

**GNST Kearney Summer Sizzler**  
**Greater Nebraska Swim Team**  
**July 20-21, 2024**

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming  
Sanction #MWS24037
- 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:** Harmon Park Pool, 3207 7<sup>th</sup> Ave, Kearney, NE 68845.
- POOL:**
- 50 meter, 7 lanes, non-turbulent lane lines, bottom stripes and turn targets 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 12' 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 3'6" to 4'. (USA-S Rule 202.3.4.D.). Block height from surface of the water is 18".
  - Daktronics starting system. Watch timing OR two button semi-automatic timing may be available.
  - The host will ensure the required course dimensions.
- FACILITY:**
- Facility is located in Harmon Park.
  - 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.
  - Team seating in separate areas for athletes
  - Disinfecting stations – will be located throughout the venue.
  - GNST reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
  - NO glass containers allowed on the pool deck.
  - 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.
  - 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 [beckyoconnell76@yahoo.com](mailto:beckyoconnell76@yahoo.com) if you need family or gender-neutral changing spaces.
- SCHEDULE:** Warm-Up Time 7:00 am (Session 1&3-distance event) Warm-up time: 8:00 am (Session 2&4)  
Meet Start Time 7:30 am (Session 1&3-distance event)) Meet starts : 8:35 am ( Session 2&4)
- MEET DIRECTOR:** Becky O'Connell Email: [beckyoconnell76@yahoo.com](mailto:beckyoconnell76@yahoo.com) (308) 627-4699
- OFFICIALS:** Meet Referee: Steve Marchitelli  
Admin Official: Betty Kooy  
Meet Marshal: Paul O'Connell; Melissa Wuellner
- MEET FORMAT:** Meet is a Timed Final NTS Meet, like events swum mixed, placed separately by gender and age group.  
No individual or team scoring.
- 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 registration.
  - 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.

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- 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 Midwestern or their own LSC immediately. A second pre-meet recon will be run 4 days prior to the start of the meet and any unregistered MW athlete that appears on that list must register with Midwestern Swimming and MW athletes will be charged 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 July 20, 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:**
- A swimmer may participate in 5 individual events per day.
  - The 4-hour rule will be applied. The host will accept no further entries for a session with 12 & U swimmers where the 4-hour projected time limit is reached (205.3.1F). The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit. Teams will be notified of any and all adjustments.
  - **Distance events** - All entry times should be Long Course Meters times. Conversions are acceptable. If swimmer has No Time (NT) for the 800 please use the results of the following test set for Entry time: Total time of 8 x100, 10seconds rest in between, minus 1:30. If swimmer has No Time (NT) for the 1500, please use the results of the following test set for Entry time: Total time of 15x100, 10seconds rest in between, minus 2:40.
- EVENT FEES:** \$4.00 / individual event  
\$9.50 / swimmer – \$6.50 Midwestern Splash Fee and \$3.00 Facility Fee
- ENTRY PROCEDURE:**
- Entries may be submitted either by club in electronic format (entry file with hard copy) or via email for Unattached athletes.
  - A check for the entry fees must accompany all entries.
  - Make checks payable to GNST. NO REFUNDS.
- ENTRY DEADLINE:**
- Entries will be accepted starting Monday, July 1 and close Wednesday, **July 10** at 7:30 p.m. Psych sheets will be sent to the club entry chair within 24 hours of the entry deadline. Clubs will have 48 hours after psych sheets are sent to make corrections.
  - No deck entries.
- ENTRY CHAIR:** Becky O'Connell [beckyoconnell76@yahoo.com](mailto:beckyoconnell76@yahoo.com) (308) 627-4699  
1 North Lake Drive, Kearney, NE 68845
- COACH MEETING:** Coaches meeting will be held 10 minutes prior to meet start of session.
- GENERAL MEET CONDUCT:**
- Meet is pre-seeded. Events are swum mixed gender.
  - Fly-over start procedure may be used at the discretion of the Meet Referee.
  - All events will be swum FASTEST to SLOWEST.
  - **Scratches-required for the 800 and 1500 by 7:00 a.m.**
  - No exhibition swimming. No time trials.
- WARM-UP PROCEDURES:**
- MWS Safety and Warm-up procedures will be in effect. Teams will be assigned warm-up lanes.
  - 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.
  - NO DIVING, sit and slide entry only.
  - Racing starts will begin upon announcement.
- 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.

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- SCORING:** No team or individual scoring; events placed by gender and age group.
- AWARDS:** Meet mementos will be given to coaches at the beginning of the meet.
- MEET 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](http://www.mwswim.org)
- GENERAL INFORMATION:** Concession stand will be available.  
Programs will be available at the concession stand.
- 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.

***Event Schedule***

**Saturday Morning – July 20, 2024**

**Session 1**

Warm-up -7:00 AM		Race Starts 7:30 AM	
Mixed	Age	Distance	Event
1	11-O	800	Free

**Session 2**

Warm-up – 8:00 AM		Meet Starts – 8:35AM	
Mixed	Age	Distance	Event
2	Open	100	Free
3	Open	200	IM
4	9 & O	100	Butterfly
5	Open	50	Backstroke
6	9 & O	100	Breaststroke
7	Open	50	Butterfly
8	11-O	200	Backstroke
9	9 & O	400	Freestyle

**Sunday Morning – July 21, 2024**

**Session 3**

Warm up 7:00 AM		Race starts 7:30 AM	
Mixed	Age	Distance	Event
10	11-O	1500	Freestyle

**Session 4**

Warm-up – 8:00 AM		Meet Starts – 8:35 AM	
Mixed	Age	Distance	Event
11	11-O	400	IM
12	Open	50	Freestyle
13	Open	100	Backstroke
14	11-O	200	Breaststroke
15	Open	50	Breaststroke
16	Open	200	Freestyle
17	11-O	200	Butterfly