

**Minnesota Long Course State Championships (All Zones)
with Time Trials
University of Minnesota Aquatic Center
July 29th, 30th, 31st & August 1st 2010**

Sponsored By: Eden Prairie Foxjet Swim Club (Team Foxjet)
Sanctioned By: Minnesota Swimming, Inc. and United States Swimming, Inc.
Meet Sanction Number: MN10S – 06-30M
Time Trial Sanction Number: MN10S – 06-149M

Meet Directors: Ann Satterthwaite tonyannsatter@comcast.net
Lisa Lieberman **Meet Marshal:** Mike Rogers

Meet Referee: Rick Biggs Rickabiggs@hotmail.com

Inquiries: Mike Rogers
612-961-7170

Entries: Mike Rogers
firemanmjr@g.com
15075 Village Woods Drive
Eden Prairie, MN 55347
EMAIL ENTRIES PREFERRED

Safety Officer: Ann Satterthwaite

Team Coaches: Ann Urschel, Lloyd Larsen, Charlie Peitso, Rick Dunham, Marlene Fure, Ariel Horowitz, Andrea Kroll, Tara Murnane, Laura Templin, Jason Smith, Scott Johnson, Colleen Killpatrick, Brian Nagel, Tina Eide, Brenda Larson

Club Officials: Lisette Chapman, Barbara Green, Bruce Green, Brad Hendricks, Tina Hendricks, Ommy Hew, Kurt Lieberman, Frank McCrackin, Nicole Mulder, Sarah Nelson, Steve Nelson,

Officials: MSI Qualified Officials

Team President: Mark Davis 612-889-0641

Registration Chair: Cassy Shapley, 1001 Highway #7, Hopkins, MN (952) 988-4184

MEET TYPE: This is a 4-day meet for all swimmers with CH events from Minnesota Club Teams or Minnesota unattached swimmers.

PURPOSE: To provide a Long Course Championship Meet for Minnesota Swimmers (MSI LSC).

Pool Location: University of Minnesota Aquatic Center
1912 University Ave. SE
Minneapolis, MN.
Telephone # for emergency use only: (612) 626-1352

Facility: 8 Lane, 50 meter indoor pool with lane lines and backstroke pennants. Slanted starting blocks are 26” above the water surface. The minimum water depth, measured in accordance with Article 103.2.3 is 7 feet, at the start end and 7’ feet, 10 inches at the turn end.

TIME SCHEDULE:

Prelims (13/14, 15/16 & Senior)

Thursday, Friday, Saturday & Sunday: Warm-up: 6:45 AM, Meet Start: 8:00 AM.

Finals (13/14, 15/16, & Seniors)

Thursday, Friday, Saturday and Sunday: Warm-up: 4:45 PM, Meet Start: 6:00 PM.

Time finals- (8&U, 9-10 & 11-12) - Afternoon session

Friday, Saturday & Sunday: Warm-up: 12:15 am, Meet Start 1:30 PM.

WARM-UP: Current MSI and USA Swimming Rules will govern all aspects of the warm-ups and competition. Swimmers and coaches are expected to be acquainted with all rules and obligations. Failure to follow will result in disqualification of swimmer(s) or coach(es) from next individual event or expulsion from the meet. The NO Diving and Slip-In Entry rules will constantly be in effect in the main pool during warm-ups (except for designated sprint lanes) and in the separate warm-up facility throughout the meet. These rules will be strictly enforced. No horseplay will be permitted.

Should there be a need, warm-ups for mid-afternoon and evening sessions will take place in the diving well with a minimum of 10 minutes in the competition pool.

Backstroke underwater swimming distance will be marked at 15 meters from each end of the pool. Separate warm-up facility provided.

Timing: Electronic timing system with backup buttons and/or watches, horn start and touch pads at the start end of the pool.

Code of Conduct: A sample is enclosed. This must be signed by each athlete and returned with entries. Your entry WILL NOT be accepted without this Code of Conduct signed by each athlete entered in the meet.

ENTRY DUE DATE: An Email copy of your entry is due Wednesday, July 21, 2010 by 6:00 PM. A hard copy including all proof of times and entry fees owed is due Friday, July 23, 2010 by 6:00 PM. To add swimmers qualifying for events between the entry deadline and 2:00 PM on Monday before the meet or to make changes to your entry, email an entire new entry to the host club, bringing to the meet a new hard copy with all the new events and changes highlighted along with proof of times and a check for the remainder of the entry fees. No changes or new entries will be accepted after the 2:00 PM Monday deadline. It is the duty of the entering team to make sure their entry is correct. It is not the duty of the host to fix or try to figure out the wishes of the entering team.

Entry Limitations: Age of a swimmer is determined by their age on the first day of the meet July 30th 2009. Timed finals swimmers (12 & Under) may compete in a maximum of 5 individual events per day, not including relays. A prelim/finals swimmer may not exceed 3 individual events per day and no more than 7 individual events in the meet, not including relays. If a timed final (12 & Under) swimmer swims a prelim/final event they are limited to 3 events THAT DAY and 7 total for the meet. Prelim/final swimmers may swim up to 9 events in the meet but two of those additional events must be Time Trials. Total individual events for 12/Unders (not including Time Trials): 11-12 year olds ~ 9 individual events; 9-10 year olds ~ 8 individual events; and 8 & Under ~ 5 individual events. 12/Under swimmers may also participate in Time Trials (limit of 2).

Entries: Minnesota host teams must use Hy-Tek software to run swim meets. Those teams using E-mail or disk entry must use Hy-Tek software (Team Manager) to enter this meet. There will be no disks sent out to clubs. Please include a PRINTED AND PROOFED copy of your COMMLINK REPORT, along with your e-mail or disk as well as the fees calculation form. Minnesota clubs entering this meet must use Hy-Tek Disk entry unless your club is on record with MSI that you cannot comply with the disk entry requirement. Clubs outside of the state of Minnesota may use Hy-Tek to enter this meet or may use the entry form included with this entry.

1. Entries must include Hy-Tek (or compatible) Team Manager proof of times or they will not be accepted. Teams will have until the Monday deadline to submit Team Manager (or other) hard copy proof of times.
2. E-mail entries to Mike Rogers at firemanmj@q.com. When you e-mail the entries, also attach your Commlink Report and Fee Calculation Form. Please note that if you don't receive an e-mail confirmation, your entries were not received.
3. Procedure for swimmers who do not achieve the time standard:

Swimmers time will be checked by the host team (host team will keep penalty money).

If time is not proven, \$100.00 penalty will be paid to the host team. (Proof of time must come from the meet where the time was achieved, as stated on the team's or individual's meet entry.)

All fines must be paid to the host club by the end of the meet.

Teams have one week from the end of the meet to prove the time and their fine will be refunded by the host team.

Failure of the team to pay the fine by the first meet of the following season's entry deadline will result in the team's charter being suspended until the fine is paid.

The host team's swimmers will be checked by an ASCA-MN designated individual(s). Host teams will pay ASCA-MN.

When a swimmer uses high school times proofs will be accepted from "official meets" which, for high school would include any meet with verifiable results signed by the official in charge of that meet.

Meet Format: This is a Prelim-Final Meet for 13 & Olders - the top 8 swimmers in all 13 & older events, except those listed under "timed finals events" will advance from Prelims to Finals. Places 9-16 will score points from places achieved during Prelims (see *scoring* below). All swimmers must report to their blocks for the start of their heat.

Timed Final events - 13/14, 15/16 and Senior: The following events are timed final events: 800 Free, 1500 Free and all Relays.

Timed Finals for 12 and Under: All 12 & under events are timed finals, so swimmers must report to their blocks for the start of their heat. A positive check-in will be required for the 400 Free at the timing table by the time/event announced at the coach's meeting.

11 & 12 200 Breast, 200 Back and 200 Fly events: These three events have been added to this year's championship to accommodate qualifying for Zones. These events are now part of the Central Zone Championship for 11-12. MSI "Champ" times for these events have not been determined. Therefore, for this year only, qualifying for these events will simply require possessing the "Champ" time in the 100 meter distance for each similar stroke. Please note, entry in these events will count against the individual event limits for number of daily (5) and total meet (9) individual events for 11-12.

Distance Events: A positive check-in will be required for the 11-12 year old 400 Free. The 800 and 1500 Frees will be timed final events, deck seeded with a positive check-in required. Check-in will be at the timing table by the time/event announced at the coaches' meeting. All age groups will be combined swimming fastest to slowest alternating Women and Men with the fastest seeded heats (one women, one men) swimming with the Finals session on that day. All other heats will be swum as the last event in prelims on the day of that event. Awards and points will be given by age group. MSI/USA Swimming Scratch Rules will be in effect.

RELAYS: To enter a relay at the state meet, teams must have at least one swimmer in the age group who is entered in AND swims at least one individual event at the meet.

1. All swimmers must be registered members of the club they are swimming with. No unattached swimmers may swim on a relay, nor can there be an "unattached relay" entered in an event.
2. All swimmers must be listed on the club entry sheet or disk in an individual event, or as a "relay only" swimmer.

All relay swimmers must meet the requirements above.

A club may enter any number of relays in any event (except the 800 Free Relay*) provided the number of swimmers in that age group with champ times equals any multiple of four and then one additional swimmer, and all those swimmers are entered in the meet (i.e. to enter two (2) relays, you must have five (5) champ swimmers, to enter three (3) relays, you must have nine (9)).

*The 800 freestyle relays will be limited to 1 relay per club, per age group/gender, see below. A positive check-in is required. Check-in will be at the timing table by the time/event announced at the coaches' meeting. All age groups will be combined swimming fastest to slowest alternating Women and Men with the fastest combined seeded heat (one women, one men) swimming with the Finals session. All other heats will be swum in prelims. Awards and points will be given by age group. MSI/USA Swimming Scratch Rules will be in effect. Ages must be put on relay cards.

*Entries for the 800 Free Relay are as follows:

1. Limit each club to one relay per age group/gender (subject to participant formula) for 13/14, 15/16, Senior (Open).
2. Require qualifying aggregate time equal to four times the 'A' standard for the 200 Freestyle for each age group/gender.
3. Aggregate provable times of actual relay participants must meet the qualifying aggregate time. Clubs are reminded that if relay changes occur at the meet, the PARTICIPATING athletes must still meet the aggregate provable time.

Age	Women		Men	
	SCY	LCM	SCY	LCM
13-14	8:58.79	10:11.19	8:24.79	9:37.59
15-16	8:45.19	9:53.19	8:03.99	9:13.19
Senior	8:41.99	9:51.19	7:55.59	9:03.59

A swimmer may not swim the same relay in two different age groups. Example: A 15-16 age group swimmer participates in the Senior 200 Free Relay they are then ineligible for the 15-16 200 Free Relay.

10 and Under Relays: 8 and Under swimmers with 8 and Under CH times may be counted as champ times and allowed to swim for 10 and Under relays, however at least one of the 8 and Under swimmers so counted for this purpose must be used on the relay (i.e. 9-10 swimmers with CH times is 3, 8 & U swimmers with CH times is 2, you now can enter two relays but one of the 8 & U MUST swim on each of the relays. If an 8 and Under swimmer gets sick, then another 8 and Under must be used or the relay must be scratched.)

Breaks between events: The insertion of any additional breaks are completely at the meet referees' discretion.

Time Standards: 2009-2012 MN Swimming Time Standards – the most current edition published on the MSI website will be used. A swimmer must have a CH time or faster to enter the meet. The time must have been achieved since January 1, 2009 and be verifiable. The meet will be seeded with conforming times first and non-conforming times thereafter. The order will be long-course meters, short-course meters and short-course yards. Seniors will use the 17-18 time standards.

Closed Meet: The Minnesota State Swimming Championships are open to any Minnesota registered athlete in any age group. Swimmers who are registered in LSC'S other than Minnesota are not eligible to swim the Minnesota State Championships unless they have achieved the Senior Time Standard and enter in the Senior Events ONLY.

Awards: Individual Events: 1st - 8th place medals. Senior awards WILL be given at this meet. Individual Hi-Point Certificates will be given to the top 3 swimmers in each age group and sex. Relay Events: 1st - 8th place medals. Team Hi-Point Banners will be awarded to the Top 5 Teams in A, AA & AAA Divisions. Individual awards will be awarded periodically throughout the meet. Hi-Point and Team awards will be presented on Sunday at the close of the meet. Team High Point Plaques will be awarded to the top 2 teams for each gender in each age group.

Scoring: Individual Event Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay event points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. All events will be scored to 16 places.

Time Trials: Time trials will be offered, time permitting at the discretion of the referee, following the AM and PM sessions on Friday, Saturday and Sunday. Time trials are open only to swimmers in the meet. Cost is \$5.00 per event. Sign up will be at the timing table. Time trials do count toward a swimmers daily entry limit (but not against their overall individual event total for the meet - See Entry Limitations).

Fees: \$2.50 per entrant listed on the entry sheet, including “relay only” swimmers, \$5.00 per individual splash, \$20.00 per relay entered. Summary cost per calculation sheet. Swimmers listed as relay alternates only do not have a fee. Checks must accompany entries and made payable to: Foxjet Swim Club.

Concessions: Will be open from 10:00 am to 6:00 PM on Thursday, Friday, Saturday and Sunday.

Additional Information: No spectators allowed on the pool deck. No swimmers wearing street shoes will be allowed on the pool deck. Coaches and Officials are requested to wear clean tennis shoes. Registration for Central Zone Meet will take place in the upper concourse level on Saturday and Sunday.

MEET INFORMATION, RULES AND REGULATIONS: All information rules and regulations, including time standards, schedules, orders of events, meet operations and requirements will be in accordance with Minnesota Swimming, Inc. competitive rules and regulations and USA Swimming Rules and Regulations current editions.

USA SWIMMING MEMBERSHIP: All swimmers must be current 2010 registered athlete members of USA Swimming. All coaches must be current 2010 registered non-athlete members of USA Swimming and have certification required to be a USA Swimming Coach. Any club or individual entering a non-USA Swimming-registered swimmer will be subject to a \$25.00 fine per event per swimmer.

TIMELINES: Any timeline provided, whether through MSI phone line or in the meet program, is for information purposes only.

CHANGES TO THE MEET INFORMATION: Any changes to the meet information will be discussed, reviewed and voted on at the coaches meeting held each morning before the beginning of the first session of the day. Changes must be approved by a 100% vote of coaches in attendance at the appointed meeting.

Swimmers without a Coach Present: USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

MEET COMMITTEE: A meet committee will be formed by the meet referee. It will consist of at least one official (excluding the meet referee), one coach (not from the host club) and one athlete (not from the host club). Judgment decisions cannot be protested.

COACH’S MEETINGS: Will take place on a regular basis at the discretion of the referee.

Minnesota Long Course State Championships
July 29th, 30th, 31st & August 1st, 2010 - Order of Events

12 & Under Friday Events
Timed Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
115	11 -12	400 M.R.	116
117	9 – 10	50 Free	118
119	11 -12	50 Free	120
121	11 -12	200 Fly	122
123	9 – 10	100 Back	124
125	11 -12	100 Back	126
127	9 – 10	50 Fly	128
129	11 -12	50 Fly	130
131	9 – 10	200 Free	132
133	11 -12	200 Free	132

12 & Under Saturday Events
Timed Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
135	11-12	200 M.R.	136
137	10/Under	200 M.R.	138
139	11 -12	200 Breast	140
141	8 & U	50 Free	142
143	9 – 10	100 Fly	144
145	11 – 12	100 Fly	146
147	8 & U	50 Breast	148
149	9 – 10	50 Breast	150
151	11 – 12	50 Breast	152
153	8 & U	50 Fly	154
155	9 – 10	200 I.M.	156
157	11 – 12	400 Free	158
159	11 – 12	400 F.R.	160

12 & Under Sunday Events
Timed Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
161	11 - 12	200 F.R.	162
163	10 & U	200 F.R.	164
165	11 - 12	100 Breast	166
167	9 - 10	100 Breast	168
169	11 - 12	200 I.M.	170
171	8 & U	50 Back	172
173	9 - 10	50 Back	174
175	11 - 12	50 Back	176
177	8 & U	100 Free	178
179	9 - 10	100 Free	180
181	11 - 12	100 Free	182
183	11 - 12	200 Back	184

Minnesota Long Course State Championships
July 29th, 30th, 31st & August 1st, 2010 - Order of Events

13 & Over Thursday Events
Prelim/Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
1	*13 - 14	800 FREE	2
3	*15 - 16	800 FREE	4
5	*Senior	800 FREE	6
7	13 - 14	200 M.R.	8
9	15 - 16	200 M.R.	10
11	Senior	200 M.R.	12
13	13 - 14	200 BACK	14
15	15 - 16	200 BACK	16
17	Senior	200 BACK	18
19	13 - 14	400 IM	20
21	15 - 16	400 IM	22
23	Senior	400 IM	24
25	13 - 14	100 FREE	26
27	15 - 16	100 FREE	28
29	Senior	100 FREE	30

*800 Free will be swum as the last event in Prelims, all age groups combined swimming fastest to slowest alternating heats W & M with the top 8 W and top 8 M seed times swimming with Finals

800 Free will be the first event in finals as printed above

Ten minute break at the conclusion of event # 30 in prelims and event # 6 in Finals

Awards and points will be given by age groups

13 & Over Friday Events
Prelim/Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
31	13 - 14	200 F.R.	32
33	15 - 16	200 F.R.	34
35	Senior	200 F.R.	36
37	**13 - 14	400 Free	38
39	**15 - 16	400 Free	40
41	**Senior	400 Free	42
43	13 - 14	100 Fly	44
45	15 - 16	100 Fly	46
47	Senior	100 Fly	48
49	13 - 14	200 Breast	50
51	15 - 16	200 Breast	52
53	Senior	200 Breast	54
55	13 - 14	400 M.R.	56
57	15 - 16	400 M.R.	58
59	Senior	400 M.R.	60

**400 Free will be swum as the last event in prelims, all ages combined, "circle" seeded, fastest to slowest alternating heats of M & W

(400 Free will be the 2nd event in Finals as printed)

Ten minute break at the conclusion of event # 60 in prelims

Awards and points will be given by age groups

**Minnesota Long Course State Championships
July 29th, 30th, 31st & August 1st, 2010 - Order of Events**

**13 & Over Saturday Events
Prelim/Finals**

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
61	13 - 14	200 Free	62
63	15 - 16	200 Free	64
65	Senior	200 Free	66
67	13 - 14	100 Back	68
69	15 - 16	100 Back	70
71	Senior	100 Back	72
73	13 - 14	200 Fly	74
75	15 - 16	200 Fly	76
77	Senior	200 Fly	78
79	13 - 14	100 Breast	80
81	15 - 16	100 Breast	82
83	Senior	100 Breast	84
85	***13 - 14	800 F.R.	86
87	***15 - 16	800 F.R.	88
89	***Senior	800 F.R.	90

***800 Free Relay will be swum all age groups combined, fastest to slowest alternating heats W & M,
with the top 8 W and top 8 M seed times swimming with Finals
Ten minute break at the conclusion of event # 84 in Prelims and Finals
Awards and points will be given by age groups

**13 & Older Sunday Events
Prelim/Finals**

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
91	13 - 14	400 F.R.	92
93	15 - 16	400 F.R.	94
95	Senior	400 F.R.	96
97	13 - 14	200 IM	98
99	15 - 16	200 IM	100
101	Senior	200 IM	102
103	****13 - 14	1500 Free	104
105	****15 - 16	1500 Free	106
107	****Senior	1500 Free	108
109	13 - 14	50 Free	110
111	15 - 16	50 Free	112
113	Senior	50 Free	114

****1500 Free will be swum as the last event in Prelims,
all age groups combined swimming fastest to slowest alternating heats W & M with
the top 8 W and top 8 M seed times swimming with Finals
1500 Free will be swum as the 3rd event in Finals as printed above
Ten minute break at the conclusion of event # 114 in Prelims
Awards and points will be given by age groups

**Minnesota Long Course State Championships (All Zones)
With Time Trials
University of Minnesota Aquatic Center**

**State Championship Meet Calculation Form
Foxjet Swim Team
July 29th, 30th, 31st & August 1st, 2010**

Meet Sanction Number: MN10S – 06-30M
Time Trial Sanction Number: MN10S – 06-149M

Entering Club's Name: _____ Club Code: _____

Coach: _____ Phone #: _____

Entries Person: _____ Phone #: _____

Entry Data Costs:

_____ total swimmers x \$2.50**= \$_____ # of boys _____ # of girls _____
(*include relay only swimmers)

_____ total splashes x \$5.00 = \$_____ # of boys _____ # of girls _____

_____ total relays x \$20.00 = \$_____ # of boys _____ # of girls _____

Disk results only x \$2.00 = \$_____

Team results only x \$3.25 = \$_____

Full results x \$10.00 (Hard copy)= \$_____

Total Due = \$_____

Make checks payable to: Foxjet Swim Club. All fees are due with your entry.

Mail entries to: Mike Rogers
15075 Village Woods Drive
Eden Prairie, MN 55347

The undersigned team representative certifies by his/her signature that all athletes participating in this meet are currently registered athlete members of USA Swimming. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a member of USA Swimming.

Signature Date

Who should we contact if there is a problem with your entry disk?
Name _____ Phone - Day _____ Night _____

**Minnesota Long Course State Championships (All Zones)
With Time Trials
University of Minnesota Aquatic Center
July 29th, 30th, 31st & August 1st, 2010**

CODE OF CONDUCT

TEAM NAME _____

PURPOSE

The purpose of this Code is to promote the best possible team and individual impression at all times, and to acknowledge each individual's responsibilities as members of our team.

PART I – GENERAL CONDUCT

1. All participating members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs other than those prescribed by your physician is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Team as a privilege and personally acknowledge those responsibilities associated with it.

All the above items will be strictly enforced in relation to the Aquatic Center <u>AND</u> the Radisson Hotel Metrodome.

PART II – VIOLATION OF THE CODE

The coach, chaperone and meet management officials have the power to impose penalties for violation of the Code. The penalties include, but are not limited to, the following:

- The Swimmer will be scratched from the meet
- The Swimmer will be evicted from the Radisson Hotel Metrodome

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary actions as set forth in Part II, including suspension.

**Minnesota Long Course State Championships (All Zones)
With Time Trials
University of Minnesota Aquatic Center
July 29th, 30th, 31st & August 1st, 2010**

CODE OF CONDUCT ACKNOWLEDGEMENT
TEAM NAME _____

Swimmer Name (please print)	Parent/Guardian Signature (if athlete is under 18 years old)	Athlete Signature (only if 18 or older)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		
25.		
26.		
27.		
28.		
29.		
30.		
31.		
32.		
33.		