

**Minnesota Long Course Championship
July 30- August 2, 2015
Jean K. Freeman Aquatic Center
University of Minnesota**

Sponsored By: Team Foxjet

Sanctioned By: Minnesota Swimming and USA Swimming

Meet Sanction Number: MN15S-06-30M

Time Trial Sanction Number: MN15S-06-191M

Meet Director: Marc Tullemans marc.tullemans@polaris.com

Meet Marshal: Mark Davis

Entries and Inquiries: Jason Smith gopherhole123@yahoo.com 503-997-5500
(emailed entries are required)

Safety Coordinator: Ann Urschel

Team Coaches: Lloyd Larsen

Club Officials: Barbara Green, Bruce Green, Sarah Nelson, Steve Nelson, Tong Wu, Igor Korolev, David Deng

Officials: MSI Qualified Officials

Team President: Mark Davis

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

Meet Type: Minnesota Long Course Championship.

Purpose: To encourage and promote elite competitive swimming within Minnesota.

Pool Location: Jean K. Freeman Aquatic Center, University of Minnesota 1910 University Ave. SE, Minneapolis, MN 55455. Telephone for emergency use only: (612) 626-1352.

Facility: 8 Lane, 50 meter indoor racing course 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, 10 inches at the start end and 7 feet, 10 inches at the turn end.

The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Meet Format:

All events will be swum long course (50 meters). Entries will be seeded by LCM times first, followed by SCM and SCY. No converted times allowed. Relay entries should reflect the team's best estimated time **13&Over**

Individual Events/13-14, 15-16 & Senior Relays

- Individual events, except the 800 and 1500 Freestyle, will use a prelims/finals format. The fastest eight (8) preliminary round swimmers for each event will qualify for finals. During prelims all events of the same stroke, distance, and gender will be consolidated into a single event for the purpose of seeding and swimming. The consolidated event will be circle seeded. The women's event will run first and the men's event second. Results from prelims will be separated by their original age group to determine the finalists for each event.
- 800 and 1500 individual Freestyle events are timed final events. The events will be consolidated by gender into a single event for the purpose of seeding and swimming. The fastest eight (8) seeds in the consolidated event will swim during finals and all others during prelims. During prelims the 800 and 1500 heats will be seeded fastest to slowest and alternate by gender.
- 200 and 400 relay events are timed final. The fastest eight (8) seeds in each event will swim during finals. All other teams will swim in prelims and be seeded slowest to fastest.
- 800 relays events are timed final. The events will be consolidated by gender into a single event for the purpose of seeding and swimming. The heats will be seeded fastest to slowest and alternate by gender. All heats will be swim during prelims.
- Check-in
 - All individual timed final and preliminary round events, and the 800 Free Relay require a positive check-in. An athlete/team must declare through the positive check-in their intent to compete in an event. Having checked-in for an individual event that event will count against their daily and meet event limit. The positive check-in deadline will be decided by the Meet Referee.
 - 200/400 relays have a check-in. This check-in will close at the start of finals the day before the event. Entrants who check-in will:
 - Be seeded before entrants who do not check-in.
 - Have the option of being down seeded.Entrants who do not check-in will be seeded after those that check-in. Relays should submit legitimate entry times and use the check-in for down seeding.
 - Down seeding will only be available during the check-in. Seeding changes will not be allowed after the positive check-in has closed.
- MN Scratch rule will be in effect for all prelim/finals events, 800/1500 individual Freestyle, and 800 Freestyle relay. USA Swimming Championships (Article 207.11.6.D) scratching from finals procedures will be in effect.
- MN Scratch rule will apply to 200/400 relay teams that check-in. Those that do not check-in will not be penalized for a no show.

12&Under

- All events are timed finals and will be seeded slowest to fastest.
- Positive Check-in
 - 400 Freestyle requires a positive check in. MN Scratch rule will be in effect for this event.

Schedule:

Session	Warm-up		Competition
	Open	Close	Start
13&Over Prelims	7:00 AM	8:20 AM	8:30 AM
13&Over Finals	5:00 PM	5:45 PM	6:00 PM
12&Under Timed Finals	12:30 PM	1:15 PM	1:30 PM

This schedule is an estimate and subject to change prior to or during the championship. A new estimated timeline will be made available before the start of the meet. Sunday's 13&Over finals may start earlier than 6:00 PM.

Eligibility: Only Minnesota Swimming registered athletes are eligible. All athletes and relay teams must meet one of the qualifying methods listed below for each event they enter. The qualifying period for all time standards is January 1, 2014, through the entry deadline.

Qualifying Methods:

1. Achieved the event's qualifying MN championship (CH) time standard. MN Swimming Time Standards – the most current edition published on the Minnesota Swimming website will be used. 17&Over Events and Senior Relays will use the 17 & Over age group time standards.

800 Free Relay qualifying standard is an aggregate time equal to four times the 200 Freestyle Minnesota 'A' time standard for that age group/gender. All other relays do not have a time standard.

Age	Women 800 Free Relay		Men 800 Free Relay	
	SCY	LCM	SCY	LCM
13-14	8:47.96	10:00.76	8:15.56	9:27.96
15-16	8:37.16	9:48.76	7:54.36	9:05.96
Senior	8:31.56	9:45.96	7:46.36	8:58.76

2. "Win it and Swim it" qualifier from the Minnesota Regional Championships (MRC). These are individual event champions from the MRCs who have not achieved the "CH" time. Only the event winner is eligible (no alternates). Win it and Swim it entrants must use their time from their qualifying MRC event to enter the corresponding event in the State Meet. Swimmers entered under this method must note this on the entry report.

Note: A relay may not be created using only a "Win it and Swim it" qualifier. There must be at least one swimmer on the relay who qualified for the meet using the qualifying time standard method.

3. Swimmers who age-up July 25-30, 2015 are allowed to swim an event in their new age group provided:
 - a. They are 10 becoming 11 or 12 becoming 13.
 - b. They have achieved a championship time in the event in their old age group before the Minnesota Regional Championships. Championship times achieved for the younger age group at the Minnesota Regional Championships may not be entered in State under this provision.

Swimmers being entered under this method must note this on the entry report.

Note: A relay may not be created using only an age-up qualifier. There must be at least one swimmer on the relay who qualified for the meet using the qualifying time standard method.

4. 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 an IPC classification AND participated in two (2) Minnesota Swimming/USA Swimming or IPC meets within the eligibility period for the state meet. They must have a verifiable time in the SWIMS database of from results published by a bona fide sanctioning body, within the eligibility period for the meet, for the event(s) they wish to enter. The entering coach or swimmer must contact the Referee to discuss any accommodations 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.

Relays: All relays must have one (1) swimmer who achieved the championship (CH) qualifying time or faster **in the age group** and is entered in at least one individual event **in the age group** at the meet.

1. Limit of one (1) relay per gender per club per relay event
2. All swimmers must be registered members of the club they are swimming with. No unattached swimmer may swim on a relay, nor can there be an "unattached relay" entered in an event.
3. Relay only swimmers must be entered **electronically** in the meet by the entry deadline.

USA Swimming Membership: All entrants must have a current 2015 USA Swimming athlete membership. On-deck athlete registration will be permitted and must occur before they compete or participate in warm-up. All coaches must have a current 2015 USA Swimming non-athlete membership and have met the certification requirements to be a USA Swimming Coach. Coach credentials should be visible and they must be able to produce their credentials when asked. A coach without credentials will be asked to leave the deck.

EMAIL ENTRIES: Email entries to Jason Smith at gopherhole123@yahoo.com Entry submission must include either CL2 or SDIF file and entry report. **If you do not receive an e-mail confirmation within 24 hours, your entries were not received.**

Make checks payable to **Team Foxjet**, bring checks for entry fees to the meet, or send to **PO Box 46665, Eden Prairie, MN 55344.**

Entry Limitations: The maximum number of individual events that a swimmer of any age may enter is six (6) excluding time trials, with a limit of three (3) per day or four (4) if the additional event is a time trial; maximum two (2) time trials per swimmer.

Teams may enter one (1) relay team per event.

Proof of Times: All events entered must have verifiable times from bona fide meets from any organized sanctioning body, with verifiable results obtained from or published by the meet host or organized sanctioning body meeting the MN TSE for that specific event. Each team or individual is responsible for providing their own proof of times.

Procedure for swimmers who do not achieve the time standard at the meet:

- Swimmers time will be checked by the host team.
- 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.

- When a swimmer uses non-USA Swimming times as proof and does not achieve the time standard, the swimmer will have until the end of the meet to prove their time. Proof times will be accepted from bona fide meets from any organized sanctioning body, with verifiable results obtained from or published by the meet host or organized sanctioning body .
- 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 ASCA-MN and host teams will pay ASCA-MN.

Fees: per entrant \$2.50 MSI surcharge, \$5.50 per individual splash, \$22 per relay splash.

Entry Deadline: Entry submission closes at **6:00 PM Monday, July 20, 2015**. The entry file and entry report must be submitted by then.

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 20th deadline.

To add new qualifiers only: Swimmers qualifying for new events between the entry deadline and 2:00pm on Monday, July 27, 2015, 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 events and changes highlighted along with and a check for the remainder of the entry fees. This is not to add swimmers or events for those who missed the July 20th deadline. The initial entries will be deleted and replaced with these entries.

No 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 interpret the wishes of the entering team.

All fees must be received either by mail to P.O. BOX 46665, Eden Prairie, MN 55344 or delivered to Meet Director on duty at the swim meet by the 6:00 PM Saturday, August 1 deadline.

Please follow these guidelines when submitting entries.

1. Use Team Manager or Team Unify to create an entry file and entry report. Unattached swimmers not affiliated with a team should contact the Entry Chair for special instructions.
2. E-mail a text file of your entries along with the team manager file – this allows the entries chair to double check that the number of swimmers and entries on TM or TU matches the number of swimmers and entries in your text file. If they match, everything is ok, if they do NOT match, we can trouble shoot BEFORE the meet is seeded to make sure no swimmers are left out of the meet. This is extremely important! The entry report may also be emailed.
3. Please include a contact name, phone numbers and e-mail address so we may contact you if there is any problem with the entry.
4. Any revisions to entries must be a complete replacement of the previous entries. The previous entries will be deleted. All revised entry files, reports, and fees must arrive by the deadline.
5. Meet results will be emailed unless otherwise arranged. Please indicate your e-mail address on the fee calculation form.
6. You will receive an e-mail reply as confirmation for your submission. If you DO NOT receive a reply, please contact the Entry Chair.

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.

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.
Team High Point Plaques: Top 2 teams for each age group/gender.
Team Hi-Point Banners: Top 5 Teams in A, AA & AAA Divisions.

Teams and swimmers must collect their awards & medals before leaving the competition. Medals that were not collected will not be distributed to teams after the meet.

Time Trials: Time trials will be offered, time permitting, as decided by the meet referee who may specify entry restrictions to keep the time trials at a reasonable size. Time trials are open only to swimmers in the meet, including relay alternates. Cost is \$10.00 per event. Requests must be submitted through the swimmer's coach (or assigned coach). Time trial swimmers are required to supply their own timer.

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.

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.

Prohibited: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changing: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Applications to Officiate: All certified USA Swimming officials are invited to officiate. This meet will be submitted for designation as an "Officials Qualifying Meet" for certification and re-certification evaluations.

**2015 Minnesota Long Course Championship
13&Over/Senior
Order of Events**

Thursday, July 30			
Prelims			
Women	Event		Men
7	13-14	200 IM	8
9	15-16	200 IM	10
11	17&O	200 IM	12
13	13-14	100 Fly	14
15	15-16	100 Fly	16
17	17&O	100 Fly	18
19	13-14	800 Free Relay	20
21	15-16	800 Free Relay	22
23	Senior	800 Free Relay	24
1	13-14	1500 Free	
2	15-16	1500 Free	
3	17&O	1500 Free	
	13-14	800 Free	4
	15-16	800 Free	5
	17&O	800 Free	6
Finals			
Women	Event		Men
1, 2, 3		1500 Free	
		800 Free	4, 5, 6
7	13-14	200 IM	8
9	15-16	200 IM	10
11	17&O	200 IM	12
13	13-14	100 Fly	14
15	15-16	100 Fly	16
17	17&O	100 Fly	18

Friday, July 31			
Prelims			
Women	Event		Men
25	13-14	200 Free Relay	26
27	15-16	200 Free Relay	28
29	Senior	200 Free Relay	30
31	13-14	200 Free	32
33	15-16	200 Free	34
35	17&O	200 Free	36
37	13-14	100 Breast	38
39	15-16	100 Breast	40
41	17&O	100 Breast	42
43	13-14	400 IM	44
45	15-16	400 IM	46
47	17&O	400 IM	48
49	13-14	400 Medley Relay	50
51	15-16	400 Medley Relay	52
53	Senior	400 Medley Relay	54
Finals			
Women	Event		Men
25	13-14	200 Free Relay	26
27	15-16	200 Free Relay	28
29	Senior	200 Free Relay	30
31	13-14	200 Free	32
33	15-16	200 Free	34
35	17&O	200 Free	36
37	13-14	100 Breast	38
39	15-16	100 Breast	40
41	17&O	100 Breast	42
43	13-14	400 IM	44
45	15-16	400 IM	46
47	17&O	400 IM	48
49	13-14	400 Medley Relay	50
51	15-16	400 Medley Relay	52
53	Senior	400 Medley Relay	54

**2015 Minnesota Long Course Championship
13&Over/Senior
Order of Events**

Saturday, August 1			
Prelims			
Women		Event	Men
75	13-14	200 Medley Relay	76
77	15-16	200 Medley Relay	78
79	Senior	200 Medley Relay	80
81	13-14	200 Fly	82
83	15-16	200 Fly	84
85	17&O	200 Fly	86
87	13-14	50 Free	88
89	15-16	50 Free	90
91	17&O	50 Free	92
93	13-14	100 Back	94
95	15-16	100 Back	96
97	17&O	100 Back	98
99	13-14	400 Free	100
101	15-16	400 Free	102
103	17&O	400 Free	104
Finals			
Women		Event	Men
75	13-14	200 Medley Relay	76
77	15-16	200 Medley Relay	78
79	Senior	200 Medley Relay	80
81	13-14	200 Fly	82
83	15-16	200 Fly	84
85	17&O	200 Fly	86
87	13-14	50 Free	88
89	15-16	50 Free	90
91	17&O	50 Free	92
93	13-14	100 Back	94
95	15-16	100 Back	96
97	17&O	100 Back	98
99	13-14	400 Free	100
101	15-16	400 Free	102
103	17&O	400 Free	104

Sunday, August 2			
Prelims			
Women		Event	Men
131	13-14	200 Back	132
133	15-16	200 Back	134
135	17&O	200 Back	136
137	13-14	100 Free	138
139	15-16	100 Free	140
141	17&O	100 Free	142
143	13-14	200 Breast	144
145	15-16	200 Breast	146
147	17&O	200 Breast	148
149	13-14	400 Free Relay	150
151	15-16	400 Free Relay	152
153	Senior	400 Free Relay	154
125	13-14	800 Free	
127	15-16	800 Free	
129	17&O	800 Free	
	13-14	1500 Free	126
	15-16	1500 Free	128
	17&O	1500 Free	130
Finals			
Women		Event	Men
125,127,129		800 Free	
		1500 Free	126,128,130
131	13-14	200 Back	132
133	15-16	200 Back	134
135	17&O	200 Back	136
137	13-14	100 Free	138
139	15-16	100 Free	140
141	17&O	100 Free	142
143	13-14	200 Breast	144
145	15-16	200 Breast	146
147	17&O	200 Breast	148
149	13-14	400 Free Relay	150
151	15-16	400 Free Relay	152
153	Senior	400 Free Relay	154

2015 Minnesota Long Course Championship

12&Under

Order of Events

Friday, July 31			Saturday, August 1		
Afternoon			Afternoon		
Girls	Event	Boys	Girls	Event	Boys
55	11-12 400 Medley Relay	56	105	11-12 200 Medley Relay	106
57	10&U 50 Free	58	107	10&U 200 Medley Relay	108
59	11-12 50 Free	60	109	11-12 200 Breaststroke	110
61	11-12 200 Butterfly	62	111	10&U 100 Butterfly	112
63	10&U 100 Backstroke	64	113	11-12 100 Butterfly	114
65	11-12 100 Backstroke	66	115	10&U 50 Breaststroke	116
67	10&U 50 Butterfly	68	117	11-12 50 Breaststroke	118
69	11-12 50 Butterfly	70	119	10&U 200 IM	120
71	10&U 200 Free	72	121	11-12 400 Free	122
73	11-12 200 Free	74	123	11-12 400 Free Relay	124
Sunday, August 2					
Afternoon					
Girls	Event	Boys			
155	11-12 200 Free Relay	156			
157	10&U 200 Free Relay	158			
159	11-12 100 Breaststroke	160			
161	10&U 100 Breaststroke	162			
163	11-12 200 IM	164			
165	10&U 50 Backstroke	166			
167	11-12 50 Backstroke	168			
169	10&U 100 Free	170			
171	11-12 100 Free	172			
173	11-12 200 Backstroke	174			

2015 Minnesota Long Course Championship

FEE REPORT

TEAM: _____ CODE: _____

HEAD COACH: _____ PHONE: _____

EMAIL: _____

ENTRY CONTACT: _____ PHONE: _____

EMAIL: _____

ADDRESS: _____

_____ SWIMMERS @ \$2.50 MSI Surcharge per swimmer _____

_____ INDIVIDUAL ENTRIES @ \$5.50 per entry _____

_____ RELAYS @ \$22.00 per relay _____

TOTAL DUE _____

Emailed entries are required to Jason Smith at gopherhole123@yahoo.com

Make checks payable to TEAM FOXJET. All fees must be received either by mail to P.O. BOX 46665, Eden Prairie, MN 55344 or delivered to Meet Director on duty at the swim meet by the 6:00 PM Saturday, August 1 deadline.

The undersigned team representative certifies by their signature that all athletes participating in this meet are Athlete Members of USA Swimming. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is a Non-Athlete (Coach) Member of USA Swimming, with all required coaching certifications up to date.

Signature

Date

