

Swim Omaha Spring Classic
May 3-5, 2024
University of Nebraska-Omaha

- SANCTION:** The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS24026
- 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:** University of Nebraska Omaha, Health and Kinesiology Building
6001 Dodge St, Omaha, NE 68182
- POOL:**
- Indoor 50 meter pool, 6 racing lanes with starting blocks at the shallow end.
 - Colorado Timing System with touch pads at the shallow end.
 - Water depth of the pool measured at the 5 m mark - 14' at turn end and 4'1" at the start end. (USA-S Rule 202.3.4.D.)
 - Height of blocks is 29 1/2
 - The host will ensure the required course dimensions.
- FACILITY:**
- Spectator charge will be \$5.00 per day (children under 5 Free). Tickets will need to be purchased digitally and the link will be shared with entering teams the week of the meet when psych sheets and warm-up times are sent to the entering teams.
 - Heat sheets will be available on Meet Mobile for free and published on the Swim Omaha website.
 - Certified lifeguards will be present. 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. UNO does not offer athletic trainers or rehabilitation facilities. Ice is available for injuries.
 - Team seating on deck for athletes only. Spectator stands seats 500.
 - Absolutely no glass allowed in the facility
 - No concessions.
 - Hand sanitizers will be available at the entry points.
 - Swim Omaha and UNO 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.
 - There are unisex/gender neutral bathrooms under the bleachers at both ends of the facility.
 - *Guidelines to follow while attending events at the UNO pool:*
 - Spectators are only allowed in the seating area. Only coaches, athletes, and officials are allowed on the pool deck.
 - Tobacco, vaping, and alcohol products are prohibited on campus.
 - Spectators are only allowed in the seating areas, restrooms, and common areas. No one is allowed on the track or other activity areas in the H&K building.
 - Violation of any of these rules will result in the violators being asked to leave the facility.
- SCHEDULE:**
- | | | |
|-----------------|---|-------------------------------|
| Friday | Warm-ups Split: 4:00 p.m. | Timed Finals Start: 5:30 p.m. |
| Saturday 13 & O | Warm-ups Split: 7:00 a.m. | Prelims Start: 8:30 a.m. |
| Saturday 12 & U | Warm-ups – 10 minutes after end of a.m. session.
Meets starts 75 minutes after end of a.m. session | |
| Sunday 11 & O | Warm-ups Split: 7:00 a.m. | Timed Finals Start: 8:30 a.m. |
- MEET DIRECTOR** Andy Cunningham andy.cunningham@swimomaha.org 402-212-1433
- OFFICIALS:**
- Meet Referee: Ted Smits
Admin Official: Andy Cunningham
Meet Marshal: Bryan Kratky, Megan Channell
- MEET FORMAT:** Timed Finals
All sessions and events – timed finals
Relays may be removed from the meet and entry fees refunded if necessary.
NO time trials.

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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 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.
- ELIGIBILITY:**
- All swimmers, coaches and clubs must be currently registered with USA Swimming.
 - NO on deck registration permitted. NO late entries 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 athlete that appears on that list must register with USA Swimming and entering club will be billed an additional \$30.00 above the current MW registration fee and must provide proof of registration before being 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 May 3, 2024 determines his/her age for the entire meet.
 - 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."
- ENTRY LIMITS:**
- Meet may be capped based on number of entered swimmers for each session. Entries will be accepted in the order received.
 - Event Limits: Friday night – two (2) individual events; Saturday AM and Sunday AM - 4 (4) individual events; Saturday PM – 12 and Unders – five (5) individual events
Relay limits – one (1) relay per day
 - 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. The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit (205.3.1F). Teams will be notified of any and all necessary adjustments.
- EVENT FEES:**
- | | |
|--------------------|---|
| Individual Events: | \$4.00 per event |
| Relay events: | \$8.00 per relay team |
| Surcharge | \$16.50 per swimmer (\$6.50 MW Fee plus \$10.00 facility fee) |
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email.
 - **Conversion times will be accepted.**
 - A check for the entry fees must accompany all entries and paid before the start of the meet.
 - Make checks payable to Omaha Westside Swim Club (**OWSC**). NO REFUNDS after the entry deadline.
 - Entries submitted electronically will be acknowledged within 24 hours of receipt.
- ENTRY DEADLINE:**
- Entries will be accepted starting April 15, 2024 at 8:00 a.m. and must be received by Tuesday, **April 23, 2024 at 12:00 PM. NO LATE ENTRIES.**
 - Psych sheets will be sent to club entry chair within 24 hours of entry deadline. Clubs will have 48 hours after psych sheets are sent to make corrections.
 - Deck entries may be accepted for those already in the meet and only to fill open lanes.
- ENTRY CHAIR:** Andy Cunningham andy.cunningham@swimomaha.org 402-212-1433
15208 Lloyd Circle Omaha, NE 68144

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- COACH MEETING:** Prior to session starts.
- GENERAL MEET CONDUCT:**
- All sessions and events are timed finals.
 - Meet will be preseeded except for the 400, 800, 1500, 400 IM, and Fri PM 200 IM which will require positive check-in ½ hour before the beginning of the session in which the events are swum.
 - Events will be swum slowest to fastest unless otherwise indicated.
 - The official meet program will indicate swimmer’s heat and lane.
 - Fly over starts may be used at the discretion of the referee and meet director.
 - Each swimmer shall report promptly to his/her assigned lane.
 - NO exhibition swimming and no time trials.
 - The 400 free, 400 IM, 800 free, and 1500 free will be swum fastest to slowest with the 1500s alternating girls and boys. Positive check-in will be required for these events. Swimmers not checked in will be scratched from the event. Due to timeline constraints the 1500 may be limited to three heats and may be swum two to a lane. Swimmers must provide 2 timers and 1 counter for the 800 and 1500 free.
 - Relay entry lists are due to the Entry Chair before the start of the session in which they are held. Any changes to the relays must be indicated on the relay entry list.
 - Clubs may be requested to provide timers for each session. This will be communicated after the entries are closed.
- 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.
 - There will be no diving during general warm-ups.
 - Swimmers are to sit and slide entering water.
- 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 team area at all times.
 - Only registered coaches, swimmers, and officials will be allowed on deck.
- SCORING:** No scores will be kept.
- MEET RESULTS:** Meet results will be posted on Meet Mobile.
Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – www.mwswim.org .
- PROGRAMS:** Meet programs will be sold.
Coaches’ packets may be picked up from the meet director.
- 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.

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Meet Schedule

Friday Distance Events – Timed Finals

Warm-ups: 4:00 p.m. Split; Start: 5:30 p.m.

Girls	Age	Event	Boys
1	11 & O	200 Medley Relay	2
3	12 & U	200 Ind Medley+	4
5	11 & O	400 Ind Medley^	6
7	11 & O	400 Freestyle^	8
9	11 & O	1500 Freestyle\$	10

+Positive check-in, Fast to Slow, girls, then boys

^Positive Check-in. Fast to Slow, alternating genders

\$Positive Check-in. Fast to Slow, alternating genders

May limit to 3 heats, with at least one full heat per gender;
may swim more than one (1) per lane

Sunday AM Timed Finals – 11 & O

Warmups: 7:00 a.m. Split; Start: 8:30 a.m.

Girls	Age	Event	Boys
43	13 & O	200 Freestyle	44
45	11 & O	200 Breaststroke	46
47	11 & O	200 Free Relay	48
49	11 & O	200 Backstroke	50
51	11 & O	200 Butterfly	52
53	11 & O	800 Freestyle &	54

& 800 Freestyle may be limited to top 18 in each gender.

Saturday AM – 13 & O

Warmups: 7:00 a.m. Split; Start: 8:30 a.m.

Girls	Age	Event	Boys
11	13 & O	50 Freestyle	12
13	13 & O	100 Breaststroke	14
15	13 & O	100 Backstroke	16
17	13 & O	200 Individual Medley	18
19	13 & O	100 Butterfly	20
21	13 & O	100 Freestyle	22
23	11 & O	400 Free Relay	24

Saturday PM – 12 & U

Warmups: 10 min after AM; Start: 75 min after AM

Girls	Age	Event	Boys
25	12 & U	50 Freestyle	26
27	12 & U	50 Breaststroke	28
29	12 & U	100 Breaststroke	30
31	12 & U	200 Freestyle	32
33	12 & U	50 Backstroke	34
35	12 & U	100 Backstroke	36
37	12 & U	50 Butterfly	38
39	12 & U	100 Butterfly	40
41	12 & U	100 Freestyle	42