



Aquatics – Swimming (Short Course)

Register online at CornhuskerStateGames.com

GENERAL INFORMATION

Sponsored by:



DATE: Youth & Masters - - Sunday July 19, 2020

SITE: Lincoln Southeast High School (2930 S 37th St, Lincoln)

POOL DETAILS: 25 Yards, 8 lanes, Daktronics 2000 Timing System, 8 lane readout scoreboard and anti-turbulent lane lines. Pool depth of 3.5 ft at 1M, 4 ft at 5M from turn end. Depth of 13ft at 1M, 12.5ft at 5M from start end. USA-S Rule 202.3.4.D. Pool has not been certified in accordance with 104.2.2C(4).

FACILITY DETAILS:

Cornhusker State Games staff reserves the right to remove any individual from the premises who might jeopardize safety and facility privileges.

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

Shoes must be worn when going upstairs to seating area.

No food or beverages allowed in the pool area (water bottles w/ water only).

Meet Programs will be available.

Concessions will be available.

WARM-UP PROCEDURES: First 30-minutes of warm-up “Sit & Slide” entry will be in effect, and NO DIVING will be allowed. Last 15-minutes, racing starts will be allowed in Lanes 1-7.

OFFICIALS:

Referee – Tabettha Burnham

Admin Officials - Analisa Peterson

MEET RESULTS: Meet results will be posted on CornhuskerStateGames.com, in the pool area, and in the hallway crash areas. Final results and medal winners will be available at CornhuskerStateGames.com the week after the meet.

ENTRY LIMITS: Swimmers may enter a maximum of four individual events and two relays.

RELAYS: Participants wanting to swim relays are strongly encouraged to pre-register. If registering online, the participant will be asked to list their relay partners’ names. If registering via the paper entry form, the participant should include the relay partners’ names in the Details section. Listing their names DOES NOT register them for the event, it simply lets the Sport Director know who is swimming on each team. Deck entries will still be accepted on-site for \$7 per swimmer, per relay.

TEAM SUPERVISION: Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited. When in crash areas, youth swimmers must be supervised, and no swimmers should block the walkways. To reduce confusion and congestion on the pool deck, only swimmer, officials, and volunteers will be allowed on deck. Swimmers and spectators must pick up their trash and keep their areas clean.

MASTERS MEET

DATE: Sunday, July 19 , 2020

TIMES:

Warm-ups – 7 a.m.

Meet starts – 8 a.m.

MEET RULES: Current USMS Swimming Rules will apply.

SANCTION: It is understood and agreed that Cornhusker State Games, USA Swimming, Y Swimming, Lincoln Y Dolphins, Lincoln Southeast High School, and Lincoln Public Schools shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

GENERAL MEET CONDUCT:

All events are timed finals.

Meet will be pre-seeded. The official Meet Program will indicate swimmer's heat and lane.

Swimmers of each age group/gender will be seeded together based on entry times.

Swimmers will swim together but scored separately based on age divisions.

In-water breaks will be inserted if needed and timeline allows.

Swimmers will be required to report promptly to their assigned lane prior to the start of each race in which he or she is entered.

ELIGIBILITY: All Nebraska swimmers 19 and older are eligible to compete. Swimmers from neighboring states are only eligible to compete if their local State Games does not offer a Masters Swim Meet.

AWARDS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in all events, including relays. The Doc Hammer Trophy will be awarded to the male 200 Yard freestyle winner (event 221) and the Jill Garlock Trophy to the female 200 Yard freestyle winner (event 222).

DISABILITY SWIMMERS: Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Directors.

EVENTS:

Event Name	Event Code	Event Name	Event Code
<u>Jill Garlock Trophy Race (All ages)</u>		<u>Doc Hammer Trophy Race (All ages)</u>	
Female 200 Yard Free	221	Male 200 Yard Free	222
<u>Women 19 & Over</u>		<u>Men 19 & Over</u>	
200 Yard Free	300	200 Yard Free	301
50 Yard Back	302	50 Yard Back	303
100 Yard Fly	304	100 Yard Fly	305
200 Yard Medley Relay	306	200 Yard Medley Relay	307
50 Yard Free	308	50 Yard Free	309
100 Yard Breast	310	100 Yard Breast	311
50 Yard Fly	312	50 Yard Fly	313
100 Yard Free	314	100 Yard Free	315
50 Yard Breast	317	50 Yard Breast	318
100 Yard Back	319	100 Yard Back	320
100 Yard IM	321	100 Yard IM	322
200 Yard Free Relay	323	200 Yard Free Relay	324
<u>Mixed</u>			
200 Yard Free Relay	316		

YOUTH MEET

DATE: Sunday, July 19, 2020

TIMES:

Warm ups not before 12pm

Meet starts not before 1 pm

MEET RULES: Current USA Swimming Rules will apply.

SANCTION: It is understood and agreed that Cornhusker State Games, USA Swimming, Y Swimming, Lincoln Y Dolphins, Lincoln Southeast High School, and Lincoln Public Schools shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

GENERAL MEET CONDUCT:

All events are timed finals.

Meet will be pre-seeded. The official Meet Program will indicate swimmer's heat and lane.

Swimmers of each age group/gender will be seeded together based on entry times.

Swimmers will swim together but scored separately based on Red and Green time standards divisions.

In-water/award breaks will be inserted if needed and timeline allows.

Swimmers will be required to report promptly to their assigned lane prior to the start of each race in which he or she is entered.

ELIGIBILITY: All swimmers ages 6-18 are eligible to compete. Swimmers from neighboring states are able to compete only if their local state games does not offer a short course competitive swim meet.

AWARDS: Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers for both boys and girls in the Green and Red divisions.

DISABILITY SWIMMERS: Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Directors. The athlete or athlete's coach is also responsible for notifying the Deck referee of any disability prior to competition.

EVENTS:

Event Name	Event Code	Event Name	Event Code
<u>Girls 8 & Under</u>		<u>Boys 8 & Under</u>	
50 Yard Free	25	50 Yard Free	26
25 Yard Back	7	25 Yard Back	8
25 Yard Fly	41	25 Yard Fly	42
100 Yard Medley Relay	51	100 Yard Medley Relay	52
25 Yard Free	79	25 Yard Free	80
25 Yard Breast	69	25 Yard Breast	70
100 Yard IM	97	100 Yard IM	98
100 Yard Free Relay	113	100 Yard Free Relay	114
<u>Girls 9-10 Years</u>		<u>Boys 9-10 Years</u>	
25 Yard Back	9	25 Yard Back	10
25 Yard Fly	43	25 Yard Fly	44
25 Yard Breast	71	25 Yard Breast	72
100 Yard Free	27	100 Yard Free	28
50 Yard Back	17	50 Yard Back	18
50 Yard Fly	61	50 Yard Fly	62
200 Yard Medley Relay	53	200 Yard Medley Relay	54
50 Yard Free	89	50 Yard Free	90
50 Yard Breast	81	50 Yard Breast	82
100 Yard IM	99	100 Yard IM	100
200 Yard Free Relay	115	200 Yard Free Relay	116
<u>Girls 11-12 Years</u>		<u>Boys 11-12 Years</u>	
100 Yard Fly	63	100 Yard Fly	64
500 Yard Free	107	500 Yard Free	108

200 Yard IM	11	200 Yard IM	12
200 Yard Free	1	200 Yard Free	2
100 Yard Back	35	100 Yard Back	36
100 Yard Breast	83	100 Yard Breast	84
100 Yard Free	29	100 Yard Free	30
50 Yard Back	19	50 Yard Back	20
50 Yard Fly	45	50 Yard Fly	46
200 Yard Medley Relay	55	200 Yard Medley Relay	56
50 Yard Free	91	50 Yard Free	92
50 Yard Breast	73	50 Yard Breast	74
100 Yard IM	101	100 Yard IM	102
200 Yard Free Relay	117	200 Yard Free Relay	118

Girls 13-14 Years

100 Yard Fly	65
500 Yard Free	109
200 Yard IM	13
200 Yard Free	3
100 Yard Back	37
100 Yard Breast	85
100 Yard Free	31
50 Yard Back	21
50 Yard Fly	47
200 Yard Medley Relay	57
50 Yard Free	93
50 Yard Breast	75
100 Yard IM	103
200 Yard Free Relay	119

Girls 15-18 Years

100 Yard Fly	67
500 Yard Free	111
200 Yard IM	15
200 Yard Free	5
100 Yard Back	39
100 Yard Breast	87
100 Yard Free	33
50 Yard Back	23
50 Yard Fly	49
200 Yard Medley Relay	59
50 Yard Free	95
50 Yard Breast	77
100 Yard IM	105
200 Yard Free Relay	121

Mixed 13-14 Years

200 Yard Free Relay	119
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Boys 13-14 Years

100 Yard Fly	66
500 Yard Free	110
200 Yard IM	14
200 Yard Free	4
100 Yard Back	38
100 Yard Breast	86
100 Yard Free	32
50 Yard Back	22
50 Yard Fly	48
200 Yard Medley Relay	58
50 Yard Free	94
50 Yard Breast	76
100 Yard IM	104
200 Yard Free Relay	120

Boys 15-18 Years

100 Yard Fly	68
500 Yard Free	112
200 Yard IM	16
200 Yard Free	6
100 Yard Back	40
100 Yard Breast	88
100 Yard Free	34
50 Yard Back	24
50 Yard Fly	50
200 Yard Medley Relay	60
50 Yard Free	96
50 Yard Breast	78
100 Yard IM	106
200 Yard Free Relay	122

JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 17!

Make plans to join us on Friday, July 17 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

SPORTFEST | 4:30 – 7 P.M. | LINCOLN EAST HIGH SCHOOL

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

OPENING CEREMONIES | 8 P.M. | SEACREST FIELD

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

ATHLETE PACKETS & TEAM BOXES

Choose the Shipping Option and get a Free Arby's Sandwich!

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

REGISTRATION FEES & DEADLINES

For pricing and dates, please check the Short Course Swimming web page.

MULTI-EVENT DISCOUNT NOTE: If registering for multiple events, all entries must occur in the same transaction to receive the multi-event discount.

ENTRY FEE INCLUDES: Competition in the 2020 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

PAPER ENTRY FORMS: Paper entry forms will be accepted with a \$5 processing fee per participant. Registering online at CornhuskerStateGames.com saves time, money and trees.

FURTHER INFORMATION

Sport Specific Questions: Co-Director Tabettha Burnham at tburnham@ymcalincoln.org or 402-434-9267. Co-Director Analisa Peterson at neaquatic@ymcalincoln.org or 402-598-1578.

Online Registration/Website Questions: Contact the Cornhusker State Games office at 402-471-2544 or info@nebraskasportscouncil.com.