

Minnesota Short Course Senior State Championships

March 13-16, 2008

Hosted by: Team Foxjet

University of MN Aquatic Center

Minneapolis, MN

Dear Swimmers and Parents,

Attached please find information about

1. Meet Information
2. Order of Events
- 3. Entry Form – Due Sunday, February 24, 2008 no later than 11:59 p.m.**

*Please note this is a proof of time meet. Swimmers must have verifiable “CH” times to swim in this meet. Swimmers may not swim events that he/she does not have a verifiable “CH” time. The cut off date is Jan. 1, 2007; CH times must have been achieved after this date.

If you do not receive a confirmation that your swimmer’s entry has been received, within 24 business hours, please call the office.

Entry forms due Sunday, Feb 24, 2008 no later than 11:59 p.m.

Entries received Thursday after 3:00 p.m. will be confirmed the following Monday morning.

Any CH times achieved at ABC Finals and wishing to be late entered must be e-mail to geck@aquajets.com no later than 6:00 p.m., Sunday March 2, 2008. If you do not receive a confirmation of your new entry by 10:00 a.m., Monday, March 3, 2008, please contact the office.

If you have any questions, comments or concerns please let me know.

Thanks!

Georgia

March 13th – 16th, 2008

Sponsored by : Eden Prairie Foxjet Swim Team,

Meet Type: This is a 3 1/2 day prelim/finals meet for all 13-14, 15-16 and Senior swimmers with Champ times from all Minnesota teams or Minnesota unattached swimmers.

Purpose: To provide a Fall/Winter season Championship meet for Minnesota swimmers 13 years and older.

Pool Location: **University of Minnesota Aquatic Center**
 1912 University Ave, SE
 Minneapolis, MN
 Telephone # for Emergency Use Only: (612) 626-
 1352

FACILITY: Two 8-lane, 25-yard indoor competition pools with lanelines and backstroke pennants. Slanted starting blocks 26" above water surface; pool depths at the starting ends are 7' to 7'10". Backstroke underwater swimming distance marked at 15 meters from each end of both pools. Separate warm-up facilities may be provided on a space-available basis (depending upon University schedule). **Both East and West competition pools will be utilized for Sunday Prelims.** The East competition pool (only) will be utilized for Friday Prelims., Friday Evening Finals, Saturday Prelims., Saturday Evening Finals and Sunday Evening Finals.

Closed Meet: The Minnesota State Swimming Championships are open to any Minnesota registered athlete. Swimmers who are registered in LSC'S other than Minnesota are not eligible to swim in the Minnesota State Championships

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 as described in the Relay section of this information. Timed final individual events are described under Distance Events.

Time Schedule:

Thursday Timed Finals Session:	Warm-up: 2:30 PM, Meet Start: 4:00 PM
Friday Morning Prelims Session:	Warm-up: 7:00 AM, Meet Start: 8:30 AM
Friday Evening Finals Session:	Warm-up: 4:00 PM, Meet Start: 5:30 PM
Saturday Morning Prelims Session:	Warm-up: 7:00 AM, Meet Start: 8:30 AM
Saturday Evening Finals Session:	Warm-up: 4:00 PM, Meet Start: 5:30 PM
Sunday Morning Prelims Session:	Warm-up: 7:00 AM, Meet Start: 8:30 AM
Sunday Evening Finals Session:	Warm-up: 2:30 PM, Meet Start: 4:00 PM – please note !!!

Entry Limitations: Age of a swimmer is determined by their age on the first day of the State 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 in, short course yards (seeded first), short course meters (seeded next), or long course meters (seeded last).

Bonus Events: If a swimmer has made the 100 yd/m state championship standard in a competitive stroke other than freestyle, he/she may enter the 200 yd/m event at the TSE in the same stroke & age group.

If a swimmer has made the 200yd/m Individual Medley state championship standard, he/she may enter either the 100 IM OR the 400 IM at the TSE in the same age group. If a swimmer has made the 500yd/400m Freestyle state championship standard, he/she may enter the 1000 Freestyle OR the 1650 Freestyle event at the TSE in the same age group. ***All entries using this Bonus Event condition must mark those entries as BONUS on their Proof of Times Entry File.***

Individual Events: The Top 16 qualifiers in each prelim/finals event advance to the finals with the 8 fastest swimming in the championship heat and the remaining 8 swimming in the consolation heat. All swimmers must report to their blocks for the start of their heat. Minnesota Scratch rules will be in effect.

Distance Events: Please note the changing placement of these events from the prelims order to the finals order. A positive check-in will be required for the 1000 Free, all relays, and the 1650 Free. Check-in will be required at the timing table by the (time or event #) stated at the coaches' meeting. Heats will be swum fastest to slowest gender dependent upon the order of events.

1000 Free & the 800 Freestyle Relays will be swum all age groups combined, fastest to slowest, alternating female & male heats until completion.

500 Free and 400 IM These events will be swum fastest to slowest – with the first three heats circle seeded, alternating men and women. Only the top 8 prelim times return for Finals. Places 9-16 will be scored from the results of prelims. These events will be swum as the last prelim event on their corresponding days.

1650 Free will be swum all age-groups combined with the fastest seeded heats (one Women, one Men) competing in Sunday night's Final session. The remaining heats will be swum fastest to slowest as the last prelim event with women swimming in the East (Diving Well) Pool & men swimming in the West (Scoreboard) Pool.

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. This meet will be scored and combined with the Age Group (12 & under) meet totals for Team High Point Banners

Awards: 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 age group and gender. High Point State Championship and Runner-up plaques will be awarded separately for male and female teams in the following age groups: 13/14, 15/16 and Senior. A Senior State Championship Trophy will be awarded to the top team. At the completion of both Senior and 12 & Under State Championship meets, team totals will be combined and Team High Point Banners will be awarded to the Top 5 teams in A, AA & AAA Divisions.

Time Trials: Time trials will be offered, time permitting, at a time designated by the meet referee. Time trials are open only to swimmers in the meet. \$5.00 per event. Sign up will be at the timing table. Time trials count toward a swimmers entry limit - See Entry Limitations.

Programs: Programs containing seeded events for all sessions will be sold. Heat sheets for finals will be available at the beginning of each finals session. The estimated start times will be posted in the programs but will not be used as the official timeline.

**Minnesota Swimming
Short Course State Championships
March 13-16, 2008**

**Thursday Evening Timed Finals
Warm- Ups 2:30pm Meet Begins at 4:00pm**

Women	Events		Men
1-3*	Combined Women 1000 Free	Combined Men 1000 Free	2-4*
10 Minute Warm-Up Break			
7-9**	Combined Women 800 Free Relay	Combined Men 800 Free Relay	10-12**

* The 1000 Free is a timed final event, swum with all age groups combined, swimming fastest to slowest, alternating Women's and Men's heats. Age groups/genders will be score separately. This event requires a positive check-in.

** The 800 Free Relay is a timed final event, swum with all age groups combined, swimming fastest to slowest, alternating Women's and Men's heats. Age groups/genders will be score separately. This event requires a positive check-in.

**Friday Morning Prelims
Warm- Ups 7:00am Meet Begins at 8:30am**

Women	Event		Men
19-21	Combined Women 200 Breast	Combined Men 200 Breast	22-24
25-27	Combined Women 100 Fly	Combined Men 100 Fly	28-30
31-33	Combined Women 50 Free	Combined Men 50 Free	34-36
37-39	Combined Women 200 IM	Combined Men 200 IM	40-42
43*	13 – 14 Women 200 Free Relay	13 – 14 Men 200 Free Relay	46*
44*	15 – 16 Women 200 Free Relay	15 – 16 Men 200 Free Relay	47*
45*	Senior Women 200 Free Relay	Senior Men 200 Free Relay	48*
10 Minute Warm-Up Break			
13-15**	Combined Women 500 Free	Combined Men 500 Free	16-18**

The fastest 16 prelim times in each age group/gender will advance to the Finals. All swimmers will be governed by the Minnesota Scratch Rule.

* These relays will be swum as timed finals with the fastest heat (from seed times) in each age group/gender swimming in the Finals Session. None of these relay heats will be

combined

Across age groups, except in the case of orphaned heats, as the Meet Referee see fit.

** Please note that this event will be swum as the last event in prelims and will be swum as the First event in Finals Session. This is a prelim/finals event and will be seeded and swum as all other prelim/finals event but with only the top 8 prelims times in each age group/gender advancing to the Finals Session. Places 9-16 will be scored from the results in Prelims.

Friday Evening Finals
Warm- Ups 4:00pm Meet Begins at 5:30pm

<u>Women</u>	<u>Event</u>		<u>Men</u>
13	13-14 Women 500 Free	13-14 Men 500 Free	16
14	15-16 Women 500 Free	15-16 Men 500 Free	17
15	Senior Women 500 Free	Senior Men 500 Free	18
19	13-14 Women 200 Breast	13-14 Men 200 Breast	22
20	15-16 Women 200 Breast	15-16 Men 200 Breast	23
21	Senior Women 200 Breast	Senior Men 200 Breast	24
25	13 – 14 Women 100 Fly	13 – 14 Men 100 Fly	28
26	15 – 16 Women 100 Fly	15 – 16 Men 100 Fly	29
27	Senior Women 100 Fly	Senior Men 100 Fly	30
31	13 – 14 Women 50 Free	13 – 14 Men 50 Free	34
32	15 – 16 Women 50 Free	15 – 16 Men 50 Free	35
33	Senior Women 50 Free	Senior Men 50 Free	36
37	13 – 14 Women 200 IM	13 – 14 Men 200 IM	40
38	15 – 16 Women 200 IM	15 – 16 Men 200 IM	41
39	Senior Women 200 IM	Senior Men 200 IM	42
43	13 – 14 Women 200 Free Relay	13 – 14 Men 200 Free Relay	46
44	15 – 16 Women 200 Free Relay	15 – 16 Men 200 Free Relay	47
45	Senior Women 200 Free Relay	Senior Men 200 Free Relay	48

Saturday Morning Prelims
Warm- Ups 7:00am Meet Begins at 8:30am

Women	Event		Men
49*	13 – 14 Women 200 Medley Relay	13 – 14 Men 200 Medley Relay	52*
50*	15 – 16 Women 200 Medley Relay	15 – 16 Men 200 Medley Relay	53*
51*	Senior Women 200 Medley Relay	Senior Men 200 Medley Relay	54*
55-57	Combined Women 200 Free	Combined Men 200 Free	58-60
61-63	Combined Women 100 Back	Combined Men 100 Back	64-66
67-69	Combined Women 100 Breast	Combined Men 100 Breast	70-72
79*	13 – 14 Women 400 Free Relay	13 – 14 Men 400 Free Relay	82*
80*	15 – 16 Women 400 Free Relay	15 – 16 Men 400 Free Relay	83*
81*	Senior Women 400 Free Relay	Senior Men 400 Free Relay	84*
10 Minute Warm-Up Break			
73-75**	Combined Women 400 IM	Combined Men 400 IM	76-78**

The fastest 16 prelim times in each age group/gender will advance to the Finals.
 All swimmers will be governed by the Minnesota Scratch Rule.

* These relays will be swum as timed finals with the fastest heat (from seed times) in each age group/gender swimming in the Finals Session. None of these relay heats will be combined
 Across age groups, except in the case of orphaned heats, as the Meet Referee see fit.

** Please note that this event will be swum as the last event in prelims and will be swum before the 400 Free Relay in Finals Session. This is a prelim/finals event and will be seeded and swum as all other prelim/finals event but with only the top 8 prelims times in each age group/gender advancing to the Finals Session. Places 9-16 will be scored from the results in Prelims.

Saturday Evening Finals
Warm- Ups 4:00pm Meet Begins at 5:30pm

<u>Women</u>	<u>Event</u>		<u>Men</u>
49	13 – 14 Women 200 Medley Relay	13 – 14 Men 200 Medley Relay	52
50	15 – 16 Women 200 Medley Relay	15 – 16 Men 200 Medley Relay	53
51	Senior Women 200 Medley Relay	Senior Men 200 Medley Relay	54
55	13 – 14 Women 200 Free	13 – 14 Men 200 Free	58
56	15 – 16 Women 200 Free	15 – 16 Men 200 Free	59
57	Senior Women 200 Free	Senior Men 200 Free	60
61	13 – 14 Women 100 Back	13 – 14 Men 100 Back	64
62	15 – 16 Women 100 Back	15 – 16 Men 100 Back	65
63	Senior Women 100 Back	Senior Men 100 Back	66
67	13 – 14 Women 100 Breast	13 – 14 Men 100 Breast	70
68	15 – 16 Women 100 Breast	15 – 16 Men 100 Breast	71
69	Senior Women 100 Breast	Senior Men 100 Breast	72
73	13 – 14 Women 400 IM	13 – 14 Men 400 IM	76
74	15 – 16 Women 400 IM	15 – 16 Men 400 IM	77
75	Senior Women 400 IM	Senior Men 400 IM	78
79	13 – 14 Women 400 Free Relay	13 – 14 Men 400 Free Relay	82
80	15 – 16 Women 400 Free Relay	15 – 16 Men 400 Free Relay	83
81	Senior Women 400 Free Relay	Senior Men 400 Free Relay	84

Sunday Morning Prelims
Warm- Ups 7:00am Meet Begins at 8:30am

Women	Event		Men
85	13 – 14 Women 400 Medley Relay	13 – 14 Men 400 Medley Relay	88
86	15 – 16 Women 400 Medley Relay	15 – 16 Men 400 Medley Relay	89
87	Senior Women 400 Medley Relay	Senior Men 400 Medley Relay	90
97	13 – 14 Women 200 Back	13 – 14 Men 200 Back	100
98	15 – 16 Women 200 Back	15 – 16 Men 200 Back	101
99	Senior Women 200 Back	Senior Men 200 Back	102
103	13 – 14 Women 100 Free	13 – 14 Men 100 Free	106
104	15 – 16 Women 100 Free	15 – 16 Men 100 Free	107
105	Senior Women 100 Free	Senior Men 100 Free	108
109	13 – 14 Women 200 Fly	13 – 14 Men 200 Fly	112
110	15 – 16 Women 200 Fly	15 – 16 Men 200 Fly	113
111	Senior Women 200 Fly	Senior Men 200 Fly	114
115	13 – 14 Women 100 IM	13 – 14 Men 100 IM	118
116	15 – 16 Women 100 IM	15 – 16 Men 100 IM	119
117	Senior Women 100 IM	Senior Men 100 IM	120
10 Minute Warm-Up Break			
91-93**	Combined Women 1650 Free	Combined Men 1650 Free	94-96**

The fastest 16 prelim times in each age group/gender will advance to the Finals.
 All swimmers will be governed by the Minnesota Scratch Rule.

* These relays will be swum as timed finals with the fastest heat (from seed times) in each age group/gender swimming in the Finals Session. None of these relay heats will be combined
 Across age groups, except in the case of orphaned heats, as the Meet Referee see fit.

** The 1650 Free is a timed final event, swum all age groups combined, fastest to slowest.

Age groups/genders will be scored separately. This event requires positive check-in. Please note that this event will be swum as the last event in prelims with the fastest heat of Women and men swimming as the first individual event, after the 400 Medley Relay in Finals.

Sunday Evening Finals
Warm- Ups 2:30pm Meet Begins at 4:00pm

<u>Women</u>	<u>Event</u>		<u>Men</u>
85	13 – 14 Women 400 Medley Relay	13 – 14 Men 400 Medley Relay	88
86	15 – 16 Women 400 Medley Relay	15 – 16 Men 400 Medley Relay	89
87	Senior Women 400 Medley Relay	Senior Men 400 Medley Relay	90
91-93	Combined Women 1650 Free, fastest heat	Combined Men 1650 Free, fastest heat	94-96
97	13 – 14 Women 200 Back	13 – 14 Men 200 Back	100
98	15 – 16 Women 200 Back	15 – 16 Men 200 Back	101
99	Senior Women 200 Back	Senior Men 200 Back	102
103	13 – 14 Women 100 Free	13 – 14 Men 100 Free	106
104	15 – 16 Women 100 Free	15 – 16 Men 100 Free	107
105	Senior Women 100 Free	Senior Men 100 Free	108
109	13 – 14 Women 200 Fly	13 – 14 Men 200 Fly	112
110	15 – 16 Women 200 Fly	15 – 16 Men 200 Fly	113
111	Senior Women 200 Fly	Senior Men 200 Fly	114
115	13 – 14 Women 100 IM	13 – 14 Men 100 IM	118
116	15 – 16 Women 100 IM	15 – 16 Men 100 IM	119
117	Senior Women 100 IM	Senior Men 100 IM	120

2008 MN Short Course SR State Championship Meet

Hosted by: Team Foxjet

University of MN Aquatic Center

March 13-16, 2008

Minneapolis, MN

Entries must be received by Sunday, Feb. 24, 2008 no later than 11:59 p.m.

Swimmers may compete in 3 individual events per day, to a maximum of 7 events in the meet, not including relay events.

A swimmer may swim up to 9 events in the meet, but additional events over 7 must be time trials.

Home Phone Number _____

Last Name: First Name: MI: Age: Birthday:

Thursday, Mar.13, 2008 1. Event #: Stroke:

Friday, Mar.14, 2008 1. Event #: Stroke:
2. Event #: Stroke:
3. Event #: Stroke:

Saturday, Mar.15, 2008 1. Event #: Stroke:
2. Event #: Stroke:
3. Event #: Stroke:

Sunday, Mar. 16, 2008 1. Event #: Stroke:
2. Event #: Stroke:
3. Event #: Stroke:

Fees: \$5.00 surcharge per swimmer charged by host team
 \$5.00 per individual event
 \$5.00 per individual on a relay

Entries are due Sunday, Feb. 24 , 2008 no later than 11:59 p.m..

Coaches ask that all swimmers be on deck 15 minutes prior to the start of warm-up for a team meeting and stretching.

We will not be able to accept any late entries. Please submit your entry by:

1. E-mail entries to: geck@aquajets.com. You will receive an e-mail confirmation.
2. Drop off at the pool, hand deliver to Georgia or put in the lock box.

If you do not receive a confirmation within 24 business hours please contact the office. 952-351-9928

Entries received after 3:00 p.m. on Thursdays will be replied to on the following Monday morning.

