

**Minnesota Long Course State Championships (All Zones) w/Time Trials
Rochester-Olmsted Recreation Center
July 31st - August 3rd, 2008**

SPONSORED BY: The Rochester Swim Club ORCAS
SANCTIONED BY: Minnesota Swimming, Inc. and USA Swimming, Inc.

SANCTION NUMBER: MN08-07-32M

TIME TRIAL SANCTION: MN08-07-141M

MEET REFREE: MSI Determined

MEET DIRECTOR: Steve Varney **MEET MARSHALL:** Ellen Youngers

ENTRY CHAIRPERSON: John A. Sfire
Administrator@swimorcas.com (see format for entries by email)
1912 10th St NE
Rochester, MN 55906
507-252-8569

SAFETY OFFICER: John Bradley

TEAM COACHES: Steve Varney, John Bradley, Beth Youngers, Paul Bachman, Wyatt Byrne

CLUB OFFICIALS: Diane Grill, Steve Emery, Doug Freeman, Chris Oberholtzer and Elaine VanDeVoorde

OFFICIALS: MSI Qualified Officials **TEAM PRESIDENT:** Dave Youngers

MSI REGISTRATION: Minnesota Swimming, Inc.
c/o Cassy Shapley
1001 Highway #7, Hopkins, MN 55305
952-988-4184, ext. 1

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

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

POOL LOCATION: Rochester-Olmsted County Recreation Center Natatorium
21 Elton Hills Drive, Rochester, MN 55901 (507) 281-6167

FACILITY: 8 Lane, 50 meter indoor pool with lane lines and backstroke pennants. Slanted starting blocks are 26" above the water surface. The pool depth at the starting end is 16' to 3.5' deep. Starts for the 200 meter relays will be "in water from the shallow end. The 200 Medley Relays will begin at the shallow end.

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

CLOSED MEET: The Minnesota State Swimming Championships are open to any Minnesota registered athlete in any age group who have achieved the qualifying standard. Swimmers who are registered in LSC'S other than Minnesota are not eligible to swim the Minnesota State Championships.

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 Final Events" will advance from Prelims to Finals. Places 9-16 will still score points (see *scoring* below). All swimmers must report to their blocks for the start of their heat. This is a SPECIAL ORDER event approved by MSI for the 2008 Long Course State Championship due to the special circumstances that arise from hosting this event in Rochester. See page 7 for potential combining of events in Rochester.

TIME SCHEDULE:

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

Warm-up: 6:45am, Meet Start: 8:00am

***Thursday, Friday, Saturday & Sunday: Finals (13/14, 15/16, & Seniors)**

Warm-up: 4:45 PM, Meet Start: 6:00 PM

***(Warm-up & session start determined by the end of afternoon sessions)**

Timed Finals- (8&U, 9-10 & 11-12) - Afternoon session

^Thursday:	Warm-up 2:00 pm	Meet Starts: 3:00pm	(11 & 12 only)
^Friday:	Warm-up 1:00 pm	Meet Starts: 2:00pm	(11 & 12 / 9 & 10)
^Saturday:	Warm-up 1:30 pm	Meet Starts: 2:30pm	(All 12 & under)
^Saturday, Sunday:	Warm-up 1:00 pm	Meet Starts: 2:00pm	(All 12 & under)

^(warm-up and meet start times are approximate & not official and will be determined by the length of the preliminary sessions each morning. Time-lines will be made public after the entry is set and published with MSI & the Rochester Swim Club ORCA Website on July 29th by 12 noon.)

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

WATER ENTRY: The SLIP IN ENTRY RULE and NO DIVING RULE will constantly be in effect in the diving well and in the main pool during warm-ups (except for designated sprint lanes). No horseplay will be permitted.

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 be strictly enforced. Swimmer(s) without a coach present are to report to the Meet Referee prior to warm-up for lane assignment.

PROOF OF TIMES: All events entered must have verifiable times (from a sanctioned or approved USA Swimming Meet or Time Trial) meeting the MN TSE for that specific event. Proof of these times must accompany your entries. You must use the "Proof of Time" option offered in HY-Tek's Team Manager.

Procedure for Swimmers who do not achieve the time standard:

- i.) Swimmers times will be checked by the host team (host team will keep penalty money).
- ii.) If time is not proven, \$100.00 penalty must be paid to the host team by the end of the meet. (Proof of time must come from the meet where the time was achieved, as stated on the team's or individual meet entry).
- iii.) Teams have one week from the end of the meet to prove the time and their fine will be refunded by the host team.
- iv.) Failure of the team to pay the fine by the first meet of the following season's entry deadline will result in the teams' charter being suspended until the fine is paid.
- v.) The host team's swimmers will be checked by ASCA-MN and the host team will pay ASCA-MN.
- vi.) When a swimmer uses high school times as proof and does not achieve the time standard, the swimmer will have until the end of the meet to prove the time. Proof times will be accepted from "official meets" which for high school would include any meet with verifiable results signed by the official in charge of the meet.

ENTRIES: All entries must be completed by the entering club or individual who will be solely responsible for the accuracy of the entry. Please call the entries person for directions if you need to hand-deliver.

Entries must include Hy-Tek (or compatible) Team Manager with "Proof of Time" option selected and indicated or they will not be accepted.

Those teams using disk entry must use Hy-Tek or SDIF compatible 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 or SDIF compatible disk entry unless your club is on record with MSI that you cannot comply with the disk entry requirement. Each team must attach a proof of times report (hard copy) for verification of entry times achieved including the meet and date the times were achieved.**

E-MAIL ENTRIES: Please follow these guidelines when submitting e-mail entries – entries will NOT be accepted without all the files required

1. E-mail the following **three** files to: administrator@swimorcas.com
 - a. **Due July 23rd: text file** of your individual entries & relay entries separately "PDF" preferred – "WORD" accepted
 - b. **Due July 23rd: team manager entry file – the HY-TEK File**
 - c. **Due July 25th: proof of time text file for times NOT in the SWIMS DATABASE- no proof of time, no entry**
2. **# Any and all** subsequent revisions to entries must include **complete replacements of ALL THREE** of the above files. Your previous entries will be deleted. This includes revisions made on Monday July 28th.
3. Please include coach's name, phone numbers and e-mail address to contact for problems
4. If you e-mail your entries, you will receive an e-mail reply as confirmation. If you DO NOT receive a reply within 24 hours, please call the Entry Chair, Steve Varney (507-285-0278)
5. Your payment is due Friday July 25th: mail payment to State Meet Entries, c/o The Rochester Swim Club ORCAS 1912 10th St NE Rochester MN 55906.
6. Meet results will be emailed to teams after the meet using the email you submitted your entry with.

#To add swimmers qualifying for events between the entry deadline and 12pm on Monday, July 28th or to make changes to your entry, **email an entire new entry** to the Entry Chair. 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 12pm 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.

TIME STANDARDS AND ENTRIES: 2005-2008 MSI time standards, revised and updated May 6, 2006 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, 2007 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.

NON-CONFORMING COURSE TIME IMPORTANT NOTE: As per recent MSI legislation, swimmers who possess a CH time in a non-conforming course MUST enter in that course. Converting of times to long course meters, or estimating equivalent times, is NOT permitted.

ENTRY LIMITATIONS: Age of a swimmer is determined by their age on the first day of the meet July 31st 2008.

ENTRY LIMITS:

Timed Final 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 in the meet.

If a Timed Final swimmer (12 & Under) 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 2 of those events must be time trials.

Total individual events (not including time trial):

13/Older ~ 7 events; 11-12 year olds ~ 9 events; 9-10 year olds ~ 8 events; and 8 & under ~ 5 events.

Relays do not count against individual event limits.

Timed Final swimmers (12/Under) may swim up to the daily limit of 5 individual events (including a mixture of Meet Events and Time Trials).

ENTRY DUE DATE:

Wednesday, July 23rd, 2008 by 12:00 PM: Email Copy of Hy-tek File & Hard copy of both relay & team entry

Friday, July 25, 2008 by 6:00 PM: Proof of times not in the SWIMS DATABASE and Entry Frees

Monday July 28th by 12:00PM: Any revisions (send a complete HY-TEK file with revised complete entry including revised hard copy of complete individual & relay entry)

Any fees due after revision will be required before the first event is swum by a member of your team.

Changes or new entries WILL NOT be accepted after the 12:00 PM Monday deadline. It is the duty of the entering team to make sure their entry is clear & accurate.

**Additional Qualifying Criterion for State Championships
Affecting swimmers who age-up between A/B Finals and State**

Swimmers are now allowed to swim the events from their old age group in which they HAD champ times(s), in their new age group, provided:

They age up in between the starting dates of A/B Finals and State

They are either 8 becoming 9, or 10 becoming 11.

They have champ time(s) in their old age group before A/B Finals.

Champ times made for the younger age group at A/B Finals may not be entered in State under this provision. This affects only those events in which a swimmer had champ times (old age group) and do not have champ times (new age group).

These swimmers will not be counted in the MSI formula concerning number of relays allowed at State based on number of champ swimmers. Enter swimmers using their actual, true times from the old age group. Swimmers being entered under this criterion must note this on the hard copy of the entry sheet.

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 UNDERS: All 12 & under events are Timed Final, 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.

DISTANCE EVENTS: A positive check-in will be required for the 11-12 year old 400 Free. Heats will be swum slowest to fastest girls finishing before the boys heats begin.

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 combined seeded heat (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 separated by age group. MSI/USA Swimming Scratch Rules will be in effect.

400 Free : This event will be swum fastest to slowest – with the first three heats circle seeded, alternating women and men. Only the top 8 prelim times return for Finals. Places 9-16 will be scored from the results of prelims. The 400 Free will be swum as the last prelim event on the corresponding day.

RELAYS: *Starts for the 200 meter relays will be "in water from the shallow end. The 200 Medley Relays will begin at the shallow end.*

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 Fr 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)).

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 one 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.)

***The 800 freestyle relays** will be limited to 1 relays per club, 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.

Age	Women		Men	
	SCY	LCM	SCY	LCM
13-14	9:00.39	10:14.39	8:27.19	9:44.39
15-16	8:49.59	10:01.99	8:06.79	9:19.99
Senior	8:45.99	9:56.79	7:56.39	9:09.19

BREAKS BETWEEN EVENTS: Breaks between events other than those listed on in this meet information will be at the discretion of the Meet Director and/or the Meet Referee.

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. 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. **THERE WILL BE NO INDIVIDUAL or RELAY AWARD PRESENTATIONS DURING THE MEET-** the timeline will not allow presentations, whose impact would keep the swimmers in finals up well into the late hours of the night.

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 FINALS sessions on Thursday, Friday & Saturday. You **MUST** provide your OWN timer. Time trials are open only to swimmers in the meet. Cost is **\$10.00** per event. Sign up will be at the timing table. Time trials count toward the entry limit - 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: **Rochester Swim Club ORCAS.**

CONCESSIONS: Will be open from 8:00 am to 7:00 PM on Thursday, Friday, and Saturday and close at 6pm on 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.

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.

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 and/or the meet director.

Combining of Age Groups in like Distances & Strokes Preliminary Events 13 & over age groups

MSI has approved, if necessary, the combining of age groups in like distances & strokes for the purpose of streamlining the event to allow the competition to finish in a timely manner.

The potential for sessions to run longer so as to push subsequent sessions later is real. Once again, the lack of warm-up facility creates problems.

We want to avoid pushing the championship finals later in the evening thus denying proper sleep to those competitors. A four day meet is a difficult event to survive as it is, lack of sleep would not help.

If necessary, after the entry is received and closed, we will make a determination to combine the age groups in like strokes and distances so as to prevent that from happening. THE EVENTS WILL BE SEPARATED FOR FINALS AND SWUM IN PROPER AGE GROUPS. We will notify each club of that decision as soon as it is made.

This will not change the 12 & under events, they are TIMED FINALS and therefore will not be combined.

**Minnesota Long Course State Championships
July 31st - August 3rd 2008 - Order of Events**

12 & Under Thursday Events
Timed Finals

Girls	Age Group	Event	Boys
115	11 & 12	400 M.R.	116
117	11 & 12	400 FR	118
119	11 & 12	200 IM	120

12 & Under Friday Events
Timed Finals

Girls	Age Group	Event	Boys
121	11 & 12	200 F.R.	122
123	9 & 10	200 FR	124
125	11 & 12	200 FR	126
127	9 & 10	50 FLY	128
129	11 & 12	50 FLY	130
131	9 & 10	100 BK	132
133	11 & 12	100 BK	134
135	9 & 10	50 FR	136
137	11 & 12	50 FR	138

12 & Under Saturday Events
Timed Finals

Girls	Age Group	Event	Boys
139	10 & Under	200 M.R.	140
141	11 & 12	200 M.R.	142
143	8 & UN	50 FR	144
145	9 & 10	100 FLY	146
147	11 & 12	100 FLY	148
149	8 & UN	50 BR	150
151	9 & 10	50 BR	152
153	11 & 12	50 BR	154
155	8 & UN	50 FLY	156
157	9 & 10	200 IM	158

12 & Under Sunday Events
Timed Finals

Girls	Age Group	Event	Boys
159	11 & 12	400 F.R	160
161	10 & Under	200 F.R	162
163	11 & 12	100 BR	164
165	9 & 10	100 BR	166
167	8 & UN	50 BK	168
169	11 & 12	50 BK	170
171	9 & 10	50 BK	172
173	8 & UN	100 FR	174
175	11 & 12	100 FR	176
177	9 & 10	100 FR	178

As per legislation: there will be a 10 minute break – 5 minutes in the pool – after event 116 & 118.

**Minnesota Long Course State Championships
July 31st - August 3rd 2008 - 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 * 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	**13 - 14	400 Free	40
41	**13 - 14	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
Minnesota Long Course State Championships
July 31st - August 3rd 2008 - 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 & Over 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

