



CHI Health Center Omaha
Omaha, Nebraska

Official Event Information

Entries for the 2020 Visit Omaha Cup will be capped at 400 swimmers.

Entries from Midwestern Swimming teams will be accepted through USA Swimming's Online Meet Entry (OME) system beginning Friday, April 3, at 8:00 AM Central Time.

Entries from teams outside of Midwestern Swimming will be accepted through OME beginning at 8:00 AM Central Time on Monday, April 6, and will close as soon as the entry limit is reached, but no later than Tuesday, June 2, at noon Central Time.

Hosted by Swim Trials, LLC

2020 VISIT OMAHA CUP

Last Chance Trials Qualifier

June 12 & 13, 2020

Hosted by Swim Trials, LLC
A Partnership Between USA Swimming and the Omaha Sports Commission
CHI Health Center Omaha; 455 North 10th Street; Omaha, Nebraska 68102
Sanctioned by USA Swimming through Midwestern Swimming
Meet information is available online at usaswimming.org

Important Facts About the 2020 Visit Omaha Cup

- **Meet Information:** It is the responsibility of participating swimmers and coaches to acquaint themselves with all the information contained in this document. USA Swimming Rules and Regulations will govern the conduct of this event. The meet will be conducted in LCM.
- **Time Zone:** Omaha is located in the Central Time Zone. All designated times are Central Time.
- **Session Start Times:** Preliminary sessions begin at 9:00 AM. Finals sessions begin at 6:00 PM.
- **Athletes:** This competition is open to all USA Swimming member athletes who achieve the qualifying standards. Foreign athletes must be registered members of a USA Swimming club to compete in this meet. This meet will be limited to qualifiers from Midwestern Swimming first, plus qualifiers from other LSCs until a maximum of ~400 athletes is reached.
- **Qualification Period:** The qualifying period is January 1, 2019, through the entry deadline. Qualifying standards are LCM and SCY for all events.
- **Entries:** All entries must be submitted through the USA Swimming Online Meet Entry system (OME). No email, fax, or paper entries will be accepted. No late or deck entries will be permitted.
- **Bonus Events:** Swimmers with one or more qualifying times may enter up to two (2) bonus events for the meet provided they have achieved the bonus standards. There will be no bonus swims in the 800 and 1500 Freestyle events. All bonus standards are LCM only.
- **Entry Deadline:** Entries from Midwestern Swimming teams will be accepted beginning Friday, April 3, at 8:00 AM Central Time; entries from teams outside of Midwestern Swimming will be accepted beginning at 8:00 AM Central Time on Monday, April 6, and will close as soon as the entry limit of 400 is reached, but no later than noon Central Time on Tuesday, June 2, 2020.
- **Meet Procedures:** Based on the size of the meet, the preliminary sessions may be conducted in flights. Details regarding changes to normal meet protocol, including flighting, will be announced at the Technical Meeting.
- **Race Ready:** All preliminary and finals heats will parade to the starting blocks from the Race Ready area.
- **Time Trials:** If time allows, time trials will be offered each day at the end of the preliminary session. Swimmers are limited to two time trial events for the meet and three events per day including time trials. Please see pages 7 & 10 for the time trials specifics.
- **Relays:** There will be no relays in this competition.
- **Scoring:** The meet will not be scored individually or by team.
- **Awards:** The top 3 finishers in each event will receive awards.
- **Credentials:** Credentials will be required for all participants in this event (athletes, coaches, officials, etc.) and will be distributed at registration. Credentials must be worn at all times. There will be exclusively reserved team seating areas (sections 125 & 126). Appropriate credentials for athletes and coaches are required for access into these sections. Two rows in the team seating area will be reserved for coaches to view swimmers during their swims.
- **Competition Pool Deck:** The competition pool deck will be a clean deck during all competition sessions.
- **Registration:** The registration area is located in Room 212 of the CHI Health Center (second level). Please see map on page 11.
- **Technical Meeting:** The technical meeting will be Thursday, June 11, 2020, at 5:00 PM, CHI Health Center Omaha, Room 213 (second level). All swimmers must be represented at this meeting. Please see map on page 11.

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VISIT OMAHA CUP

June 12 & 13, 2020

All events will be swum in long course meters.
Qualifying period is January 1, 2019, through the entry deadline.

Preliminary sessions begin at 9:00 AM.

Finals sessions begin at 6:00 PM.

<u>2020 Visit Omaha Cup</u>				
<i>Last Chance Trials Qualifier</i>				
CHI Health Center Omaha				
Order of Events and Qualifying Times				
DAY 1: FRIDAY, JUNE 12				
EVENT #	EVENT NAME	LCM	SCY	BONUS (LCM)
1	Women's 1500m Freestyle*	18:29.99	18:04.99	
2	Men's 400m Individual Medley	5:00.39	4:24.89	5:09.29
3	Men's 100m Freestyle	55.49	48.59	57.09
4	Women's 200m Freestyle	2:13.39	1:57.29	2:17.29
5	Women's 100m Breaststroke	1:19.80	1:10.09	1:22.09
6	Women's 100m Butterfly	1:07.99	59.99	1:09.99
7	Men's 100m Backstroke	1:02.89	55.59	1:04.79
8	Men's 200m Butterfly	2:20.39	2:03.99	2:24.89
9	Women's 200m Individual Medley	2:31.09	2:13.19	2:35.49
10	Men's 400m Freestyle	4:22.39	4:53.99	4:29.49
11	Women's 50m Freestyle	28.39	24.89	29.19
12	Men's 200m Breaststroke	2:38.79	2:19.49	2:43.49
13	Women's 200m Backstroke	2:29.09	2:12.19	2:33.59
14	Men's 800m Freestyle*	9:04.99	10:05.99	
DAY 2: SATURDAY, JUNE 13				
15	Men's 1500m Freestyle*	17:34.29	17:13.59	
16	Women's 400m Individual Medley	5:22.39	4:44.69	5:31.29
17	Women's 100m Freestyle	1:01.49	53.99	1:03.29
18	Men's 200m Freestyle	2:02.29	1:47.29	2:05.79
19	Men's 100m Breaststroke	1:11.89	1:02.99	1:13.99
20	Men's 100m Butterfly	1:01.19	53.89	1:02.99
21	Women's 100m Backstroke	1:08.89	1:00.99	1:10.89
22	Women's 200m Butterfly	2:32.89	2:15.99	2:37.29
23	Men's 200m Individual Medley	2:17.69	2:01.19	2:21.69
24	Women's 400m Freestyle	4:41.59	5:15.49	4:48.69
25	Men's 50m Freestyle	25.49	22.29	26.29
26	Women's 200m Breaststroke	2:53.29	2:32.49	2:58.39
27	Men's 200m Backstroke	2:17.49	2:01.69	2:21.49
28	Women's 800m Freestyle*	9:46.99	10:57.69	

*Fastest seeded heat is the first event of the finals session with the remaining heats swum at the end of the prelims session, fastest to slowest, alternating women and men.

GENERAL INFORMATION

Host: The 2020 Visit Omaha Cup is being hosted by Swim Trials, LLC -
A Partnership Between USA Swimming and the Omaha Sports Commission.

Sanctions: This event is sanctioned by Midwestern Swimming on behalf of USA Swimming.
Sanction # MWS20033 – Visit Omaha Cup
Sanction # MWS20033TT – Visit Omaha Cup Time Trials

Facility Address

CHI Health Center Omaha
455 North 10th Street
Omaha, Nebraska 68102

About the Facility

This is a temporary venue utilizing two Myrtha pools. The competition pool has ten 50-meter lanes (eight competition lanes) with a depth of 2.7M; the warm-up pool has eight 50-meter lanes and five 25-meter lanes with a depth of 2M. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Starting platforms will be the same size and type as those used in the Olympic Games. Omega timing and video back-up cameras will be used in this competition. Absolutely no glass or tobacco products will be allowed in the venue.

Event Administration

<u>USA Swimming</u> <u>Chief Operating Officer</u> Mike Unger munger@usaswimming.org	<u>Omaha Sports Commission</u> <u>President/Executive Director</u> Josh Todd josh@omahasports.org
<u>USA Swimming</u> <u>National Events Director</u> Dean Ekeren dekeren@usaswimming.org	<u>Omaha Sports Commission</u> <u>Director of Events</u> Lindsay Toussant lindsay@omahasports.org
<u>Meet Director</u> Arlene McDonald arlene@inswimming.org	<u>Meet Referee</u> Betsy Purcell Betsypurcell@cox.net
<u>Assistant Meet Director</u> Shana Frodyma shana.frodyma@gmail.com	<u>Administrative Referee</u> Tracey Garrett Swimmeets@att.net

Event Schedule: Thursday – Saturday, June 11 - 13

Thursday:	3:00 PM – 8:00 PM	Registration	Room 212 CHI Health Center
	3:00 PM – 8:00 PM	Team Practice	CHI Health Center
	5:00 PM	Technical Meeting	Room 213 CHI Health Center
Friday:	7:30 AM*	Officials' Meeting	Officials Meeting Room
			Northwest Arena Corridor
Friday & Saturday:	6:00 AM – 1 hour after Finals	Facility Open to Teams	CHI Health Center
	9:00 AM	Start of Preliminary Sessions	Competition Pool
	6:00 PM	Start of Finals Session	Competition Pool

**All subsequent officials' briefings will be held one hour prior to the start of each session.*

Tickets and Heat Sheets

There will be no advance sale of tickets for this event. Tickets may be purchased 90 minutes before the start of each session at the CHI Health Center box office. Spectator seating will be restricted to sections 121, 122, & 123 and will open 60 minutes before the start of each competition session. Ticket prices are \$5.00 for the preliminary sessions and \$10.00 for the finals sessions. The arena will not be open for spectators on Thursday during team practice. Session heat sheets will be sold in the spectator areas at a cost of \$3.00 for preliminary sessions and \$2.00 for finals sessions.

Concessions

Concessions will be available for purchase at the concession stand closest to the designated spectator seating areas.

Officials

Applications to officiate this meet will be available on the Midwestern Swimming website (mwsim.org) on February 15, 2020. Please contact Betsy Purcell, Meet Referee, at betsyapurcell@cox.net with questions. Additional information regarding officiating at this event can be found on Page 8.

Hotels

A block with a limited number of rooms has been set up at the Ramada Plaza by Wyndham Omaha at the rate of \$114 per night plus tax. Please call the hotel reservations department at 402-393-3950 and ask for the group rate for the USA Swimming Test Event Omaha Cup. The cut-off date is June 11, 2020. Once all rooms in the block have been reserved, visitors will need to secure their own accommodations.

Visitor Information

To learn more about Omaha-area attractions, restaurants, and what is happening in the area during your stay, please go to visitomaha.com, the official website of Visit Omaha.

Event Website

Please visit the USA Swimming website usaswimming.org/trials for the most up-to-date meet information.

USA Swimming Broadcast Policy

Any photographs, videotape, or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any

SITE INFORMATION

Time Zone

Omaha, Nebraska, is located in the Central Time Zone. All times designated in this meet information are Central Time.

Pool Hours

Thursday, June 11	3:00 PM - 8:00 PM
Friday, June 12	6:00 AM - 1 hour after finals
Saturday, June 13	6:00 AM - 1 hour after finals

On Thursday, event participants will have access to both the competition and warm-up pools. On competition days, access to the competition pool may be limited based on information distributed at the Technical Meeting.

Registration & Credential Pick-Up

Credentials and coach packets will be available for pick up in the Registration Area, Room 212 of the CHI Health Center, (second level) according to the schedule below:

Thursday, June 11	3:00 PM - 8:00 PM
Friday, June 12	7:00 AM - 8:00 PM

Teams should plan to arrival at the venue during these registration hours to pick up credentials for access into the pool areas.

All coaches desiring meet credentials must be listed on the deck pass in OME. Coaches must present their valid coach membership cards or valid Deck Pass app screen, along with a photo ID, at registration in order to receive team credentials and the coach packet.

Each swimmer must be under the direct supervision of a USA Swimming member coach at all times while in the venue. Swimmers whose coaches are not present must arrange in advance for an assigned coach and plan to arrive at registration with that coach in order to obtain athlete credentials.

Credentials

Credentials will be required for all participants in this event. Athletes entered in the meet will receive a deck pass credential as part of their entry fee. Coach deck passes must be purchased through OME based on this formula:

- 1-3 Swimmers: 1 Deck Pass
- 4-6 Swimmers: 2 Deck Passes
- 7-9 Swimmers: 3 Deck Passes
- 10 – 14 Swimmers: 4 Deck Passes
- 15-19 Swimmers: 5 Deck Passes
- 20-25 Swimmers: 6 Deck Passes
- More than 25 Swimmers: 7 Deck Passes
- Unattached Swimmers not with a Team: 1 Deck Pass

Credentials must be worn at all times. There will be exclusively reserved team seating areas (sections 125 and 126) in the arena. Appropriate credentials for athletes and coaches are required for access into these sections. The competition pool deck is a clean deck. Two rows in the team seating area will be reserved for coaches to view swimmers during their swims.

No swimmer will be issued credentials without a coach member present. If the home club coach is not planning to attend this event, the swimmer must be assigned a supervising coach as per USA Swimming rule 202.3.2. Arriving with a fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before an athlete credential can be issued.

Restricted access to the facility will be strictly enforced beginning at 3:00 PM on Thursday, June 11. \$50.00 will be charged for credential replacements. Credentials will be required in the Ready Room for all competing athletes.

Lockers and Facilities

Lockers and facilities for athletes are located adjacent to the east corridor (facility lobby side) of the arena. Athletes must provide their own locks. The CHI Health Center Omaha and the meet hosts will not be held liable for lost or stolen items.

Information/Lost & Found

Lost and found for participants will be located in the Athlete Services Area. Lost and found for spectators will be in the Customer Services Area on the mezzanine level

Parking

- Complimentary parking for teams and officials will be in Lot A behind the CHI Health Center. Parking passes will be distributed at registration for access into Lot A.
- There will be an exclusive swimmer drop-off area at the east entrance to the venue (near Lot A). There will also be a designated athlete drop-off area on the west side of the arena along 10th Street. From this location, athletes have closer access into the warm-up pool area.
- Spectator parking will be in Lot A at a cost of \$15 per entry, cash or credit card. Once Lot A is full, attendees will need to secure their own parking location.
- Please refer to the venue parking map on page 12. Lot A is behind the CHI Health Center and accessible off of 10th Street by turning east onto Capitol Avenue and then left onto Riverfront Road.

Security

Due to heightened security, all participants should be prepared for bag checks upon each entry to the venue. Please plan for the possibility of some delays.

Medical Assistance

Physician services will be available in the venue during all hours the venue is open for team practice and competition. More information regarding these services will be distributed at the Technical Meeting.

Hospitality

Hospitality for coaches will be located near the warm-up pool. There will be no meal service or hospitality for athletes at this event. Water and sport drinks will be available for athletes throughout the venue.

Hospitality for officials will be in the Officials' Meeting Room in the northwest arena corridor.

Food will not be permitted on the pool deck areas.

Team Banners

No team banners will be permitted at this event.

Spectator Seating

Spectators should enter the South Plaza entrance at 10th and Capitol. Spectator seating for this event will be limited to sections 121, 122, and 123. Tickets will only be sold on site; please see page 4 for tickets sales information.

Concessions

Concessions will be available at the venue near the designated spectator seating areas during competition hours.

ELIGIBILITY & ENTRIES

Eligibility

All swimmers must be 2020 registered athlete members of USA Swimming and have met the qualifying standards within the qualifying period. Seasonally registered athletes are not permitted to enter this meet. Foreign athletes must be registered members of a USA Swimming club to compete in this meet.

All coaches granted deck access must be non-athlete coach members for 2020 and display current certifications as a USA Swimming registered coach. The representative submitting the entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements.

Qualifying

The qualifying period for the 2020 Visit Omaha Cup is January 1, 2019, through the entry deadline. Minimum qualifying standards are included in this packet with the order of events on page 3. Entry times for individual events will be accepted in Long Course Meters and Short Course Yards. All entries will be seeded first by Long Course Meters, then Short Course Yards. Swimmers with one or more qualifying times may enter up to two (2) bonus events, provided they have achieved the bonus standards which are LCM only. There will be no bonus swims in the 800 and 1500 Freestyle events. Please be sure to check the box indicating "bonus" for each event that is a bonus entry.

Entry Limits

Individual Events: Each competitor may enter as many individual events for which he/she qualifies, but may only compete in a maximum of three individual events per day including bonus events and time trials. Athletes who enter more than three events per day must scratch down by the scratch deadline for each day's events. Failure to scratch back to the three per day limit by the scratch deadline will result in the swimmer being scratched from all events except the first three entered on any given day. There will be no refund of entry fees.

Relays: There will be no relays in this meet.

Entry Fees

- \$15 per individual event and time trial individual event
- \$20 per credentialed coach

Entry Procedures

All entries for this meet must be submitted using the USA Swimming Online Meet Entry (OME) system. No paper, fax, or email entries will be accepted; there will be no late or on-deck registration at this meet. OME can be accessed on the USA Swimming website at usaswimming.org/ome

- OME will be available for this meet for Midwestern Swimming (LSC) teams only beginning at 8:00 AM CT on Friday, April 3, 2020.
- OME will open for teams outside of Midwestern Swimming LSC beginning at 8:00 AM CT on Monday, April 6, 2020.
- OME will close when the 400 swimmer limit has been reached, but no later than Tuesday, June 2, at noon CT.
- An athlete is not considered entered into this meet until the checkout process has been completed in OME.

The OME system processes payment by credit card and will accept Visa, MasterCard, American Express, and Discover. Upon payment, a confirmation email providing a receipt and summary of entries will be sent. Please bring a copy of all communications with you to the meet.

OME is not an eligibility report. Coaches are responsible for knowing events for which their athletes are qualified.

Entries are not officially accepted into the meet until the user has paid and checked out of OME. The first 400 qualified swimmers to check out of OME will be accepted into this meet. At that time, OME will be shut down and entries closed.

The USA Swimming Waiver and Release Form will automatically be generated by OME. These forms must be submitted at the Registration Desk upon arrival in Omaha. Please make copies as needed for each swimmer. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign the form if the swimmer is under the age of majority in his/her home state.

Drug waiver forms will automatically be sent to you via email after you submit your on-line entry. Please fill these out and bring them with you to the meet (just in case).

Questions or problems with OME should be directed to Macie McNichols at USA Swimming:
mmcnichols@usaswimming.org

Proof of Times

Individual times must be submitted in actual times achieved; conversions are not permitted. The OME entry system interfaces with the USA Swimming times and membership database (SWIMS) and will provide entry times. These times are proven.

If you would like to enter using a time that is not showing in the system, there is a custom time entry function in OME, but these are not proven. If a custom time is used, proof must be submitted at Registration. Any time that has an asterisk by it in the posted psych sheet at Registration must be cleared immediately at the Times Desk. If the time is not cleared by the scratch deadline, the swimmer will be scratched from the event. Coaches should plan to arrive before the scratch deadline for a swimmer's first event if it is necessary to prove a time. If the time cannot be proven, the coach is subject to a \$100 fine.

Coaches should be sure all athlete times are in the SWIMS database.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use awards or photos, or portraits or films with the awards, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

MEET PROCEDURES

Rules

The most current version of USA Swimming Rules and Regulations will govern the conduct of the 2020 Visit Omaha Cup and will serve as the official guide for technical and procedural rules. It shall be the swimmers' and coaches' responsibility to acquaint themselves with those rules and regulations and other information contained in this meet announcement.

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer and the swimmer's legal guardian to ensure compliance with this requirement.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changes are prohibited.

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.

It is understood and agreed that 2020 Swim Trials LLC, USA Swimming, the Omaha Sports Commission, facility owners, volunteers, officials, and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Format

This meet will be conducted in long course meters and is a two-day competition with prelims and finals sessions each day. There are no relays in this meet.

Preliminary & Final Events: All events except the 800 freestyle and the 1500 freestyle will be swum in a prelims-finals format with preliminary sessions in the morning (9:00 AM) and finals sessions in the evening (6:00 PM). The fastest two heats of prelims-finals events will swim in the evening finals session.

Timed Final Events: The fastest seeded heat of the 800 freestyle and the 1500 freestyle events is the first event in finals with the remaining heats swum at the end of prelims, fastest to slowest, alternating women and men.

Warm-Ups and Safety

Current USA Swimming and Midwestern Swimming Rules will govern all aspects of the warm-up. A separate eight-lane 50-meter and five-lane 25-meter pool will be available for warm-up and cool-down throughout the competition.

- At least two lanes (one 50 M and one 25 M) will be designated as pace lanes, push off only, circle swimming only.
- At least two lanes (one 50 M and one 25 M) will be designated as one-way sprint lanes.
- Two lanes of the warm-up pool (one 50 M and one 25 M) will be available for bungee cord use. No bungee cords or hand paddles will be allowed in the competition pool.
- All other lanes will be designated for general warm-up, circle swimming only. Upon request and at the discretion of meet officials, these designations may be altered.
- A complete schedule of warm-up procedures, including lane usage and times, can be found on Page 9. This schedule will also be distributed in the coaches' packets at Registration, discussed at the Technical Meeting, and announced throughout the venue on a regular basis.
- Participants are expected to cooperate with the meet marshals. Flagrant violation of these procedures may result in a

disqualification from the meet for unsportsmanlike conduct.

Race Ready

All swimmers must report to the Ready Room no later than ten minutes prior to their events for all preliminary and finals heats. Swimmers are reminded to bring their meet credentials to the Ready Room.

Positive Check-In

The 800 and 1500 freestyle events require positive check-in at the Clerk of Course by the scratch deadline for that event in order to be seeded. Failure to do so will result in the athlete being seeded in the slowest conforming heat.

Scratch Rules

USA Swimming National Championships scratch procedures will be in effect for this meet. Please refer to section 207.11.6 in the USA Swimming Rulebook for specific scratch penalties.

Scratch Procedures and Deadlines

Before and after the Technical Meeting, the scratch box will be located at the Clerk of Course table in the Athlete Services Area. The scratch box will be available at the Technical Meeting.

The scratch deadline for Friday's events will be 15 minutes after the adjournment of the Technical Meeting on Thursday.

The scratch deadlines for Saturday events will be at 6:30 PM on Friday evening.

Payment for scratched events is not refundable.

Seeding

In individual events, seeding priority will be as follows: LCM first-seeding priority; SCY second-seeding priority. Only LCM qualifying times will be accepted for bonus events.

Time Trials

Long course time trials will be conducted on a time-available basis between prelims and finals each day and are limited to one hour in length. Time trials will begin 15 to 30 minutes after the conclusion of prelims. The time trial event order is as follows:

- Friday and Saturday: That day's events followed by the remaining events in the meet
- The 800 and 1500 freestyle will be offered only on one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc., and will be announced at the Technical Meeting.
- The 50 freestyle is the last event swum in time trials except on the day it is contested in the meet, when it is the first event in time trials.
- See page 10 for complete time trial order.

Swimmers must be entered in the meet to compete in time trials. Time trial events count toward the daily entry limit of three events. A swimmer is limited to a maximum of two time trials during the course of this meet.

Teams will receive more information on Time Trials in their registration packets and at the Technical Meeting.

Time Trials - Continued

Entries for time trials will be accepted at the Clerk of Course (located in the Athlete Services Area) until one hour before the scheduled end of the prelims session each day; this time will be posted at the Clerk of Course. The entry fee for time trials is \$15 per individual event payable by cash, credit card, or check made payable to Swim Trials LLC. Refunds will be issued if sufficient time is not available to conduct the time trial session. All times achieved in time trials will appear in the published meet results.

Technical Meeting

The Technical Meeting will be at 5:00 PM, Thursday, June 11, in Room 213 of the CHI Health Center (second level). Coaches are responsible for all business conducted at the Technical Meeting. If, for any reason, you cannot attend the Technical Meeting, be sure to make arrangements to find out what occurred. Coaches must arrive prior to the scratch deadline for a swimmer's first event to prove times if necessary. Details of any changes to the procedures outlined above will be announced at the meeting.

Also, remember that the scratch deadline for Friday's events is 15 minutes after the adjournment of the Technical Meeting on Thursday.

Scoring

The meet will not be scored individually or by team.

Awards

The top three (3) finishers in each event will receive awards at the medal ceremony following each race. Detailed information regarding the awards presentation schedule will be distributed at the Technical Meeting.

National Officials Certification Program

This meet has been approved as an Officials Qualifying Meet (OQM) for mentoring and evaluation of officials at the National level (N2 and N3). Officials wishing to be considered for evaluation should complete a Request for Evaluation form which can be found on the Midwestern Swimming website mwsim.org. Please return the form no later than June 1, 2020, for your evaluation request to be considered.

Results

Live results will be available online on the USA Swimming website usaswimming.org and at omegatiming.com.

Hard-copy results will be posted throughout the venue; individual event results will be available at the Clerk of Course upon request.

Safe Sport

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert date that is 30 days prior to the last date of the actual competition], who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

WARM-UP SCHEDULE: COMPETITION POOL

<u>TIME</u>	<u>LANE</u>	<u>ACTIVITY</u>
6:00 AM – 7:30 AM	All Lanes	General Warm-Up
7:30 AM – 8:00 AM	Lanes 0 & 9 Lanes 1 – 8	Pace Lanes; push off only; circle swimming only General Warm-Up; circle swimming only
COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT MORNING'S HEATS		
8:00 AM – 8:15 AM	Lanes 0 & 9 Lanes 1 – 8	Pace Lanes; push off only; circle swimming only General Warm-Up; circle swimming only
8:15 AM – 8:45 AM	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 – 7	Pace Lanes; push off only; circle swimming only Sprint Lanes*; one way only General Warm-Up
<hr/>		
4:30 PM – 5:00 PM	Lanes 0 & 9 Lanes 1 – 8	Pace Lanes; push off only; circle swimming only General Warm-Up; circle swimming only
COMPETITION POOL LIMITED TO SWIMMERS COMPETING IN CURRENT EVENING'S HEATS		
5:00 PM – 5:15 PM	Lanes 0 & 9 Lanes 1 – 8	Pace Lanes; push off only; circle swimming only General Warm-Up; circle swimming only
5:15 PM – 5:45 PM	Lanes 0 & 9 Lanes 1 & 8 Lanes 2 – 7	Pace Lanes; push off only; circle swimming only Sprint Lanes*; one way only General Warm-Up

*Please note: Additional sprint lanes will be opened by meet officials as required in the following order: 2, 7, 3, 6
Lane 8 will be open for starts from the turn-end of the pool.
Adjustments to warm-up times may be made by the Meet Referee and announced at the Technical Meeting.

General Considerations:

- During the last hour of warm-up prior to each session, only swimmers competing in that session may warm-up in the competition pool.
- Please follow the established schedule. If you believe special circumstances exist or additional sprint lanes are needed, please contact the meet officials on deck.
- Coaches should maintain contact with their swimmers as much as practical – verbally and visually – throughout the warm-up period.
- No bungee cord or hand paddle use will be permitted in the competition pool.
- Swimmers should not step up on the blocks when a backstroker is preparing to start.
- Swimmers and coaches, please cooperate with marshals regarding these procedures.

SCHEDULE: WARM-UP POOL

- The warm-up pool will be available for all competing athletes continuously throughout the day during the published venue hours.
- At least two lanes (one 50 M and one 25 M) will be designated as pace lanes; push off only; circle swimming only.
- At least two lanes (one 50 M and one 25 M) will be designated as one-way sprint lanes.
- Two lanes (one 50 M and one 25 M) will be available for bungee cord use.
- All other lanes will be designated for general warm-up; circle swimming only.
- Upon request and at the discretion of meet officials, these lane designations may be altered.



TIME TRIALS

JUNE 12 & 13, 2020 – SANCTION #: MWS20033TT

Time trials will be held only as the meet timelines permit.

Final time trial information will be distributed at the Technical Meeting.

The Time Trial table will be open from 8:00 AM until one hour prior to the scheduled finish of the preliminary session. This time will be posted at the Clerk of Course.

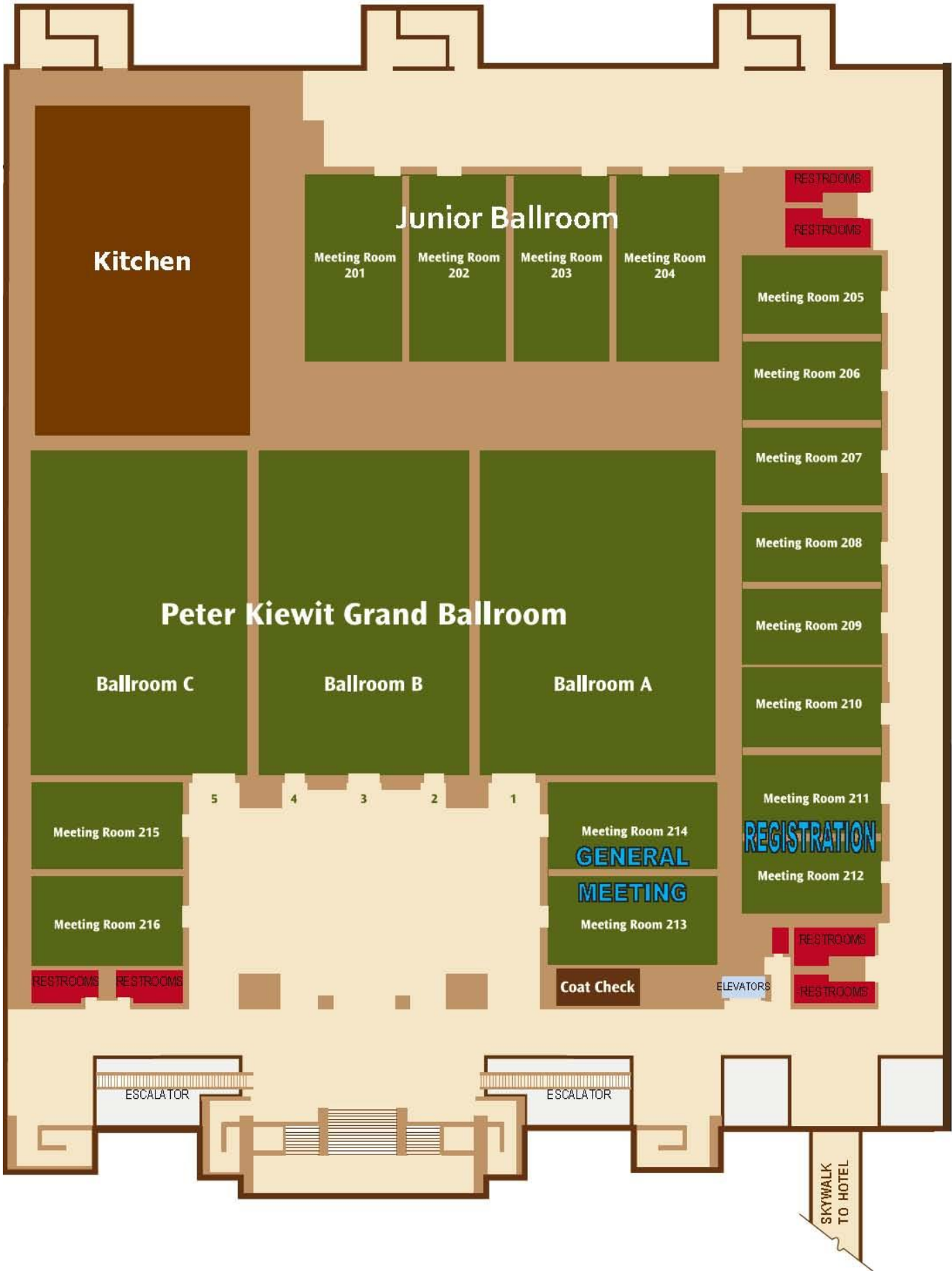
\$15.00 cash or check per individual event; cash, credit card, or checks payable to Swim Trials, LLC.

Time Trials Policies:

- 1) The availability of time trials each day will be limited to one hour if time allows; refunds will be issued if there is not sufficient time to conduct the time trial session.
- 2) Time trials will begin 15 – 30 minutes after the conclusion of prelims each day as time allows.
- 3) The combination of meet events and time trial events may not exceed three per day.
- 4) Swimmers must be entered in the meet to swim in time trials.
- 5) Swimmers are limited to a maximum of two time trial events during the course of the meet.
- 6) Time Trials shall be swum in the order listed below as time allows.
- 7) More specific information regarding the availability of time trials will be announced at the Technical Meeting.
- 8) *The 800 and 1500 Freestyle will be offered only one day of the meet. The day will be determined by the Meet Referee and will be announced at the Technical Meeting.

TIME TRIALS ORDER OF EVENTS*	
DAY 1	DAY 2
W 50 Free	M 50 Freestyle
M 400 IM	W 400 IM
M 100 Freestyle	W 100 Freestyle
W 200 Freestyle	M 200 Freestyle
W 100 Breaststroke	M 100 Breaststroke
W 100 Butterfly	M 100 Butterfly
M 100 Backstroke	W 100 Backstroke
M 200 Butterfly	W 200 Butterfly
W 200 IM	M 200 IM
M 400 Freestyle	W 400 Freestyle
M 200 Breaststroke	W 200 Breaststroke
W 200 Backstroke	M 200 Backstroke
W 400 IM	M 400 IM
W 100 Freestyle	M 100 Freestyle
M 200 Freestyle	W 200 Freestyle
M 100 Breaststroke	W 100 Breaststroke
M 100 Butterfly	W 100 Butterfly
W 100 Backstroke	M 100 Backstroke
W 200 Butterfly	M 200 Butterfly
M 200 IM	W 200 IM
W 400 Freestyle	M 400 Freestyle
W 200 Breaststroke	M 200 Breaststroke
M 200 Backstroke	W 200 Backstroke
M 50 Freestyle	W 50 Freestyle

CHI HEALTH CENTER CONVENTION CENTER - SECOND LEVEL



CHI HEALTH CENTER PARKING – LOT A PARKING FOR VISIT OMAHA CUP

