



**2016 MN SEMS JUNE QUAD
SEMS SWIM CLUB**

Saturday, June 18, 2016 — to — Sunday, June 19, 2016

Sanction Number: MN16S-05-222Y

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: Eric Seversen, coachseversen@semsswimclub.com, 651-295-2806

Inquiries: Inquiries: Eric Seversen, coachseversen@semsswimclub.com, 651-295-2806
Entries: Christine Moss, entrychair@semsswimclub.com,

Emergency Phone: 651-450-2480 to reach the Community Center, 651-295-2806 for Eric Seversen.

Meet Type: This is a short course ABC Open Quad meet.

Teams Invited: Edina Swim Club, Lifetime MN, Rochester Swim Club

Fees: MSI Entry fee of \$3.00 and \$5.00 Facility Surcharge, \$2.50 Program Fee plus \$4.00 per individual swim and \$16.00 per relay.

Time Schedule: AM warm-ups begin at 8:30am, meet starts at 9:30am. Saturday and Sunday PM session warm-ups begin at the conclusion of the AM sessions and the meet will begin 1 hour later.

**Please note: The Community Center does not open until 8am on Sunday so families/swimmers arriving prior to 8:00am should plan to wait outside.

Awards, Prizes and Scoring: We will be awarding the top 8 individuals in 8-Under, 9-10/10-Under, 11-12 and 13-14 age group events plus top 3 relays for 10-Under, 11-12/12-Under, and 13-14/14-Under relay events.

Programs: Programs will be provided via: Meet Mobile Pdf on host website

Amenities: Separate warm-up/cool-down diving well will be available throughout the meet. Please be sure to monitor your swimmers so this space does not become a playground.

Speaking of playgrounds, the "Grove" has an indoor waterpark adjacent to the competition pool, visible through a large glass wall. The waterpark, as well as the indoor track, weights and cardio are

accessible via 1-day passes, which can be purchased at the front desk. Check their website for more information (<http://www.ci.inver-grove-heights.mn.us/index.aspx?nid=97>)

Concessions will be available for purchase. A small Elsmore table will be on hand for goggles etc. as well. Limited camping will be available but the lobby will also be available throughout the meet

Meet programs will be emailed to participating clubs during the week prior to distribute to their participants.

FACILITY/LOCATION

Meet Location:	Veterans Memorial Community Center "The Grove," 8055 Barbara Avenue East, Inver Grove Heights, MN 55077
Directions:	We recommend using Google Maps or similar. The facility is easily accessed off Highway 52
Facility:	8 lanes, 25 yard indoor pool with lanelines and backstroke pennants. Slanted Starting blocks are 30 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:	Camping will be limited to a small space upstairs. Due to Building/Fire Code, a walkway needs to remain clear.

ENTRIES

Entries To:	Christine Moss, entrychair@semsswimclub.com
Form of Entries:	Emailed entries only
Entry Start Date:	Entries will be accepted beginning at 8:00 pm on Sunday, May 15, 2016
Entry Close Date:	Entries will close at 10:00 PM on Wednesday, June 08, 2016. This is the final date that entries will be accepted for the meet.
Entry Limitations:	Age of a swimmer is determined by their age on the first day of the meet. A swimmer may compete in a maximum of 4 individual events per day 1 relay per day. All seed times must be in yards.

ELIGIBILITY / ATHLETES

Eligibility:	This meet is open to all swimmers, NT entries are accepted.
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 changes are prohibited.**
 - ✓ **Use of audio or visual recording devices** including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Distance Events:** The 400 IM and 500 & 1650 Freestyles will be combined across gender at the meet referee's discretion. These events will be swim fastest to slowest alternating women and mens heats. Minnesota Scratch rules will be in effect.
- Open Lane Swims:** The MSI "Open Lane Swim" procedure will be available at this meet. The open lane fee is \$ 5.00. Sign-up is on a first come basis at the timing table. Swimmers must be registered in the swim meet in order to have the opportunity to participate in Open Lane Swims. In the event of a missed heat, the Referee will determine if the missed swim may occur and how it is conducted. Swimmers may swim events for which they have no times. Swimmers may not exceed the event limit of 4 events including Open Lane Swims. Swimmers may scratch an event in order to swim on Open Lane Swim to stay within the entry limit. No refunds will be given for scratched events.
- Time Standards:** No Senior time standards will be used for this meet.

ORDER OF EVENTS

Girls	Saturday AM		Boys
	11-12	200 Medley Relay	1
2	10-U	200 Medley Relay	3
	11-12	200 Free	4
5	10-U	200 Free	6
7	8-U	100 Free	8
	11-12	100 Breast	9
10	10-U	100 Breast	11
	11-12	50 Back	12
13	9-10	50 Back	14
15	8-U	50 Back	16
	11-12	200 Breast	17
18	11-12	100 Fly	19
20	10-U	100 Fly	21
	11-12	50 Free	22
23	9-10	50 Free	24
25	8-U	50 Free	26
	11-12	200 Fly	27

Girls	Sunday AM		Boys
	11-12	200 Free Relay	62
63	10-U	200 Free Relay	64
	11-12	200 IM	65
66	10-U	200 IM	67
68	8-U	100 IM	69
	11-12	50 Breast	70
71	9-10	50 Breast	72
73	8-U	50 Breast	74
	11-12	100 Back	75
76	10-U	100 Back	77
	11-12	50 Fly	78
79	9-10	50 Fly	80
81	8-U	50 Fly	82
	11-12	100 Free	83
84	9-10	100 Free	85
	11-12	200 Back	86
	11-12	500 Free	87

Girls	Saturday PM		Boys
28	12-U	200 Medley Relay	
29	14-U	200 Medley Relay	30
31	Open	200 Medley Relay	32
33	11-12	200 Free	
34	13-14	200 Free	35
36	Open	200 Free	37
38	11-12	100 Breast	
39	13-14	100 Breast	40
41	Open	100 Breast	42
43	11-12	50 Back	
44	13-14	200 Back	45
46	Open	200 Back	47
48	11-12	200 Breast	
49	11-12	100 Fly	
50	13-14	100 Fly	51
52	Open	100 Fly	53
54	11-12	50 Free	
55	13-14	50 Free	56
57	Open	50 Free	58
59	11-12	200 Fly	
60	Open	400 IM	61

Girls	Sunday PM		Boys
88	12-U	200 Free Relay	
89	14-U	200 Free Relay	90
91	Open	200 Free Relay	92
93	11-12	200 IM	
94	13-14	200 IM	95
96	Open	200 IM	97
98	11-12	50 Breast	
99	13-14	200 Breast	100
101	Open	200 Breast	102
103	11-12	100 Back	
104	13-14	100 Back	105
106	Open	100 Back	107
108	11-12	50 Fly	
109	13-14	200 Fly	110
111	Open	200 Fly	112
113	11-12	100 Free	
114	13-14	100 Free	115
116	Open	100 Free	117
118	11-12	200 Back	
119	Open	500 Free	120
121	Open	1650 Free	122

Meet Calculation Form

**2016 MN SEMS JUNE QUAD
SEMS SWIM CLUB
SATURDAY-SUNDAY, JUNE 18-19, 2016**

Sanction Number: MN16S-05-222Y

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 \$ 4.00 = \$ _____ # of boys _____ # of girls _____

_____ Total Relays x \$ 16.00 = \$ _____

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

_____ Total Program fee x \$ 2.50 = \$ _____

Total Due = \$ _____

Make checks payable to: SEMS Swim Club **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 _____