

**Swim STMA**  
**Fall Frenzy Invitational**  
**November 3 – 4, 2007**

**Sponsored By:** Swim STMA (St Michael-Albertville Area Swim Club)

**Sanctioned By:** Minnesota Swimming, Inc. and United States Swimming, Inc.

**Meet Sanction Number:** MN08-10-151Y

**Meet Director:** Jeff Rooney  
PO Box 411  
Saint Michael, MN 55376  
763-497-4741  
mssi@charter.net

**Meet Marshal:** Terri Moser

**Inquiries:** Gayle Larson  
[swim4stma@hotmail.com](mailto:swim4stma@hotmail.com)

**Safety Officer:** Renee Burns

**Team Coaches:** Michelle Mix

**Club Officials:** John Witzel, Tim Maiden, Kathy Maiden    **Referee:** Gail Anderson

**Team President:** Kari Haeska

**Registration Chair:** Cassy Shapley, 1001 Highway # 7, Hopkins, MN 55305 (952)988-4184

---

**Meet Type:** This is a 2-day invitational meet for all swimmers with Pre-C, C, B, A, Champ times or better.

**Teams Attending:** Great Wolf, M3F, Monticello, Buffalo Wave, Jets, St. Cloud, Hutchinson, Watertown, NSAC, West Express

**Pool Location:** St. Michael Middle School  
4862 Naber Avenue NE  
St. Michael, MN 55376-9643

**Directions:** From Highway I-94, take St. Michael Exit County Rd 241 and go west. Follow to Naber Ave (stop light) and take a right, follow one mile. Enter STMA Middle School through the main doors and the pool and locker rooms are to your left.

**Time Schedule:** Morning Session warm-ups start at 8:00 am and end at 9:00 am. Meet starts at 9:10 am. The afternoon session will not start before 12:30 preceded by a 60 minute warm-up.

**Facility:** 8 Lane, 25 yard indoor pool with lane lines and pennants. Depth from the starting end is 12 feet.

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

**Entry Limitations:** Age of a swimmer is determined by their age on the first day of the meet. A swimmer may compete in a maximum of 4 individual events per day, not including relays. All seed times must be in yards. "NT" entries not accepted.

Minnesota host teams must use Hy-Tek software to run swim meets. Those teams using 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 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.

**Entry Due Date:** Wednesday, October 24th E-mail entries are preferred [swim4stma@hotmail.com](mailto:swim4stma@hotmail.com) Please include in the text portion of your e-mail your entry totals: athletes, splashes, relays and your team name. Please contact the entries person if you don't receive confirmation of your entries within 24 hours.

**Awards:** All awards will be strip ribbons of varying sizes and designs. Ribbons will be awarded for 1<sup>st</sup> – 8<sup>th</sup> places for pre-C/C, B, and A/Ch divisions. Medals for relays will be given for 1<sup>st</sup> – 3<sup>rd</sup> places. No Awards will be given for the 13 and Over Age Groups. Personal Best ribbons will be given to all swimmers. All swimmers must be entered with a time, no NT will be used for personal best.

**Distance Events:** A positive check-in will be required to be seeded into for the 500 free and 400 IM. There will be a 5-10 minute break before distance events begin. Check-in will be required at the timing table by the event number stated at the coach's meeting. 11-12 Girls 500's will be swum before the Senior 500 free. Senior (13 & Over) heats will be swum fastest to slowest (alternating gender). Minnesota Scratch rules will be in effect.

**Fees:** **\$1.50 entry fee (new MSI non-scheduled meet fee) and \$3.50 splash plus \$14.00 for each 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: **STMA Area Swim Club.**

**Concessions:** Will be provided.

**Oversize Meet Procedure:** The MSI/USA Swimming four-hour rule will be followed. If the meet becomes too large, MSI Legislative procedure will be followed.

**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 **2007 or 2008** registered athlete members of USA Swimming. All coaches must be current **2007 or 2008** 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.

**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(s) from next individual event or expulsion from the meet. The NO Diving and Slip-In Entry rules will be strictly enforced.

**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.

**Purpose:** To encourage and promote competitive swimming among age group swimmers.

**Entries:** All entries must be completed by the entering club or individual who will be solely responsible for the accuracy of the entry. A fine of \$25.00 per event will be charged for falsifying an entry. Please call the entries person for directions if you need to hand deliver.

**Timed Finals:** This meet is pre-seeded. All swimmers must report to their blocks for the start of their heat.

**Time Standards:** 2005 – 2008 Minnesota Time Standards, Revised, May 2006 will be used. Senior boys events will use the 15 – 16 age group time standards to qualify, and senior girls will use the 13-14 girls time standards to qualify.

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

**Open Lane Swims:** The MSI “Open Lane Swim” procedure will be available at the meet. The splash fee is \$5.00 per event. Sign-up is on a first come basis at the timing table. Swimmers must be registered in the swim meet in order to have the opportunity to participate in Open Lane Swims. Swimmers may swim events for which they have no times. Swimmers may not exceed the event limit listed in the meet information (four events) including Open Lane Swims. Swimmers may scratch an event in order to swim on Open Lane Swim to stay within the entry limit. No refunds will be given for scratched events. Open Lane Swims do not count in the meet score or individual hi-point scores or for award purposes. **Open Lane Swims must be submitted and paid for a minimum of 30 minutes before the swim.**

**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.

**Meet Committee:** A meet committee will be formed at the discretion of the meet referee.

**Coach’s Meetings:** Will take place each morning before the beginning of the first session of the day and on a regular basis at the discretion of the referee.