

GNST Winter SWIMvitational
Greater Nebraska Swim Team
December 9-11, 2011

- EVENT FEES:** Individual Events: \$2.50 for timed finals events, \$3.00 for prelim-finals events.
Relays: \$5.00
Meet surcharge: \$11.00 (\$6 MW fee, plus \$5 facility surcharge)
Deck Entries: \$5.00
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek file meet entry file with hard copy) or on a Meet Entry Form.
 - A check for the entry fees must accompany all entries.
 - Make checks payable to **Capital Aquatics League**. NO REFUNDS.
- ENTRY DEADLINE:**
- Entries must be received by **Thursday, December 1, 2011 by 9:00 pm**.
 - Psych sheets will be sent to club entry chair within 24 hours of entry deadline.
 - Late entries will be accepted at the discretion of the Meet Director. If you desire confirmation of receipt of entries, enclose a SASE or request an e-mail receipt.
 - Deck entries will be accepted for athletes already entered in the meet by the entry deadline and only if there are empty lanes in pre-seeded heats.
 - Deck entries **must be paid before entries will be finalized**. Deck entries will not be accepted for a session once that session has started.
- ENTRY CHAIR:** J.L. Vertin email: jl.vertin@doane.edu (402) 890-2277
540 Franklin Ave, Crete, NE 68333
- GENERAL MEET CONDUCT:**
- All events on Friday and Sunday are timed finals and pre-seeded.
 - Saturday's 10 & Under events are timed finals and pre-seeded. 11 & Over events are preseeded prelim/finals. Prelims will be seeded with like events together and broken out by age groups for finals – Finals and Consols of 8 swimmers for 11-12 and Finals and Consols of 8 swimmers for 13 & O.
 - The official Meet Program will indicate swimmer's heat and lane.
 - The 500 Freestyle and 1000 Freestyle will be deck seeded, and require positive check in. Swimmers not checked in will be scratched. These events will be swum fastest heats to slowest heats, alternating girls and boys. Swimmers in these events must provide their own timers and counters.
 - Fly over starts may be used at the discretion of the Meet Referee.
 - Exhibition swimming will be permitted.
- 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.
 - Teams may be assigned sessions and lanes for warm-ups. MWS Safety Guidelines and warm-up procedures will be in effect. The first 40 minutes of each session will be general warm-up. The last 20 minutes (15 minutes Friday) will be open for starts when your lane is ready.
- TEAM SUPERVISION:**
- No deck changing will be allowed. Penalties will apply.
 - Each team must provide an adult with non-athlete USA Swimming card to supervise the swimmers in the team area at all times.
 - **Only registered coaches, swimmers, meet volunteers, and meet officials will be allowed on deck.**
- SCORING:** Individual Events: 16-place scoring will be used. 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- AWARDS:**
- Medals for 1st – 3rd and ribbons awarded for places 4th – 8th in the 13 & Over, 11-12, 9-10, and 8 & Under events.
 - Heat winners will receive awards.
 - High-point awards: 1st and 2nd place for the 13 & Over, 11-12, 9-10, and 8 & Under age groups
 - Awards will be given to coaches at the conclusion of the meet.
- MEET RESULTS:**
- Meet results will be available electronically at the end of the meet. Bring your own media.
 - Results will also be available via email of a Hy-Tek results file if request is made at the computer table at the conclusion of the meet.
 - Results will be posted on the MWS website, www.mwswim.org.

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- TIMERS AND JUDGES:**
- Teams may be requested to help with providing timers.
 - All swimmers in the 500 freestyle are required to provide their own timers and counters.
 - Teams are welcome and encouraged to volunteer certified stroke & turn judges. Interested teams should contact the Meet Director to make arrangements.
- CONCESSIONS:**
- Meet Programs will be available for purchase.
 - UNL is providing concessions.
 - Coaches' packets will be available.
 - Elsmore Aquatics will be at the meet selling swim apparel.

Friday Evening Event Schedule

Friday, December 9	Minimum Entry Time	Warm-ups 4:45pm	Minimum Entry Time	Finals begin at 5:45pm
<u>Girls Event #</u>		<u>Event Description</u>		<u>Boys Event #</u>
1	37.79	11-12 50 Fly	38.19	2
3	3:01.89	11-12 200 Back	2:58.39	4
3	2:51.79	13 & Over 200 Back	2:41.29	4
5	44.09	11-12 50 Breast	44.29	6
7	7:10.79	11-12 500 Free*	7:05.49	8
7	6:51.79	13 & Over 500 Free*	6:31.09	8

- Positive check-in required. Swum fastest to slowest alternating girls and boys.

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Saturday Morning Prelim Event Schedule

Saturday, December 10	Minimum Entry Time	11 & Over Prelim/Final Session		Minimum Entry Time	Prelims begin at 9:30am Finals begin at 5:30pm
		Prelim Warm-ups 8:30am Finals Warm-ups 4:30pm	Event Description		
<u>Girls Event #</u>			<u>Event Description</u>		<u>Boys Event #</u>
9	1:27.99		11-12 100 Back	1:25.79	10
9	1:19.89		13 & Over 100 Back	1:14.89	10
11	1:36.39		11-12 100 Breast	1:35.09	12
11	1:30.59		13 & Over 100 Breast	1:24.09	12
13	1:13.59		11-12 100 Free	1:13.09	14
13	1:12.49		13 & Over 100 Free	1:06.99	14
15	1:27.19		11-12 100 Fly	1:25.79	16
15	1:19.09		13 & Over 100 Fly	1:13.29	16
17	3:03.79		11-12 200 IM	3:03.09	18
17	2:55.49		13 & Over 200 IM	2:43.69	18
19	NTS		11 & Over 400 Free Relay	NTS	20

- 400 Free Relay will be swum at the end of prelims
- Evening finals will follow same event order.
- Like events will be seeded together for the prelims and swum separately for finals (8 Finals, 8 Consols for each age group)

Saturday Afternoon Event Schedule

Timed Finals		10 & Under		Meet starts at 2:00pm	
<u>Girls Event #</u>		<u>Event Description</u>		<u>Boys Event #</u>	
21	NTS	8 & Under 25 Back	NTS	22	
23	NTS	10 & Under 100 Back	NTS	24	
25	NTS	8 & Under 50 Fly	NTS	26	
27	NTS	9-10 50 Fly	NTS	28	
29	NTS	10 & Under 200 IM	NTS	30	
31	NTS	8 & Under 50 Free	NTS	32	
33	NTS	9-10 50 Free	NTS	34	
35	NTS	8 & Under 25 Breast	NTS	36	
37	NTS	10 & Under 100 Breast	NTS	38	
39	NTS	8 & Under 100 Free	NTS	40	
41	NTS	9-10 100 Free	NTS	42	
43	NTS	10 & U 200 Med Relay	NTS	44	

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Sunday Morning Event Schedule

Sunday, December 11		10 & Under Warm-ups 8:30am		Meet Start 9:30am
<u>Girls Event #</u>		<u>Event Description</u>		<u>Boys Event #</u>
45	NTS	8 & Under 50 Breast	NTS	46
47	NTS	9-10 50 Breast	NTS	48
49	NTS	8 & Under 25 Free	NTS	50
51	NTS	10 & Under 200 Free	NTS	52
53	NTS	8 & Under 50 Back	NTS	54
55	NTS	9-10 50 Back	NTS	56
57	NTS	8 & Under 25 Fly	NTS	58
59	NTS	10 & Under 100 Fly	NTS	60
61	NTS	8 & Under 100 IM	NTS	62
63	NTS	9-10 100 IM	NTS	64
65	NTS	10 & Under 200 Fr Relay	NTS	66
		10 Minute Break		
67	NTS	9-10 500 Free	NTS	68

Sunday Afternoon Event Schedule

Sunday, December 11		11 and Over Session Warm-ups 12:45pm		Meet Start 1:30pm
<u>Girls Event #</u>	Minimum Entry Time	<u>Event Description</u>	Minimum Entry Time	<u>Boys Event #</u>
69	2:43.19	11-12 200 Free	2:38.89	70
69	2:36.09	13 & Over 200 Free	2:26.09	70
71	39.59	11-12 50 Back	39.49	72
73	3:01.89	11-12 200 Fly	2:58.39	74
73	2:53.39	13 & O 200 Fly	2:43.69	74
75	34.29	11-12 50 Free	33.39	76
75	33.39	13 & Over 50 Free	30.69	76
77	3:26.39	11-12 200 Breast	3:21.69	78
77	3:14.59	13 & O 200 Breast	3:02.39	78
79	NTS	11 & O 400 Med Relay	NTS	80
		10 Minute Break		
81	15:00.29	11-12 1000 Free*	14:50.09	82
81	14:08.89	13 & O 1000 Free*	13:32.49	82

- Positive check-in required. Swum fastest to slowest, alternating girls and boys.