

Minnesota Senior Short Course State Championship
Jean K. Freeman Aquatic Center
University of Minnesota

Thursday, March 10, 2016 — to — Sunday, March 13, 2016

Sanction Number: MN16W-02-15Y

Time Trial Sanction Number: MN16W-02-163Y

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: Mark Ambrosen, mspmadv@mac.com

Inquiries: **USA Swimming Online Meet Entry (OME)** www.usaswimming.org/ome,
 Search for MN LSC 2016 SCY SENIOR STATE CHAMPIONSHIP
Inquiries: Tracy Meece tmeece@mnswwim.org, 320-247-0940

Emergency Phone: Telephone for emergency use only: (612) 626-1352.

Meet Type: This is a 3 ½ day state championships meet for all swimmers with verifiable Senior Championship qualifying times. This is a closed meet. Only swimmers from the Minnesota LSC can participate.

Fees: \$2.50 per entrant listed on the entry sheet, \$5.50 per individual splash, \$22.00 per relay and a \$5.00 Facility Fee. Summary cost per calculation sheet.

Time Schedule:

	Deck Opens	Warm ups	Meet Start
Thurs. 3/10/16 (finals)	4:45 p.m.	5:00 p.m.	6:00 p.m.
Fri. 3/11/16 (prelims)	7:50 a.m.	8:00 a.m.	9:30 a.m.
Fri. 3/11/16 (finals)	3:20 p.m.	3:30 p.m.	5:00 p.m.
Sat. 3/12/16 (prelims)	7:50 a.m.	8:00 a.m.	9:30 a.m.
Sat. 3/12/16 (finals)	3:20 p.m.	3:30 p.m.	5:00 p.m.
Sun. 3/13/16 (prelims)	7:50 a.m.	8:00 a.m.	9:30 a.m.
Sun. 3/13/16 (finals)	3:20 p.m.	3:30 p.m.	5:00 p.m.

Awards:

- Individual Events, Relays, High Point:
 - ✓ Senior awards will be given at this meet. 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.
 - ✓ A certificate will be given to the Top High Point swimmer age 16 or younger in each gender.
- Team:
 - ✓ MN High Point Championship and Runner-up plaques will be awarded separately for men and women teams.
 - ✓ Senior Championship banners will be awarded to the Top 3 teams in A, AA, AAA Divisions.
 - ✓ A MN Senior Championship plaque will be awarded to the overall Top Team.

Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results. (Per legislation passed 1/17/06, awards must be given to athletes at the meet.) Meets are exempt from this requirement if they have an awards presentation.

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

Programs: Programs will be provided via: Meet Mobile Pdf on MSI website Pdf on host website free limited hard copies at the meet.

Amenities: Concessions will be provided by the University of Minnesota. Elsmore Aquatics and Gold Country will be open for sales. Meet apparel will be sold by Northwest Designs. Printed meet programs for spectators will not be sold at this meet. Psych sheets, heat sheets, and results will be available through *Active Network* Meet Mobile for spectators. There will be no charge from Minnesota Swimming for these reports; however, *Active Network* subscription rates for the Meet Mobile app will apply.

FACILITY/LOCATION

Meet Location: Jean K. Freeman Aquatic Center, U of M, 1910 University Ave. SE, Minneapolis, MN 55455.

Directions: <https://www.google.com/maps/place/1910+University+Ave+SE,+Minneapolis,+MN+55455/@44.976259,-93.228457,16z/data=!4m2!3m1!1s0x52b32d19b515ae37:0x318b1b58cc0c46d1?hl=en>

Facility: 8 lanes, 25 yard indoor pool with lane lines and backstroke pennants. Slanted Starting blocks are 26 inches above the water surface.

Water depth: The minimum water depth, measured in accordance with Article 103.2.3 is 7 feet 0 inches at the start end and 7 feet 10 inches at the turn end.

Course certification: The competition course HAS been certified in accordance to 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Other: **NO CAMPING, NO PERSONAL SEATS/CHAIRS:** Due to building/fire codes, no camping is permitted anywhere in the venue. Blankets, personal chairs, etc. are not permitted.

ENTRIES

Entries To: **USA Swimming Online Meet Entry (OME)** www.usaswimming.org/ome,
Search for MN LSC 2016 SCY SENIOR STATE CHAMPIONSHIP

Form of Entries: USA Swimming Online Meet Entry (OME)

Entry Details: This meet will be using USA Swimming Online Meet Entry (OME) at: www.usaswimming.org/ome. Entries may be submitted online beginning 2/6/2016 at 10:00 a.m. (CST) and must be completed by 3/7/2016 at 3:00 p.m. (CST). You will be required to pay for the online entries with Visa, MasterCard, American Express or Discover. To pay by check please contact Minnesota Swimming office for payment instructions. Once you complete your online entry, you will be sent a confirmation email. You may update your OME entry at any time prior to the entry deadline. You can also add events or change entry times but you cannot delete events or change out events after you have checked out and paid for them. Bring all communications with you to the meet in case of problems with your entries.

Entry Process:

1. Complete entry online using USA Swimming’s Online Meet Entry System (OME)
2. Pay for OME entry online using credit card or pay by check payable to MN Swimming, Inc.
3. Must be IN the Minnesota Swimming office on or before 3/9/2016.
 - Entry Fees and swimmer surcharge payments not paid by credit card.

Mail or bring forms to: Minnesota Swimming, Inc. 1001 Highway 7, Room 250, Hopkins, MN 55305

Entry Limitations:

A swimmer may enter a maximum of 9 individual events but can only compete in a maximum 3 individual events per day to a maximum of 7 individual events in the meet. Relay events do not count against daily or meet maximums. All seed times must be either short course yards (seeded first) or long course meters (seeded last).

“Win it and Swim it”

Qualifiers from the 2016 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 Senior State.
- Only “Win it and Swim it” qualifiers age 15&O may enter the same event at Senior State.
- Win it and Swim it entrants must use their time from their qualifying MRC event to enter the corresponding event at Senior 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 who qualified for the meet with an individual event “CH” time.
- When entering a "Win It and Swim It" (WISI) qualifier please use the Bonus Event feature in OME. Bonus Event standards are set at the "BB" standard. If your "Win It and Swim It" entry is slower than "BB" please contact Tracy Meece at tmeece@mnswim.org

Relays:

All relays will be swum with finals. All relays must have at least one (1) swimmer who achieved the championship (CH) qualifying time or faster and is entered in at least one individual event 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 in the meet by the entry deadline. Teams cannot use any relay only swimmers unless they were entered prior to the meet entry deadline.

All relay swimmers must meet the requirements 1-3 above. Please follow the relay entry instructions in OME carefully.

Entries for the 800 Free Relay:

1. Limit of one (1) relay team per gender per club.
2. Qualifying aggregate time equal to four times the 'A' standard for the 200 Freestyle.
3. Aggregate provable times of actual relay participants must meet the qualifying aggregate time.

800 Free Relay Qualifying Standard			
Women		Men	
SCY	LCM	SCY	LCM
8:37.16	9:48.76	7:54.36	9:05.96

Proof of Times:

All events entered must have verifiable times. 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.

- If time is not proven, \$100.00 penalty will be paid to the host. (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 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.
- 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 their 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 that meet.
- 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.

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. 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:	All swimmers with verifiable Senior Championship qualifying times.
Athletes with disabilities:	<p>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. For entry into OME please contact Tracy Meece at tmeece@mns swim.org if the entry time for the athlete with a disability is slower than the Senior Championship qualifying time. The entering coach or swimmer must contact the Referee to discuss any modification for the disabled swimmer to participate.</p> <p>Participation in this meet by a disabled swimmer shall constitute a season-ending LSC championship competition, unless the disabled swimmer earns a new time that qualifies them for the next level meet.</p>
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:	<p>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.</p> <p>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.</p>
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:	<ul style="list-style-type: none">✓ 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.
Meet Format:	All events individual events and the 800 Free Relay are deck seeded. All swimmers must report to their blocks for the start of their heat. Relays will be timed finals and will be swum to completion at Finals. Timed final individual events are described under Scratch Rules / Check-in.
Finals Qualifications:	The Top 24 qualifiers in each prelim/finals event advance to Evening Finals. The top 8 qualifiers will swim in the Championship heat, the 9 th -16 th qualifiers will swim in the Consolation heat, and the 17 th -24 th qualifiers will swim in the Bonus heat. All 24 places will score. All swimmers must report to their blocks for the start of their heat.
Daily limits and meet limits:	There are daily and meet limits on the number of individual events in which an athlete may compete. Athletes are solely responsible for ensuring that they do not exceed those limits. If an athlete exceeds those limits they will be automatically removed, without notice, from those events that exceed the limit. If an athlete is inadvertently seeded or allowed to compete in an event that exceeds one of the event limits, they will be disqualified from that event and will not receive an official time for that event.
400 IM, 500 & 1000 Freestyle and 800 Freestyle Relays:	Will be seeded slowest to fastest with all women's heats first followed by all men's heats. Heats may be combined across gender at the Meet Referee's discretion.
1650 Freestyle:	Are seeded fastest to slowest and swum alternating women and men heats. Heats may be combined across gender at the Meet Referee's discretion. The fastest seeded heat for both men and women is swum with finals.
Scratch Rules Check-in:	<p>Scratch Rules: All individual events will conform to USA Swimming National Scratch Procedure Rules (207.11.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or a swimmer may declare a false start.</p> <p>Scratch Deadline: A scratch box will be available at the Clerk of Course table throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all</p>

events, timed final, preliminary and relays.

- **Thursday Timed Finals** - Scratch deadline for Thursday, March 10, 2016 events shall be 15 minutes after the start of Thursday warm-ups. The deck opens 4:50 p.m., warm-ups start 5:00 p.m., scratch deadline 5:15 p.m.
- **Prelims –**
 - Scratch deadline for Friday, March 11, 2016 events shall be 30 minutes after the start of Thursday, March 10, 2016 evening finals session. (competition starts at 5:00 p.m.),
 - Scratch deadline for Saturday, March 12, 2016 events shall be 30 minutes after the start of Friday, March 11, 2016 evening finals session. (competition starts at 5:00 p.m.),
 - Scratch deadline for Sunday, March 13, 2016 events shall be 30 minutes after the start of Saturday, March 12, 2016 evening finals session. (competition starts at 5:00 p.m.),
- **Finals** - USA Swimming National Scratch Procedure Guidelines (207.11.6 D) will be followed.

Positive Check-in: Entrants in the 400 IM, 500, 1000 and 1650 Freestyle must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded. Declaration of AM or PM swim is required for 1650 entrants.

Relay cards designating the swimmers' names shall be submitted to meet management on the day of the relay. Names and order of swimmers may be changed up to the time of the swim.

Time Trials:

Time trials will be offered, time permitting, only following the preliminary 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 in the administration area. There will be a cost of \$10.00 per time trial event. Warm-ups for time trials will be allowed as time permits at the discretion of the meet referee. Swimmers participating in time trials will need to provide their own timers.

Time Standards:

MN Swimming Time Standards – the most current edition published on the Minnesota Swimming website will be used. A swimmer must have a 15&O CH (Championship) time or faster to enter the meet. The time must have been achieved since January 1, 2015 and be verifiable. The meet will be seeded with conforming times first and non-conforming times thereafter. The order will be short-course yards and long course meters.

Meet Lane Timing Needs:

Timers are needed for the preliminary sessions Friday-Sunday. Specific slots have been assigned by club and communicated to the club presidents and head coaches. Club assignments may also be viewed on the MSI website. Volunteers are asked to sign up using the SignUpGenius.com website by March 3, 2016.

www.SignUpGenius.com/go/30E0F4FADAA29A1FE3-volunteer

NOTE: Teams must supply their own timers for swimmers participating in the 1650 Freestyle. The top 8 seeds swim in Finals and timers will be supplied for those swimmers.

Applications to Officiate:

This meet will be submitted for designation as an "Officials Qualifying Meet" for certification and re-certification evaluations. Applications for evaluation can be found on the Minnesota Swimming web site (<http://www.mnswim.org/TabGeneric.jsp?tabid=12811&team=czmnlsc>).

These can be e-mailed to the Meet Referee. Not all applications for evaluation may be accepted. Opportunities for evaluations may be restricted by the available officiating positions, number of evaluators, and positions which the evaluators may evaluate.

ORDER OF EVENTS

Preliminary Sessions

Friday, March 11			Saturday, March 12			Sunday, March 13		
F		M	F		M	F		M
7	200 Free	8	17	200 Fly	18	31	200 IM	32
9	100 Breast	10	19	50 Free	20	33	200 Back	34
11	100 Fly	12	21	100 IM	22	35	100 Free	36
13	400 IM	14	25	500 Free	26	10 minute break		
						29	1650 Free*	30

*** The fastest men's and women's heats of the 1650 free will swim with Finals. These are Timed Finals events.**

Finals Sessions

Thursday, March 10			Friday, March 11			Saturday, March 12			Sunday, March 13		
F		M	F		M	F		M	F		M
1	200 Medley Relay**	2	7	200 Free	8	17	200 Fly	18	29	1650 Free*	30
3	1000 Free*	4	9	100 Breast	10	19	50 Free	20	31	200 IM	32
5	800 Free Relay**	6	11	100 Fly	12	21	100 IM	22	33	200 Back	34
			13	400 IM	14	23	100 Back	24	35	100 Free	36
			15	200 Free Relay**	16	25	500 Free	26	37	200 Breast	38
						27	400 Medley Relay**	28	39	400 Free Relay**	40

***The fastest men's and women's heats of the 1650 will swim with Finals. These are Timed Finals events.**

**** All relays swim with Finals (max of 1 relay per gender, per team) Relays are Timed Finals events.**