

**2015 MN Short Course Age Group State Championships
(All Zones) with Time Trials
March 19 – 22, 2015**

Sponsored By: Med-City Aquatics

Sanctioned By: Minnesota Swimming, Inc. and USA Swimming, Inc.

Sanction Number: MN15W-02-14Y

Time Trial Number: MN15W-02-142Y

Meet Director: Jim Dervin, (507)281-5594, meets@medcityswim.org (Please note – This is a new email address)

Meet Marshal: Jenny Dervin

Inquiries: Jim Dervin, (507)281-5594, meets@medcityswim.org (Please note – This is a new email address)

Entries: Jim Dervin, (507)281-5594, entries@medcityswim.org (Please note – This too is a new email address)

Safety Coordinator: Jeff Chida

Team Coaches: Billy Howard, Logan Petzold, Alex King, Greg Heidorn, Joe Dessanoy, Conny Villar
Alex Plaetzer, Carina Fitzlaff

Club Officials: Shari Engel, Jodi Selig

Meet Referee: Jack Campbell (jack@campbelljohnsonassoc.com)

Team President: Aaron DeJong

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

Meet Type: : This is a 3 1/2 day Prelim/Finals for 13-14 and 11-12, and Timed Finals meet for 10 & Under swimmers with verifiable “CH” qualifying times, or an individual event champion from the 2015 Winter Minnesota Regional Championships (a “Win it and swim it” qualifier).

This is a closed meet. Only swimmers from the Minnesota LSC can participate.

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

Pool Location: Rochester-Olmsted County Recreation Center Natatorium
21 Elton Hills Drive, Rochester, MN 55901
Telephone # for emergency use only: (507) 281-6167

Directions: Approaching Rochester from the South or North on US Highway 52 take the 19th Street Northwest Exit. If you are coming from the North, take a left turn (East) off the ramp onto 19th Street. After crossing the highway bridge, go straight at the stop light onto Elton Hills Drive. Follow the winding Elton Hills Drive to just before the intersection with Broadway (0.8 mile). The Rec Center is on the left prior to the Broadway intersection. If you approach from the South, exit at 19th Street. Turn right off the ramp onto 19th street. Go straight at the light onto Elton Hills Drive. Follow Elton Hills Drive similarly. Entrance to the pool on competitive days is on the WEST side.

PARK ONLY ON THE WEST SIDE OF THE FACILITY PLEASE.

Time Schedule

11-12 and 13-14

Thursday March 19	Finals warm-up pool opens 4:00PM, Meet Start: 5:00PM
Friday March 20	Prelims warm-up pool opens 7:00AM, Meet Start: 8:00AM
Friday March 20	Finals will not start before 3:30PM preceded by a 60 minute warm up
Saturday March 21	Prelims warm-up pool opens 7:00AM, Meet Start: 8:00AM
Saturday March 21	Finals will not start before 3:30PM preceded by a 60 minute warm up
Sunday March 22	Prelims warm-up pool opens 7:00AM, Meet Start: 8:00AM
Sunday March 22	1650 finals will not start before 12:30PM preceded by a 20 minute warm up
Sunday March 22	Finals will not start before 3:30PM preceded by a 60 minute warm up

10 & Under

Friday March 20	Finals will not start before 3:30PM preceded by a 60 minute warm up
Saturday March 21	Finals will not start before 3:30PM preceded by a 60 minute warm up
Sunday March 22	Finals will not start before 3:30PM preceded by a 60 minute warm up.

Continuous warm-up will be available in the shallow-end 25-yard course unless it is being used for competition. Use of the warm-up pool will be restricted to swimmers warming-up and warming down. The NO DIVING & slip in entry rules will constantly be in effect in the warm-up pool. No horseplay will be permitted.

Facility: Eight lane, 50 meter indoor pool with a bulkhead that separates the pool into two eight-lane 25 yard courses. The pool is equipped with lane lines and backstroke pennants. Slanted starting blocks are 29 inches above the water surface. The pool depth at the starting end is 16 feet, rising to 7 feet at the bulkhead. Host team reserves the right to start from both ends if needed. Backstroke underwater swimming distance will be marked at 15 meters from each end of the pool

Course Certification: The competition course has not been certified in accordance with 104.2.2C(4).

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

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.

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 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. 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 Proof of Time 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.

Meet Format: All 10 & Under events are timed finals. All 11-12 and 13-14 events are prelim/finals with the top 16 advancing to finals. The 1650, 1000 and 500 Free, 400 IM and all Relays are finals events. All swimmers must report to their blocks for the start of their heat. The 1650, 1000 and 500 Free and 400 IM will require a positive check-in and are deck seeded. All other events are pre-seeded. The 500 Free and all relays will have the top 8 seeds swimming in the finals session. All relays will be swum as described in the Relay section of this information.

Entry Limitations: Age of a swimmer is determined by their age on the first day of the State Meet.

Event Limits:

13 & 14	3 individual events/day	7 event maximum + 2 time trials
11 & 12	3 individual events/day	7 event maximum + 2 time trials
10 & U	4 individual events/day	8 event maximum including time trials

Relays do not count against limits.

Swimmers who *age-up* between MRCs and State are now allowed to swim the events from their old age group in which they HAD “CH” time(s), in their new age group, provided:

- They age up in between the starting dates of Minnesota Regional Championships (March 6, 2015) and State (March 19, 2015).
- They are either 10 becoming 11, or 12 becoming 13.
- They have “CH” time(s) in their old age group before Minnesota Regional Championships. “CH” times made for the younger age group at Minnesota Regional Championships may not be entered in State under this provision.

This affects only those events in which a swimmer had “CH” times (old age group) and do not now have “CH” 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 “CH” swimmers. 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 short course yards (seeded first), long course meters (seeded next) or short course meters (seeded final).

Relays: Must have one (1) swimmer in the age group who achieved the championship (CH) qualifying time or faster 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 swimmer” or “relay alternate”** must be entered in the meet by the entry deadline. Teams cannot use any relay only swimmers unless they were entered prior to the meet entry deadline.
4. All swimmers must be listed on the club entry sheet or disk in an individual event, or as a “relay only” or “relay alternate” swimmer.

All relays are timed finals. For the 200 & 400 Free and Medley Relays the fastest seeded heat of each 11-12 and 13-14 age group will swim in the Finals session. The remaining relays will swim in the Prelim session, scored and awarded from the final results.

***Entries for the 800 Free Relay are as follows:**

1. Each club is limited to one 800 Free Relay by gender (subject to participant formula).
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	Female		Male	
	SCY	LCM	SCY	LCM
13-14	8:47.99	10:00.79	8:15.59	9:27.99

“Win it and swim it” qualifiers from the 2015 Winter Minnesota Regional Championships (MRC)

- These are individual event champions from the MRC’s who have not achieved a “CH” time. There are no alternate “Win it and swim it” qualifiers from the MRC’s if the champion chooses not to enter the individual event at Age Group State.
- Only “Win it and swim it” qualifiers age 14&U may enter the same event at Age Group State.

MRC individual events and corresponding State events	
MRC event (SC)	State event (SC)
8&U	10&U (must have 10&U “CH” standard)
10&U	10&U
9-10	10&U
11-12	11-12
13-14	13-14
15-16	Senior @ Senior State
17 & O	Senior @ Senior State

- Win it and Swim it entrants must use their time from their qualifying MRC event to enter the corresponding event at Age Group State.
- Relays may not be created using a single “Win it and swim it” qualifier. There must be at least one other swimmer in the gender and age group who qualified for the meet with an individual event “CH” time.
- Swimmers being entered under this new criterion must note this on the hard copy of the entry sheet.

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 \$100.00 per event will be charged for falsifying an entry (entries that are not verifiable). Please call the entries person for directions if you need to hand deliver.

PROOF OF TIMES: All events entered must have verifiable times meeting the MN TSE for that specific event. Each team or individual is responsible for providing their own proof of times and must accompany entries. Entries must include Hy-Tek (or compatible) Team Manager printed proof of times or they will not be accepted.

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 teams or individuals 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.

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 entry time shall pay a fine of \$100 to the host club. Proof of entry time must be in a USA Swimming sanctioned or approved competition or Time Trial or from any organized sanctioning body such as high school, college, or YMCA/YWCA, and can be used and presented in electronic format for proof of entry time needs. Each club or individual is responsible for providing their own proof of entry time.

ENTRY DUE DATE: An Email copy of your entry is due Wednesday, March 11, 2015 by 8:00PM.

A hard copy including all proof of times and entry fees owed is due Friday, March 13, 2015 by 8:00PM.

To add swimmers qualifying for events between the entry deadline (Wednesday, March 11, 2015) and 2:00 PM on Monday (March 16, 2015) 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. This is not to add new swimmers or events for those who missed the Wednesday, March 11, 2015 entry deadline.

Minnesota host teams must use Hy-Tek or SDIF compatible software to run swim meets. 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. Clubs outside of the state of Minnesota may use Hy-Tek or SDIF compatible to enter this meet or may use the entry form included with this entry.

E-MAIL ENTRIES: Please follow these guidelines when submitting e-mail entries.

1. Use Hy-Tek Team Manager (Version 4.0 or above) or Team Unify to send entries.
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 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!
3. Please include coach's 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 complete replacement of the previous entries file. The previous entries will be deleted. A revised text /pdf file must accompany the revised team manager/team unify file.
5. Bring the fee calculation form and your payment to the meet and see the Meet Director before you write your check.
6. Meet results will be emailed unless otherwise arranged. Please indicate your e-mail address on the fee calculation form.
7. You will receive an e-mail reply as confirmation. If you DO NOT receive a reply within 24 hours, call the Entries chair at (507-281-5594). If an e-mail confirmation has not been received, your entries have not been included in the meet.

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.

400 IM, 500 Free, 1000 Free, & 1650 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. 500 Freestyle, 1000 Freestyle and the 1650 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.

Awards:

- Individual Events, Relays, High Point:
 - ✓ Individual Events: 1st - 8th place medals.
 - Relay Events: 1st - 8th place medals.
 - ✓ Certificates will be given to the Top 3 High Point swimmers in each gender.
- Team:
 - ✓ MN High Point Championship and Runner-up plaques will be awarded separately for men and women teams.
 - ✓ Age Group Championship banners will be awarded to the Top 3 teams in A, AA, AAA Divisions.
 - ✓ A MN Age Group Championship plaque will be awarded to the overall Top Team.

Timed Final Events: Minnesota Swimming warm-up procedures will be followed. Please observe general warm up, pace lane and sprint lane time assignments. Depending upon entries, warm-up lane assignments and/or split session warm up may be used.

Fees: \$2.50 per entrant listed on the entry sheet, \$5.50 per individual splash, \$22.00 per relay. Summary cost per calculation sheet. Checks must accompany entries and made payable to: Med-City Aquatics. Entry fees must accompany your entry or your entries will not be accepted.

Concessions: Will be provided.

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 2015 registered athlete members of USA Swimming. All coaches must be current 2015 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 familiar 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.

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.

Time Standards: 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, 2014 and be verifiable. The meet will be seeded with conforming times first and non-conforming times thereafter. The order will be short-course yards, long course meters, short course meters.

Time Trials: Time trials will be offered, time permitting, following the morning sessions. Time trials are open only to swimmers in the meet. Time trials count toward a swimmer's entry limit for the day (See Entry Limitations). Sign up will be at the Admin 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. **Any time trial must be submitted by the athlete's coach.**

Timelines: Any timelines provided, whether on the MSI web site, or in the meet program, is for information purposes only. Session start times are only approximations, be aware that sessions may start earlier than published.

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

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.

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. No dancing or stomping on the bulkhead.

**2015 Short Course Yards
Age Group State Championship Event Order**

Girls #	Thursday - March 19 - Timed Finals	Boys #
1	13-14 1000 Freestyle*	2
3	13-14 400 IM*	4
5	13-14 800 Freestyle Relay*	6
Friday - March 20 - AM Prelims		
7	11-12 400 Medley Relay*#	8
9	13-14 400 Medley Relay*#	10
13	11-12 100 Breaststroke	14
15	13-14 100 Breaststroke	16
19	11-12 100 Butterfly	20
21	13-14 100 Butterfly	22
25	11-12 200 IM	26
27	13-14 200 IM	28
31	11-12 100 Backstroke	32
33	13-14 100 Backstroke	34
35	11-12 500 Freestyle*#	36
37	13-14 500 Freestyle*#	38
Friday - March 20 - PM Timed Finals/Finals		
7	11-12 400 Medley Relay*#	8
9	13-14 400 Medley Relay*#	10
11	10&U 100 Breaststroke	12
13	11-12 100 Breaststroke	14
15	13-14 100 Breaststroke	16
17	10&U 100 Butterfly	18
19	11-12 100 Butterfly	20
21	13-14 100 Butterfly	22
23	10&U 200 IM	24
25	11-12 200 IM	26
27	13-14 200 IM	28
29	10&U 100 Backstroke	30
31	11-12 100 Backstroke	32
33	13-14 100 Backstroke	34
35	11-12 500 Freestyle*#	36
37	13-14 500 Freestyle*#	38
Saturday - March 21 - AM Prelims		
41	11-12 200 Medley Relay*#	42
43	13-14 200 Medley Relay*#	44
45	11-12 200 Breaststroke	46
47	13-14 200 Breaststroke	48
51	11-12 100 IM	52
53	13-14 100 IM	54

57	11-12 50 Freestyle	58
59	13-14 50 Freestyle	60
63	11-12 50 Breaststroke	64
67	13-14 200 Freestyle	68
69	11-12 200 Freestyle	70

Saturday– March 21 PM - Timed Finals/Finals		
39	10 & Under 200 Medley Relay	40
41	11-12 200 Medley Relay* [#]	42
43	13-14 200 Medley Relay* [#]	44
45	11-12 200 Breaststroke	46
47	13-14 200 Breaststroke	48
49	10&U 100 IM	50
51	11-12 100 IM	52
53	13-14 100 IM	54
55	10&U 50 Freestyle	56
57	11-12 50 Freestyle	58
59	13-14 50 Freestyle	60
61	10&U 50 Breaststroke	62
63	11-12 50 Breaststroke	64
65	10&U 200 Freestyle	66
67	13-14 200 Freestyle	68
69	11-12 200 Freestyle	70
Sunday - March 22 - AM Prelims		
73	11-12 200 Freestyle Relay* [#]	74
75	13-14 200 Freestyle Relay* [#]	76
77	11-12 200 Butterfly	78
79	13-14 200 Butterfly	80
83	11-12 50 Backstroke	84
87	11-12 100 Freestyle	88
89	13-14 100 Freestyle	90
91	11-12 200 Backstroke	92
93	13-14 200 Backstroke	94
97	11-12 50 Butterfly	98
99	13-14 400 Freestyle Relay* [#]	100
101	11-12 400 Freestyle Relay* [#]	102
Sunday – March 22 - 1650's		
103	13-14 1650 Freestyle*	104
Sunday - March 22 - PM Timed Finals/Finals		
71	10&U 200 Freestyle Relay	72
73	11-12 200 Freestyle Relay* [#]	74
75	13-14 200 Freestyle Relay* [#]	76
77	11-12 200 Butterfly	78
79	13-14 200 Butterfly	80
81	10&U Backstroke	82
83	11-12 50 Backstroke	84
85	10&U 100 Freestyle	86

87	11-12 100 Freestyle	88
89	13-14 100 Freestyle	90
91	11-12 200 Backstroke	92
93	13-14 200 Backstroke	94
95	10&U 50 Butterfly	96
97	11-12 50 Butterfly	98
99	13-14 400 Freestyle Relay*#	100
101	11-12 400 Freestyle Relay*#	102
<p>All 10 & Under events are timed finals</p> <p>* 11-12, 13-14 Timed Finals events</p> <p># Top 8 seeds swimming during Finals</p>		

Meet Calculation Form

**2015 MN Age Group Short Course State Championships
Med-City Aquatics
March 19-22, 2015**

Sanction Number: MN15W-02-14Y
Time Trial Number: MN15W-02-142Y

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone# _____

Entry Data Costs:

_____ Total Swimmers x \$2.50 = \$_____ # of boys _____ # of girls _____

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

_____ Total Relays x \$22.00 = \$_____

Total Due = \$_____

Make checks payable to: Med-City Aquatics. All fees are due with your entry.

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 under signed 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 disk?

Name _____

Phone: Day _____ Night _____