



**Sarpy County Swim Club Masters  
USMS Breadbasket Zone Championship  
Sunday, March 2, 2025  
Short Course Yards (SCY)**

Sanctioned by Nebraska Masters Swimming LMSC for USMS, Inc.

- SANCTION:** Sanctioned by Nebraska Masters Swimming LMSC for USMS, Inc.
- LOCATION:** Papillion-La Vista High School – Use southeast pool entrance  
303 E Cary St., Papillion NE 68046
- POOL:**
- Indoor 6 lane pool with warm down area and spectator seating. Daktronics timing system with touchpads at start end only, 6-lane scoreboard, electronic button timers for back up.
  - Short Course Yards, indoor, 6 lanes, Competitor lane lines including lane ropes outside of Lanes 1 and 6
  - 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.
  - The primary timing system will be automatic timing. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.
  - The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1).
- WARMUPS:** Five lanes will be used for competition. The sixth lane and bulkhead area will be available for continuous warm up and cool down.
- SCHEDULE:** Check-In: 8:30 – 9:30 AM  
Warm-Ups: 8:45 – 9:50 AM  
Meet Start Time: 10:00 AM
- MEET DIRECTOR:** **Aidan Cho 402-609-0481** [aidan@sarpycountyswimclub.com](mailto:aidan@sarpycountyswimclub.com)
- MEET WEBSITE:** Meet information and registration can be found at <http://www.scscmasters.com/breadbasketzone2025>
- RULES:** Current USMS rules apply. **All events are timed finals and will be pre-seeded slowest to fastest with men and women seeded together.** All participants must be age 18 or older and registered members of U.S. Masters Swimming for 2025.
- Individual competition is in age groups of 18-24, 25-29, 30-34, 35-39, etc. Relay age groups are 18+, 25+, 35+, 45+, etc. The youngest member of the relay determines your age group. All four swimmers must be registered with the same club for relays. Relays may be mixed genders.
- Swimmers may enter a maximum of six (6) individual events and two (2) relays. Since the events are shorter distances and there are fewer events, be aware that this meet may run quickly, and you might not get much rest between events. Your age as of March 2, 2025, determines your age group eligibility. **Swimmers competing in the 1650 Freestyle MUST provide two (2) timers AND one (1) counter; 500 & 1000 splits will be automatic.**
- ENTRY PROCEDURE:** Meet entry fee is \$30.00. Relays are \$5 per swimmer (deck entry only). Day of deck entry fees (non-relay) are \$8 surcharge, plus \$5/event (open lanes only). Meet is open to all 2024 USMS registered swimmers. Individual event entries close on Wednesday, February 26 at 11:59pm.
- Relay entries will be deck entered and deck seeded at the meet. Relay cards are due to the meet host by 9:30am
- Individual entries should be completed through [RegFox](#). Individuals unable to submit entries through the online link should contact the meet director. Relay entries and payment (cash/card/check) can be submitted via paper form to host club day of meet.

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**APPAREL:** Meet merchandise will be available for purchase through an online link with pickup at the meet. The online store will open on Saturday, February 1 and closes Monday, February 17 at noon (12:00pm).

A link to the online webstore will be posted to the meet homepage and emailed to meet participants when it opens.

**AWARDS:** Custom commemorative bag tag included in registration fee.

**POST-MEET SOCIAL:** Join us for a meet social following the last event! We will have BBQ, sides, drinks (non-alcoholic) and fun, all without having to leave the pool facility!

Tickets are required and must be purchased by Wednesday, February 26 - \$15.00 per person and can be purchased during registration or at this link. If you have any food allergies, please contact [aidan@sarpycountyswimclub.com](mailto:aidan@sarpycountyswimclub.com).

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**Order of Events**

- |   |   |    |  |
|---|---|----|--|
| 1 | 200 Freestyle Relay <small>Women's, Men's and Mixed</small> | 10 | Mixed 200 Breaststroke   |
|   | 3 Minute Break  | 11 | Mixed 100 Butterfly  |
| 2 | Mixed 100 Individual Medley                                 | 12 | Mixed 200 Individual Medley                                    |
| 3 | Mixed 200 Freestyle   | 13 | Mixed 50 Freestyle   |
| 4 | Mixed 100 Backstroke  |    | 5 Minute Break   |
| 5 | Mixed 50 Breaststroke                                       | 14 | Mixed 100 Breaststroke   |
|   | 5 Minute Break  | 15 | Mixed 200 Backstroke   |
| 6 | Mixed 400 Individual Medley                                 | 16 | Mixed 50 Butterfly   |
| 7 | Mixed 200 Butterfly   |    | 3 Minute Break   |
| 8 | Mixed 100 Freestyle   | 17 | 200 Medley Relay <small>Women's, Men's and Mixed</small>       |
| 9 | Mixed 50 Backstroke   |    | 10 Minute Break  |
|   | 5 Minute Break  | 18 | Mixed 1650 Freestyle* <small>With 500 &amp; 1000 Split</small> |

Maximum of six (6) events

**\*Swimmers in the 1650 Freestyle MUST provide two (2) timers and one (1) counter**