

Capital City Classic-Prelim/Final Meet

Hosted by Lincoln Select Swimming

June 27-29, 2025

- SANCTION:** The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS25017
- It is understood and agreed that USA Swimming and Midwestern Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Woods Park Pool, S. 33rd & J Street (3200 J St), Lincoln, NE 68510
- 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 1/2" (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.
 - The host will ensure the required course dimensions.
 - Warm-up/ down pool: 25 meter, 6 lane pool adjacent to the competition pool.
 - Exception for Friday and Saturday 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:**
- Anyone entering the pool area must enter through the gate entrance on the WEST side of the pool (near the pump house). This includes athletes, spectators, coaches and volunteers.
 - There will be a spectator admission fee. There will be two different options for admission, \$15.00 for the entire meet or \$5.00 per day with 5 and Under FREE. Heat sheets will be available on Meet Mobile for free and published on the LSS website. There will be a limited supply of printed heat sheets.
 - Certified lifeguards will be present during the meet. Facility has access to an AED, backboards, lifeguard tubes and shepherd's crooks. The facility does not offer athletic trainers or rehab facilities.
 - Locker rooms and showers available. Concessions will be available for the entire meet (if permitted).
 - Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, 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.
 - Team tents, personal tents will be allowed in the pool area and are recommended. **Tents will be allowed in the pool area from 6:00-7:00pm on Thursday and can be left up overnight.**
 - A vendor will be on site for equipment purchases as well as a custom t-shirt vendor.
 - Lincoln Select Swimming reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
 - Gender neutral/family facilities are not available at this facility since it was built before current codes apply. To accommodate the needs of individuals, please contact Uriahreiners@gmail.com if you need family or gender-neutral changing spaces.
- SCHEDULE** *Times below may be adjusted slightly*
- | | | | | |
|---|----------|---------------|-------------|---------|
| Friday, Saturday, Sunday Prelims | Warm-ups | 6:30 - 7:50am | Meet Starts | 8:00 am |
| Friday, Saturday, Sunday Finals | Warm-ups | 4:30 - 5:10pm | Meet Starts | 5:15 pm |
| Friday, Saturday, Sunday Prelim/Timed Finals(12 & U) | Warm-ups | 12:30pm | Meet Starts | 1:15 pm |
- MEET DIRECTORS:** Uriah Reiners Email: Uriahreiners@gmail.com 402-540-0158 No calls after 9:00 pm
1521 Sawyer Court, Lincoln, NE 68505
- OFFICIALS:** Meet Referee: Brian Hoelsing Brian_hoelsing@hotmail.com 402-881-5304
Admin Official: Ann Miller
Meet Marshal: Kayla Kontras, Jim Kontras
- MEET FORMAT:** Age Groups
- 10 & Under and 11-12 listed with B Time standards. Timed Finals
 - 13-14 and 15 & Over listed with BB Time standards. Timed Finals and Prelims/Finals events

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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 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 with 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. • 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 MW unregistered athlete that appears on that list must register with USA Swimming and will be charged an additional \$30.00 above the current MW registration fee and must provide proof of registration before being allowed to swim in the meet. Meet management must delete unregistered athletes from the meet file prior to meet commencement. • The age of the swimmer on June 27, 2025 determines the age of the swimmer for the meet. • Time qualifications – 12 & U NAG B minimum standard and 13 & O NAG BB minimum standard. Host team reserves the right to enter their swimmers regardless of entry time. • 50s of stroke for 13 & O have NO qualifying times. 13 & O athletes must be entered in at least one individual event requiring a qual time to be eligible to swim the 50s of stroke. • 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.
FINES:	• Swimmers who do not scratch and fail to show for Sunday finals will be assessed a \$50.00 fine.
ENTRY LIMITS:	• Swimmers may enter a maximum of 7 individual events for the meet (excluding Time Trials); max 3 per day for P/F events; max 4/day for TF events not to exceed 7 total for the meet, and 2 relays per day. • Clubs may enter a maximum of two (2) relay teams per relay event. • 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.
EVENT FEES:	Individual Events – Prelim/Final Events \$6.00, Timed Final Events \$4.00 All Relays - \$12.00 Surcharge: \$16.50 per swimmer (\$6.50 Midwestern fee plus \$10.00 facility surcharge)
ENTRY PROCEDURE:	• Entries may be submitted either in electronic format (electronic meet entry file with hard copy) or via email for those entering without a club entry. • 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 CDT, Tuesday, May 6, 2025. DEADLINE FOR RECEIPT OF ENTRIES IS 6:00 pm Wednesday, June 18th 2025. 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

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- Late entries will be accepted at the discretion of the Meet Director and double fees will be charged.
- Deck entries with proof of registration will be accepted for positive check events if timeline (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: Uriah Reiners Email: uriahreiners@gmail.com 402-540-0158 No calls after 9:00 pm
1521 Sawyer Court, Lincoln, NE 68505

GENERAL MEET CONDUCT:

- All 12 & U events are timed finals.
- All 13 & O 500 Freestyle, 400 IM, 800 Fr, 1500 Fr are timed finals.
- 13 & Over P/F events will be swum together, slowest to fastest and separated 13-14/15-O for finals; 8 swimmers in B Finals (Consols) and 8 swimmers in A Finals.
- The timed finals 400 Free and 400 IM will have the fastest one heat of 13-14 Girls/Boys and fastest one heat of 15 & O Girls/Boys swimming in the finals session. **(No downseeding)**
- 800/1500 free events will be seeded and swum fastest to slowest, alternating heats of each gender. All races will be swum during the morning session. Swimmers must provide their own timers for these events.
- Positive check in will be required for the 800/1500 freestyle events.
- Scratch box for Friday events closes at 6:00 pm Thursday evening Via Email – uriahreiners@gmail.com
Positive check-in for Friday's 400 Freestyles due by 7:30am Friday morning
- All sessions will be seeded each day after the scratch box closes
Saturday events and positive check in for 400 IM/800 Freestyle is 7:00pm Friday evening;
Sunday events and positive check-in for 1500 Freestyle is 7:00pm Saturday evening.
- Positive check-in sheets and scratch forms will be available at the administration desk.
- Fly-over start procedure may be used at the discretion of the Meet Referee.
- *At the meet director's discretion, chase starts from both ends of the pool may be used.*
- *At the meet director's discretion, two swimmers/lane may be used for 400, 800 & 1500 free.* All swimmers for these events must provide their own timers and counters.
- Midwestern scratch rules P&P 8.5.12 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 intention to scratch.
- Each team with 5 or more swimmers in a particular session may be asked to provide timers for either prelims or the afternoon timed final sessions. Timing assignments will be distributed and posted prior to meet start.

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 of their assignments.

TEAM SUPERVISION:

- Deck changes are prohibited.
- Each team must provide a responsible adult with USA Swimming membership to supervise its swimmers in the on-deck team area at all times.
- Only registered coaches, swimmers, officials, and adult supervisors with non-athlete USA Swimming membership will be allowed on the deck.

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-2nd All age categories: 10&U, 11-12, 13-14, 15&O. Only points scored in each age category will be used to determine high point winners.

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GENERAL INFORMATION:

- There will be a spectator admission fee. There will be two different options for admission, \$15.00 for the entire meet or \$5.00 per day with 5 and Under FREE. Heat sheets will be available on Meet Mobile for free and published on the LSS website. Both admission payment options will include access to a limited supply of printed heat sheets.

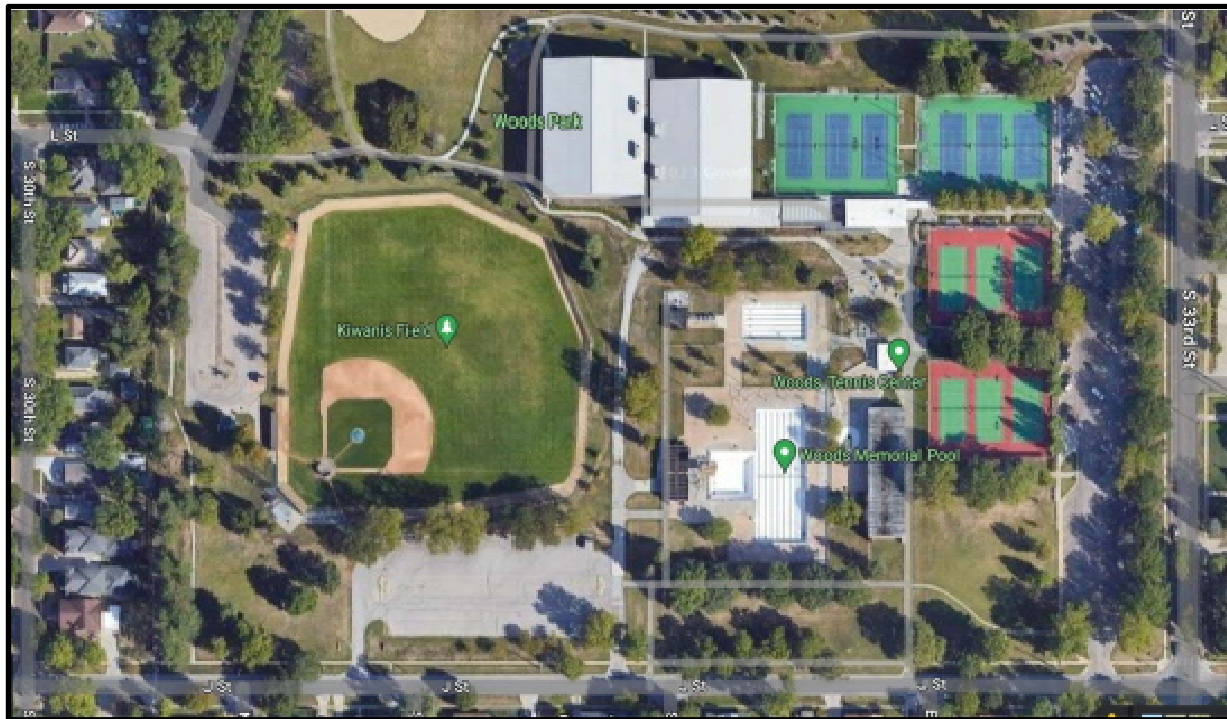
PHOTOGRAPHY POLICY

- 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.

PARKING

Please see below for parking areas for the meet. There is NO PARKING on the neighborhood streets or in the church parking lot on 33rd street. Teams traveling by bus must communicate with Meet Director for bus parking areas.

Capital City Classic Meet Parking Information



Parking Lots are located at the front of the pool and on both sides of the baseball field in the back. Please only park in the designated parking lots (boxed off on this map). **No parking off pavement, on grass or on the neighborhood streets.** Periodic checks to make sure people are adhering to parking will occur, violators could be towed at owner's expense.

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Schedule of Events

Friday AM, June 27, 2025

Prelims Warm-up: 6:30 – 7:50 am

Prelims Start: 8:00 am

Finals Warm-up

Finals Start:

4:30 pm

5:15 pm

Girls	LCM Min	SCY Min	Age	Distance	Stroke	SCY Min	LCM Min	Boys
1	1:20.99	1:11.29	13-14	100 m	Butterfly	1:05.49	1:14.59	2
1	1:18.29	1:09.09	15 & O	100 m	Butterfly	1:02.39	1:11.29	2
3	5:41.79	6:22.79	13-14	400 m	Freestyle***	5:58.19	5:23.49	4
3	5:29.89	6:12.39	15 & O	400 m	Freestyle ***	5:42.09	5:10.19	4
5	3:24.59	2:57.39	13-14	200 m	Breaststroke	2:42.39	3:08.29	6
5	3:17.29	2:52.69	15 & O	200 m	Breaststroke	2:35.19	3:00.59	6
7	NTS	NTS	13 & O	50 m	Backstroke	NTS	NTS	8
9	3:03.09	2:39.49	13-14	200 m	Ind Medley	2:26.69	2:49.79	10
9	2:57.49	2:34.29	15 & O	200 m	Ind Medley	2:20.19	2:43.59	10
11	NTS	NTS	13-14	400 m	Med Relay AM	NTS	NTS	12
13	NTS	NTS	11 & O	400m	Med Relay AM	NTS	NTS	14
15	NTS	NTS	13-14	200 m	Free Relay PM	NTS	NTS	16
17	NTS	NTS	11 & O	200 m	Free Relay PM	NTS	NTS	18

All Events seeded AFTER scratches. No show penalties will apply

Individual events will be seeded together for prelims and swum separately for finals.

Breaks at the discretion of the referee.

*NTS Qualifying time for the 50s of STROKE! Entrants must be qualified for and entered in at least one (1) individual event requiring a qualification time.

** All Relays Timed Finals. Relays will be swum in the session indicated. All Girls relays first; boys relays after girls relays.

****400 Freestyle Timed Final: Scratches due Friday morning 7:30 am. The fastest one heat of 13-14 (girls and boys) and fastest one heat of 15 & O (girls and boys) will be swum during finals; NO downseeding

Friday Afternoon, June 27, 2025

Timed Finals Warm-up: 12:30-1:10 pm

Meet Starts:

1:15 pm

Girls	LCM Min	SCY Min	Age	Distance	Stroke	SCY Min	LCM Min	Boys
19	3:28.09	2:59.49	11-12	200 m	Backstroke	2:52.89	3:22.99	20
21	54.49	48.39	10 & U	50 m	Butterfly	46.49	52.29	22
23	41.79	36.89	11-12	50 m	Butterfly	37.09	41.99	24
25	3:50.99	3:22.79	10 & U	200 m	Freestyle	3:09.49	3:36.69	26
27	3:06.39	2:42.59	11-12	200 m	Freestyle	2:35.99	2:59.19	28
29	2:19.39	2:00.29	10 & U	100 m	Breaststroke	1:54.09	2:12.89	30
31	1:50.39	1:36.49	11-12	100 m	Breaststroke	1:32.59	1:47.79	32
33	NTS	NTS	11-12	400 m	Med Relay	NTS	NTS	34
35	7:28.89	6:31.69	11-12	400 m	Ind Medley	6:17.09	7:17.89	36

All events pre-seeded. No penalties for no shows. DFS as a courtesy for any scratches.

Breaks will be take for awards and approximate timing for breaks will be determined after entries are received.

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Schedule of Events

Saturday AM, June 28, 2025

Prelims Warm-up: 6:30 – 7:50 am

Prelims Start: 8:00 am

Finals Warm-up

Finals Start:

4:30 pm

5:15 pm

Girls	LCM Min	SCY Min	Age	Distance	Stroke	SCY Min	LCM Min	Boys
37	34.59	30.19	13-14	50 m	Freestyle	27.69	31.79	38
39	33.49	29.49	15 & O	50 m	Freestyle	26.29	30.59	40
41	6:28.19	5:39.69	13014	400 m	Ind Medley**	5:13.59	6:02.79	42
41	6:15.79	5:29.69	15 & O	400 m	Ind Medley**	4:59.19	5:47.99	42
43	NTS	NTS	13 & O	50 m	Breaststroke	NTS	NTS	44
45	2:42.79	2:22.69	13-14	200 m	Freestyle	2:12.29	2:32.29	46
45	2:37.09	2:18.39	15 & O	200 m	Freestyle	2:06.29	2:25.39	46
47	1:23.29	1:11.39	13-14	100 m	Backstroke	1:06.19	1:17.69	48
47	1:20.69	1:09.39	15 & O	100 m	Backstroke	1:02.69	1:13.69	48
49	12:42.89	13:58.19	11-12	800 m	Freestyle***	13:40.39	12:22.99	50
49	11:50.79	13:10.29	13-14	800 m	Freestyle***	12:20.99	11:09.19	50
49	11:25.09	12:53.49	15 & O	800 m	Freestyle***	11:56.69	10:44.39	50
51	NTS	NTS	13-14	200 m	Med Relay PM	NTS	NTS	52
53	NTS	NTS	11 & O	200 m	Med Relay PM	NTS	NTS	54

All Events seeded AFTER scratches. No show penalties will apply

Individual events will be seeded together for prelims and swum separately for finals.

Breaks at the discretion of the referee.

*NTS Qualifying time for the 50s of STROKE! Entrants must be qualified for and entered in at least one (1) individual event requiring a qualification time.

All Relays Timed Finals. Relays will be swum in the session indicated. All Girls relays first; boys relays after girls relays.

**400 Ind Medley Timed Final: Scratches due Saturday morning 7:30 am. The fastest one heat of 13-14 (girls and boys) and fastest one heat of 15 & O (girls and boys) will be swum during finals; NO downseeding

***800: SCRATCHES required by 7:30 am prior to the swim. Event will be seeded together, scored separately, swum fastest to slowest alternating girls/boys. ALL 800 swims in the MORNING. Swimmers must provide two timers and a counter for own lane.

Saturday Afternoon, June 28, 2025

Timed Finals Warm-up: 12:30-1:10 pm

Meet Starts:

1:15 pm

Girls	LCM Min	SCY Min	Age	Distance	Stroke	SCY Min	LCM Min	Boys
55	NTS	NTS	11-12	200 m	Free Relay	NTS	NTS	56
57	NTS	NTS	10 & U	200 m	Free Relay	NTS	NTS	58
59	3:31.09	3:03.39	11-12	200 m	Butterfly	2:56.59	3:24.79	60
61	1:44.09	1:30.79	10 & U	100 m	Freestyle	1:27.99	1:40.99	62
63	1:25.59	1:14.69	11-12	100 m	Freestyle	1:11.49	1:22.09	64
65	55.79	48.59	10 & U	50 m	Backstroke	48.29	55.39	66
67	44.79	38.79	11-12	50 m	Backstroke	38.49	44.49	68
69	4:15.69	3:42.09	10 & U	200 m	Ind Medley	3:38.59	4:09.49	70
71	3:30.59	3:03.89	11-12	200 m	Ind medley	2:59.29	3:24.39	72
73	6:32.89	7:16.89	11-12	400 m	Freestyle	6:59.89	6:21.09	74

All events pre-seeded. No penalties for no shows. DFS as a courtesy for any scratches.

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Schedule of Events

Sunday AM, June 29, 2025

Prelims Warm-up: 6:30 – 7:50 am

Prelims Start: 8:00 am

Finals Warm-up

Finals Start:

4:30 pm

5:15 pm

Girls	LCM Min	SCY Min	Age	Distance	Stroke	SCY Min	LCM Min	Boys
75	NTS	NTS	13 & O	50 m	Butterfly	NTS	NTS	76
77	1:34.99	1:22.29	13-14	100 m	Breaststroke	1:14.79	1:27.09	78
77	1:31.59	1:19.79	15 & O	100 m	Breaststroke	1:11.39	1:23.09	78
79	2:59.49	2:34.49	13-14	200 m	Backstroke	2:23.69	2:48.79	80
79	2:53.39	2:30.49	15 & O	200 m	Backstroke	2:17.09	2:39.99	80
81	1:15.39	1:05.89	13-14	100 m	Freestyle	1:00.29	1:09.79	82
81	1:12.79	1:03.79	15 & O	100 m	Freestyle	57.59	1:06.69	82
83	3:01.69	2:38.99	13-14	200 m	Butterfly	2:25.59	2:46.79	84
83	2:54.39	2:33.99	15 & O	200 m	Butterfly	2:19.49	2:39.49	84
85	24:19.99	23:19.69	11-12	1500 m	Freestyle**	22:42.89	24:00.99	86
85	22:43.49	22:01.19	13-14	1500 m	Freestyle**	20:46.99	21:25.69	86
85	21:52.49	21:36.19	15 & O	1500 m	Freestyle**	19:54.69	20:33.39	86
87	NTS	NTS	13-14	400 m	Free Relay***PM	NTS	NTS	88
89	NTS	NTS	11 & O	400 m	Free Relay***PM	NTS	NTS	90

**1500 Freestyle: Scratches required by 7:30 am. Will be seeded together, scored separately, swum fastest to slowest, alternating girls and boys. All heats in morning session. All 11-12 swimmers seeded in morning session. Swimmers for 1500 must provide two timers and a counter for their own heat and lane.

***All heats of the 400 Free Relay will be swum in the FINALS Session. All girls relays first; boys relays after girls relays.

Sunday Afternoon, June 29, 2025

Timed Finals Warm-up: 12:30-1:10 pm

Meet Starts: 1:15 pm

Girls	LCM Min	SCY Min	Age	Distance	Stroke	SCY Min	LCM Min	Boys
91	NTS	NTS	11-12	200 m	Medley Relay	NTS	NTS	92
93	NTS	NTS	10 & U	200 m	Medley Relay	NTS	NTS	94
95	3:56.79	3:25.69	11-12	200 m	Breaststroke	3:16.39	3:47.89	96
97	2:01.59	1:45.79	10 & U	100 m	Backstroke	1:40.69	1:56.69	98
99	1:40.59	1:26.59	11-12	100 m	Backstroke	1:22.19	1:37.19	100
101	45.29	39.79	10 & U	50 m	Freestyle	38.19	43.89	102
103	38.49	33.99	11-12	50 m	Freestyle	32.79	37.39	104
105	2:12.79	1:56.69	10 & U	100 m	Butterfly	1:53.49	2:09.49	106
107	1:38.29	1:25.79	11-12	100 m	Butterfly	1:22.89	1:35.09	108
109	1:02.19	54.59	10 & U	50 m	Breaststroke	53.39	1:00.89	110
111	49.79	43.99	11-12	50 m	Breaststroke	43.49	49.79	112
113	NTS	NTS	11-12	400 m	Free Relay	NTS	NTS	114

All events pre-seeded. No penalties for no shows. DFS as a courtesy for any scratches.

Breaks will be take for awards and approximate timing for breaks will be determined after entries are received.