



2023 Midwestern Long Course Championship

July 27-30, 2023

Woods Pool, Lincoln NE

Event Limitations as follows:

Entries will be limited to **7 maximum individual events** per athlete.

Events Seeded:

- Auto LCM
- Auto SCY
- Secondary LCM
- Secondary SCY

Secondary times will be seeded as 'Bonus' with the following limitations (all Autos will be entered):

- 13 & Over 100s – both free and strokes – 48 swimmers (potentially 12 heats of 13-14 and 12 heats of 15 & O)
- 13 & Over 200s – both free and strokes – 40 swimmers (potentially 10 heats of 13 14 and 10 heats of 15 & O)
- 13 & Over 50s – both free and strokes – no heat limits – 50 free will have qual times, 50s of stroke NO qual times
- 13 & Over and 11-12 distance events – 400 IM, 400, 800, 1500 free – Auto qual times only
- Secondary SCY will be the 1st group to be cut back, then the secondary LCM.
- Athlete must be qualified for and entered in at least one event requiring an Auto or Secondary qual time. If the athlete is 'scratched back' by event limitations, and no events requiring a qualifying time remain, the athlete will be deleted from the entered 13 & Over 50s of stroke.

Secondary times will be seeded as 'Bonus' with the following limitations (all Autos will be entered).

Deletions to be determined by the Timeline.

- 12 & Under - All 50s limited to 40 swimmers
- 12 & Under - All 100s limited to 32 swimmers
- 12 & Under - All 200s limited to 24 swimmers
- 12 & Under - 400 free and 400 IM – Auto Qual Times only

	Color Code for Priority
	LCM Automatic Qualifying time – 1 st Priority Seeding; NO deletes
	SCY Automatic Qualifying time – 2 nd Priority Seeding; NO deletes
	LCM Secondary Qualifying time – 3 rd Priority Seeding; Possible deletes
	SCY Secondary Qualifying time – 4 th Priority Seeding; Possible deletes

Event Schedule – Thursday

Thursday
July 28, 2023

Warm-Up 4:30 p.m.

Meet Starts 5:15 p.m.

Girls	LC Auto	SC Auto	LC Sec	SC Sec	Age	Distance	Stroke	SC Sec	LC Sec	SC Auto	LC Auto	Boys
1	NTS				13-14	800 m	Free Relay				NTS	2
3	NTS				11 & O	800 m	Free Relay				NTS	4
5	23:00.19	22:27.09	No B	No B	11-12	1500 m	Freestyle					
5	21:05.69	20:37.49	No B	No B	13-14	1500 m	Freestyle					
5	20:50.99	20:11.49	No B	No B	15 & O	1500 m	Freestyle					
					11-12	800 m	Freestyle	No B	No B	13:11.59	11:49.99	6
					13-14	800 m	Freestyle	No B	No B	11:42.69	10:38.49	6
					15 & O	800 m	Freestyle	No B	No B	11:17.89	10:13.09	6

All events seeded AFTER scratches.

The **800 m free relays** may be combined (13-14 girls and 11 & O girls; 13-14 boys and 11 & O boys) in order to save heats and time. **SCRATCH** deadline is 4:45 p.m; completed relay cards also due by 4:45 p.m.

800/1500 Freestyle: **SCRATCHES** required by 4:45 p.m. Will be seeded together, scored separately, swum fastest to slowest, alternating 1500 girls and 800 boys – Swimmers for 800 and 1500 must provide two timers and a counter for their own heat/lane.



2023 Midwestern Long Course Championship
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Event Schedule – Friday

Friday
July 28, 2023

Prelims Warm-Up 6:30 am/7:10 am Split
Finals Warm-Up 4:30 pm

Prelims Start 8:00 am
Scratch deadline: Thursday 5:45 pm
Finals Start 5:15 pm

Girls	LC Auto	SC Auto	LC Sec	SC Sec	Age	Distance	Stroke	SC Sec	LC Sec	SC Auto	LC Auto	Boys
7	1:18.39	1:06.79	1:20.39	1:10.89	13-14	100 m	Butterfly	1:06.09	1:15.49	1:04.89	1:15.49	8
9	1:14.09	1:03.49	1:19.29	1:09.39	15 & O	100 m	Butterfly	1:02.69	1:11.79	57.09	1:07.29	10
11	3:18.59	2:49.79	3:23.99	2:57.29	13-14	200 m	Breaststroke	2:43.99	3:10.79	2:43.99	3:10.79	12
13	3:15.99	2:48.59	3:20.49	2:52.79	15 & O	200 m	Breaststroke	2:36.19	3:01.39	2:34.49	3:00.99	14
15	5:19.79	5:52.09	No B	No B	13-14	400 m	Freestyle***	No B	No B	5:42.09	5:13.99	16
15	5:11.49	5:37.79	No B	No b	15 & O	400 m	Freestyle	No B	No B	5:14.19	4:53.99	16
17	2:49.09	2:26.19	3:01.79	2:37.49	13-14	200 m	Ind Medley	2:28.49	2:51.39	2:20.59	2:45.29	18
19	2:43.09	2:20.40	2:58.19	2:34.89	15 & O	200 m	Ind Medley	2:20.89	2:43.99	2:07.19	2:30.79	20
21	NTS				13 & O	50 m	Backstroke*				NTS	22
23	NTS				13-14	400 m	Med Relay AM				NTS	24
25	NTS				11 & O	400 m	Med Relay AM				NTS	26
27	NTS				13-14	200 m	Free Relay PM				NTS	28
29	NTS				11 & O	200 m	Free Relay PM					30

All Events seeded AFTER scratches. No show penalties will apply.

Events 21-22 will be seeded together for prelims and swum separately for finals

Breaks at the discretion of the referee

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

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

*** 400 Freestyle Timed Final: The fastest one heat of 13-14 (girls & boys) and fastest one heat of 15 & O (girls & boys) will be swum during finals; NO downseeding

Friday Timed Finals
July 28, 2023

Warm-Up 12:30 pm

Timed Finals Start 1:15 pm

Girls	LC Auto	SC Auto	LC Sec	SC Sec	Age	Distance	Stroke	SC Sec	LC Sec	SC Auto	LC Auto	Boys
31	3:09.49	2:38.79	3:24.49	2:56.59	11-12	200 m	Backstroke	2:51.99	3:19.49	2:39.69	3:04.19	32
33	47.09	38.69	53.39	47.39	10 & U	50 m	Butterfly	45.69	51.79	40.29	45.99	34
35	37.59	31.69	41.29	36.49	11-12	50 m	Butterfly	37.09	41.89	33.09	38.59	36
37	3:14.39	2:45.39	3:45.79	3:18.99	10 & U	200 m	Freestyle	3:06.69	3:33.49	2:47.49	3:12.09	38
39	2:43.19	2:18.89	3:02.29	2:40.39	11-12	200 m	Freestyle	2:34.59	2:57.49	2:21.59	2:44.89	40
41	1:57.79	1:39.29	2:14.79	1:58.09	10 & U	100 m	Breaststroke	1:53.39	2:09.39	1:41.69	1:55.99	42
43	1:39.29	1:23.59	1:48.89	1:34.09	11-12	100 m	Breaststroke	1:31.39	1:46.59	1:24.49	1:38.39	44
45	NTS				11-12	400 m	Med Relay				NTS	46
47	6:48.29	5:52.19	No B	No B	11-12	400 m	Ind Medley	No B	No B	5:46.39	6:39.19	48

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

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



2023 Midwestern Long Course Championship

July 27-30, 2023

Woods Pool, Lincoln NE

Event Schedule – Saturday

Saturday
July 29, 2023

Prelims Warm-Up 6:30 am/7:10 am Split
Finals Warm-Up 4:30 pm

Prelims Start 8:00 am
Scratch Deadline: Friday 5:45 pm
Finals Start 5:15 pm

Girls	LC Auto	SC Auto	LC Sec	SC Sec	Age	Distance	Stroke	SC Sec	LC Sec	SC Auto	LC Auto	Boys
49	2:28.39	2:08.69	2:41.79	2:21.29	13-14	200 m	Freestyle	2:12.79	2:32.29	2:03.79	2:25.79	50
51	2:22.99	2:03.09	2:38.29	2:18.69	15 & O	200 m	Freestyle	2:06.79	2:26.09	1:53.09	2:13.09	52
53	1:19.19	1:07.29	1:23.49	1:11.19	13-14	100 m	Backstroke	1:06.39	1:17.89	1:05.29	1:17.79	54
55	1:16.09	1:04.09	1:21.09	1:09.39	15 & O	100 m	Backstroke	1:03.19	1:14.39	58.89	1:10.09	56
57	6:17.39	5:20.79	No B	No B	13-14	400 m	Ind Medley**	No B	No B	5:15.29	6:04.69	58
57	6:03.99	5:19.59	No B	No B	15 & O	400 m	Ind Medley**	No B	No B	4:58.39	5:42.69	58
59	30.69	26.89	34.49	30.19	13-14	50 m	Freestyle	27.79	31.99	25.59	29.49	60
61	29.79	25.99	33.79	29.49	15 & O	50 m	Freestyle	26.39	30.19	23.29	26.99	62
63	NTS				13 & O	50 m	Breaststroke*				NTS	64
65	12:09.89	13:17.99	No B	No B	11-12	800 m	Freestyle					
65	11:01.49	12:19.39	No B	No B	13-14	800 m	Freestyle					
65	10:49.89	12:06.09	No B	No B	15 & O	800 m	Freestyle					
67	NTS				13-14	200 m	Med Relay PM				NTS	68
69	NTS				11 & O	200 m	Med Relay PM				NTS	70

All Events seeded AFTER scratches. No show penalties will apply.

Events 63-64 will be seeded together for prelims and swum separately for finals.

Breaks at the discretion of the referee

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

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

** Timed Finals 400 Ind Medley – The fastest one heat of 13-14 (girls & boys) and fastest one heat of 15 & O (girls & boys) will be swum during finals. NO downseeding.

*** GIRLS 800: SCRATCHES required by 8:00 a.m. prior to the swim. Will be seeded together, scored separately, swum fastest to slowest –

ALL 11 & O 800 swims in the MORNING. Swimmers for distance freestyles must provide two timers and a counter for their own heat/lane.

Saturday Timed Finals
July 29, 2023

Warm-Up 12:30 pm

Timed Finals Start 1:15 pm

Girls	LC Auto	SC Auto	LC Sec	SC Sec	Age	Distance	Stroke	SC Sec	LC Sec	SC Auto	LC Auto	Boys
71	NTS				11-12	200 m	Free Relay				NTS	72
73	NTS				10 & U	200 m	Free Relay				NTS	74
75	3:10.19	2:47.29	3:24.89	2:59.99	11-12	200 m	Butterfly	2:53.19	3:20.49	2:40.79	3:06.19	76
77	1:27.59	1:13.99	1:41.99	1:29.59	10 & U	100 m	Freestyle	1:27.79	1:40.59	1:15.79	1:30.19	78
79	1:12.89	1:02.79	1:24.09	1:13.59	11-12	100 m	Freestyle	1:10.99	1:21.29	1:04.09	1:15.29	80
81	47.39	40.39	54.89	46.99	10 & U	50 m	Backstroke	47.49	55.29	40.39	49.19	82
83	39.69	34.59	43.99	38.09	11-12	50 m	Backstroke	37.89	43.69	34.59	40.39	84
85	3:41.69	3:07.49	4:09.39	3:38.49	10 & U	200 m	Ind Medley	3:35.49	4:06.19	3:12.99	3:40.79	86
87	3:03.99	2:37.89	3:26.09	3:00.19	11-12	200 m	Ind Medley	2:57.29	3:23.79	2:42.09	3:08.49	88
89	5:49.69	6:21.09	No B	No B	11-12	400 m	Freestyle	No B	No B	6:25.79	5:48.69	90

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

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



2023 Midwestern Long Course Championship

July 27-30, 2023

Woods Pool, Lincoln NE

Event Schedule - Sunday

Sunday
July 30, 2023

Prelims Warm-Up 6:30 am/7:10 am Split
Finals Warm-Up 4:30 pm

Prelims Start 8:00 am
Scratch Deadline: Saturday 5:45 pm
Finals Start 5:15 pm

Girls	LC Auto	SC Auto	LC Sec	SC Sec	Age	Distance	Stroke	SC Sec	LC Sec	SC Auto	LC Auto	Boys
91	2:59.19	2:36.89	2:59.19	2:36.89	13-14	200 m	Butterfly	2:26.89	2:47.99	2:26.89	2:47.99	92
93	2:53.99	2:33.49	2:53.99	2:33.49	15 & O	200 m	Butterfly	2:20.49	2:39.99	2:20.49	2:39.99	94
95	1:07.59	58.59	1:14.79	1:05.49	13-14	100 m	Freestyle	1:00.89	1:09.89	55.89	1:05.39	96
97	1:04.79	56.19	1:13.49	1:03.99	15 & O	100 m	Freestyle	57.89	1:06.89	50.79	59.09	98
99	1:31.59	1:17.39	1:34.79	1:21.69	13-14	100 m	Breaststroke	1:15.49	1:28.09	1:14.59	1:28.09	100
101	1:28.99	1:14.29	1:32.39	1:19.69	15 & O	100 m	Breaststroke	1:11.09	1:23.49	1:06.89	1:19.89	102
103	2:52.09	2:25.69	2:58.69	2:34.89	13-14	200 m	Backstroke	2:25.09	2:49.09	2:23.19	2:49.09	104
105	2:46.89	2:23.19	2:54.99	2:31.39	15 & O	200 m	Backstroke	2:17.49	2:41.39	2:12.99	2:36.59	106
107	NTS				13&O	50 m	Butterfly				NTS	108
109	NTS				13-14	400 m	Free Relay PM				NTS	110
111	NTS				11 & O	400 m	Free Relay PM				NTS	112
					11-12	1500 m	Freestyle	No B	No B	21:55.09	22:36.39	114
					13-14	1500 m	Freestyle	No B	No B	19:35.89	20:16.59	114
					15 & O	1500 m	Freestyle	No B	No B	19:00.39	19:26.79	114

All Events seeded AFTER scratches. No show penalties will apply.

Events 107-108 will be seeded together for prelims and swum separately for finals.

Breaks at the discretion of the referee

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

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

*** BOYS 1500 Freestyle: SCRATCHES required by 8:00 a.m. Will be seeded together, scored separately, swum fastest to slowest -

ALL 11 & O 1500 swims in the MORNING. Swimmers for distance freestyle must provide two timers and a counter for their own heat/lane.

Sunday Timed Finals
July 30, 2023

Warm-Up 12:30 pm

Timed Finals Start 1:15 pm

Girls	LC Auto	SC Auto	LC Sec	SC Sec	Age	Distance	Stroke	SC Sec	LC Sec	SC Auto	LC Auto	Boys
115	NTS				11-12	200 m	Med Relay				NTS	116
117	NTS				10 & U	200 m	Med Relay				NTS	118
119	3:35.69	3:03.29	3:52.59	3:20.89	11-12	200 m	Breaststroke	3:14.09	3:44.69	3:00.19	3:28.69	120
121	1:42.79	1:25.69	1:59.19	1:41.99	10 & U	100 m	Backstroke	1:39.79	1:55.09	1:28.59	1:43.09	122
123	1:25.79	1:12.39	1:38.69	1:24.79	11-12	100 m	Backstroke	1:22.19	1:35.49	1:14.49	1:27.99	124
125	38.49	32.99	44.09	38.89	10 & U	50 m	Freestyle	38.09	43.59	33.69	39.49	126
127	32.89	28.69	38.39	33.59	11-12	50 m	Freestyle	32.59	37.29	28.89	33.49	128
129	1:52.99	1:35.69	2:09.99	1:53.99	10 & U	100 m	Butterfly	1:51.39	2:07.09	1:37.09	1:50.79	130
131	1:28.39	1:14.39	1:36.19	1:24.39	11-12	100 m	Butterfly	1:22.89	1:33.99	1:16.09	1:26.49	132
133	53.29	44.99	1:00.49	53.19	10 & U	50 m	Breaststroke	52.09	59.69	46.59	53.29	134
135	45.29	38.19	48.99	42.99	11-12	50 m	Breaststroke	42.89	48.99	39.39	45.19	136
137	NTS				11-12	400 m	Free Relay				NTS	138

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

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