

**2019 MIDWEST 14 & UNDER  
ALL STAR CHAMPIONSHIPS  
JANUARY 19 - 20, 2019**

- SANCTIONED BY:** Held under the Sanction of USA Swimming and Midwestern Swimming, Inc.  
Sanction #: MWS19006  
It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that, Midwestern Swimming, Inc., the Aquatic Club of Elkhorn, and Common Ground shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.
- HOSTS:** Aquatic Club of Elkhorn
- INVITED LSCs:** Colorado, Iowa, Midwestern, Missouri Valley, North Dakota, South Dakota
- LOCATION:** Elkhorn Common Ground, 1701 Veterans Drive, Elkhorn, NE. 68022  
Just North of Dodge on Hwy 31, turn right onto Veterans Drive. Follow the curve past the high school. ECG will be on your right after the four-way stop.
- POOL:**
- Pool is eight lanes with anti-wave lane lines and Daktronics timing system with eight lane readout scoreboard.
  - 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' 3" to 12' 0" 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'. USA-S Rule 202.3.4.D.
  - Pool has not been certified in accordance with 104.2.2C(4)
- FACILITY:**
- Spectator seating is for 400.
  - Additional crash area near the pool provided for swimmers and parents. Swimmers must use crash area and may not use pool deck or viewing stands. Live video feeds of the pool will be available in the crash area.
  - ACE and the Common Ground staff 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.
  - No glass bottles allowed on the pool deck or viewing stands.
- SCHEDULE:** Saturday and Sunday, January 19-20, 2019  
(Friday, January 18<sup>th</sup> Warmup times will be assigned)  
Saturday and Sunday AM Sessions Warm-up 7:00am; 7:30am; 8:00am; Meet starts 8:40 am  
Saturday PM Session Warm-up 3:20pm; 3:50pm; 4:20pm Meet starts 5:00pm  
**Note:** Warm-ups will be split with teams assigned to 30 minute sessions.  
**Pictures:** Will be scheduled for Friday evening with pool time available for teams after pictures.
- MEET DIRECTOR:** Jay Thiltgen & Carter Kennell 402-980-7517 Email: [jay.thiltgen@aceotters.com](mailto:jay.thiltgen@aceotters.com)  
PO Box 422, Elkhorn, NE 68022
- OFFICIALS:** Meet Referee: Betsy Purcell Email: [betsypurcell@cox.net](mailto:betsypurcell@cox.net) Phone: 402-871-7816  
Admin Official: Matt Haney  
Meet Marshal: Kim Parsons
- MEET FORMAT:** Timed Finals, 14 & U.
- 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 and Midwestern Rules will govern this meet. Each LSC will participate as an All Star team based upon its own team selection process. Each LSC is allowed five (5) swimmers per event. Each LSC is allowed two (2) relays per relay event (use aggregate time for entry time).
- CREDENTIALS:**
- Presentation of current coach credentials will be required at coach sign-in. Credentials shall be available at all times.

**2019 MIDWEST 14 & UNDER  
ALL STAR CHAMPIONSHIPS  
JANUARY 19 - 20, 2019**

- 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. Deck Pass is acceptable proof of USA Swimming registration.
- ELIGIBILITY:**
- All swimmers, coaches and clubs must be currently registered with USA Swimming.
  - On deck USA Swimming registration will not be permitted.
  - The age of the swimmer on January 19, 2019, 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.
- EVENT LIMITS:**
- A swimmer may participate in up to three (3) events PER SESSION with a maximum of **seven (7) events** total for the meet plus relays.
  - LSCs may enter five swimmers in each event.
  - LSCs may enter two relay teams per relay event.
  - **LSCs may have teams NO LARGER than 60 athletes**
- ENTRY FEES:** \$6.25 per individual event      \$18.00 per relay  
\$16.50 per swimmer – \$6.50 Midwestern Swimming Splash Fee/ \$10.00 Facility usage fee
- ENTRY PROCEDURE:**
- Entries must be submitted in electronic format (meet entry file with hard copy). A check for the entry fees must accompany all entries. Any swimmer in relays only will be listed on the roster and the MW Splash Fee and Facility Usage fee paid for that swimmer.
  - Fee payment must follow all entries within 7 days. Make checks payable to Aquatic Club of Elkhorn. No refunds.
  - Event file will be available on the Midwestern Swimming website ([www.mwswim.org](http://www.mwswim.org)).
- ENTRY PERIOD AND DEADLINES:** **Entries deadline: **Wednesday, January 9, 2019 at 8 pm.****
- Psych sheets will be sent to the club entry chair within 24 hours of the entry deadline. Teams will have 48 hours after psych sheets are sent to make corrections.
  - Changes will be accepted until Sunday, January 13, 2019 at 5 pm.
- MAIL ENTRIES TO:** Jay Thiltgen & Carter Kennell      Email: [entries@aceotters.com](mailto:entries@aceotters.com)      Phone: 402-707-4549  
PO Box 422, Elkhorn, NE 68022  
Subject header in email entries: "All Star Entries"
- GENERAL MEET CONDUCT:**
- Meet will be pre-seeded.
  - All events are timed finals and will be seeded slowest to fastest.
  - Fly-over start procedure may be used at the discretion of the Meet Referee.
  - Teams are responsible for providing a counter for each 500 Free participant.
  - Relay orders must be turned in prior to the swim – either to meet management or to the timer when the first relay swimmer gets on the block.
  - No exhibition swimming. No time trials.
- 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.
  - Warm-up lane assignments will be distributed at the start of warm-ups.
  - The pool will be cleared 10 minutes prior to the start of the meet.
- OFFICIALS**
- The Aquatic Club of Elkhorn and Midwestern Swimming welcomes any visiting USA Swimming officials who would like to officiate at the All Star meet. Please contact the Meet Referee for more information.
  - Official's attire for the meet is white polo collared shirts over khaki.
- TEAM SUPERVISION:**
- Deck changes are prohibited.
  - Each team must provide an adult with non-athlete USA Swimming membership to supervise the swimmers in the team area at all times.

**2019 MIDWEST 14 & UNDER  
ALL STAR CHAMPIONSHIPS  
JANUARY 19 - 20, 2019**

- Only registered coaches, swimmers, officials, and adult supervisors (acting in a non-coaching/supervisory capacity within the team area with non-athlete USA Swimming membership) will be allowed on deck.

- AWARDS:**
- Individual Events: 1<sup>st</sup> through 3rd
  - Relays: 1<sup>st</sup> place only
  - High Points: Each age group and gender, 1<sup>st</sup> & 2<sup>nd</sup>
  - Awards will be distributed to coaches at the conclusion of the meet.
- SCORING:**
- Individual Events: 9, 7, 6, 5, 4, 3, 2, 1
  - Relay Events: 18, 14, 12, 10, 8, 6, 4, 2
- MEET RESULTS:**
- Results will be posted at the meet, available through MeetMobile. Times will be loaded in SWIMS and on the MW Website – [www.mwswim.org](http://www.mwswim.org) within 48 hours of the conclusion of the meet.
- TEAM APPAREL**
- A merchandise pre-order form will be available on the AQUATIC CLUB OF ELKHORN webpage ([www.aceotters.com](http://www.aceotters.com)) and will be emailed to the LSCs attending. Merchandise will also be available for purchase at the meet.
- 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.
- TEAM PHOTOS**
- Team Photos will be taken on Friday, January 18th following team warm-ups. Team Photo times will be assigned. Detailed information will be emailed to the participating LSCs.
- CONCESSIONS:**
- The Aquatic Club of Elkhorn will provide concessions.
  - Elsmore Swim will be on-site and have apparel and supplies available for purchase.

**Event Schedule  
Session 1**

**SATURDAY, JANUARY 19, 2019**

**WARM-UP: 7:00am; 7:30am; 8:00am**

**MEET STARTS: 8:40 AM**

GIRLS	AGE	DISTANCE		BOYS
1	10 & U	200	Freestyle	2
3	11-12	200	Freestyle	4
5	13-14	200	Freestyle	6
7	10 & U	100	Breaststroke	8
9	11-12	100	Breaststroke	10
11	13-14	200	Breaststroke	12
13	10 & U	50	Butterfly	14
15	11-12	50	Butterfly	16
17	13-14	100	Butterfly	18
19	10 & U	100	Backstroke	20
21	11-12	100	Backstroke	22
23	13-14	200	Backstroke	24
25	10 & U	200	Medley Relay	26
27	11-12	200	Medley Relay	28
29	13-14	400	Medley Relay	30

**2019 MIDWEST 14 & UNDER  
ALL STAR CHAMPIONSHIPS  
JANUARY 19 - 20, 2019**

**Event Schedule  
Session 2**

**SATURDAY, JANUARY 19, 2019**

**WARM-UP: 3:20pm; 3:50pm; 4:20pm**

**MEET STARTS: 5:00 PM**

<b>GIRLS</b>	<b>AGE</b>	<b>DISTANCE</b>	<b>EVENT</b>	<b>BOYS</b>
31	11-12	500	Freestyle	32
33	10 & U	100	Individual Medley	34
35	11-12	100	Individual Medley	36
37	13-14	200	Individual Medley	38
39	10 & U	50	Backstroke	40
41	11-12	50	Backstroke	42
43	13-14	100	Backstroke	44
45	10 & U	50	Freestyle	46
47	11-12	50	Freestyle	48
49	13-14	50	Freestyle	50
51	13-14	500	Freestyle	52

**Event Schedule  
Session 3**

**SUNDAY, JANUARY 20, 2019**

**WARM-UP: 7:00am; 7:30am; 8:00am**

**MEET STARTS: 8:40 AM**

<b>GIRLS</b>	<b>AGE</b>	<b>DISTANCE</b>	<b>EVENT</b>	<b>BOYS</b>
53	10 & U	200	Individual Medley	54
55	11-12	200	Individual Medley	56
57	13-14	400	Individual Medley	58
59	10 & U	100	Freestyle	60
61	11-12	100	Freestyle	62
63	13-14	100	Freestyle	64
65	10 & U	50	Breaststroke	66
67	11-12	50	Breaststroke	68
69	13-14	100	Breaststroke	70
71	10 & U	100	Butterfly	72
73	11-12	100	Butterfly	74
75	13-14	200	Butterfly	76
77	10 & U	200	Free Relay	78
79	11-12	200	Free Relay	80
81	13-14	400	Free Relay	82