Finals except for event 13/14

*The finals (Top 6) will swim following event 26.

Sunday, April 21, Session 4 – 12 & Under

Warm-up 12:30 p.m. SPLIT; Meet Starts 1:30 p.m.

Girls	Qual Time	Event	Qual Time	Boys
39	NT	200 Free	NT	40
41	NT	50 Free*	NT	42
43	NT	100 Fly	NT	44
45	NT	200 Back	NT	46
47	NT	100 Breast	NT	48
49	NT	50 Back	NT	50
51	7:19.69	400 IM*	7:09.89	52

*Events 51-52 will require a 11-12 B Time.

Only the top 24 entrants will swim.

All afternoon events Timed Finals.

*The finals (Top 6) will swim following event 52.