



- SANCTION: Held under the Sanction of USA Swimming and Midwestern Swimming
HOSTED BY: Midwestern Swimming, GNST, LSS, NA
LOCATION: Woods Park Pool, 33rd & J St., Lincoln, NE; Competition pool (50 m) has been certified in accordance with 104.2.2C(4)
POOL: One 50 meter, 8 lane pool, non-turbulent lane lines, bottom stripes and turn targets, 4 ft depth, Horn start system, starting platforms on each lane end, Daktronics Timing System with read-out board.
FACILITY: 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.
SCHEDULE: P/F Sessions, Warm-Up, Prelims, Warm-Up, Finals
MEET: Betty Kooy
DIRECTOR: Mary Losee, Matt Rye
OFFICIALS: Meet Referee: Candy Hemmer, Meet Marshal: Matt Rye
MEET FORMAT: Championship Meet; P/F for 13 & over except relays, 400, 800, 1500 frees and 400 IM; Timed finals for 12 & under
RULES: Current USA Swimming and Midwestern Swimming Rules will govern this meet
CREDENTIALS: Presentation of coach's membership card will be required at coach sign-in.
ELIGIBILITY: All swimmers, coaches and clubs must be currently registered with USA Swimming.
FINES: There will be a \$25.00 fine assessed at this meet for any MW swimmer not swimming the minimum entry time and unable to prove minimum time.
EVENT LIMITS: Swimmers may enter a maximum of 7 individual events for the meet; max 3 /day for 13 & over, max 5/day for 12 & under not to exceed 7 total and 2 relays per day.
ENTRY FEES: Individual \$3.50/event, Relays \$7.00/relay, MWS Fee \$5.00/swimmer
ENTRY PROCEDURE: Entries must be submitted in electronic format (Hy-Tek meet entry file with hard copy) or on a Midwestern Entry form.





Friday July 30, 2010		Prelims Warm-Up 6:45 am/7:25 am Split Finals Warm-Up 4:30 pm			Prelims Start 8:15 am Finals Start 5:15 pm	
Girls	Minimum	Age	Distance	Stroke	Minimum	Boys
1	NTS	13-14	200 m	Free Relay AM	NTS	2
3	NTS	11 & Over	200 m	Free Relay AM	NTS	4
<b>10 Min Break</b>						
5	1:22.89	13-14	100 m	Butterfly	1:16.99	6
5	1:19.79	15 & O	100 m	Butterfly	1:12.19	6
7	3:27.99	13-14	200 m	Breaststroke	3:17.19	8
7	3:20.89	15 & O	200 m	Breaststroke	3:08.79	8
9	2:58.39	13-14	200 m	IM	2:55.99	10
9	2:53.39	15 & O	200 m	IM	2:44.59	10
<b>5 min break</b>						
11	5:33.79	13-14	400 m	Freestyle**	5:27.99	12
11	5:29.69	15 & O	400 m	Freestyle**	5:11.49	12
13	NTS	13-14	400 m	Medley Relay PM	NTS	14
15	NTS	11 & Over	400 m	Medley Relay PM	NTS	16

Like events will be seeded together for prelims and swum separately for finals

**Relays will be swum in the session indicated.**

**\*\*400 Freestyle:** Positive check-in required. Will be Timed Finals – swum, fastest to slowest; fastest one heat of girls and one heat of boys will be swum at the **BEGINNING** of finals.

Friday Timed Finals July 30, 2010		Warm-Up 12:30 pm			Timed Finals Start 1:15 pm	
Girls	Minimum	Age	Distance	Stroke	Minimum	Boys
17	NTS	8 & U	200 m	Freestyle Relay	NTS	18
19	NTS	10 & U	200 m	Freestyle Relay	NTS	20
21	NTS	11-12	200 m	Freestyle Relay	NTS	22
23	1:16.29	8 & U	50 m	Breaststroke	1:15.49	24
25	54.89	9-10	50 m	Breaststroke	55.09	26
27	45.59	11-12	50 m	Breaststroke	47.09	28
29	2:06.79	8 & U	100 m	Freestyle	2:03.99	30
31	1:32.29	9-10	100 m	Freestyle	1:31.09	32
33	1:17.29	11-12	100 m	Freestyle	1:17.39	34
35	3:15.29	11-12	200 m	Backstroke	3:11.09	36
37	48.59	9-10	50 m	Butterfly	46.89	38
39	39.39	11-12	50 m	Butterfly	39.59	40
<b>5 min break</b>						
41	NTS	11-12	400 m	Medley Relay	NTS	42
<b>5 min break</b>						
43	6:55.89	11-12	400 m	IM	6:51.69	44



Saturday July 31, 2010		Prelims Warm-Up 6:40 am/7:20 am Split Finals Warm-Up 4:30 pm			Prelims Start 8:00 am Finals Start 5:15 pm	
Girls	Minimum	Age	Distance	Stroke	Minimum	Boys
45	1:24.29	13-14	100 m	Backstroke	1:20.59	46
45	1:22.49	15 & O	100 m	Backstroke	1:15.99	46
47	2:35.89	13-14	200 m	Freestyle	2:33.29	48
47	2:31.39	15 & O	200 m	Freestyle	2:23.89	48
49	6:31.09	13-14	400 m	IM*	6:13.19	50
49	6:18.99	15 & O	400 m	IM*	5:54.39	50
51	32.29	13-14	50 m	Freestyle	31.39	52
51	31.69	15 & O	50 m	Freestyle	29.29	52
<b>10 min break</b>						
53	12:33.69	11-12	800 m	Freestyle**	12:28.59	54
53	11:41.99	13-14	800 m	Freestyle**	11:21.79	54
53	11:24.69	15 & O	800 m	Freestyle**	10:51.59	54

Like events will be seeded together for prelims and swum separately for finals

\* **400 IM:** Positive check-in required. Timed Finals – fastest one heat of girls and one heat of boys will be swum **during** finals.

\*\* **800 Freestyle:** Positive check-in required. Will be seeded together, scored separately, swum fastest to slowest, alternating girls and boys – fastest one heat of girls and one heat of boys will be swum at the **BEGINNING** of finals.

Swimmers for distance freestyle events (800 and 1500) must provide two timers and a counter for their own heat/lane.

Saturday Timed Finals July 31, 2010		Warm-Up 1:00 pm			Timed Finals Start 1:30 pm	
Girls	Minimum	Age	Distance	Stroke	Minimum	Boys
55	3:22.59	9-10	200 m	Freestyle	3:13.99	56
57	2:49.79	11-12	200 m	Freestyle	2:47.79	58
59	5:11.69	8 & U	200 m	IM	5:05.89	60
61	3:46.49	9-10	200 m	IM	3:44.79	62
63	3:14.29	11-12	200 m	IM	3:13.89	64
65	2:01.69	9-10	100 m	Breaststroke	1:59.79	66
67	1:41.89	11-12	100 m	Breaststroke	1:40.89	68
69	3:14.19	11-12	200 m	Butterfly	3:13.39	70
71	1:07.49	8 & U	50 m	Backstroke	1:09.39	72
73	49.59	9-10	50 m	Backstroke	50.09	74
75	42.19	11-12	50 m	Backstroke	41.19	76
77	6:00.09	11-12	400 m	Freestyle	5:54.39	78



Sunday August 1, 2010		Prelims Warm-Up 6:40 am/7:20 am Split Finals Warm-Up 3:45 pm			Prelims Start 8:00 am Mile starts (Finals) Start 4:45 pm	
Girls	Minimum	Age	Distance	Stroke	Minimum	Boys
79	NTS	13-14	200 m	Medley Relay AM	NTS	80
81	NTS	11 & O	200 m	Medley Relay AM	NTS	82
83	3:01.09	13-14	200 m	Backstroke	2:54.09	84
83	2:57.19	15 & O	200 m	Backstroke	2:43.79	84
85	1:10.99	13-14	100 m	Freestyle	1:09.69	86
85	1:08.99	15 & O	100 m	Freestyle	1:04.49	86
87	3:02.29	13-14	200 m	Butterfly	2:51.99	88
87	2:56.19	15 & O	200 m	Butterfly	2:42.19	88
89	1:35.99	13-14	100 m	Breaststroke	1:28.09	90
89	1:33.79	15 & O	100 m	Breaststroke	1:26.19	90
<b>10 min break</b>						
91	24:12.39	11-12	1500 m	Freestyle**	24:05.29	92
91	22:23.09	13-14	1500 m	Freestyle**	21:35.29	92
91	22:10.69	15 & O	1500 m	Freestyle**	20:49.49	92
93	NTS	13-14	400 m	Freestyle Relay PM	NTS	94
95	NTS	11 & O	400 m	Freestyle Relay PM	NTS	96

Relays will be swum in the session indicated.

\*\* **1500 Freestyle:** Positive check-in required Will be seeded together, scored separately, swum fastest to slowest, alternating girls and boys – fastest one heat of girls and one heat of boys at the **BEGINNING** of the Finals session. **ALL 11-12 1500 swimmers in the MORNING.** Swimmers for distance freestyle events (800 and 1500) must provide two timers and a counter for their own heat/lane.

Sunday Timed Finals August 1, 2010		Warm-Up 1:00 pm			Timed Finals Start 1:30 pm	
Girls	Minimum	Age	Distance	Stroke	Minimum	Boys
97	NTS	8 & U	200 m	Medley Relay	NTS	98
99	NTS	10 & U	200 m	Medley Relay	NTS	100
101	NTS	11-12	200 m	Medley Relay	NTS	102
103	1:48.59	9-10	100 m	Backstroke	1:45.69	104
105	1:30.89	11-12	100 m	Backstroke	1:31.39	106
107	54.79	8 & U	50 m	Freestyle	54.29	108
109	40.39	9-10	50 m	Freestyle	40.19	110
111	34.79	11-12	50 m	Freestyle	35.09	112
113	3:40.59	11-12	200 m	Breaststroke	3:37.49	114
115	1:07.49	8 & U	50 m	Butterfly	1:04.59	116
117	1:55.19	9-10	100 m	Butterfly	1:53.19	118
119	1:30.79	11-12	100 m	Butterfly	1:29.49	120
<b>5 min break</b>						
121	NTS	11-12	400 m	Freestyle Relay	NTS	122