



**OPEN WATER MEET – SANCTION #MWS10023OW**  
**BRANCHED OAK STATE RECREATION AREA**  
**AUGUST 9, 2010**

**Meet entries may be submitted by LSC only.**  
**Separate entries from individuals or clubs will not be accepted.**  
**All times are Central Daylight Time (CDT).**

- SANCTION:** Sanctioned by Midwestern Swimming, on behalf of USA Swimming.  
Open Water Events: MWS10023OW
- RULES:** Current USA Swimming rules will govern the Meet. Please see Part Seven of the USA Swimming Rules and Regulations for a complete list of Open Water Rules.  
This is a non-escorted swim.
- PARTICIPATING TEAMS:** Midwestern, Arkansas, Iowa, Indiana, Lake Erie, Missouri Valley, North Dakota, Oklahoma, Ozark, South Dakota
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, Nebraska Sports Council and the Lincoln Convention and Visitors Bureau.
- HOSTED BY:** Midwestern Swimming, Inc., Greater Nebraska Swim Team, Heartland Aquatics, Lincoln Select Swimming, and Nebraska Aquatics
- MEET DIRECTORS:** Mary Losee  
[marylosee@cox.net](mailto:marylosee@cox.net)  
Omaha, NE  
(402) 415-1826
- Candy Hemmer  
[huskergumdrop@yahoo.com](mailto:huskergumdrop@yahoo.com)  
Lincoln, NE  
(402) 304-2660
- OPEN WATER COORDINATOR:** Jean Neal  
[jeneal@brownell.edu](mailto:jeneal@brownell.edu)  
Omaha, NE  
(402) 505-2438
- OFFICIALS:** Referee: Jayne Spittler  
[jaynespittler@sbcglobal.net](mailto:jaynespittler@sbcglobal.net)  
Woodstock, IL  
(815) 382-9952
- Safety Coordinator:  
[marylosee@cox.net](mailto:marylosee@cox.net)  
Omaha, NE  
(402) 415-1826
- MEET SITE:** Branched Oak Lake, Raymond, NE (Hwy 79 and Raymond Rd).
- Branched Oak Lake is located approximately 23 (twenty three) miles from Woods Pool in Lincoln.
  - The race site is accessible ONLY from the main west entrance to the park off NW 140<sup>th</sup> St. Follow posted signs past all other entrances to park areas.
  - There is a large beach and ample parking. Please follow signs to designated participant and spectator parking areas.
  - Spectator area is along the shoreline.
  - Limited concession items will be available.

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- OPEN WATER COURSE:** The following are the open water distances for each age group.  
13-14 – 1.5 miles  
11-12 – 1 mile  
10 & U –.5 mile
- All swims will begin and end in the water.
  - A 3/4 mile loop course will extend well into the lake and be used for the 13-14 races. A shorter 1/2 mile loop course will be used for the 11-12 and 10 & U races.
  - There will be a designated warm-up/warm-down area.
- TIMING SYSTEM:** A fully automated timing system with timing chips will be used.
- There is a \$50 (Fifty dollar) fine for lost timing chips.
- OPEN WATER EVENTS SCHEDULE:**
- |                |   |
|----------------|---|
| <b>EVENTS:</b> | Monday, August 9, 2010 - (Central Daylight Time)  |
| 7:30 a.m.      | Registration/Check-in                             |
| 8:30 a.m.      | Clinic for All Participants                       |
| 9 :00a.m.      | Warm-up   |
| 9:45 a.m.      | Mandatory swimmers’ meeting/briefing              |
| 10:00 a.m.     | Competition starts- Age groups will be staggered. |
|                | Schedule will be announced at the General Meeting |
- SAFETY/WARM-UP PROCEDURES:**
- A. Different colored swim caps will be issued to athletes in each age group so that Meet Management can monitor swimmers’ progress through the course.
  - B. The course will be patrolled by qualified personnel.
- LSC REPRESENTATIVE:** Each LSC must have a representative to act as a liaison between the LSC and the Meet Director. That person must be identified to the Meet Director at Registration/Check-in.
- ATHLETE ATTITUDE:** CODE OF CONDUCT and MEDICAL RELEASE sample forms are included with this Meet Information. If the LSC does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s). Each LSC’s representative must have these documents available to the host at all times. The Code of Conduct will be enforced.
- ELIGIBILITY:**
- A. Membership: All athletes must be year round (not seasonal) USA Swimming members with the LSC they represent.
  - B. Swimmer’s Age: Age of swimmer on August 9, 2010 shall be the age for competition.
  - C. Qualifying Time/Eligibility: Qualification times shall be the National A time for the longest freestyle pool event for the age offered at the Zone Championship Meet, OR the swimmer must qualify for and be entered in a pool event at the current Zone Championship Meet, whether in an individual event or relay event.
- DISABILITY SWIMMERS:** Please indicate on the entry form any special needs for those athletes requiring assistance. Also please inform the Meet Referee of those needs prior to the start of the meet.
- ENTRY RESPONSIBILITY:**
- A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 (One hundred dollar) penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
  - B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.

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- ENTRY FEES:** \$20.00 (Twenty dollars) per open water event  
**Make check payable to: Midwestern Swimming, Inc.**  
**(amount may be included with Pool entry check).**
- ENTRY CHAIRMAN:** Send entries to: Betty Kooy      E-Mail: [blkooy@charter.net](mailto:blkooy@charter.net)  
1429 N Webster Ave, Hastings NE 68901-2950  
(402) 462-5941    Fax: same (call first)
- ENTRY DEADLINE:**
- A. Open Water entries must be submitted along with the pool entries to the host entry chairperson electronically by **NOON CDT** Tuesday, August 3, 2010. The hard copy (Word document or PDF) of the open water entries must accompany the team entry file. It is the responsibility of each LSC to verify entry times, receipt and readability of any entries, and submission of entry by **NOON CDT** Tuesday, August 3, 2010. Entry chair must verify by email or follow-up phone call to the host entry chair.
  - B. Each LSC shall receive a team entry report including an exception report of the LSC team entries via e-mail by 6 p.m.CDT Tuesday, August 3, 2010. Any corrections to the original entries should be formatted in a new entry file and sent to the entry chair via email by **NOON CDT** Wednesday, August 4, 2010. Justification of the exception report should be included in a Word document or PDF file. Entry fees are due before the start of the General Meeting prior to Pool competition. No new swimmers may be added to LSC entries after the **NOON CDT** Wednesday, August 4, 2010 deadline. Any corrections or updates after Noon on Wednesday will go to the eligibility jury.
  - C. **There will be NO on-site entries at this meet.**
- ENTRY PROCEDURES:**
- A. The LSC must submit its Open Water entries as one team, using the LSC as the club designation. All individual entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted. LSC entry chair shall verify times before submitting entries to host.
  - B. Each LSC must identify, on the official entry form, the name of the LSC and the name, address and telephone number, and email of the person in charge of entries for that LSC.
  - C. Each swimmer entry must include first and last name, age as of August 9, 2010 and complete USA Swimming registration number.
  - D. Team Entries will be posted on the CZ website by 6:00 p.m. CDT Tuesday, August 3, 2010.
- ELIGIBILITY PROTESTS:** Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted to the Eligibility Jury.
- All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form prescribed by the Zone and accompanied by a \$50 (Fifty dollar) fee, which shall be returned if the protest is upheld. The \$50 (Fifty dollar) fee shall not be required for protests submitted by the Meet Referee or the host LSC Entry Chairperson(s).
  - Protests shall be heard by the jury, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the day of the meet. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.
  - Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.
  - The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.

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<b>SEEDING/CONDUCT:</b>	All swimmers must report to the registration area before they swim to receive a timing chip, body marking, cap, and wave number. <ul style="list-style-type: none"><li>• Please make sure that fingernails and toenails are trimmed and all jewelry and watches are removed prior to morning registration.</li><li>• There will be no penalty for scratching.</li><li>• Athletes must notify the Clerk of Course and return their timing chip if they decide to scratch from their event after completing registration.</li><li>• No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed</li><li>• Swimmers will start in the water.</li><li>• Each age group (and possibly gender) will start separately.</li><li>• Colored caps will indicate age group.</li></ul>
<b>DISQUALIFICATION PROCEDURES:</b>	A. <b><u>First Infringement:</u></b> a yellow flag and a card bearing the swimmer’s number shall be raised by the Referee to indicate and to inform the swimmer that he/she is in violation of the rules. B. <b><u>Second Infringement:</u></b> a red flag and a card bearing the swimmer’s number shall be raised by the Referee to indicate and to inform the swimmer that he/she is, for the second time, in violation of the rules. The swimmer shall be disqualified. He/She must leave the water immediately and be placed in an escort craft and take no further part in the race. The Referee may disqualify a swimmer without prior warning if in his opinion the action of the swimmer is deemed to be unsportsmanlike.
<b>TIME LIMITS:</b>	All swimmers must finish within 30 minutes of the first swimmer in their heat in order to place or score points.
<b>ABANDONMENT:</b>	Where emergency conditions require a race to be halted before it is completed, the race shall be restarted at the earliest possible time and the full distance completed. A Meet Committee will be convened if indicated.
<b>SCORING:</b>	Open Water events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 (scored separately from the Pool events)
<b>AWARDS:</b>	A. Individual Open Water events: 1-8 place: medals with neck ribbons; 9-16 place: ribbons B. Team Awards: Open Water events: 1st place combined points.
<b>AWARDS CEREMONY:</b>	The awards ceremony for the open water events will be conducted immediately after the conclusion of the final open water event at Branched Oak Lake.
<b>PARK ADMISSION:</b>	\$4.00 (Four dollars) - State Park admission fee per vehicle. Parking is available within 200 yards of the competition course.
<b>PROGRAMS:</b>	Cost for Programs: Open Water Psych Sheet - \$2.00 (Two dollars)
<b>REFRESHMENTS:</b>	Limited refreshments will be available at Branched Oak State Recreation Area.
<b>WARM-UP:</b>	There will be a designated warm-up and warm-down area.
<b>SPECTATORS:</b>	Spectator viewing is along the shoreline. Spectators should bring their own blankets and lawn chairs for seating.
<b>HOTEL INFORMATION</b>	<b>Host Hotel:</b> Chase Suites Hotel, 200 S 68 <sup>th</sup> Place, Lincoln, NE 68510 (888) 433-6183. Attached hotel list indicates all Lincoln Hotels with rooms blocked for the Central Zone Championship and is also available on the Meet website at: <a href="http://www.nscevents.com/central_zone_championships">http://www.nscevents.com/central_zone_championships</a>

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- PASTA FEED:** Open water swimmers are invited to participate.
- Date – Thursday, August 5, 2010.
  - Time – 5:00 – 8:00 p.m. CDT
  - Location: University of Nebraska’s Memorial Stadium Skybox, 1 Memorial Stadium, Lincoln, NE.
  - Cost - \$12.00 (Twelve dollars). Tours of Stadium available.
  - Online registration available at the Meet website.

- ZONE APPAREL:** Supplier for Zone Apparel is Elsmore Aquatic from St. Paul, MN.
- Zone apparel along with a swim shop store will be available.
  - Pre-meet orders may be made at the Meet website.
  - Orders may be picked up on Thursday, August 5, 2010 at Woods Pool.

**OPEN WATER EVENTS  
 Monday, August 9, 2010**

<b>GIRLS</b>	<b>BOYS</b>
OW 1 .....	10 & U – .5 Mile .....
OW 3 .....	11-12 – 1 Mile .....
OW 5 .....	13-14 – 1.5 Mile .....
	OW 2
	OW 4
	OW 6

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