



**Midwestern Short Course Championship
March 8-10, 2024**

**Dillon Aquatic Center, Fremont NE
Hosts: Fremont Area Swim Team and Aquatic Club of Elkhorn**

- SANCTION:** The meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS24014; MWS24014TT
- 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:** Dillon Family Aquatics Center
806 N. Lincoln Ave. Fremont, Nebraska 68025
- POOL:**
- 25 yard, 12 lane pool (10 lanes for prelims/8 lanes for finals; 12 & U # of lanes will depend on number of entries), anti-turbulent lane markers, starting block. The water depth of the competition pool is 5.14' (1.0 meter) to 5.48' (5.0 meters) from the start wall is 5.88' (1.0 meter) to 5.89' (5 meter) at the turn end.
 - Timing and finishing place judging equipment is fully automatic Colorado 6, complete with touch pads at one end, Electronic horn start and LED scoreboard.
 - There will be two timers per lane with clubs assigned for morning and afternoon; hosts for finals.
 - Separate warm-down area available.
 - The host will ensure the required course dimensions.
- FACILITY:**
- The Competition pool is located in the Dillon Family Aquatic Center on the south side of the Fremont YMCA campus. Swimmers have access to the pool and gyms for crash areas.
 - Certified lifeguards will be present during all sessions of the meet. Facility has access to an AED, backboards, shepherd's crook, lifeguard tubes and ice. The facility does not off athletic trainers or rehab facilities.
 - Admission fee per session will be \$2.00 per person with \$3.00 for session heat sheet; an all session pass for \$15.00 will include FREE heat sheets (children under 5 free). Heat sheets will also be available on MeetMobile.
 - Seating for 350. Standing/Picture area between bleachers. Controlled temperature in facility.
 - No glass allowed on pool deck or in the stands.
 - FAST, ACE, and the Fremont YMCA 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, 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.
 - Two gender-neutral/family facilities are available at this facility. Locations of these facilities can be found on the North side of the pool, by the hot-tub. For more information contact the meet director at ahrensrshane93@gmail.com.
 - Handicap seating is available on pool deck. Crash area gym is open for spectators and swimmers. A Live Feed of the scoreboard will be available in crash area.

SCHEDULE:	Prelims Warm-ups	Prelims Start	Finals Warm-ups	Finals Start
Fri, Sat	6:45 a.m.	8:15 a.m.	10 min after end of	45 min warm-up period
Sun	6:30 a.m.	8:00 a.m.	afternoon session	Start: 1 hour after end of afternoon session
Afternoon Finals			30 min after end of morning session.	50 min warm-up period Start: 1 ½ hour after end of morning session

**Start times for Afternoon sessions and Finals sessions will be determined after entries are received.
Times will be communicated to coaches and participants via the meet webpage and printed notifications.**

MEET FAST: Shane Ahrens – ahrensrshane93@gmail.com
DIRECTORS: ACE: Leslie Mayo – mayo7@cox.net; Anthony Miles – coach_anthony@aceotters.com



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- OFFICIALS:** Meet Referee: Steve Marchitelli
Admin Referees: Starre Haney, Betty Kooy
Meet Marshals: Stephanie Bossert, Bob Bossert
- MEET FORMAT:**
- Championship Format; P/F for 13 14 and 15 & Over (with exceptions); Timed finals for 12 & U
 - MW Automatic Qual times (SCY and LCM) with SCY secondary. Events may be limited depending on timeline.
- MEET THEME:** Clubs are encouraged to select their OWN THEME to motivate their athletes.
- 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 Meet Referee of any disability modifications necessary 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 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. A screen shot of the App is NOT acceptable proof.
- ELIGIBILITY:**
- All swimmers, coaches and clubs must be currently registered with USA Swimming and MIDWESTERN.
 - Swimmers must be registered with USA Swimming at the time of **MEET ENTRY**. Swimmers not registered on the first recon will be deleted from the entries. NO deck entries or deck registration.
 - The age of the swimmer on March 8, 2024, determines his/her age for the entire meet.
 - Automatic Qualifying times are the 2023 Midwestern Qualifying times. Athlete must have at least one (1) automatic or secondary qualifying time as listed on the meet schedule or on the qualifying time sheet to be eligible to swim the meet.
 - Secondary qualifying times will be used to fill heats to the number of swimmers possible, dictated by the time line.
 - 13-14 and 15 & O 50s of STROKE will require NO qualifying time. Athlete must be qualified for (with automatic or secondary qual time) and entered in at least one (1) individual event to swim the 50s of stroke. The 50 free requires an automatic or secondary qual time.
 - Qualifying entry times will be Short Course yards auto, Long Course Meters auto and SCY secondary.
 - Conversions are NOT acceptable.
 - 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.
- FINES:**
- Swimmers who do not scratch the events requiring scratches and fail to show will be assessed a \$25.00 fine.
 - 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); maximum 3 per day, not to exceed 7 total (excluding Time Trials), and 2 relays per day
 - Clubs may enter a maximum of two (2) relays for the 200 and 400 relays. Clubs may enter one (1) 800 free relay.
 - Relay only swimmers must be included on the roster to be eligible to swim.
- EVENT FEES:**
- | | | | |
|--------------------|--------------------------|---------------|---------------------|
| Individual Events: | \$6.50/event | Relays | \$18.00/relay |
| Midwestern Fee: | \$6.50 | Facility Fee: | \$15.00 |
| Time Trials: | \$13.00/individual event | | \$25.00/relay event |
- In the event of extenuating circumstances, Meet Management will accept entry for additional relay only swimmer at the meet. Proof of registration MUST accompany the entry exception.



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- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email for UN swimmers with no club.
 - SCY auto, LCM auto, SCY secondary times only.
 - There is no time period in which the entry time must have been achieved.
 - 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 March 11, 2024. Checks may be brought to the meet and given to Betty Kooy or sent to the MW Office (1429 N Webster Ave, Hastings NE 68901). NO Refunds.
- ENTRY DEADLINE:**
- Entries will open Monday, February 19, 2024 and **close Sunday, March 3, 2024 at 8:00 p.m.**
 - NO late entries.
 - Psych sheets will be sent to club entry chair within 16 hrs of entry deadline. Clubs will have until 8:00 p.m. Monday, March 4, 2024 to make corrections.
- ENTRY CHAIR:** Betty Kooy mwoffice@mws swim.org
(402) 469-5051
- COACH MEETING:** General coaches meeting will be held at 7:45 a.m. Friday morning. Any other meeting may be called by meet management as needed.
- GENERAL MEET CONDUCT:**
- Seeding – meet will be seeded according to USA Swimming rules for P/F; 12 & Under Timed Finals seeded Slowest to Fastest
 - Meet committee will be announced prior to the start of the meet.
 - Fly-over starts may be used at the discretion of the meet referee and meet director.
 - All finishes will be into touch pads.
 - Scratch deadlines - The 13 -14 and 15 & O Prelim/Final events will be deck-seeded after scratches.
Friday Morning Scratch Deadline: Thursday evening, 6:00 p.m. – Email scratches to mwoffice@mws swim.org .
Saturday Morning Scratch Deadline: Friday evening 1/2 hour after the start of Friday Finals
Sunday Morning Scratch Deadline: Saturday evening 1/2 hour after the start of Saturday Finals.
National scratch rule 207.11.6 will be followed. Any athlete who did not scratch before the deadline and does not **declare a false start** prior to the start of their heat and is a ‘no show’ will be barred from further competition on that day. Events prior to the NS where an athlete has qualified for finals will be allowed to swim at finals.
Scratches for 1000 free and 400 Medley Relays due by 8:00 a.m. Friday morning.
Scratches for the 500 free and 200 and 800 Free Relays due by 8:00 a.m. Saturday morning.
Scratches for the 1650 free and 200 Medley and 400 Free Relays due by 8:00 a.m. Sunday morning
 - **18 & Over athletes** – Just a reminder that ALL 18 & OVER ATHLETES MUST COMPLETE THE USA SWIMMING REQUIRED [Athlete Protection Training](#). 18 & Over athletes who have NOT completed the REQUIRED Athlete Protection Training prior to the meet start date will NOT be entered into the meet and will not be refunded their entry fees. This applies to any athlete who turns 18 at any time during the meet.
 - Intention to scratch for all finals must be reported within 1/2 hour after the finalists have been announced. Final declaration to scratch must be made within 1/2 hour after the swimmer’s last event of the session.
 - There is no penalty for not scratching or not swimming a pre-seeded event.
 - Deck entries will be allowed only in the case of errors made by meet management. The registration sheet/electronic file is the official entry.
 - 13-14 events and 15 & O events will swim 10 lanes in prelims and 8 lanes for finals with 8 swimmers in Consols and 8 swimmers in Finals. The timed final 500 Free and 400 IM will have the fastest heat of each event (13-14 and 15 & O) swimming in the finals session. (NO down-seeding)
 - Top 16 qualifiers for finals as well as alternates will be announced.
 - 13-14 and 15 & O events will be filled with ‘secondary’ times. **Scratches may be made depending on timeline.**
 - **12 & Under events may be seeded either 10 lanes or 8 lanes, depending on the number of entries.**
 - 12 & Under events will be filled **until events exceed a reasonable timeline.**
 - All 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



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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 \$50.00 will be assessed any seeded swimmer failing to report for Sunday evening finals. (MW Policies and Procedures – 8.5.12.2 (e))

- Consolation finalists and championship finalists must check in at the ready area. Consolation swimmers will then report behind the blocks. Finalists will be announced and process to the blocks.
- The 500, 1000, and 1650 freestyles will require scratches for those not wishing to swim. See above deadlines for scratches. Swimmers who did not scratch and were seeded into a deck-seeded individual event and fail to compete will be 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 11 & O relays require SCRATCHES for those not intending to compete. See above for deadlines.
- 13-14 and 11 & O 200 Free relays, 400 Free relays, and 400 Medley relays will be swum in the finals sessions; the 200 Medley relays and 800 Free relays will be swum in the morning sessions; all heats of the 400 free relays will be swum in the Sunday FINALS session.
- All 12 & Under events will be swum as timed finals. **The 1000 and 1650 freestyles will be swum in the appropriate 13-14/15 & O sessions.**
- Event results will be posted and announced.
- Programs for prelims and finals will be available for purchase, with session pass, and on MeetMobile.
- No exhibition swimming.

TIME TRIALS:

- Time Trials may be held immediately following all morning sessions at the discretion of the referee **IF THERE IS TIME**. Fee for each trial is \$13.00/individual and \$25.00/relay. The number of swimmer events must not exceed the maximum allowable number of events per day (USA Swimming Rules 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 limit for the entire meet. Swimmers not entered in the meet will pay the MW Splash and Facility Fee in addition to the TT charge.

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.
- **12 and Under Sessions: Lane assignments and times for warm-ups will be sent to all entering clubs and posted at the meet.**
 - Swimmers are to sit and slide entering the water.
 - During sprint starts, swimmers must swim one direction only.
 - Coaches must be in control of their swimmers in their assigned lanes.
- **13 and Over Prelim Sessions: General warm-up, no assigned lanes.**
 - Swimmers are to sit and slide entering the water during general warm-up.
 - 45 minutes prior to start of competition the following warm-up procedures will be used.
 - Lanes 0 & 11 pace lanes, sit and slide entry only, circle swimming only
 - Lanes 1 & 10 sprint lane, racing starts may be used, one direction only. Backstrokers are to enter the water feet first in rotation. No diving over persons in the water.
 - Lanes 2 & 9 used for return lanes
 - Lanes 3 & 8 may be opened for additional starts as needed.
 - Lanes 4, 5, 6, 7 continue as general warm-up. NO diving/sprint starts
 - Additional sprint lanes may be made available upon request to supervising officials.
 - No equipment may be used during warm-up.
 - Pool will be closed 10 minutes prior to the start of competition (Starts: 8:15 am Fri, Sat; 8:00 am Sun)
- **13 and Over Finals Sessions: General warm-up, no assigned lanes**
 - Swimmers are to sit and slide entering the water during general warm-up.
 - 30 minutes prior to the start of competition warm-ups will follow the morning lane procedures.
 - Pool will be closed 5 minutes prior to the start of Finals competition.



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- TEAM**
- Deck changes are prohibited.
- SUPERVISION:**
- Teams can use the deck or crash areas for seating.
 - 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. Non-coach supervisors must check in and be issued an on-deck access band.
 - Only registered coaches, swimmers, and officials will be allowed on deck.
- OFFICIALS:**
- Officials' meetings will be held prior to the start of each session at time and place to be designated.
 - Meet will be an Officials' Qualifying Meet.
 - Officials will need to apply to be evaluated. Sign-up Genius for OFFICIALS sessions and evaluation when available.
- TIMERS:**
- For the morning and afternoon sessions timers (2 per lane) will be assigned from the attending clubs based on number of entries in that session. For the evening finals sessions, the host clubs will provide the timers. An online sign-up link on the MW Championship page will be provided for filling the timing assignments.
 - Swimmers for the distance freestyle events (1000 and 1650) must provide two timers and a counter for their own heat/lane.
- SCORING:**
- | | | |
|-------------------------------|--|---------------|
| 16-Place scoring will be used | | |
| Team | 1 st – 3 rd Place | Trophies |
| Small Team | 1 st Place | Trophy |
| Individual All | 1 st – 8 th Place | Custom Medals |
| 12 & U | 9 th – 16 th Place | Ribbons |
| Relays All | 1 st – 3 rd Place | Custom Medals |
| 12 & U | 4 th – 8 th Place | Ribbons |
| High Point | 1 st – 3 rd gender/age | Trophies |
- AWARDS:**
- All 12 & U timed final awards (1st – 8th place) will be presented during the afternoon sessions as dictated by the timeline.
 - Awards during finals will be presented to the Top 3 for 13-14 and 15 & O.
- MEET**
- Available on Meet Mobile, and posted at the pool.
- RESULTS:**
- Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – 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 prior written permission from the Meet Director or the Meet Referee to be on deck.
- CONCESSIONS:**
- Concessions will be available on site in the crash areas.
 - Meet apparel will be available both online and on site (in the crash areas) for purchase. Link will be posted on the MW website.
- ADMISSION & PROGRAMS**
- Admission fee per session will be \$2.00 per person with an all-session pass for \$15.00 which will include FREE heat sheets (children under 5 free). Heat sheets will also be available for purchase and on MeetMobile.
 - Results will be available online and on Meet Mobile.
- GENERAL INFO**
- Hospitality will be provided for coaches and officials.
 - A link will be available on the Midwestern website for those who wish to volunteer to help at the meet. Volunteers will not be charged the admission fee for the session in which they are working.
 - Link for Meet Information on the MW Website
<https://www.teamunify.com/team/mwslsc/page/meets/mw-2024-sc-championship>



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Event Schedule

Priority Seeding: SCYards Auto, LCMeters Auto, SCYards Secondary; NO LCMeters Secondary

Session 1

Friday, March 8, 2024

Prelims Warm-Up 6:45 a.m.

Prelims Start 8:15 a.m.

Session 3 - Finals Warm-Up TBD

Session 3 - Finals Start TBD

Girls	Yds Auto	LCM Auto	Yds Sec	Age	Distance	Stroke	Yds Sec	LCM Auto	Yds Auto	Boys
1	5:20.79	6:17.39	None	13-14	400 y	Ind Medley***	None	6:04.69	5:15.29	2
3	5:19.59	6:03.99	None	15 & O	400 y	Ind Medley***	None	5:42.69	4:58.39	4
5	1:17.39	1:31.59	1:21.69	13-14	100 y	Breaststroke	1:15.49	1:28.09	1:14.59	6
7	1:14.29	1:28.99	1:19.69	15 & O	100 y	Breaststroke	1:11.09	1:19.89	1:06.89	8
9	2:08.69	2:28.39	2:21.29	13-14	200 y	Freestyle	2:12.79	2:25.79	2:03.79	10
11	2:03.09	2:22.99	2:18.69	15 & O	200 y	Freestyle	2:06.79	2:13.09	1:53.09	12
13	1:06.79	1:18.39	1:10.89	13-14	100 y	Butterfly	1:06.09	1:15.49	1:04.89	14
15	1:03.49	1:14.09	1:09.39	15 & O	100 y	Butterfly	1:02.69	1:07.29	57.09	16
17	NTS			13-14	50 y	Backstroke			NTS	18
19	NTS			15 & O	50 y	Backstroke			NTS	20
21	13:17.99	13:17.99	None	11-12	1000 y	Freestyle**	None	11:49.99	13:11.59	22
21	12:19.39	12:19.39	None	13-14	1000 y	Freestyle**	None	10:38.49	11:42.69	22
21	12:06.09	12:06.09	None	15 & O	1000 y	Freestyle**	None	10:13.09	11:17.89	22
23	NTS			13-14	400 y	Medley Relay* PM			NTS	24
25	NTS			11 & O	400 y	Medley Relay* PM			NTS	26

Breaks at the discretion of the referee

NTS for 50s of stroke.

***The 400 IM is a timed final; the fastest one heat of 13-14 and fastest one heat of 15 & O will swim AFTER the 100 Butterfly in Finals.

* All Relays Timed Finals. The 400 y Medley Relay will swim in the EVENING Session. Scratches are required by 8:00 am Friday; cards due 5:30 p.m. (Relays will be swum in the session indicated.)

** 1000: Scratches are required by Friday, 8:00 a.m. Will be seeded together, scored separately, swum fastest to slowest, alternating girls and boys

- ALL 11 & O 1000 SWIMS IN THE MORNING. Swimmers for 1000 must provide two timers and a counter for their own heat/lane.

- Order for finals: 5-6, 7-8, 9-10, 11-12, 13-14, 15,-16, 1-2, 3-4, 17-18, 19-20, 23-25, 24-26.

Priority Seeding: SCYards Auto, LCMeters Auto, SCYards Secondary; NO LCMeters Secondary

Session 2

Friday Timed Finals, March 8, 2024

Warm-Ups TBD

Timed Finals Start TBD

Girls	Yds Auto	LCM Auto	Yds Sec	Age	Distance	Stroke	Yds Sec	LCM Auto	Yds Auto	Boys
27	2:38.79	3:09.49	2:56.69	11-12	200 y	Backstroke	2:51.99	3:04.19	2:39.69	28
29	38.69	47.09	47.39	10 & U	50 y	Butterfly	45.69	45.99	40.29	30
31	31.69	37.59	36.49	11-12	50 y	Butterfly	37.09	38.59	33.09	32
33	1:25.19		1:42.59	10 & U	100 y	IM	1:38.79		1:28.19	34
35	1:12.39		1:24.09	11-12	100 y	IM	1:20.89		1:14.69	36
37	2:45.39	3:14.39	3:18.99	10 & U	200 y	Freestyle	3:06.69	3:12.09	2:47.49	38
39	28.69	32.89	33.59	11-12	50 y	Freestyle	32.59	33.49	28.89	40
41	1:39.29	1:57.79	1:58.09	10 & U	100 y	Breaststroke	1:53.39	1:55.99	1:41.69	42
43	1:23.59	1:39.29	1:34.09	11-12	100 y	Breaststroke	1:31.39	1:38.39	1:24.49	44
45	5:52.19	6:48.29	No B	11-12	400 y	IM	No B	6:39.19	5:46.39	46
47	NTS		NTS	11-12	400 y	Medley Relay	NTS		NTS	48



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Event Schedule

Priority Seeding: SCYards Auto, LCMeters Auto, SCYards Secondary; NO LCMeters Secondary

Session 4

Saturday, March 9, 2024				Prelims Warm-Up 6:45 a.m.			Prelims Start 8:15 a.m.			
				Session 6 - Finals Warm-Up TBD			Session 6 - Finals Start TBD			
Girls	Yds Auto	LCM Auto	Yds Sec	Age	Distance	Stroke	Yds Sec	LCM Auto	Yds Auto	Boys
49	2:26.19	2:49.09	2:37.59	13-14	200 y	Ind Medley	2:28.49	2:45.29	2:20.59	50
51	2:20.49	2:43.09	2:34.89	15 & O	200 y	Ind Medley	2:20.89	2:30.79	2:07.19	52
53	26.89	30.69	30.19	13-14	50 y	Freestyle	27.79	29.49	25.59	54
55	25.99	29.79	29.49	15 & O	50 y	Freestyle	26.39	26.99	23.29	56
57	2:36.89	2:59.19	2:36.89	13-14	200 y	Butterfly	2:26.89	2:47.99	2:26.89	58
59	2:33.49	2:53.99	2:33.49	15 & O	200 y	Butterfly	2:20.49	2:39.99	2:20.49	60
61	1:07.29	1:19.19	1:11.19	13-14	100 y	Backstroke	1:06.39	1:17.79	1:05.29	62
63	1:04.09	1:16.09	1:09.39	15 & O	100 y	Backstroke	1:03.19	1:10.09	58.89	64
65	NTS			13-14	50 y	Breaststroke			NTS	66
67	NTS			15 & O	50 y	Breaststroke			NTS	68
69	5:52.09	5:19.79	None	13-14	500 y	Freestyle**	None	5:13.99o	5:42.09	70
71	5:37.79	5:11.49	5:43.39	15 & O	500 y	Freestyle**	5:17.69	4:53.99	5:14.19	72
73	NTS			13-14	800 y	Free Relay***AM			NTS	74
75	NTS			11 & O	800 y	Free Relay***AM			NTS	76
77	NTS			13-14	200 y	Free Relay*PM			NTS	78
79	NTS			11 & O	200 y	Free Relay*PM			NTS	80

Breaks at the discretion of the referee

NTS for 50s of stroke

** 500 Freestyle: Scratches required by Saturday, 8:00 a.m. Timed Finals – the fastest one heat of 13-14 and fastest one heat of 15&O will swim in the Finals Session.

* Swum in the evening session. Scratches for the 200 Free Relay required by 8:00 a.m. Saturday. (cards due by 5:30 p.m. Saturday)

*** The 800 free relay age groups may be combined for seeding/time line purposes. Scratches are required for this event by 8:00 a.m. Saturday (cards due 8:00 a.m. Saturday morning).

Order for Finals: 49-50, 51-52, 53-54, 55-56, 57-58, 59-60, 61-62, 63-64, 69-70, 71-72, 65-66, 67-68, 77-79, 78-80.

Priority Seeding: SCYards Auto, LCMeters Auto, SCYards Secondary; NO LCMeters Secondary

Session 5

Saturday Timed Finals, March 9, 2024				Warm-Ups TBD			Timed Finals Start TBD			
Girls	Yds Auto	LCM Auto	Yds Sec	Age	Distance	Stroke	Yds Sec	LCM Auto	Yds Auto	Boys
81	2:47.29	3:10.19	2:53.19	11-12	200 y	Butterfly	2:53.19	3:06.19	2:40.79	82
83	1:13.99	1:27.59	1:29.59	10 & U	100 y	Freestyle	1:27.79	1:30.19	1:15.79	84
85	1:02.79	1:12.89	1:13.59	11-12	100 y	Freestyle	1:10.99	1:15.29	1:04.09	86
87	39.19	47.39	46.99	10 & U	50 y	Backstroke	47.49	49.19	40.39	88
89	33.59	39.69	38.09	11-12	50 y	Backstroke	37.89	40.39	34.59	90
91	3:07.49	3:41.69	3:38.49	10 & U	200 y	IM	3:35.49	3:40.79	3:12.99	92
93	2:37.89	3:03.99	3:00.19	11-12	200 y	IM	2:57.29	3:08.49	2:42.09	94
95	6:21.09	5:49.69	None	11-12	500 y	Freestyle	None	5:48.69	6:25.79	96
97	NTS			10 & U	200 y	Free Relay			NTS	98
99	NTS			11-12	200 y	Free Relay			NTS	100



Midwestern Short Course Championship

March 8-10, 2024

Dillon Aquatic Center, Fremont NE

Hosts: Fremont Area Swim Team and Aquatic Club of Elkhorn

Event Schedule

Priority Seeding: SCYards Auto, LCMeters Auto, SCYards Secondary; NO LCMeters Secondary

Session 7

Sunday, March 10, 2024				Prelims Warm-Up 6:45 a.m.				Prelims Start 8:00 a.m.			
Girls	Yds Auto	LCM Auto	Yds Sec	Age	Distance	Stroke	Yds Sec	LCM Auto	Yds Auto	Boys	
101	2:25.69	2:52.09	2:34.89	13-14	200 y	Backstroke	2:25.09	2:49.09	2:23.19	102	
103	2:23.19	2:46.99	2:31.39	15 & O	200 y	Backstroke	2:17.49	2:36.59	2:12.99	104	
105	58.59	1:07.59	1:05.49	13-14	100 y	Freestyle	1:00.89	1:05.39	55.89	106	
107	56.19	1:04.79	1:03.99	15 & O	100 y	Freestyle	57.89	59.09	50.79	108	
109	2:49.79	3:18.59	2:57.29	13-14	200 y	Breaststroke	2:43.99	3:10.79	2:43.99	110	
111	2:48.59	3:15.99	2:52.79	15 & O	200 y	Breaststroke	2:36.19	3:00.99:	2:34.49	112	
113	NTS			13-14	50 y	Butterfly			NTS	114	
115	NTS			15 & O	50 y	Butterfly			NTS	116	
117	NTS			13-14	200 y	Medley Relay*** AM			NTS	118	
119	NTS			11 & O	200 y	Medley Relay*** AM			NTS	120	
121	22:27.09	23:00.19	None	11-12	1650 y	Freestyle**	None	22:36.39	21:55.09	122	
121	20:37.49	21:05.69	None	13-14	1650 y	Freestyle**	None	20:16.59	19:35.89	122	
121	20:11.49	20:50.99	None	15 & O	1650 y	Freestyle**	None	19:26.79	19:00.39	122	
123	NTS			13-14	400 y	Freestyle Relay* PM			NTS	124	
125	NTS			11 & O	400 y	Freestyle Relay* PM			NTS	126	

Breaks at the discretion of the referee

NTS for 50s of stroke

** 1650: Scratches are required by Sunday, 8:00 a.m. Will be seeded together, scored separately, swum fastest to slowest, alternating girls and boys – ALL 11 & O 1650 SWIMS IN THE MORNING. Swimmers for 1650 must provide two timers and a counter for their own heat/lane.

* Swum in the evening session. Scratches for the 400 Free Relay required by 8:00 a.m. Sunday. (cards due by 5:30 p.m. Sunday)

*** Swum in the morning session. Scratches for the 200 Medley Relay required by 8:00 a.m. Sunday. (cards due by 8:00 a.m. Sunday).

Order for Finals: 101-102, 103-104, 105-106, 107-108, 109-110, 111-112, 113-114, 115-116, 123-125, 124-126

Priority Seeding: SCYards Auto, LCMeters Auto, SCYards Secondary; NO LCMeters Secondary

Session 8

Sunday Timed Finals, March 10, 2024				Warm-Ups TBD			Timed Finals Start TBD			
Girls	Yds Auto	LCM Auto	Yds Sec	Age	Distance	Stroke	Yds Sec	LCM Auto	Yds Auto	Boys
127	NTS			11-12	200 y	Medley Relay			NTS	128
129	NTS			10 & U	200 y	Medley Relay			NTS	130
131	3:03.29	3:35.69	3:30.89	11-12	200 y	Breaststroke	3:14.09	3:28.69	3:00.19	132
133	1:25.69	1:42.79	1:41.99	10 & U	100 y	Backstroke	1:39.79	1:43.19	1:28.59	134
135	1:12.39	1:25.79	1:24.79	11-12	100 y	Backstroke	1:22.19	1:27.99	1:14.49	136
137	32.99	38.49	38.89	10 & U	50 y	Freestyle	38.09	39.49	33.69	138
139	2:18.89	2:43.19	2:40.39	11-12	200 y	Freestyle	2:34.59	2:44.89	2:21.59	140
141	1:35.69	1:52.99	1:53.99	10 & U	100 y	Butterfly	1:51.39	1:50.79	1:37.09	142
143	1:14.39	1:28.39	1:24.39	11-12	100 y	Butterfly	1:22.89	1:28.29	1:16.09	144
145	44.99	53.29	53.19	10 & U	50 y	Breaststroke	52.09	53.29	46.59	146
147	38.19	45.29	42.99	11-12	50 y	Breaststroke	42.89	45.19	39.39	148
149	NTS			11-12	400 y	Freestyle Relay			NTS	150