

Fremont LCM Richard Blick Invitational
Hosted by Fremont Area Swim Team (Fremont, NE)
June 7-8th 2025

- LOCATION:** Fremont Family YMCA, Dillon Family Aquatics Center. 810 N. Lincoln St. Fremont, NE 68025
- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction #: MWS25015
- It is understood and agreed that 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.
- 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 1/2" (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 1/2" (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 for 13 and up.
 - 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 area and stands.
 - There will be NO spectator fees charged. Limited programs will be available for onsite purchase. Spectator seating will be available in the upstairs area and the deck space will be used for swimmers to crash.
 - 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. The 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 upstairs spectator area but will not be allowed on the pool deck.
 - Controlled temperature in facility.
 - No glass allowed on the pool deck or in the stands.
 - FAST 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 open ceiling locker rooms) at any time athletes, coaches, officials, and/or spectators are present.
 - 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 ryank@fremontfamilyymca.org
 - Seating for handicap is available on the pool deck.
- SCHEDULE:** 13 and up- Open warm-up: 8:30 a.m. Meet begins at 10:00 a.m.
12 and under- Open warm-up 2:30 pm. Meet begins at 3:30 pm.
- MEET DIRECTOR:** Ryan Korthals ryank@fremontfamilyymca.org 641-529-0447

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- OFFICIALS:** Meet Referee: Kim Schmidt
Admin Officials: Steve Marchitelli
Meet Marshals: Abby Meyer, Kate Mueller, Alex Goldsmith
- MEET FORMAT:** Timed Finals – 12 & U placed 10 & U, 11-12: 13 & O placed 13-14, 15 & O
- DISABILITY SWIMMERS:** Athletes with a disability are welcomed but 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.
- ELIGIBILITY:**
- All swimmers, coaches and clubs must be currently registered with USA Swimming.
 - The age of the swimmer on Saturday, June 7th 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 the 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 400 meters and shorter are NTS.
 - All 12&U events will be NTS.
 - 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.
- EVENT FEES:**
- Timed final events: \$4.00
 - \$6.50 per swimmer – Midwestern Splash Fee
 - \$10.00 per swimmer – Facility Fee
 - Optional \$3.00 programs available for purchase at site.
- ENTRY LIMITS:**
- Swimmers may enter a maximum of 6 individual events for the weekend.
 - Athletes may compete in no more than 4 events in a session.
 - Time trials will not be offered.
- ENTRY PROCEDURES:**
- Entries may be submitted either in electronic format (meet entry file with hard copy) or a Meet Entry Form. Long course entry times are preferred.
 - A check for the total amount due must accompany the entries. **Make checks payable to Fremont Area Swim Team**
 - Entries will open May 14th, 2025 @ 8:00 am
 - Entries are due May 28th, 2025, at 11:59 pm

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- Late entries are at the discretion of Meet Director and will be double fees for late entries. Any late entries must prove USA swimming registration.
- Psych sheets will be sent to club entry chairs within 24 hours of entry deadline. Coaches will have 24 hours after to make corrections.

MAIL ENTRIES TO: Email: Ryan Korthals- ryank@fremontfamilyymca.org
Entries must be received no later than Wednesday, May 28th at 11:59 pm

COACHES MEETING:

- A coaches meeting will be held 10 minutes prior to the session start if needed. Communication will be handled prior to the meet over email and digital communication.

GENERAL MEET CONDUCT:

- All events are timed finals.
- Meet will be pre-seeded.
- All events will be swum slowest to fastest.
- The official Meet Program will indicate swimmer's heat and lane.
- The 800 freestyle will be deck seeded and require positive check-in. The host team reserves the right to limit the 800 event to 30 swimmers for both girls and boys. These events will be swum fastest heats to slowest, alternating girls and boy's heats. Swimmers in the 800 must provide their own timers and counter.
- Fly over starts may be used.
- Starts will be from the west side of the pool in the 12' depth. Races will finish into Colorado touchpads.
- There will be no penalties for no shows. As a courtesy, please inform meet admin if scratches are necessary.
- Each swimmer shall report promptly to his/her assigned lane prior to the start of each race in which they are entered

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.
- Warmups will be open lanes for both sessions.
- Swimmers are to sit and slide when entering the water to warm up.
- One way sprint start lanes will open 20 minutes prior to warmup end.
- Warmups will conclude 10 minutes prior to meet start.
- MWS Safety Guidelines and warm-up procedures will be in effect. Warmups may be split in the AM sessions depending on the size of the meet. The side pool will be available for the 13 and over to warm down/up during the session. It will be closed for 12 and under.

AWARDS:

- Ribbons: places 1-6 for 12 & U events (placed 10 & U and 11-12)

TEAM SUPERVISION:

- Teams must provide responsible adults to supervise swimmers in their on-deck team areas. Please make sure that your swimmers act safely at all times.
- Deck changing is prohibited.

BUILDING RULES:

- **No glass anywhere in the building**
- **No smoking on the YMCA property**
- **No spectators and/or swimmers in the weight room or on the running track**

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- MEET RESULTS:**
- Meet results will be available on MeetMobile and posted at the pool. Results will be available electronically on the MW website within 48 hours of the meet conclusion and 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.
 - Hospitality will be provided for coaches and officials.
 - Link for Meet Information on the FAST website.

Event Schedule

Session 1: June 7 - Saturday Morning

Warm-ups : 8:30 am		Meet Starts 10:00 am	
Girls	Age	Event	Boys
1	13 & O	400 IM	2
3	13 & O	100 Free	4
5	13 & O	200 Fly	6
7	13 & O	100 Breast	8
9	13 & O	200 Back	10
11	13 & O	50 Free	12
13	13 & O	800 Free*	14

*Events 13 and 14 will require a 13-14 B min time.

(Girls: 12:35.99 LCM Boys: 12:05.89 LCM)

Only 30 entries will be allowed

Session 3: June 8 – Sunday Morning

Warm-ups : 8:30 am		Meet Starts 10:00 am	
Girls	Age	Event	Boys
25	13 & O	100 Fly	26
27	13 & O	200 Free	28
29	13 & O	200 Breast	30
31	13 & O	100 Back	32
33	13 & O	200 IM	34
35	13 & O	400 Free	36

Session 2: June 7 - Saturday Afternoon

Warm-ups : 2:30 pm		Meet Starts 3:30 pm	
Girls	Age	Event	Boys
15	12 & U	200 IM	16
17	12 & U	50 Breast	18
19	12 & U	100 Fly	20
21	12 & U	50 Free	22
23	12 & U	100 Back	24

Session 4: June 8 - Sunday Afternoon

Warm-ups : 2:30 pm		Meet Starts 3:30 pm	
Girls	Age	Event	Boys
37	12 & U	50 Fly	38
39	12 & U	100 Free	30
41	12 & U	100 Breast	42
43	12 & U	50 Back	44
45	12 & U	200 Free	46