

BROKEN BOW “SPRINT INTO SUMMER”

JULY 13-14, 2024

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming.
Sanction# MWS24033
- 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:** Broken Bow Municipal Pool, 179 East Memorial Drive, Broken Bow, NE 68822 (Northeast side of town).
- POOL:**
- Pool is 25 *meters*, 6 lanes, non-turbulent lane ropes, bottom stripes, Timing: watch timing and horn start, Record Breaker starting blocks at deep end (12 ft);
 - The water depth of the competition pool measured for a distance of 3’ 3 1/2” (1.0 meter to 16’ 5” (5.0 meters) from the start wall is 12’6” and the water depth at the end or turn wall when measured for a distance of 3’ 3 1/2” to 16’ 5” (5.0 meters) is 4’ to 4’4”. (USA-S Rule 202.3.4.D.)
 - Timing – watch times and electronic.
 - The host will ensure the course dimensions.
- FACILITY:**
- 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 only.
 - BBCST and attending swim clubs are the guests of the City of Broken Bow.
 - BBCST and pool staff reserves 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 starting 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 tlfjohnson@hotmail.com or 308-870-2816 if you need family or gender-neutral changing spaces
- SCHEDULE** Saturday/Sunday AM Warm-up 9:00 AM Start meet at 9:45 AM
- MEET DIRECTOR:** Tami Johnson – tlfjohnson@hotmail.com
- OFFICIALS:** Meet Referee: Starre Haney Admin Official: Bill Haney
Meet Marshall: Melissa Crawford, Ashley Peters
- MEET FORMAT:** Timed Finals; all age groups; like events seeded together, placed separately; NTS awards
- 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.
- ELIGIBILITY:**
- Swimmers, coaches, and clubs must be currently registered with USA Swimming.
 - NO on deck registration permitted. Late entries at the discretion of the meet director.
 - 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 athlete that appears on that list must register with Midwestern Swimming and will be charged

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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.

- Age of the swimmer on July 13, 2024, determines the age of swimmer for the 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:

- Swimmers may enter six (6) individual events plus one relay each day.
- Exhibition swimming permitted if approved in advance by the meet director.
- 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.
- No Time Trials.

ENTRY FEES:

Individual events	\$4.00
Relay events	\$8.00
Midwestern Fee	\$6.50 per swimmer

ENTRY

PROCEDURES:

- Please submit electronic entry file (with hard copy) or email with required information.
- List entry chairperson and recap of fees.
- A check made payable to Broken Bow Swim Team for the entry fees must accompany all entries.
- NO REFUNDS.

ENTRY DEADLINE:

- Entries will be accepted starting Monday, June 24 and close **Wednesday, July 3** at 7:30 p.m. Late entries may be accepted at the discretion of the meet director.
- 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.
- Deck entries will be accepted (with proof of registration) to fill open heats/lanes only.
- Late entries/deck entries must provide proof of current USA Swimming registration.

ENTRY CHAIR:

Tami Johnson or Shawn Morris tlfjohnson@hotmail.com or solderdrop@gmail.com
79850 Rd 450, Berwyn, NE 68814 (308) 870-2816) or (308-870-0902)

GENERAL MEET

CONDUCT:

- This meet will be pre-seeded. Events will be swum as mixed gender.
- All events will be seeded by time with all age groups and placed separately by age group 8 & U, 9-10, 11-12, 13-14, 15-18, and 19 & over.
- Coaches should report scratches ASAP to the Clerk of the Course.
- All events will be swum FASTEST to SLOWEST.
- Fly-over starts may be used at the discretion of the Meet Referee.
- Exhibition swimming permitted if approved in advance by the meet director.

WARM-UPS

PROCEDURES:

- MWS Safety and Warm-up procedures will be in effect. Teams will be assigned lanes for warm-up. 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 will be allowed.
- Swimmers must use sit & slide entry or one hand on wall entry.
- Racing starts will begin upon announcement.

TEAM

SUPERVISION:

- Deck changes are prohibited.
- Each team must provide a registered non-athlete to supervise the team in the on-deck team area at all times.
- Only registered coaches, swimmers, and officials will be allowed on deck.

SCORING:

- No team or individual scores will be kept.

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- AWARDS:**
- Ribbons will be awarded for individual events 1st through 6th place in each event.
 - Results of open events will be broken down by age groups with ribbons for the following age groups: 8 & Under, 9-10, 11-12, 13-14, and 15-18. (no awards for 19 & O)
 - Awards will be given to coaches at the end of the meet.
 - The 50 Freestyle will be designated as the Bob Fitzpatrick Open and special awards will be given to the winners by age. The 50 Freestyle will be swum as an Open event seeded by time; however it will be separated by age for the Fitzpatrick award.
 - Swimmers age 19 and over will NOT be eligible for the Fitzpatrick award.

- MEET RESULTS:**
- Results will be posted within 48 hours of the meet conclusion on the Midwestern website:
<http://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 advance, written permission from the Meet Director or the Meet Referee to be on deck.

HOTELS: Hotel information (make reservations early!):

Boarders Inn & Suites	(308) 872-6428
Arrow Hotel	(308) 872-6662
Pump and Pantry Motel	(308) 872-6842
Big 12 Motel	(308) 872-2412
Gateway Motel	(308) 872-2478
Cobblestone Inn and Suites	(888) 693-8262

Event Schedule

Saturday AM Warm-up 9:00 a.m.
Meet Starts 9:45 a.m.

Mixed

Event	Ages	Name of Event
1	11 & O	400 m IM
2	Open	100 m Free
3	Open	25 m Breast
4	Open	50 m Back
5	11 & O	200 m Breast
6	Open	100 m Fly
7	Open	25 Free
8	Open	50 m Fly
9	11 & O	200 m Back
10	Open	200 m Med Relay - Mixed
11	Open	200 m Free

Sunday AM Warm-up 9:00 a.m.
Meet Starts 9:45 a.m.

Mixed

Event	Ages	Name of Event
12	11 & O	400 m Free
13	Open	100 m Breast
14	Open	25 Fly
15	Open	50 m Free
16	11 & O	200 m Fly
17	Open	25 m Back
18	Open	50 m Breast
19	Open	100 m Back
20	Open	200 m IM
21	Open	200 M Fr Relay - Mixed