

ACE RIVER RACES

OCTOBER 4-5, 2025

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming, Inc.
Sanction #: MWS25028
- In granting this sanction 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:** Elkhorn Common Ground, 1701 Veterans Drive, Elkhorn, NE, 68022
Just North of Dodge on Hwy 31, turn right onto Veterans Drive. Follow the curve past the high school. ECG will be on your right after the four-way stop.
- POOL:**
- Pool is eight lanes with anti-wave lane lines and Daktronics timing system with eight lane readout.
 - The water depth of the competition pool measured for a distance of 3' 3 1/2" (1.0 meter to 16' 5" (5.0 meters) from the start wall is 12'3" to 12'0" and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" to 16' 5" (5.0 meters) is 4'. USA-S Rule 202.3.4.D.
 - The host will ensure the required course dimensions.
- FACILITY:**
- Spectators seating availability: Spectator seating is for 400. No admission charge for spectators.
 - Additional crash areas will be provided in the gym for swimmers and parents with access to live video feed. Swimmers are to use the crash area and may not use the pool deck, viewing stands or hallways.
 - Restrooms for coaches, officials, meet personnel and spectators will be available in the lobby near the main entrance.
 - Locker rooms will be available.
 - 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
 - Disinfecting stations: Hand sanitizer will be located on the pool deck and in the common area outside the pool.
 - ACE and the Common Ground 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 a cell phone, 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) any time athletes, coaches, officials and/or spectators are present.
 - Food and beverages are permitted. No glass bottles allowed on the pool deck or in the viewing stands.
 - Gender-neutral/family facilities are not available at this facility since it was built before current applicable codes. To accommodate the needs of individuals, please contact administration@aceotters.com if you need family or gender-neutral changing spaces.
- SCHEDULE:** Saturday, October 4, 2025 through Sunday, October 5, 2025
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|---------------------|--|---------------------|
| AM Session (13 & O) | Warm-up 6:50 am | Meet starts 8:15 am |
| PM Session (12 & U) | Warm-up Will not begin before 12:00 pm | Meet starts 1:15 pm |
- Note:** Warm-ups may be split.
- MEET DIRECTORS:**
- | | |
|---|---|
| Anthony Miles (573) 819-0000 | Leslie Mayo (402) 312-8576 |
| Email: coach_anthony@aceotters.com | Email: administration@aceotters.com |
| PO Box 422, Elkhorn, NE 68022 | PO Box 422, Elkhorn, NE 68022 |
- OFFICIALS:** Meet Referee: Adam Ogura Admin Officials: Leslie Mayo, Bill Haney
Meet Marshals: Tim Schooley & Laura Thoreen
- MEET FORMAT:**
- Timed Final; NTS, swum mixed; placed by gender and age.
 - Pre-seeded; NO deck entries
- 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.

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- RULES:** Current USA Swimming Rules and Midwestern Rules will govern this meet. All 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 MAAPP 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 registration.
 - 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.
 - Late entries and on deck USA Swimming registrations will not be permitted.
 - 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. Meet management must delete unregistered athletes from the meet file prior to meet commencement.
 - The age of the swimmer on October 4, 2025, determines his/her age for the entire meet.
 - Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- EVENT LIMITS:**
- A swimmer may participate in a maximum of 4 individual events per day.
 - The meet host reserves the right to limit the 500 Freestyle entries to the fastest 32 swimmers for both girls and boys.
 - 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 (205.3.1F). 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.
 - Teams will be notified immediately if entries cannot be accepted.
 - Time trials will not be offered.
- ENTRY FEES:** Individual events: \$4.00
\$18.00 per swimmer – \$6.50 Midwestern Swimming Splash Fee plus \$11.50 facility fee
- ENTRY PROCEDURE:**
- Entries must be submitted in electronic format (meet entry file with hard copy) or by email.
 - Event file will be available on the Midwestern website (www.mwswim.org).
 - All entry times should be YARD times.
 - Each entry accepted will be confirmed via a return email receipt. No late entries.
 - A check for the total amount due must accompany the entries or be paid prior to the start of the meet.
 - **Make checks payable to: Aquatic Club of Elkhorn.** No refunds.
- ENTRY PERIOD AND DEADLINES:** Entries will be accepted starting Monday, September 15, 2025 at 8:00 am and will close Wednesday, September 24, 2025 at 8:00 pm.
- No deck entries.
 - 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.
- SUBMIT ENTRIES TO:** Anthony Miles Email: coach_anthony@aceotters.com Phone: (573) 819-0000
PO Box 422, Elkhorn, NE 68022
- GENERAL MEET CONDUCT:**
- Meet will be timed finals and pre-seeded.
 - All events will be swum FASTEST to SLOWEST.
 - Events may be combined.
 - Report any scratches as soon as possible.

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- Fly-over start procedure may be used at the discretion of the Meet Referee.
- For events 50 yards and over, the finishes will be into touch pads.
- In-water breaks may be inserted as needed by the Meet Referee and Meet Director should the timeline allow.
- Positive check-in required for 500 free. These events will be deck-seeded. Swimmers who do not have a positive check-in will be scratched from these events.
- **Swimmers participating in the 500 Free must provide two timers and a lap counter.**
- No exhibition swimming.

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.
- Swimmers are to sit and slide when entering the water.
- Teams will receive warmup assignments following the closure of meet entries.
- The Meet Director reserves the right to modify all warm up and session start times (earlier or later) as dictated by entry numbers and meet needs. Participating teams will be notified if any changes are made.

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 area at all times.
- Only registered coaches, swimmers, officials, and adult supervisors acting in a non-coaching/ supervisory capacity within the team area with non-athlete USA Swimming membership will be allowed on deck.

SCORING:

- Meet will use 8-place scoring; 9, 7, 6, 5, 4, 3, 2, 1 (using gender/age); no hi-point or team awards.

AWARDS:

- Mystery heats and heat winner awards for the 12 & U swimmers.

MEET RESULTS:

- Results will be posted at the meet and on the MW Website – www.mwswim.org within 48 hours of the conclusion of the meet.

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:

- No admission fee will be charged for spectators.
- Meet programs will be available at the meet entrance doors at the beginning of each session for \$3.00 per session.
- Concessions will be available.
- Swimwear vendors will be on site one day only.

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Meet Schedule

Saturday Morning		October 4, 2025	Sunday Morning		October 5, 2025
Warm Ups start at 6:50 AM		Meet starts at 8:15 AM	Warm Ups start at 6:50 AM		Meet starts at 8:15 AM
MIXED	Age/ Event		Mixed	Age/ Event	
1	13 & O 100 Individual Medley		17	13 & O 200 Individual Medley	
2	13 & O 200 Butterfly		18	13 & O 50 Breaststroke	
3	13 & O 50 Backstroke		19	13 & O 100 Butterfly	
4	13 & O 100 Breaststroke		20	13 & O 50 Freestyle	
5	13 & O 100 Freestyle		21	13 & O 200 Breaststroke	
6	13 & O 200 Backstroke		22	13 & O 100 Backstroke	
7	13 & O 50 Butterfly		23	13 & O 200 Freestyle	
10 Minute Break					
8	13 & O 500 Freestyle				

Positive check-in required for 500 Free. Swimmer must provide 2 timers and a counter for the 500 Free.

Breaks may be inserted by the Meet Director and Meet Referee as needed should the timeline permit.

Saturday Afternoon		October 4, 2025	Sunday Afternoon		October 5, 2025
Warm Ups: Not before 12:00 pm		Meet starts at 1:30 PM 1:15 PM	Warm Ups Not before 12:00 pm		Meet starts at 1:30 PM 1:15 PM
MIXED	Age/ Event		MIXED	Age/ Event	
9	12 & U 100 Individual Medley		24	9-12 200 Individual Medley	
10	11-12 200 Backstroke		25	11-12 200 Breaststroke	
11	12 & U 50 Butterfly		26	12 & U 100 Backstroke	
12	12 & U 100 Breaststroke		27	12 & U 50 Freestyle	
13	12 & U 100 Freestyle		28	12 & U 100 Butterfly	
14	11-12 200 Butterfly		29	12 & U 50 Breaststroke	
15	12 & U 50 Backstroke		30	9-12 200 Freestyle	
16	11-12 500 Freestyle				

Positive check-in required for 500 Free. Swimmers must provide 2 timers and counter for the 500 Free.

Breaks may be inserted by the Meet Director and Meet Referee as needed should the timeline permit.