

SCSC President's Day Meet
Sarpy County Swim Club
January 31 – February 1, 2026

SANCTION:	The Meet is held under the Sanction of USA Swimming and Midwestern Swimming, Inc, Sanction number: MWS26005	
		<ul style="list-style-type: none">• In granting this sanction 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:	Papillion-La Vista High School 303 E Cary St., Papillion NE 68046	
POOL:		<ul style="list-style-type: none">• The water depth of the competition pool when measured for a distance of 1 meter to 3 meters from the start wall is 12ft to 12ft 6in and the water depth at the turn end when measured for a distance of 1 meter to 3 meters is 4ft to 4ft 5in.• Indoor 6 lane pool with warm down area. Daktronics timing system with touchpads, 6-lane scoreboard• Short Course Yards, indoor, 6 lanes, Competitor lane lines including lane ropes outside of Lanes 1 and 6• The host will ensure the required course dimensions.
FACILITY:		<ul style="list-style-type: none">• Bleachers will be available for spectators. NO spectator fee. Programs - \$3.00 per session.• Athletes may be on deck; no specified area.• Food and drink are permitted, but glass containers are prohibited.• Sarpy County Swim Club Coaches are all trained by the Red Cross in either lifeguarding or water safety. They are also trained in CPR/AED and basic first aid. The facility has access to an AED, backboards, and lifeguard tubes. Sarpy County Swim Club does not offer athletic trainers or rehab facilities.• Disinfecting stations – sanitizer and wipes will be available• Sarpy County Swim Club and Papillion-La Vista High School 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.• 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 coachnick@sarpycountyswimclub.com if you need family or gender-neutral changing spaces.
SCHEDULE:	AM Warm-up Time: 7:30 AM PM Warm-up Time: 1:00 PM	AM Start Time: 8:30 AM PM Start Time: 2:00 PM
MEET DIRECTOR:	Aidan Cho 402-609-0481 aidan@sarpycountyswimclub.com	
OFFICIALS:	Meet Referee: Stefanie Martinez Admin Official: Nick Baker Meet Marshals: Janet Cho; Brad Christenson	
MEET FORMAT:	NTS; Timed Finals; All Ages Pre-seeded; NO deck entries (check in required for 500 and 1650 Free) Age Groups: 8 & Under, 9-10, 11-12, 13-14, 15 and Over; placed by gender and age group	
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 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 MAAPP is a condition of participation in the conduct of this competition.	
CREDENTIALS:	<ul style="list-style-type: none">• Presentation of coach's membership credentials will be required at coach sign-in. Credentials shall be available at all times. The USA Swimming App is acceptable proof of USA Swimming membership.• In accordance with MWS Policy, only those coaches who hold current, valid USA Swimming credentials 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:	<ul style="list-style-type: none">• All swimmers, coaches and clubs must be currently registered with USA Swimming.• NO on deck registration permitted. NO late entries permitted.	

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- Athletes who appear as unregistered on the first pre-meet recon must register with USA Swimming immediately. A second pre-meet recon will be run 4 days prior to the start of the meet and any unregistered MW athlete that appears on that list must register with USA Swimming. The entering club will be billed \$30.00 late fee and must provide proof of registration before athlete is allowed to swim in the meet. Meet management must delete unregistered athletes from the meet file prior to meet commencement.
- The age of the swimmer on January 31, 2026, determines his/her age for the entire meet.
- All ages may participate.
- No Time Standards
- 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ENTRY LIMITS:

- A swimmer may participate in four (4) individual events and one (1) relay per day, total ten (10) events).
- **Swimmers are limited to one (1) session per day.**
- No time trials.
- Teams will be notified of any and all necessary adjustments.

EVENT FEES: Individual Events: \$4.00 Relays: \$6.00 Swimmer Fee: \$20.00 per athlete

ENTRY PROCEDURE:

- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email.
- All entry times should be YARD times.
- A check for the entry fees must accompany all entries.
- Make checks payable to Sarpy County Swim Club. NO REFUNDS
- Entries submitted electronically will be acknowledged within 24 hours of receipt.

ENTRY PERIOD AND DEADLINES: • DEADLINE FOR RECEIPT OF ENTRIES IS 1/23/26. NO late entries.

- Psych sheets will be sent to club entry chair within 24 hours of entry deadline.
- NO deck entries

ENTRY CHAIR: Aidan Cho aidan@sarpycountyswimclub.com

PO Box 461155 Papillion NE 68046

COACH MEETING: Prior to meet start.

GENERAL MEET CONDUCT:

- Meet will be timed finals and pre-seeded.
- Report any scratches as soon as possible.
- The deep end of the pool will be both the start end and the finish end where touchpads will be located.
- All timed final events swum Fastest to Slowest.
- Fly over starts may be used at the discretion of the meet referee and meet director.
- Each swimmer shall report promptly to their assigned lane prior to the start of each race in which they are entered.
- **Positive check-in required for 1650 and 500 Free.** These events will be deck-seeded. Swimmers who do not positive check-in will be scratched from these events.
- **Swimmers participating in the 1650 and 500 Free must provide two timers and a lap counter.**
- **11 & O 400 IM, 500 Free, and 1650 Free, 9-12 500 Free entries limited by entry date and time received**
- Exhibition swimming will not be allowed.

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.
- Teams will be assigned time and lanes for warm-ups.
- Swimmers are to sit and slide entering water.
- During sprint starts, swimmers must swim one direction only from deep to shallow.

TEAM SUPERVISION:

- Deck changes are prohibited.
- Team area will be located on deck.
- Each team must provide an adult with non-athlete USA Swimming membership to supervise the swimmers in the on-deck team area at all times. Only registered coaches, swimmers, and officials will be allowed on deck.

SCORING: Meet will use 16-place scoring. No individual or team awards.

AWARDS: All swimmers will receive a commemorative meet bag tag.

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MEET RESULTS:	Event results will be posted to the wall as quickly as possible. Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion – 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 advanced, written permission from the Meet Director or the Meet Referee to be on deck.
GENERAL INFORMATION:	<ul style="list-style-type: none"> Concessions available. Programs - \$3.00 per session. All coaches, officials, and volunteers must have event credentials for deck access. Credentials can be picked up day of the meet during check-in. Hospitality will be provided for coaches and officials. Swimmers and spectators should use the crash room.

Event List

Saturday Morning January 31, 2026

Warm-ups start at 7:30 AM Meet starts at 8:30 AM

Girls	Min Time	Age/Event	Min Time	Boys
1	MIXED	*11 & O 400 IM	NTS	
3	NTS	11 & O 50 Back	NTS	4
5	NTS	11 & O 100 Free	NTS	6
7	NTS	11 & O 200 Breast	NTS	8
9	NTS	11 & O 100 Fly	NTS	10
11	NTS	11 & O 50 Breast	NTS	12
13	NTS	11 & O 200 Back	NTS	14
15	MIXED	11 & O 200 Med. Rel	NTS	
		--10 min break--		
17	MIXED	**11 & O 500 Free	NTS	

Sunday Morning February 1, 2026

Warm-ups start at 7:30 AM Meet starts at 8:30 AM

Girls	Min Time	Age/Event	Min Time	Boys
37	NTS	11 & O 100 Breast	NTS	38
39	NTS	11 & O 200 Fly	NTS	40
41	NTS	11 & O 50 Free	NTS	42
43	NTS	11 & O 200 IM	NTS	44
45	NTS	11 & O 100 Back	NTS	46
47	NTS	11 & O 50 Fly	NTS	48
49	NTS	11 & O 200 Free	NTS	50
51	MIXED	11 & O 200 Free Rel	NTS	
		--10 min break--		
53	MIXED	***11 & O 1650 Free	NTS	

Saturday Afternoon January 31, 2026

Warm-ups start at 1:00 PM Meet starts at 2:00 PM

Girls	Min Time	Age/Event	Min Time	Boys
19	NTS	12 & U 100 IM	NTS	20
21	MIXED	8 & U 25 Back	NTS	
23	NTS	12 & U 100 Back	NTS	24
25	NTS	12 & U 50 Free	NTS	26
27	MIXED	8 & U 25 Breast	NTS	
29	NTS	12&U 100 Breast	NTS	30
31	NTS	12 & U 50 Fly	NTS	32
33	NTS	12 & U 200 Free	NTS	34
		5 min break		
35	MIXED	12&U 200 Med Relay	NTS	

Sunday Afternoon February 1, 2026

Warm-ups start at 1:00 PM Meet starts at 2:00 PM

Girls	Min Time	Age/Event	Min Time	Boys
55	NTS	12 & U 200 IM	NTS	56
57	MIXED	8 & U 25 Free	NTS	
59	NTS	12 & U 100 Free	NTS	60
61	NTS	12 & U 50 Breast	NTS	62
63	MIXED	8 & U 25 Fly	NTS	
65	NTS	12 & U 100 Fly	NTS	66
67	NTS	12 & U 50 Back	NTS	68
		5 min break		
69	NTS	12&U 200 Free Relay	NTS	
		--5 min break--		
71	MIXED	9-12 500 Free	NTS	

Positive check-in required for 500 free and 1650 free.

* 11 & O 400 IM limited to 4 mixed heats – entries by entry date and time received

** 11 & O 500 Free limited to 6 mixed heats – entries by entry date and time received

*** 11 & O 1650 Free limited to 3 mixed heats – entries by entry date and time received; 1000 splits may be available

9-12 500 Free limited to 3 mixed heats – entries by entry date and time received