



WEST FEBRUARY SWIM SPREE

WEST EXPRESS SWIM TEAM

Saturday, February 11, 2017 - Sunday, February 12, 2017

Sanction Number: MN17W-12-130Y

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: Nancy Kudanovych Phone: 612-240-5648 e-mail: jnkuda@comcast.net

Inquiries: Heidi Keller-Miler Phone: 612-599-7712 e-mail: westexpresscoach@hotmail.com

Emergency Phone: 612-240-5648

Meet Type: ABC Open Invitational Meet for all swimmers

Teams Invited: WEST EXPRESS and any other Wild West Group teams' entries will be accepted on a first come, first served basis. These teams include: Hopkins, Lake Superior Swim Club, Lifetime, Metro Marlins, Minnetonka, Velocity, Waconia, Watertown, and Wright County Wave. Other MSI team may attend if not filled.

Fees: MSI Entry fee of \$3.00 and \$4.00 per Individual Splash, and \$3.00 Program Fee

Time Schedule: Morning Sessions - Warm-up Start 7:20am. Warm-up Ends 8:20am. Meet Start 8:30 am. Afternoon Sessions: Will not start before 11:30am preceded by a 60 minute warm up.

Awards, Prizes and Scoring: Fun prizes will be given to heat winners. No scoring.

Programs: Programs will be provided via: XMeet Mobile XPdf on host website

Amenities: Concessions will be provided. Video and camping in the gym.

FACILITY/LOCATION

Meet Location:	Chaska Middle School East, 1600 Park Ridge Dr., Chaska, MN 55318
Directions:	The school is located near the intersection of Highway 41 and Engler Boulevard in Chaska. Take NEW 212 WEST to Hwy. 41. Go SOUTH on Hwy. 41 to Engler Blvd. Go LEFT onto Engler Blvd. and then LEFT onto Park Ridge Dr. The school will be at the top of the hill and the pool entrance is on the West side of the school.
Facility:	6 lanes, 25 yard indoor pool with lanes 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:	Deck space and bleacher space is limited so please utilize the gym and commons area for personal items. We will provide video of the meet events and heats on the TV in the gym.

ENTRIES

Entries To:	Heidi Keller-Miler Phone: 612-599-7712 e-mail: westexpresscoach@hotmail.com
Form of Entries:	Email entries preferred. All entries must be completed by the entering club or individual who will be solely responsible for the accuracy of the entry. Please call the entries person for directions if you need to hand deliver.
Entry Start Date:	Entries will be accepted beginning at 8:00 pm on Thursday, January 19, 2017 for West Express, Hopkins, Lake Superior Swim Team, Lifetime, Metro Marlins, Minnetonka, Velocity, Waconia, Watertown, and Wright County Wave. If meet is not filled by teams listed above, other Minnesota LSC and out of state teams may submit entries beginning 8:00pm on Thursday, January 26th.
Entry Close Date:	Entries will close at 12:00 PM on Wednesday, February 01, 2017. 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 3 individual events per day. All seed times must be in yards.

ELIGIBILITY / ATHLETES

Eligibility:	This meet is open to swimmers with all qualifying times as well as NT's.
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.
 - ✓ **Operations of a drone or any other flying apparatus** is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Distance Events:** Heats for distance events may be combined across gender at the Meet Referee's discretion. Minnesota Scratch rules will be in effect. 500 and 1650 Freestyle are seeded fastest to slowest and swum alternating women and men heats. A positive check-in will be required for the 500 Free and 1650 Free. Check-in will be required at the head timer table by the time stated at the coach's meeting. Heats will be swum fastest to slowest, all age groups (within the session) combined. A 10-minute warm-up will be held prior to the 500 Free and 1650 Freestyles.
- Open Lane Swims:** The MSI "Open Lane Swim" procedure will be available at this meet. The open lane fee is \$ 10.00. 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 3 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 time standards will be used for this meet.

ORDER OF EVENTS

Mixed Gender & Mixed ages based on seed time. 50 Free is offered on both mornings.
12 & under boys and 10 & under girls in the morning sessions. 13 & older boys and 11 & older girls in the
afternoon sessions. Positive check-in for 500 and 1650 Freestyle (swimmers to provide their own lap counters)

SATUDAY MORNING

Event # / Event

- 1 50 Fly
- 2 200 Free
- 3 100 Breast
- 4 50 Back
- 5 100 IM
- 6 200 Fly
- 7 50 Free
- 8 500 Free

SATURDAY AFTERNOON

Event # / Event

- 9 200 IM
- 10 50 Breast
- 11 100 Free
- 12 200 Breast
- 13 100 Fly
- 14 100 Back
- 15 500 Free
- 16 400 IM

SUNDAY MORNING

Event # / Event

- 17 50 Breast
- 18 100 Free
- 19 100 Back
- 20 200 Breast
- 21 200 IM
- 22 200 Back
- 23 50 Free
- 24 100 Fly

SUNDAY AFTERNOON

Event # / Event

- 25 100 IM
- 26 200 Free
- 27 50 Back
- 28 100 Breast
- 29 200 Fly
- 30 50 Free
- 31 200 Back
- 32 50 Fly
- 33 1650 Free

Meet Calculation Form

**WEST FEBRUARY SWIM SPREE
WEST EXPRESS SWIM TEAM
FEBRUARY 11TH & 12TH, 2017**

Sanction Number: MN17W-12-130Y

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 Program fee x \$ 3.00 = \$ _____

Total Due = \$ _____

Make checks payable to: WEST Express Swim Team **All fees are due** at the meet. at 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** _____

Email Address: _____