

**SCSC Intrasquad  
Sarpy County Swim Club  
September 15, 2024**

<b>SANCTION:</b>	<p>The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS24040</p> <ul style="list-style-type: none"><li>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.</li></ul>
<b>LOCATION:</b>	<p>Papillion-La Vista High School 303 E Cary Street, Papillion NE 68046</p>
<b>POOL:</b>	<ul style="list-style-type: none"><li>The water depth of the competition pool when measured for a distance of 1 meter to 3 meters from the start wall is 12ft to 12ft 6in and the water depth at the turn end when measured for a distance of 1 meter to 3 meters is 4ft to 4ft 5in.</li><li>Indoor 6 lane pool with warm down area. Daktronics timing system with touchpads, 6-lane scoreboard</li><li>Short Course Yards, indoor, 6 lanes, Competitor lane lines including lane ropes outside of Lanes 1 and 6</li><li>The host will ensure the required course dimensions.</li></ul>
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>Athletes may be on deck; no specified area.</li><li>Food and drink are permitted, but glass containers are prohibited.</li><li>Disinfecting stations – sanitizer and wipes will be available</li><li>Sarpy County Swim Club Coaches are all trained by the Red Cross in either lifeguarding or water safety. They are also trained in CPR/AED and basic first aid. The facility has access to an AED, backboards, and lifeguard tubes. Sarpy County Swim Club does not offer athletic trainers or rehab facilities.</li><li>Sarpy County Swim Club and Papillion-La Vista High School reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.</li><li>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.</li><li>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.</li><li>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 <a href="mailto:coachnick@sarpycountyswimclub.com">coachnick@sarpycountyswimclub.com</a> if you need family or gender-neutral changing spaces.</li><li>Bleachers will be available for spectators; \$3.00 charge for spectators, children under 5 free.</li></ul>
<b>SCHEDULE:</b>	<p>Warm-Up Time: 12:00 PM Meet Start Time: 1:00 PM</p>
<b>MEET DIRECTOR:</b>	<p>Aidan Cho 402-609-0481 <a href="mailto:aidan@sarpycountyswimclub.com">aidan@sarpycountyswimclub.com</a></p>
<b>OFFICIALS:</b>	<p>Meet Referee: Stefanie Martinez Admin Official: Nick Baker Meet Marshals: Janet Cho; Tony Click</p>
<b>MEET FORMAT:</b>	<p>Intrasquad Timed Finals for all events Pre-seeded; NO deck entries Age Groups: 8 &amp; Under, 9-10, 11-12, 13-14, 15 and Over; swum mixed; placed by gender and age</p>
<b>DISABILITY SWIMMERS:</b>	<p>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.</p>
<b>RULES:</b>	<p>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.</p>
<b>CREDENTIALS:</b>	<ul style="list-style-type: none"><li>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.</li><li>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.</li></ul>

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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• All swimmers, coaches and clubs must be currently registered with USA Swimming.</li><li>• NO on deck registration permitted. NO late entries permitted.</li><li>• 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. Meet management must delete unregistered athletes from the meet file prior to meet commencement.</li><li>• The age of the swimmer on September 15, 2024 determines his/her age for the entire meet.</li><li>• All ages may participate.</li><li>• No Time Standards</li><li>• 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.</li></ul>
<b>ENTRY LIMITS:</b>	<ul style="list-style-type: none"><li>• A swimmer may participate in three (3) individual events.</li><li>• No time trials.</li><li>• Teams will be notified of any and all necessary adjustments.</li></ul>
<b>EVENT FEES:</b>	Flat Fee: \$50.00 Includes 3 events, MW splash fee, swim cap, bag tag and dinner
<b>ENTRY PROCEDURE:</b>	<ul style="list-style-type: none"><li>• Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email. All entry times should be YARD times.</li><li>• A check for the entry fees must accompany all entries.</li><li>• Make checks payable to Sarpy County Swim Club. NO REFUNDS</li><li>• Entries submitted electronically will be acknowledged within 24 hours of receipt.</li></ul>
<b>ENTRY DEADLINE:</b>	<ul style="list-style-type: none"><li>• DEADLINE FOR RECEIPT OF ENTRIES IS 09/08/24. NO late entries.</li><li>• Psych sheets will be sent to club entry chair within 24 hours of entry deadline. NO deck entries.</li></ul>
<b>ENTRY CHAIR:</b>	Aidan Cho <a href="mailto:aidan@sarpycountyswimclub.com">aidan@sarpycountyswimclub.com</a> PO Box 461155 Papillion NE 68046
<b>COACH MEETING:</b>	Prior to start of meet.
<b>GENERAL MEET CONDUCT:</b>	<ul style="list-style-type: none"><li>• All events will be timed finals and pre-seeded.</li><li>• Report any scratches as soon as possible.</li><li>• The deep end of the pool will be both the start end and the finish end where touchpads will be located.</li><li>• All timed final events swum Fastest to Slowest.</li><li>• Fly over starts may be used at the discretion of the meet referee and meet director.</li><li>• Each swimmer shall report promptly to his/her assigned lane prior to the start of each race in which he/she is entered</li><li>• Exhibition swimming will not be allowed. No time trials.</li></ul>
<b>WARM-UP PROCEDURES:</b>	<ul style="list-style-type: none"><li>• 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.</li><li>• Teams will be assigned time and lanes for warm-ups.</li><li>• Swimmers are to sit and slide entering water.</li><li>• During sprint starts, swimmers must swim one direction only from deep to shallow.</li></ul>
<b>TEAM SUPERVISION:</b>	<ul style="list-style-type: none"><li>• Deck changes are prohibited.</li><li>• Team area will be located on deck.</li><li>• 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.</li></ul>
<b>SCORING:</b>	Meet will not be scored.
<b>AWARDS:</b>	No awards.

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**MEET RESULTS:** Event results will be posted to the wall as quickly as possible.  
 Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – [www.mwswim.org](http://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 available. Admissions will be \$3 per person (children under 5 free).  
 All coaches, officials, and volunteers must have event credentials for deck access. Credentials can be picked up day of the meet during check-in.

**Event List**

**Meet Date 9/15/24**  
**Warm-ups: 12:00 pm**  
**Meet Start: 1:00 pm**

Girls	Age Group	Distance and Stroke	Boys
1	8 & Under	100 IM	2
3	9-10	100 IM	4
5	11-12	100 IM	6
7	13-14	200 IM	8
9	15 & Over	200 IM	10
11	8 & Under	25 Fly	12
13	9-10	50 Fly	14
15	11-12	50 Fly	16
17	13-14	100 Fly	18
19	15 & Over	100 Fly	20
21	8 & Under	25 Back	22
23	9-10	50 Back	24
25	11-12	50 Back	26
27	13-14	100 Back	28
29	15 & Over	100 Back	30
31	8 & Under	25 Breast	32
33	9-10	50 Breast	34
35	11-12	50 Breast	36
37	13-14	100 Breast	38
39	15 & Over	100 Breast	40
41	8 & Under	25 Free	42
43	9-10	50 Free	44
45	11-12	50 Free	46
47	13-14	100 Free	48
49	15 & Over	100 Free	50