



2023 Midwestern Long Course Championship

July 27-30, 2023

Woods Pool, Lincoln NE

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming
Sanction # MWS23038/MWS23038TT
- 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.
- HOSTED BY:** Lincoln Select Swimming
- LOCATION:** Woods Park Pool, 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.
 - One 25 meter warm-up/down pool adjacent to the competition pool.
 - Competition pool (50 m) has been certified in accordance with 104.2.2C(4)
- FACILITY:**
- Each team will be allocated space to place ONE (1) tent that takes up no more than 10 feet of pool width, to be placed around the pool area. The tent must be behind the yellow rope (or 5' from pool) and is intended to be a coach tent. Placing of these tents around the pool will be on a first come, first served basis. All other team tents must be placed away from the pool area. This allows most teams the opportunity to have space around the competition area. Entry to venue is at SOUTHWEST corner of the pool.**
 - Teams may put out tents in the area around the pool beginning Thursday at 4:00 p.m.
 - 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 and MW websites. Both admission payment options will include access to 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).
 - Disinfecting stations will be available throughout the venue.
 - MWS and its member clubs are the guests of the city of Lincoln. Any behavior that might jeopardize the working relationship between the city of Lincoln and MWS will be dealt with immediately. MWS and LSS reserve the right to remove 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, 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.
 - Locker rooms are available for restroom use. 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 Uriah Reiners – uriahreiners@gmail.com – if you need such facilities.
- SCHEDULE:**
- | P/F Sessions | Warm –Up | Prelims | Warm-Up | Finals |
|--------------------------|--------------------|------------|---------|---------|
| Thursday | | | 4:30 pm | 5:15 pm |
| Friday, Saturday, Sunday | 6:30 am/7:10 split | 8:00 am | 4:30 pm | 5:15 pm |
| Afternoon Session | Warm-Up | Meet Start | | |
| Friday, Saturday, Sunday | 12:30 pm | 1:15 pm | | |
- MEET DIRECTOR:** Uriah Reiners (402) 540-0158 uriahreiners@gmail.com
- OFFICIALS:**
- Meet Referee: Steve Marchitelli
Admin Referee: Jerry Nevins
Meet Marshals: Kayla Kontras, Head
- MEET FORMAT**
- Championship Meet; P/F for 13 & over except relays, 400, 800, 1500 freestyles and 400 IM; Timed Finals for 12 & under



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- 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.
- 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 current coach credentials will be required at coach sign-in. Credentials shall be available at all times. The USA Swimming App is acceptable as proof of USA Swimming membership.
 - In accordance with MWS Policy, only those coaches with current, valid USA Swimming credentials available 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.
 - **Swimmers must be registered at the time of meet entry.** Swimmers not registered on the first recon will be deleted from the entries. NO deck registration or deck entries will be accepted.
 - The age of the swimmer on July 27, 2023, determines the age of the swimmer for the meet.
 - Qualifying Times are the 2023 Midwestern Qualifying Times
 - Long Course Meters or Short Course Yards
 - Secondary both LCM and SCY
 - See Event list for priority seeding.
 - Entry times must be in SWIMS; no declared times. conversions are not acceptable (with the exceptions of the 50s of stroke for 13 & O).
 - Swimmers must have achieved a 2023 Auto or Secondary qual time and **be entered in** a minimum of one (1) event (with either Auto or Sec) as listed in the meet schedule to be eligible to swim the meet.
 - 50s of stroke have NO qualifying times
 - 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.
 - Swimmers who do not scratch and fail to show for the 400 IM, 400, 800, 1500 free will be assessed a fine of \$25.00 and will be barred from their next scheduled event, unless excused by the referee.
- EVENT LIMITS:**
- Swimmers may enter a maximum of 7 individual events for the meet (excluding Time Trials); max 3 /day not to exceed 7 total (excluding Time Trials), and 2 relays per day.
 - **Clubs may enter a maximum of two (2) relay teams for the 200 and 400 relays and one (1) for the 800 FR.**
 - Relay only swimmers must be included on the roster to be eligible to swim. Please check the Entry Roster you receive from the Entry Chair to make sure all Relay Only swimmers are listed.
- ENTRY FEES:**
- | | | |
|-----------------|-----------------|--|
| Individual | \$6.50/event | Relay only swimmers - \$6.50 plus \$10.00 facility charge. |
| Relays | \$18.00/relay | In the event of extenuating circumstances, Meet Management will |
| MWS Fee | \$6.50/swimmer | accept entry for additional relay only swimmer at the meet. Proof of |
| Facility Charge | \$10.00/swimmer | registration MUST accompany the entry exception. |
| Time Trials | \$13.00/event | |
- ENTRY PROCEDURE:**
- Entries must be submitted in electronic format by club (electronic entry file with hard copy) or via email for UN swimmers with no club.
 - Please enter with swimmer's best time (LCM or SCY)
(enter non-conforming qualifying times by clearly indicating course – seeded LYS).
 - Make checks for the total amount payable to **Midwestern Swimming. Total fees due will be sent to clubs after entries are complete. Do NOT send checks prior to final accounting.**
 - **All fees must be paid by August 1, 2023.**
Send to the MW Office (1429 N Webster Ave, Hastings, NE 68901). NO Refunds.



2023 Midwestern Long Course Championship

July 27-30, 2023

Woods Pool, Lincoln NE

- ENTRY DEADLINE:**
- Entries must be received by the ENTRY CHAIR Betty Kooy by **8:00 PM Sunday, July 23, one file only!**
 - Psych sheets will be emailed to club entry chair by **noon, Monday, July 24**. Please check both Psych and Entry list to make sure swimmers are entered accurately.
 - **No late entries will be accepted.**
 - **Corrections may be made until Tuesday, 8:00 a.m.**
- ENTRY CHAIR:** Betty Kooy mwoffice@mwsim.org (402) 469-5051
(402) 469-5051 1429 N Webster Ave, Hastings NE 68901
- COACHES MEETING:** General meeting for coaches will be held 1 hour prior to the start of the **Thursday evening session (4:15 PM)**. Any other meeting may be called by meet management as needed.
- MEET CONDUCT:**
- Seeding – non-conforming times will be seeded after conforming times (LYS). See Event List
 - See Event Limitations list for heat limitations (prior to Event lists) for 13-14 and 15 & O.
 - See Event Limitations list for heat limitations (prior to Event lists) for 12 & U – to be determined by the Timeline.
 - Meet committee will be announced prior to the start of the meet.
 - Fly-over starts or chase starts from both ends of the pool may be used at referee and meet director discretion.
 - All finishes will be into the touch pads.
 - **The 12 & U events will be pre-seeded slowest to fastest and swum as timed finals.**
 - There is no penalty for not scratching or not swimming a pre-seeded timed final event DFS as a courtesy.
 - **The 13 & O P/F events will be seeded AFTER scratches. See below for scratch deadlines.**
 - The 50s of stroke for 13-14 and 15 & O will be swum together for prelims and separated for finals; 8 swimmers in B-Finals (consols) and 8 swimmers in A Finals.
 - Other events will be swum 13-14 and 15 & O
 - Timed finals distance events will be seeded together and scored separately.
 - The timed finals 400 Free and 400 IM will have the fastest one (1) heat 13-14 (girls and boys) and the fastest one (1) heat 15 & O (girls and boys) swimming in the finals session (**NO downseeding**).
 - Intention to scratch for all finalists must be reported within 1/2 hour after the finalists are announced.
 - Final declaration to scratch must be made within 1/2 hour after the swimmer's last event of the day.
 - All Prelim/Finals heats will be governed by the current USA Swimming scratch rules, 207.11.6 D&E. A swimmer qualifying for an A or B Final who neither scratches nor declares his intent to scratch within 30 minutes after the announcement of qualifying for that event will be considered checked in. If a checked in swimmer fails to compete in Finals, he/she shall be barred from the remainder of the meet unless excused by the referee. In order to field full Finals heats, it is requested that swimmers who qualify in the top 24 and have no intention of swimming in Finals indicate this by scratching. First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in finals. A fine of \$50 will be assessed any seeded swimmer failing to report for Sunday evening finals. (MW Policies and Procedures – 8.5.12.2 (e))
 - Top 16 qualifiers for finals as well as alternates will be announced.
 - Scratch deadlines
 - Scratch deadline for Thursday evening events (800 free relays, 11 & O girls 1500, 11 & O boys 800) will close at 4:45 p.m. Swimmers and relays not scratched will be seeded in the Thursday evening events.
 - Scratches for the Friday AM prelim events – 1/2 hour after the start of the Thursday evening session.
 - Scratch deadline for Friday 13 and over 400 Freestyle is 8:00 a.m. Friday. Fastest one (1) heat of 13-14 girls/boys, 15 & O girls/boys will swim in Evening Finals. NO downseeding
 - Scratches for the Saturday AM prelim events – 1/2 hour after the start of Friday finals.
 - Scratch deadline for the 400 IM is 8:00 a.m. Saturday. Fastest one (1) heat of 13-14 girls/boys, 15 & O girls/boys will swim in Evening Finals. NO downseeding
 - Scratch deadline for the girls 800 free is 8:00 a.m. Saturday.
 - Scratches for the Sunday AM prelim events – 1/2 hour after the start of Saturday finals.
 - Scratch deadline for the boys 1500 free is 8:00 a.m. Sunday.
 - Deck entries will be allowed only in the case of errors made by meet management. The registration sheet/electronic file is the official entry.
 - Consolation B finalists and A championship finalists must check in at the ready area. Consolation swimmers will then report behind the blocks. A Finalists will process.



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July 27-30, 2023

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- See scratch deadlines above for the 400 IM, 400, 800 and 1500 freestyles. Failure to swim one of these events that was not scratched will result in the swimmer being barred from their next individual event unless excused by the referee. In addition, there will be a \$25.00 fine for such infraction.
- The 13-14 and Senior (11 & O) Relays for Friday, Saturday, and Sunday scratch deadline is 8:00 a.m. on the day the relays are to be swum. All girls relays will be swum first; boys after girls.
- **13-14 and 11 & O 200 relays will be swum in the evening sessions; 400 medley relay will be swum in the morning session; all heats of the 13-14/11 & O 400 free relay will be swum in the Sunday FINALS session.**
- **All 12 & Under events will be swum as timed finals. The 800 and 1500 freestyles will be swum in the appropriate 13 & O sessions.**
- Event results will be posted, announced, and session results will be posted on the MW website.
- Programs for prelims and finals will be available through Meet Mobile and posted on the host & MW websites. Limited hard copy programs may also be available for purchase.
- No exhibition swimming.

TIME TRIALS:

- **Time trials** may be held immediately following all morning sessions and the Sunday afternoon session at the discretion of the referee **IF THERE IS TIME**. Fee for each trial is \$13.00; individual, \$25.00 relay. The number of swimmer events must not exceed the maximum allowable number of events per day (3 for 13 & Over; 6 for 12 & U) (USA Swimming 102.2). Time trial events are limited to USA Swimming recognized age group events (USA Swimming 102.1.2). Maximum two (2) time trials per person/relay for the entire meet.

WARM-UP

PROCEDURES:

- MWS safety guidelines and warm-up procedure 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 for morning sessions will be split. Lane assignments for warm-ups will be sent to all entering clubs, posted at the meet, and posted on meet website.
- Coaches must be in control their swimmers in their assigned lanes.

TEAM SUPERVISION

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

TIMERS:

- For the morning and afternoon sessions, timers (2 per lane) will be assigned from the attending clubs based on entries in that session. For the evening finals sessions, the host club will provide timers. Timing assignments by lane for the morning and afternoon sessions will be posted on the host's and MW website, and emailed to clubs (entry chair).
- Swimmers for 11 & O distance freestyle events (800 and 1500) must provide two timers and a counter for their own heat/lane.

SCORING:

16-Place scoring will be used

AWARDS:

Team	1 st – 3 rd Place	Trophies
Small Team	1 st Place	Trophy
Individual – all ages	1 st – 8 th Place	Medals
12 & U	9 th – 16 th Place	Ribbons
Relays – all ages	1 st – 3 rd Place	Medals
12 & U	4 th – 8 th Place	Ribbons
High Point	1 st – 3 rd for each age group	Trophies

- Small Team designation is determined by the number of team swimmers currently registered.
- All 12 & U awards will be presented during the afternoon sessions as dictated by the timeline.
- 13 & O awards will be presented to the Top 3 in the Finals sessions.

MEET RESULTS:

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

CONCESSIONS:

- Woods Pool may have concessions available.
- Swim wear and supplies will be available. Meet shirts can be purchased online from meet supplier. Link on host's and MW Website will be provided.

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 prior written permission from the Meet Director or the Meet Referee to be on deck.



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July 27-30, 2023

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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.



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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.