



**Minnesota Regional Championships
Atlantis Swimming Federation**

Friday, July 21, 2017 — to — Sunday, July 23, 2017

Sanction Number: MN17S-06-18M

Time Trial Sanction Number: MN17S-06-18MTT

Held under the sanction of USA Swimming.

In granting this sanction it is understood and agreed that USA Swimming and Minnesota Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Director: Chandra Wray-Raabolle: cwray@mac.com 507.363.6988

Inquiries: Mark Vininski, 612, 860-2599; atlantisswimmingfederation@gmail.com

Emergency Phone: 507.363.6988

Meet Type: This is a 2 ½ day meet to provide a scored season ending championship for swimmers with verifiable times equal to or faster than the "B" standard but slower than the "CH" standard, regardless of course. All new "CH" times achieved and each individual event winner, regardless of finish time, advance to the state meet. That means, "Win it and swim it!" This is a closed meet. Only swimmers from the MN LSC can participate. Teams must attend their assigned zoned meet.

Advancing to the State Meet:

1. Individual event champions are eligible to advance to State when the event is offered at State. That means, "Win it and Swim it!"

MRC individual events and corresponding State events	
MRC event (LC)	State event (LC)
8&U	no 8&U events for State
10&U	10&U
9-10	10&U
11-12	11-12
13-14	13-14
15-16	15-16
Senior	Senior

2. All swimmers who achieve new "CH" times are eligible to advance to State regardless of whether they are an individual event champion or not.

Athletes with disabilities:

Swimmers with a permanent disability as defined by USA Swimming are welcome to participate in this meet in any event corresponding to the swimmer's gender within the daily individual event limit for the meet. Disabled swimmers must have a verifiable time in the SWIMS database or from results published by a bona fide sanctioning body, within the eligibility period for the meet, for the event(s) they wish to enter. Prior to the competition, the entering coach or swimmer must contact the Referee to discuss any modification for the disabled swimmer to participate. Swimmers entering under this criterion must be noted on the team's entry report.

Participation in this meet by a disabled swimmer shall constitute a season-ending championship competition, unless the disabled swimmer earns a new time that qualifies them for the next level meet.

Fees:

\$3.00 per entrant listed on the entry sheet, \$5.50 per individual splash, \$22.00 per relay and a \$15.00 facility fee per athlete. Summary cost per calculation sheet.

Time Schedule:

Friday afternoon session – Warm-ups at 11:45 AM to 12:55 PM meet starts at 1:05 PM. Saturday and Sunday Morning sessions: Warm-ups start at 7:55 AM to 8:55 AM, meet starts at 9:00 AM. Saturday and Sunday afternoon sessions will not start before 11:30 AM preceded by a minimum of a 60-minute warm-up period, and a 10-minute break for a coaches meeting.

Awards:

- Individual Events: 1st - 8th place medals.
- Relay Events: 1st - 8th place medals.
- Individual Hi-Point Certificates: Top 3 swimmers in each age group/gender.
 - 8&U that includes points earned in 8&U and 10&U events
 - 9-10 that includes points earned in 9-10 and 10&U events
 - 11-12 that includes points earned in 11-12 events
 - 13-14 that includes points earned in 13-14 and 13&O events
 - 15-16 that includes points earned in 15&O and 13&O events
 - 17&O that includes points earned in 15&O and 13&O events
- Team Hi-Point Banners: 1st place team in A, AA & AAA Divisions.
- Certificates will be issued for new "CH" and "A" times.
- Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results.

Scoring:

All individual and relay events will be scored to 24 places. Relays will receive double points.
Individual Event Points: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay event points: 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

8&U, 9-10, and 10&U events, scoring and awards:

- When separate events are offered for 8&U and 9-10 medals for the top 8 finishers and points for 1st-24th place in each event are awarded.
- When the event is 10&U that describes the ages eligible to swim the event; however, only the top 8 finishers in the event earn medals. Points are still scored for 1st-24th place in a 10&U event regardless of the age of the finisher.
- Points accumulate using the swimmer's age. That means points follow the swimmer and their team (if attached to a team) regardless of the events swum.
- Individual high point certificates go to the top 3 girls and boys age 8&U and the top 3 girls and boys 9-10 at each MRC.

13&O and 15&Over events:

- All swimmers are combined to conduct the heats but separated by age group for scoring and medals.

Programs:

Programs will be on sale during the meet.

Amenities: Our pool is 50 – meters 10 lanes we swim 8 lanes. We also have a diving well for warm up / cool down during the meet. Our deck space is very large for team camping. There is also a park around the pool for day camping. The spectator area has doubled from last year with more concrete area available to sit. We have an 8-lane score board for this year’s meet. In addition, Atlantis is one of the best team in providing food and beverages for the coaches and officials.

The city of Austin is very welcoming to the swimming community.

FACILITY/LOCATION

Meet Location: 600 N Main St. Austin MN 55912

Directions: From the east: take exit 178A. Turn left at stop light onto 4th St nw. Go to 1st stop light turn left onto 10th Ave NW. Go to 2nd stop sign turn left onto main street. Pool is on the right.

From the west: take exit 178A. Turn right at stop sign onto 4th St nw. Go to 1st stop light turn left onto 10th Ave NW. Go to 2nd stop sign turn left onto main street. Pool is on the right

Facility: 8 lanes, 50 meter outdoor pool with lanelines and backstroke pennants. Slanted Starting blocks are 29 inches above the water surface.

Water depth: The minimum water depth, measured in accordance with Article 103.2.3 is 7 ft at the start end and 3.5 ft at the turn end.

Course certification: The competition course has NOT been certified in accordance to 104.2.2C(4).

Other: We have a diving well for warm up and cool down. There is also a splash pad for non-swimmers

ENTRIES

Entries To: Mark Vininski 612.860.2599 atlantisswimmingfederation@gmail.com

Form of Entries: Touchpad Entries are preferred.

Entry Start Date: Entries will be accepted beginning at 8:00 pm on **Thursday, June 15, 2017.**

Entry Close Date: An Email copy of your entry file is due **Tuesday, July 11, 2017** at 8:00 PM. **Please include your Proof of Times with your email entries.**

To correct entry mistakes: The host will confirm the entries received from each team as soon as it is administratively feasible. In the event there are mistakes, the entering team may submit corrections to the host for swimmers already in the meet. This is not to add swimmers or events for those who missed the **July 11, 2017** deadline.

To add new qualifiers only: Swimmers qualifying for new events between the entry deadline and 2:00pm on **Monday, July 17, 2017**, require the entering team to email all the initial entries AND the new qualifiers in a single new entry file to the host club, and bring to the meet a new hard copy with all the new events and changes highlighted a check for the entry fees. This is not to add swimmers or events for those who missed the **Tuesday, July 11, 2017** deadline.

Entry Limitations: Age of a swimmer is determined by their age on the first day of the meet. There is a meet maximum of seven (7) individual championship events. Daily maximum of four (4) individual championship events. A total daily maximum of five (5) individual events (championship and time trial). Relays do not count against individual maximums. All entries must be verifiable from January 1, 2016 to present.

MRC Relays:

Relays will be offered according to the following categories – 10&U, 11-12, 13-14, Senior for each gender. Each club is limited to an A and B relay per event.

1. No “relay only” swimmers will be permitted to participate on relays. All swimmers must have qualified to swim an individual event in the regional championship in order to participate on relays.
2. Once a swimmer is qualified for the regional championship there is no minimum time they must have to swim a specific stroke/distance on a relay.
3. Any swimmer who has a “CH” time in a stroke/distance may not swim that same stroke/distance on a relay. NOTE: This does not apply if the swimmer achieves a new “CH” time in that stroke/distance event during the regional finals.
4. **10&U relays** must be comprised of swimmers up to age 10 who are:
 - Qualified for the regional championship in their age group and,
 - They do not have a “CH” time according to the 10 & under time standards in the stroke/distance they are swimming on the relay.

Senior relays may be comprised of swimmers of any age who are:

- Qualified for the regional championship in their age group and,
 - Do not have a “CH” time according to the time standards for their age in the stroke/distance they will be swimming on the relay. No swimmers qualified for the 2017 LCM State Meet prior to the MRC may compete as relay lead-off swimmers in the same stroke and distance on a Senior relay.
5. Relay participation will not count against individual daily or meet maximum entry limits.
 6. “Win it and Swim It” does not apply to relay event winners. Relays at State are entered according to the rules for the State Meet.

Nonconforming time entries:

All non-conforming qualifying times MUST be entered as non-conforming. Converted times must not be used.

“CH” Time is a “CH” Time:

Swimmers who have achieved a “CH” time in either yards or meters CANNOT swim that event at the Minnesota Regional Championship. MSI Legislation states that swimmers with “CH” times must enter with the time they have, (meters or yards), for the State Meet and cannot use Minnesota Regional Championships as an opportunity to improve their qualifying time.

Proof of Times:

A qualifying time may be achieved at USA Swimming sanctioned or approved, or observed swim. These times are verified through the USA Swimming SWIMS database.

A qualifying time may also be achieved at a bona fide meet sanctioned and conducted by a recognized organization (i.e. high school, college, YMCA) with verifiable and independently obtainable results published by the meet host or that organization. This proof of time must come from the actual published results of the meet. Each team or individual is responsible for providing their proof of times.

A swimmer failing to achieve an event's qualifying time standard at the meet must provide proof of their qualifying time if it is not in the SWIMS database. If a time is not proven the entering party will incur a \$100 fine. Fines are to be paid to the host club except for swimmers attached to the host club. In that case, those fines will be payable to ASCA-MN. All fines must be paid by the end of the meet. After the conclusion of the meet, swimmers/clubs have one week to prove their times and have their fine refunded. 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.

When an event does not have a qualifying time standard but requires a verifiable entry time, the swimmer must provide proof of that time if it is not in the SWIMS database. If the entry time cannot be verified the swimmer will be withdrawn from the event and any times they may have achieved in that event at the meet will not be included in the official results.

Fines: Any swimmer failing to achieve the qualifying time standard for any individual event must submit appropriate proof of having previously achieved the entry time standard. Any swimmer unable to provide such proof of performance shall pay a fine of \$100 to the host club. Proof of performance must be in a USA Swimming sanctioned or approved competition or Time Trial or official verifiable high school or college meet. Each club or individual is responsible for providing their own proof of performance.

ELIGIBILITY / ATHLETES

Eligibility: This meet is open to all swimmers with verifiable times equal to or faster than the "B" standard but slower than the "CH" standard, regardless of course.

Racing start Certification: 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. 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.

USA Swimming Membership: No swimmer will be permitted to compete unless the swimmer is a member as Provided in Article 302 of USA Swimming Rules. All coaches must be current members as provided in Article 302 of USA Swimming Rules. Any club or individual entering a non-USA Swimming registered swimmer will be subject to a \$25 fine per event per swimmer.

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.

MEET ADMINISTRATION, CONDUCT

Coach's Meeting: Will take place on a regular basis at the discretion of the referee.

Warm-up: Current MSI and USA Swimming Rules will govern all aspects of the warm-ups. If warmup procedures have been modified to accommodate the size of the meet, the procedures MUST be prominently posted in the pool area.

Swimmers and coaches are expected to be acquainted with all rules and regulations; the NO Diving and Slip-In Entry rules will be strictly enforced.

Rules and Regulations: All information, rules and regulations including time standards, schedules, order of events, meet operations, and requirements will be in accordance with Minnesota Swimming Inc. policies, rules and regulations and USA Swimming Rules and Regulations current edition, and take precedence over any errors or omissions on this form.

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.

Prohibited:

- ✓ **Deck changing:** Deck changing is prohibited.
- ✓ **Use of audio or visual recording devices** including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

- ✓ **Operations 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.

Distance Events: **400 IM, 400 Free, 800 Free, & 1500 Freestyle:** These events will be deck seeded upon completion of the positive check-in. Positive check-in is required by the time stated at the coaches meeting at the timing table. 400 Freestyle, 800 Freestyle and the 1500 Freestyle heats will be swum fastest to slowest, all age groups (within the session) combined, genders alternating separated for score/awards by age group offered at the meet (per legislation dated June 17, 2008). The 400 IM heats will be swum slowest to fastest, all age groups (within the session combined, genders alternating separated for score/awards by age group offered at the meet (per legislation updated January 15, 2013). Minnesota Scratch rules will be in effect.

Aging up: **Qualifying criterion for regional championship swimmers who *age-up* July 17 – July 21, 2017**

Swimmers are allowed to swim the events from their old age group in which they had “B” time(s), in their new age group, provided:

- They are either 8 becoming 9, or 10 becoming 11 or 12 becoming 13 or 14 becoming 15.
- They have B time(s) in their old age group before the Minnesota Achievement Championships (July 15, 2017)

“B” times made for the younger age group at Minnesota Achievement Championships **may not** be entered in the Minnesota Regional Championships under this provision.

This affects only those events in which a swimmer had B times for Minnesota Achievement Championships (old age group) and do not now have “B” times (new age group). Swimmers being entered under this new criterion must note this on the hard copy of the entry sheet. All seed times must be in either long course meters (seeded first) or short course meters (seeded next), short course yards (seeded last). They would be entered at the current B time standard for each event in their new age group for the events they had a B time and would be eligible to receive awards. Relay eligibility is based on the regional championship criteria for that relay type in their new age group.

Time Trials: Time trials will be offered, time permitting at the discretion of the meet referee. Time trials are open only to swimmers in the meet. Time trials count toward a swimmer’s daily entry limit (but not against their overall individual championship event total for the meet -See Entry Limitations). Sign up will be at the Admin/Meet Management table. There will be a cost of \$10.00 per time trial event. A 10 minute warm-up for time trials will be allowed as time permits at the discretion of the meet referee. Time trial swimmers are required to supply their own timer.

- Any time trial must be submitted by the athlete’s coach.

Time Standards: MN Swimming Time Standards – the most current edition published on the MSI website will be used.

Meet Lane Timing Needs: A motion was passed on 10/20/1998 that states: “During all MSI regularly bid, sanctioned events, visiting clubs will provide timers as necessary for the duration of the competition. The meet will not begin until the timing needs have been met. The host club may not place requirements on any individual team to participate at any specific level.”

If your club would like to help out on a specific time or day, please contact the Meet Director.

ORDER OF EVENTS

Fri. PM, July 21

Girls			Boys
1	13-14	400 FRR	2
3	Senior	400 FRR	4
5	11-12	400 FRR	6
7	13-14	400 IM	8
9	15&O	400 IM	10
11	11-12	200 FL	12
13	13-14	50 FR	14
15	15&O	50 FR	16
17	11-12	50 FR	18
19	13-14	100 IM	20
21	15&O	100 IM	22
		Break	
23	13&O	1000 FR	24

Sat. AM, July 22

Girls			Boys
25	10&U	200 MR	26
27	11-12	200 MR	28
29	9-10	50 FR	30
31	11-12	100 FL	32
33	8&U	50 FR	34
35	11-12	200 BR	36
37	10&U	100 FL	38
39	8&U	50 BK	40
41	11-12	100 BK	42
43	10&U	100 BK	44
45	8&U	100 IM	46
47	11-12	100 IM	48
49	9-10	100 IM	50
51	11-12	50 BR	52
53	9-10	50 BR	54
55	11-12	200 FR	56
57	10&U	200 FR	58

Sat. PM, July 22

Girls			Boys
59	13-14	200 MR	60
61	Senior	200 MR	62
63	13-14	100 FL	64
65	15&O	100 FL	66
67	13-14	200 FR	68
69	15&O	200 FR	70
71	13-14	100 BR	72
73	15&O	100 BR	74
75	13-14	200 IM	76
77	15&O	200 IM	78
79	13-14	100 BK	80
81	15&O	100 BK	82
		Break	
83	13&O	400 FR	84

Sun. AM, July 23

Girls			Boys
85	11-12	200 FRR	86
87	10&U	200 FRR	88
89	11-12	200 IM	90
91	10&U	200 IM	92
93	8&U	50 BR	94
95	11-12	50 BK	96
97	9-10	50 BK	98
99	8&U	100 FR	100
101	11-12	100 FR	102
103	9-10	100 FR	104
105	8&U	50 FL	106
107	11-12	100 BR	108
109	9-10	50 FL	110
111	11-12	50 FL	112
113	10&U	100 BR	114
115	11-12	200 BK	116
		Break	
117	10&U	400 FR	118
119	11-12	400 FR	120

Sun. PM, July 23

Girls			Boys
121	13-14	200 FRR	122
123	Senior	200 FRR	124
125	13-14	200 FL	126
127	15&O	200 FL	128
129	13-14	200 BR	130
131	15&O	200 BR	132
133	13-14	100 FR	134
135	15&O	100 FR	136
137	13-14	200 BK	138
139	15&O	200 BK	140
		Break	
141	13&O	800 FR	142

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Sanction Number: MN17S-06-18M

Time Trial Sanction Number: MN17S-06-18MTT

Entering Club's Name: _____ **Club Code** _____

Coach: _____ **Phone #** _____

Entries Person: _____ **Phone #** _____

Entry Data Costs:

MSI Entry Fee: _____ # of Swimmers entered x \$3.00 = \$_____.

_____ Total Splashes x \$ 5.50 = \$_____ # of boys _____ # of girls _____

_____ Total Relays x \$ 22.50 = \$_____

_____ Total Facility fee x \$ 15.00 = \$_____

Total Due = \$_____

Make checks payable to: Atlantis Swimming Federation **All fees are due** at the start of the meet.

E-Mail results to: Name _____

Email Address _____

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

Who should we contact if there is a problem with your entry file?

Name _____

Phone: Day _____ **Night** _____

Email Address _____