

The Presidents' Day "A" Swim Meet

February 12, 13, 14, 2010

Sponsored By: Rochester Swim Club Orcas

Meet Type: This is a 2 ½ day meet for all swimmers with A times or above from all zones.

Pool Location: Rochester-Olmsted County Recreation Center Natatorium
21 Elton Hills Drive, Rochester, MN 55901 (507) 281-6167

Entry Deadline: Sunday, Jan. 17, 2010

Directions to Rec Center: 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 across the bridge (you are heading East). After crossing the highway bridge, turn continue 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 take the 19th Street Exit, veer right and continue through the light. You will be on Elton Hills Drive. Follow Elton Hills Drive similarly. Entrance to the pool during competition is on the WEST side only. **PARK ONLY ON THE WEST SIDE OF THE FACILITY!!!**

Time Schedule:

<u>Friday:</u>	All:	Warm-ups	12:30 PM to 1:50 PM
		Timed Finals	2:00 PM
<u>Saturday & Sunday*</u>	13 & Over:	Warm-ups	6:30 AM to 7:50 AM
		Prelims	8:00 AM
	12 & Under:	Warm-ups*	Not before 12:30 PM (Saturday)
		Warm-ups	Not before 12:30 but after last heat of 1650 (Sunday)
		Timed Finals	Not before 1:30 PM
	13 & Over:	Warm-ups*	04:50 PM - 5:50 PM
		Finals	06:00 PM

***Note: Afternoon sessions on Sat/Sun will not start before 1:30 even if schedule improvement occurs from the morning. Warm-ups may start in the shallow end.**

Facility: The Recreation Center Natatorium is an indoor eight-lane 50 meter pool with a bulkhead that separates the pool into two eight-lane 25 yard courses. All competition (except for some 1650 heats) will be in the deep end of the pool. Six inch Competitor lane lines are used and the pool is set with backstroke pennants. The pool has deep fast water sloping from 16 feet at the starting end to 7 feet at the bulkhead. Slanted starting blocks are 27 inches above the water. Relays for the 100 yards for 8 & under age group will require the second and fourth swimmers to dive into 7 feet of water from the bulkhead (14 inches above the water). Continuous warm-up will be available in the shallow-end 25 yard course during the meet except during the 1650 Freestyle. Use of the warm-up pool will be restricted to swimmers warming-up and warming down.

Timing: Electronic timing system with backup buttons and/or watches, horn start and touch-pads at the start end of the pool.

Entry Limitations: Age of a swimmer is determined by their age on the first day of the meet. Entry limit is 3 individual events per day for "prelim/final" swimmers and 4 individual events per day for "timed finals" swimmers. There is no limit on relay entries. If a "timed finals" swimmer chooses to swim in a prelim/final event on a certain day, the swimmer is limited to 3 events for that day. If time trials are swum, the maximum number of events for a day is five.

Awards: Individual medals: 1-8
Relay medals: 1-3
High Point awards: 1-3 for Age Groups & Seniors
Team trophies: 1-3 (Host team will not be considered for a team trophy)
Champ certificates will be issued on request for new champ times.
For team scoring purposes, teams from outside of Minnesota will be placed in the AAA Division. Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results.

Scoring:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Meet Format: 12 & Under Timed finals events: 12 and under swimmers will have timed finals on all three days. Afternoon timed finals will not start before 1:30 PM. Warm-ups will begin in the shallow end of the pool in the event the morning session runs late. 10 minutes of warm-up will be provided in the competition pool.

13 & Over Prelims/Finals: With the exception of the events on Friday, the 400IM(Sat), and the 1650(Sun), all other events will be swum prelim/finals. Prelims are held in the morning sessions with consolation and championship final heats in the evening sessions of Saturday and Sunday (top 16).

Relays: The fastest heat of the morning relays will be seeded directly into the finals each day (the fastest heat will not swim in the morning)

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Distance Events:

500 Freestyle: The 500 yard Freestyle is a timed final event. It will be deck seeded upon completion of the positive check-in. Heats will be swum in age group format, slowest to fastest. All swimmers are required to provide a lap counter.

400 IM: The 400 Individual Medley is a timed final event. All but the fastest heats (one men's, one women's) will be swum as the last event in the morning preliminaries on Saturday. The fastest heat will swim only once as the last event of the Saturday evening finals. Morning heats will be swum slowest to fastest.

1650 Freestyle: The 1650 Freestyle is a timed final event. Age groups will be combined. Heats will be swum fastest to slowest alternating a women's heat and then a men's heat. Slower heats may be swum in the shallow end of the pool and if necessary, two to a lane. All 1650 swimmers are REQUIRED to provide a lap counter. Those 1650s swum in the shallow end will start off of the bulkhead without a starting block.

Fees: \$7.50 per swimmer, \$5.00 per individual splash, \$5.00 per leg of relay.

Open Lane Swims: The MSI "Open Lane Swim" procedure will be available at the meet. The splash 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. Swimmers may swim events for which they have no times. Swimmers may not exceed the event limit when entering Open Lane Swims. Swimmers may scratch an event in order to swim on Open Lane Swim to stay within the entry limit. Sign up for open lane swims will CLOSE* 2 events prior to that event being swum to allow for appropriate seeding and notification of officials. All open lane swims must be paid for, approved by the deck official, and approved by the open lane coordinator prior to the event being swum. Open Lane swims usually fill on Friday. *If you want to enter your child in an Open Lane event, give Coach KATE or Coach PHILIP an envelope with your swimmers full name(include MI), age, gender, DOB, event name and number. The envelope must contain \$5 cash. One envelope per swimmer, per event.*

Warm-Up: Current MSI and USA Swimming Rules will govern all aspects of the warm-ups and competition. Swimmers and coaches are expected to be acquainted with all rules and obligations. Failure to follow will result in disqualification of swimmer(s) or coach(s) from next individual event or expulsion from the meet. The NO Diving and Slip-In Entry rules will be strictly enforced. NO DIVING IS ALLOWED IN THE SHALLOW END! Failure of coaches to control their swimmers actions may result in expulsion from the meet.

Minnesota Scratch Rule: All swimmers are expected to report to the block area in time for their heats to swim. The Minnesota scratch rule for finals is in effect: "Any swimmer qualifying for an individual final heat, as specified in the meet information, who fails to compete in said final heat race shall be barred from further competition in the meet. Any points that the swimmer has accumulated during the meet shall be removed from their individual point total and that individual's point total, exclusive of relays, will be subtracted from the point total for the team they are attached to."

Time Trials: Time Trials will be offered, time permitting. This decision is the responsibility of the Meet Director. If held, the time trials will be held following the morning and afternoon sessions. Time trials are only open to swimmers in the meet. Each time trial counts toward a swimmers entry limit for the day. Sign-up will be at the announcer's table. There will be an entry fee of \$5.00 per time trial.

Seating: There are 750 seats located on the West side of the pool. Spectators must sit in the bleachers above the walkway. Only competitors and coaches will be allowed to use the seating on the east side and the ground level seating on the west side of the competition pool. NO FOOD OR GLASS CONTAINERS WILL BE ALLOWED IN THE POOL AREA. THIS INCLUDES THE POOLSIDE SEATING AND BLEACHER AREA. COMPETITORS MAY BRING SPORTS DRINKS (IN PLASTIC CONTAINERS) INTO THE COMPETITION AREA. SPECTATORS WILL BE REMOVED FROM THE POOL AREA IF FOOD IS BROUGHT IN.

Timing: Colorado Swimmer 5 timing with a multi-color graphics scoreboard will be used. Touch pads at the start end (not the bulkhead) along with backup buttons and backup watches will be used. The starting signal will be generated from a standard horn starting system.

Programs: Programs containing seeded events for all sessions will be sold. Heat sheets for finals will be sold separately 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.

Concessions: Concessions will be available in the gymnasium. Camping is allowed in the gymnasium.

Entry Deadline: Sunday, Jan. 17, 2010

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Minnesota "A" Times Friday PM-Timed Finals

Warm-ups Start at 12:30 and Events Start at 02:00

<u>Girls</u>	<u>Time Cut</u>		<u>Time Cut</u>	<u>Boys</u>
1	2:28.09	Senior 200 Ind Medley	2:16.09	2
3	2:31.49	13-14 200 Ind Medley	2:21.29	4
5	1:14.59	11-12 100 Ind Medley	1:15.19	6
7	1:26.89	9-10 100 Ind Medley	1:25.29	8
9	5:49.79	Senior 500 Free	5:26.59	10
11	5:55.39	13-14 500 Free	5:37.69	12
13	6:11.89	11-12 500 Free	6:23.19	14
15	2:44.39	9-10 200 Free	2:39.19	16

Saturday AM - Preliminaries

Warm-ups start at 06:30 and Events at 08:00

<u>Girls</u>	<u>Time Cut</u>		<u>Time Cut</u>	<u>Boys</u>	*
17	None	13-14 400 Medley Relay	None	18	*
19	None	Senior 400 Medley Relay	None	20	*
21	2:14.69	13-14 200 Free	2:06.19	22	*
23	2:11.29	Senior 200 Free	2:00.99	24	*
25	1:08.99	13-14 100 Back	1:04.89	26	*
27	1:07.09	Senior 100 Back	1:01.59	28	*
29	2:47.89	13-14 200 Breast	2:37.39	30	*
31	2:43.99	Senior 200 Breast	2:31.19	32	*
33	1:08.29	13-14 100 Fly	1:03.39	34	*
35	1:06.89	Senior 100 Fly	1:00.59	36	*
37	28.29	13-14 50 Free	25.29	38	*
39	28.39	Senior 50 Free	25.59	40	*
41	5:11.99	Senior 400 Ind Medley**	4:49.79	42	*

**400 Ind Medley is an exception. Events 41 and 42 are deck seeded timed final events.

The fastest heat of each event will swim in the evening. Each event is limited to 48 swimmers. Positive check-in is required 1 1/2 hour before event

Sunday AM - Preliminaries

Warm-ups start at 06:30 and Events at 08:00

<u>Girls</u>	<u>Time Cut</u>		<u>Time Cut</u>	<u>Boys</u>
75	None	13-14 400 Free Relay	None	76
77	None	Senior 400 Free Relay	None	78
79	2:28.59	13-14 200 Fly	2:20.29	80
81	2:24.49	Senior 200 Fly	2:13.39	82
83	1:18.19	13-14 100 Breast	1:12.59	84
85	1:16.19	Senior 100 Breast	1:09.39	86
87	2:28.39	13-14 200 Back	2:19.29	88
89	2:24.89	Senior 200 Back	2:13.29	90
91	1:02.69	13-14 100 Free	57.89	92
93	1:01.19	Senior 100 Free	55.59	94
95	19:50.19	13-14 1650 Free***	18:54.79	96
97	19:37.29	Senior 1650 Free***	18:27.59	98

*** Each of the 1650 events is an exception. The 1650s are deck seeded timed final events. Age Groups will be combined. Positive check-in is required by 9:00 AM Sunday am. Some/fall heats may swim in the shallow end. Meet Director reserves the right to limit the number of 1650 heats swum.

Saturday PM-Timed Finals

Warm-ups not before 12:30 events not before 1:30

<u>Girls</u>	<u>Time Cut</u>		<u>Time Cut</u>	<u>Boys</u>	*
43	None	8 & U 100 Medley Relay	None	44	*
45	None	10 & U 200 Medley Relay	None	46	*
47	None	11-12 400 Medley Relay	None	48	*
49	41.69	8 & U 50 Free	41.69	50	*
51	33.89	9-10 50 Free	33.29	52	*
53	29.79	11-12 50 Free	30.09	54	*
55	51.39	8 & U 50 Fly	51.39	56	*
57	1:31.09	9-10 100 Fly	1:29.99	58	*
59	1:13.39	11-12 100 Fly	1:15.39	60	*
61	48.79	8 & U 50 Back	48.79	62	*
63	40.09	9-10 50 Back	40.29	64	*
65	34.19	11-12 50 Back	35.29	66	*
67	1:38.19	9-10 100 Breast	1:36.59	68	*
69	1:22.59	11-12 100 Breast	1:24.59	70	*
71	3:04.99	9-10 200 Ind. Medley	3:04.19	72	*
73	2:38.79	11-12 200 Ind. Medley	2:43.49	74	*

Sunday PM-Timed Finals

Warm-ups not before 12:30 events not before 1:30

<u>Girls</u>	<u>Time Cut</u>		<u>Time Cut</u>	<u>Boys</u>
99	None	11-12 400 Free Relay	None	100
101	None	10 & U 200 Free Relay	None	102
103	None	8 & U 100 Free Relay	None	104
105	2:20.99	11-12 200 Free	2:23.09	106
107	54.09	8 & U 50 Breast	54.09	108
109	44.19	9-10 50 Breast	44.39	110
111	38.59	11-12 50 Breast	39.19	112
113	1:43.69	8 & U 100 IM	1:43.69	114
115	1:26.39	9-10 100 Back	1:25.49	116
117	1:14.39	11-12 100 Back	1:15.99	118
119	39.19	9-10 50 Fly	38.59	120
121	32.69	11-12 50 Fly	33.79	122
123	1:33.29	8 & U 100 Free	1:33.29	124
125	1:15.49	9-10 100 Free	1:14.39	126
127	1:03.59	11-12 100 Free	1:05.89	128

Saturday Evening - Finals

Tentatively Warm-ups start at 04:50 and Events at 06:00

<u>Girls</u>			<u>Boys</u>	*
17F	13-14	400 Medley Relay	18F	*
19F	Senior	400 Medley Relay	20F	*
21F	13-14	200 Free	22F	*
23F	Senior	200 Free	24F	*
25F	13-14	100 Back	26F	*
27F	Senior	100 Back	28F	*
29F	13-14	200 Breast	30F	*
31F	Senior	200 Breast	32F	*
33F	13-14	100 Fly	34F	*
35F	Senior	100 Fly	36F	*
37F	13-14	50 Free	38F	*
39F	Senior	50 Free	40F	*
41F	Senior	400 Ind Medley	42F	*

Sunday Evening - Finals

Tentatively Warm-ups start at 04:50 and Events at 06:00

<u>Girls</u>			<u>Boys</u>
75F	13-14	400 Free Relay	76F
77F	Senior	400 Free Relay	78F
79F	13-14	200 Fly	80F
81F	Senior	200 Fly	82F
83F	13-14	100 Breast	84F
85F	Senior	100 Breast	86F
87F	13-14	200 Back	88F
89F	Senior	200 Back	90F
91F	13-14	100 Free	92F
93F	Senior	100 Free	94F