

**Minnesota Short Course Senior Championship**  
**March 7-9, 2013**  
**University of Minnesota Aquatic Center**

**Sponsored By:** TWIN Cities SwimTeam

**Sanctioned By:** Minnesota Swimming and USA Swimming

**Meet Sanction Number:** MN13W – 02 – 22Y

**Time Trial Sanction Number:** MN13W – 02 – 125Y

**Meet Director:** Ryan L’Roy , 612-626-3944, [tcswim@umn.edu](mailto:tcswim@umn.edu)

**Meet Marshal:** Conor Murphy

**Entries and Inquiries:** Ryan L’Roy, 612-626-3944, [twinent@umn.edu](mailto:twinent@umn.edu)

**Safety Coordinator:** Ryan L’Roy

**Team Coaches:** Tyler Gerst,

**Officials:** MSI Qualified Officials

**Team President:** Ryan L’Roy

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

**Meet Type:** A three day state championship meet for all swimmers with verifiable Senior Championship qualifying times. This is a closed meet. Only swimmers from the Minnesota LSC can participate.

**Purpose:** To encourage and promote championship level swimming within Minnesota.

**Pool Location:** University of Minnesota Aquatic Center, 1910 University Ave. SE, Minneapolis, MN 55455.  
Telephone for emergency use only: (612) 626-1352.

**Please note that two major construction projects are underway at and near the Aquatic Center. Some of the streets south of the Aquatic Center have been closed or restricted. Entrances on the south side of the University Aquatic Center will be closed. The only access point is on the north side of the Aquatic Center.**

**Facility:** 8 Lane, 25 Yard Indoor racing course with lane lines and backstroke pennants. Slanted starting blocks are 26” above the water surface. 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 with 104.2.2C(4). A copy of this certification is on file with USA Swimming.

**Time Schedule:**

<b>2013 MN SC Senior Championship</b>			
<b>Prelims – Thursday, Friday, Saturday</b>			
<b>Deck Opens</b>	<b>Warm-up</b>		<b>Competition</b>
	<b>Open</b>	<b>Closed</b>	<b>Starts</b>
7:00 AM	7:15 AM	8:45 AM	9:00 AM

<b>Finals – Thursday, Friday</b>			
<b>Deck Opens</b>	<b>Warm-up</b>		<b>Competition</b>
	<b>Open</b>	<b>Closed</b>	<b>Starts</b>
4:00 PM	4:15 PM	5:45 PM	6:00 PM

<b>Finals - Saturday</b>			
<b>Deck will not close after Prelims</b>	<b>Warm-up</b>		<b>Competition</b>
	<b>Open</b>	<b>Closed</b>	<b>Starts</b>
	2:45 PM	4:15 PM	4:30 PM

This time schedule is an estimate and subject to change prior to the championship.

**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.

**NOTE: Teams must supply their own timers for swimmers participating in the 1000 and 1650 Freestyle.**

**Time Standards:** MN Swimming Time Standards – the most current edition published on the Minnesota Swimming website will be used. A swimmer must have a 15-16 CH (Championship) time or faster to enter the meet. The time must have been achieved since January 1, 2012 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.

**Entry Limitations:** Age of a swimmer is determined by their age on the first day of the meet. A swimmer may not exceed 3 individual events per day to a maximum of 7 events in the meet, excluding relays. A swimmer may swim up to 9 events in the meet, but additional events over 7 must be time trials. All seed times must be either short course yards (seeded first) or long course meters (seeded last). Only swimmers from the MN LSC can participate.

**Relays:** All relays will be swum to completion during the preliminary sessions. There will be no relays swum in finals. To enter a relay a team must have one (1) swimmer who achieved the championship (CH) qualifying time or faster and is entered in at least one individual event at the meet. No relays put together around a “Win It and Swim It” qualifier from the Minnesota Regional Championships are permitted.

1. Limit of two (2) relays per gender per club
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. 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.

A club may enter up to two (2) relay teams in any event provided the number of swimmers who achieved the championship (CH) qualifying time or faster for an individual event equals a multiple of four and then one additional swimmer, and all those swimmers are entered in the meet (i.e. to enter two (2) relays you must have five (5) championship (CH) qualifying time or faster swimmers.

All relay swimmers must meet the requirements 1-3 above. Swimmer’s name, USA Swimming ID, and age must be on relay cards.

Entries for the 800 Free Relay:

1. Limit of two (2) relay teams 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.

<b>800 Free Relay Qualifying Standard</b>			
<b>Women</b>		<b>Men</b>	
<b>SCY</b>	<b>LCM</b>	<b>SCY</b>	<b>LCM</b>
8:45.1	9:53.1	8:03.9	9:13.1
6	6	6	6

**Entries:** All entries must be emailed 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).

Team must generate an entry file using Hy-Tek software (Team Manager) or Team Unify software to enter this meet; unless your club is on record with MSI that you cannot comply with the disk entry requirement.

**Proof of Entry Time:** 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, February 27, 2013 by 6:00 PM. A hard copy including all proof of times and entry fees owed is due Friday, March 1, 2013. Mail the attached entry fee report and a check payable to: **University of Minnesota**

Swimmers may still qualify between the entry deadline and 2:00 PM on Monday before the meet. To add these swimmers, or make changes to your entry, email an entire new entry. 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.

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

1. Use Hy-Tek Team Manager or Team Unify to send entries.
2. E-mail the entry file and an entry report. This allows the Entry Chair to double check that the number of swimmers and entries in the entry 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 file must accompany the revised team manager file.
5. Mail the fee calculation form and your payment to the Entry Chair. All fees must be paid prior to the start of the meet.
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, please contact the Entry Chair.

**Meet Format:** The majority of events are pre-seeded, prelim/finals. All swimmers must report to their blocks for the start of their heat. Relays will be timed finals and will be swum to completion during the morning preliminary sessions. There will be no relays swum in Finals. Timed final individual events are described under distance events.

**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<sup>th</sup>-16<sup>th</sup> qualifiers will swim in the Consolation heat. The next eight qualifiers age 16 & Under will swim in the Bonus heat. All swimmers must report to their blocks for the start of their heat.

**Positive Check-in:** A positive check-in will be required for the 1000 Free, 1650 Free, and 800 Free Relay. Check-in will be required at the timing table by the time stated at the coaches' meeting.

800 Freestyle Relays will be seeded fastest to slowest and swum alternating women and men heats. Heats may be combined across gender at the Meet Referee's discretion.

1000 Free and 1650 Free are seeded fastest to slowest and swum alternating women and men heats. The fastest women's and men's heat will compete in finals. Heats may be combined across gender at the Meet Referee's discretion. The fastest seeded heat is swum first in finals

Minnesota Scratch rules will be in effect throughout the meet.

**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

**Warm-Up:** Current Minnesota Swimming 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. Swimmer(s) without a coach present are to report to the Meet Referee prior to warm-ups for lane assignment. 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.

**Concessions:** Will be provided.

**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 excluded from this if they have an awards presentation.

TEAMS AND SWIMMERS MUST COLLECT THEIR AWARDS BEFORE THEY LEAVE THE COMPETITION.

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

**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 competitive rules and regulations and USA Swimming Rules and Regulations current editions.

**USA Swimming Membership:** All swimmers must be current 2013 registered athlete members of USA Swimming. All coaches must be current 2013 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.

**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. Indicate on your entry if a coach will be present or not. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

**Timelines:** Any timelines provided, whether through the Minnesota Swimming phone line, 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.

**Time Trials:** Time trials will be offered, time permitting, 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 \$5.50 per time trial event. Warm-ups for time trials will be allowed as time permits at the discretion of the meet referee.

**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.

**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.

**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 strongly discouraged. (Effective January 1, 2013)**

**APPLICATIONS TO OFFICIATE:** Completed Applications to Officiate, found on the Minnesota Swimming website may be emailed to the Meet Referee.

**2013 Minnesota Short Course Senior Championship  
March 7-9, 2013  
Order of Events**

<b>Thursday, March 7</b>				
<b>Event #</b>	<b>Format</b>	<b>Event</b>	<b>Format</b>	<b>Event #</b>
1	TF	200 Free Relay *	TF	2
3	P/F	200 Breast	P/F	4
5	P/F	100 Fly	P/F	6
7	P/F	50 Free	P/F	8
9	P/F	200 IM	P/F	10
11	TF	800 Free Relay *	TF	12
13	P/F	500 Free**	P/F	14
*All relay heats swum in preliminaries. **500 Freestyle in Finals is at the beginning of the event program.				

<b>Friday, March 8</b>				
<b>Event #</b>	<b>Format</b>	<b>Event</b>	<b>Format</b>	<b>Event #</b>
15	TF	200 Medley Relay *	TF	16
17	P/F	200 Free	P/F	18
19	P/F	100 Back	P/F	20
21	P/F	100 Breast	P/F	22
23	P/F	400 IM	P/F	24
25	TF	400 Free Relay *	TF	26
27	TF	1000 Free***	TF	28
*All relay heats swum in preliminaries. ***Fastest seeded heat of the 1000 Freestyle swum first in finals.				

<b>Saturday, March 9</b>				
<b>Event #</b>	<b>Format</b>	<b>Event</b>	<b>Format</b>	<b>Event #</b>
29	TF	400 Medley Relay *	TF	30
31	P/F	200 Back	P/F	32
33	P/F	100 Free	P/F	34
35	P/F	200 Fly	P/F	36
37	P/F	100 IM	P/F	38
39	TF	1650 Free****	TF	40
*All relay heats swum in preliminaries. ****Fastest seeded heat of the 1650 Freestyle swum first in finals.				

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**Time Trial Sanction Number: MN13W – 02 – 125Y**

Entering Club's Name: \_\_\_\_\_ Club Code: \_\_\_\_\_

Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Coach Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Entries Email: \_\_\_\_\_

\_\_\_\_\_ Swimmers @ \$2.50 per swimmer \_\_\_\_\_

\_\_\_\_\_ Individual Events @ \$5.50 per entry \_\_\_\_\_

\_\_\_\_\_ Relays @ \$22.00 per relay \_\_\_\_\_

TOTAL DUE \_\_\_\_\_

Make check payable to: **University of MN**

Entry fees are due within 2 days of emailed entries. Send this form and payment to:

Attention: TWIN Cities Swim Team  
1900 University Avenue SE  
Cooke Hall Room 100  
Minneapolis, MN 55455

The undersigned team representative certifies by their signature that all athletes participating in this meet are Athlete Members of USA Swimming. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is a Non-Athlete (Coach) Member of USA Swimming, with all required coaching certifications up to date.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**