

2016 MN Short Course Age Group State Championships (All Zones) with Time Trials Med City Aquatics

Thursday, March 17, 2016 — to — Sunday, March 20, 2016

Sanction Number: MN16W-02-16Y

Time Trial Sanction Number: MN16W-02-164Y

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: Jim Dervin, meets@medcityswim.org,
507-250-5122 (cell), 507-281-5594 (home)

Inquiries: Jim Dervin, meets@medcityswim.org
507-250-5122 (cell), 507-281-5594 (home)

Emergency Phone: 507-281-6167 (Rec Center emergency)
507-250-5122 (meet director cell)

Meet Type: This is a 3 ½ 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 2016 Winter Minnesota Regional Championships (a “Win it and swim it” qualifier).
This is a closed meet. Only swimmers from the Minnesota LSC can participate.

Win it and Swim it: “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 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	no 8&U events for State
10&U	10&U
9-10	10&U
11-12	11-12
13-14	13-14
15-&O	Senior

- 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.

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 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 LSC championship competition, unless the disabled swimmer earns a new time that qualifies them for the next level meet.

Warm-up for Finals Friday through Sunday:

- Age 11 and over swimmers only in the non-racing pool, which is totally open until sprints start in the competition pool. At that time, lanes 1 and 8 in the non-racing pool will be used for pace only.
- Age 10 and under swimmers only in the competition pool until sprints and set up as:
 - 25 min/25 min split by teams
 - 20 min for sprints of all ages
- There will be 10 minutes of calm water prior to the start of finals sessions.

Fees:

\$2.50 per entrant listed on the entry sheet, \$5.50 per individual splash, \$22.00 per relay and \$5.00 facility fee. Summary cost per calculation sheet.

Time Schedule:

Thursday March 17th Timed Finals, warm-ups at 4:00PM, meet starts at 5:00PM
Friday March 18th Prelims, warm-ups at 6:45AM, meet starts at 8:00AM
Friday March 18th Timed Finals/Finals, meet will not start before 3:30PM preceded by a minimum 70-minute warm-up period and a 10-minute break.
Saturday March 19th Prelims, warm-ups at 6:45AM, meet starts at 8:00AM
Saturday March 19th Timed Finals/Finals, meet will not start before 3:30PM preceded by a minimum 70-minute warm-up period and a 10-minute break.
Sunday March 20th Prelims, warm-ups at 6:45AM, meet starts at 8:00AM
Sunday March 20th 1650 Finals, meet will not start before 12:30PM preceded by a minimum 20-minute warm-up period
Sunday March 20th Timed Finals/Finals, meet will not start before 3:30PM preceded by a minimum 70-minute warm-up period and a 10-minute break.

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.

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.

Programs: Programs will be on sale during the meet.

Amenities: Concessions will be provided. Limited camping will be available in the gym. Video of the pool will be broadcast in the gym. Elsmore and Northwest Designs will also be in the gym area selling swim wear and other apparel. Photography services will be available from We Got Game Photography.

FACILITY/LOCATION

Meet 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.

Facility: 8 lanes, **25 yard** indoor pool with lane lines 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 14 ft at the start end and 5.5 ft 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: All bleachers and stands at the pool deck level are for the exclusive use of swimmers and coaches.

ENTRIES

Entries To: Jim Dervin, entries@medcityswim.org
507-250-5122 (cell), 507-281-5594 (home)

Form of Entries: E-mail entries preferred.

Entry Start Date: Entries will be accepted beginning at 8:00 pm on **Wednesday, February 17, 2016**

Entry Close Date: An Email copy of your entry is due **Monday, March 7, 2016 by 8:00 PM**. A hard copy including all proof of times and entry fees owed is due **Friday, March 11, 2016 by 8:00 PM**. To add swimmers qualifying for events between the entry deadline and 2:00 PM on Monday 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 **March 7, 2016** entry deadline.

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

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.

Age Group 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 top 8 seeded teams for each gender 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

Nonconforming time entries: All non-conforming qualifying times MUST be entered as non-conforming. Converted times must not be used.

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 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.

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: Age 13-14, 11-12 or 10 & Under swimmers with verifiable “CH” qualifying times, or an individual event champion from the 2016 Winter Minnesota Regional Championships (a “Win it and swim it” qualifier).

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.
- 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.
- Distance Events:** **The 200 back, 200 breast, 200 fly, and 500 free** are timed final events with the top 8 swimming at night for 11-12.
- 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.
- The 400 IM and the 1000 Freestyle** heats will be swum slowest to fastest, all age groups (within the session combined, separated for score/awards by age group offered at the meet).
- 500 free** will be top 8 seeded swimmers at the Finals session on Friday with 11-12 girls, 11-12 boys, 13-14 girls, and 13-14 boys in that order. The remaining 500 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.
- The 1650 on Sunday** will be swum fastest to slowest alternating gender. The referee reserves the right to conduct two pool racing. If we go to two pool racing it would be fastest to slowest and no alternating gender.
- Minnesota Scratch rules will be in effect.
- Aging up:** **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 4, 2016) and State (March 17, 2016).
 - 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).
- Time Trials:** Time trials will be offered, time permitting at the discretion of the referee. Time trials are open only to swimmers in the meet. Cost is **\$10.00** per event. Requests must be submitted through the swimmer's coach. Sign up will be at the meet management table. Time trials do count toward a swimmer's daily entry limit (but not against their overall individual championship event total for the meet - See Entry Limitations). Time trial swimmers are required to supply their own timer.

31	13-14 100 Backstroke	32
33	11-12 500 Freestyle**	34
35	13-14 500 Freestyle**	36

Girls #

Saturday - March 19 - AM Prelims

Boys #

39	11-12 200 Medley Relay**	40
41	13-14 200 Medley Relay**	42
43	11-12 200 Backstroke**	44
45	13-14 200 Backstroke	46
49	11-12 100 IM	50
51	13-14 100 IM	52
55	11-12 50 Freestyle	56
57	13-14 50 Freestyle	58
61	11-12 100 Breaststroke	62
63	13-14 100 Breaststroke	64
67	11-12 200 Freestyle	68
69	13-14 200 Freestyle	70

Saturday– March 19 PM - Timed Finals/Finals

37	10 & Under 200 Medley Relay	38
39	11-12 200 Medley Relay**	40
41	13-14 200 Medley Relay**	42
43	11-12 200 Backstroke**	44
45	13-14 200 Backstroke	46
47	10&U 100 IM	48
49	11-12 100 IM	50
51	13-14 100 IM	52
53	10&U 50 Freestyle	54
55	11-12 50 Freestyle	56
57	13-14 50 Freestyle	58
59	10&U 100 Breaststroke	60
61	11-12 100 Breaststroke	62
63	13-14 100 Breaststroke	64
65	10&U 200 Freestyle	66
67	11-12 200 Freestyle	68
69	13-14 200 Freestyle	70

Sunday - March 20 - 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 Breaststroke*#	92
93	13-14 200 Breaststroke	94
97	11-12 50 Butterfly	98
99	13-14 400 Freestyle Relay*#	100
101	11-12 400 Freestyle Relay*#	102

Girls #

Sunday – March 20 - 1650's

Boys #

103	13-14 1650 Freestyle*	104
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Sunday - March 20 - 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 50 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 Breaststroke*#	92
93	13-14 200 Breaststroke	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

All 10 & Under events are timed finals

*** 11-12, 13-14 Timed Finals events**

Top 8 seeds swimming during Finals

2016 MN Age Group Short Course State Championships
Med-City Aquatics
March 17-20, 2016

Sanction Number: MN16W-02-16Y
Time Trial Sanction Number: MN16W-02-164Y

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

MSI Entry Fee: _____ # of Swimmers entered x \$2.50 = \$_____.

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

_____ Total Relays x \$ 22.50 = \$_____

_____ Total Facility fee x \$ 5.00 = \$_____

Total Due = \$_____

Make checks payable to: Med City Aquatics. **All fees are due** prior to the start of the first session in which your swimmers participate. Bringing checks to the meet and dropping them off in the admin area when checking in is preferred to mailing, but if mailing is necessary, send to 509 Frederichs Drive NW, Rochester, MN, 55901).

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** _____