

Minnesota Long Course Championship
July 25-28, 2013
University of Minnesota Aquatic Center

Sponsored By: Team Foxjet

Sanctioned By: Minnesota Swimming and USA Swimming

Meet Sanction Number: MN13S – 06 – 42M

Time Trial Sanction Number: MN13S – 06 – 170M

Meet Director: Michael Braden *mbraden1961@comcast.net*

Marc Tullemans *mtullemans@earthlink.net*

Meet Marshal: Mark Davis

Entries and Inquiries: Stephanie Guggisberg (foxjetentry@gmail.com)

Safety Coordinator: Ann Urschel

Team Coaches: Ann Urschel, Lloyd Larsen

Club Officials: Barbara Green, Bruce Green, Kurt Lieberman, Sarah Nelson, Steve Nelson, Tong Wu, Frank McCrackin, Brad Hendricks, Tina Hendricks, Rita Murtada, Ihab Murtada, Igor Korolev, David Deng

Officials: MSI Qualified Officials

Team President: Mark Davis

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

Meet Type: This is a 4-day meet for all swimmers with CH events from Minnesota Club Teams or Minnesota unattached swimmers.

Purpose: To encourage and promote elite competitive 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 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, 50 meter 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, 10 inches at the start end and 7 feet, 10 inches at the turn end.

The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Meet Format:

All events will be swum long course (50 meters). Entries will be seeded by LCM times first and then SCY. No converted times allowed. Relay entries should reflect the team's best estimated time.

13&Over/Senior

- Individual events, except the 800 and 1500 Freestyle, will use a prelims/finals format. The fastest eight (8) preliminary round swimmers for each event will qualify for finals. During prelims all events of the same stroke, distance, and gender will be consolidated into a single event for the purpose of seeding and swimming. The consolidated event will be circle seeded. The women's event will run first and the men's event second. Results from prelims will be separated by their original age group to determine the finalists for each event.
- 800 and 1500 individual Freestyle events are timed final events. The events will be consolidated by gender into a single event for the purpose of seeding and swimming. The fastest eight (8) seeds in the consolidated event will swim during finals and all others during prelims. During prelims the 800 and 1500 heats will be seeded fastest to slowest and alternate by gender.
- 200 and 400 relay events are timed final. The fastest eight (8) seeds in each event will swim during finals. All other teams will swim in prelims and seeded slowest to fastest.
- 800 relays events are timed final. The events will be consolidated by gender into a single event for the purpose of seeding and swimming. The heats will be seeded fastest to slowest and alternate by gender. All heats will be swim during prelims.
- Check-in
 - 800, 1500, 400 individual Freestyle, 400 individual Medley, and 800 Freestyle relay requires a positive check in which will close 90 minutes before the scheduled start of the event. 800 and 1500 individual entrants have the option of being down seeded.
 - 200/400 relays have a check-in. This check-in will close at the start of finals the day before the event. Entrants who check-in will:
 - Be seeded before entrants who do not check-in.
 - Have the option of being down seeded.Entrants who do not check-in will be seeded after those that check-in. Relays should submit legitimate entry times and use the check-in for down seeding.
 - Down seeding will only be able during the check-in. Seeding changes will not be allowed after the positive check-in has closed.
- MN Scratch rule will be in effect for all prelim/finals events, 800/1500 individual Freestyle, and 800 Freestyle relay.
- MN Scratch rule will apply 200/400 relays teams that check-in. Those that do not check-in will not be penalized for a no show.

12&Under

- All events are timed finals and will be seeded slowest to fastest.
- Positive Check-in
 - 400 Freestyle requires a positive check in. MN Scratch rule will be in effect for these events.

Schedule:

Session	Warm-up		Competition
	Open	Close	Start
13&Over, Senior Prelims	7:00 AM	8:20 AM	8:30 AM
13&Over, Senior Finals	5:00 PM	5:45 PM	6:00 PM
12&Under Timed Finals	12:30 PM	1:15 PM	1:30 PM

This schedule is an estimate and subject to change prior to or during the championship. A new estimated timeline will be made available before the start of the meet. Sunday's 13&Over/Senior finals may start earlier than 6:00 PM.

Eligibility: Only Minnesota Swimming registered athletes are eligible. All athletes and relay teams must meet one of the qualifying methods listed below for each event they enter. The qualifying period for all time standards is January 1, 2012, through the entry deadline.

Qualifying Methods:

1. Achieved the event's qualifying MN championship (CH) time standard. The 2012-2013 MN Swimming Time Standards – the most current edition published on the Minnesota Swimming website will be used. 17&Over and Senior events will use the 17-18 age group time standards.

800 Free Relay qualifying standard is an aggregate time equal to four times the 200 Freestyle Minnesota 'A' time standard for that age group/gender and moved up to a time ending with a nine hundredth of a second. All other relays do not have a time standard.

Age	Women 800 Free Relay		Men 800 Free Relay	
	SCY	LCM	SCY	LCM
13-14	8:58.79	10:11.19	8:24.79	9:37.59
15-16	8:45.19	9:53.19	8:03.99	9:13.19
Senior	8:41.99	9:51.19	7:55.59	9:03.59

2. "Win it and swim it" qualifier from the Minnesota Regional Championships (MRC). This is an individual event champions from the MRC who has not achieved a championship time. Only the event winner is eligible (no alternates). Swimmers entered under this method must note this on the Proof of Time report.

Note: A relay may not be created using only a "Win it and swim it" qualifier. There must be at least one swimmer on the relay who qualified for the meet using the qualifying time standard method.

3. Swimmers who age-up between the starting dates of Minnesota Regional Championships (July 19, 2013) and the start of this championship (July 25, 2013) are allowed to swim an event in their new age group provided:
 - a. They are either 8 becoming 9, or 10 becoming 11, or 12 becoming 13.
 - b. They have achieved a championship time in the event in their old age group before Minnesota Regional Championships. Championship times achieved for the younger age group at Minnesota Regional Championships may not be entered in State under this provision.

Swimmers being entered under this method must note this on the Proof of Time report.

Note: A relay may not be created using only an age-up qualifier. There must be at least one swimmer on the relay who qualified for the meet using the qualifying time standard method.

4. Athletes with disabilities are encouraged to participate in this meet. Disabled competitors may enter all events corresponding to their age and gender. There is no qualifying standard for disabled athletes. Athletes entering under this criterion must note this on the Proof of Time report.

Relays: At least one member of the relay must qualify, by achieving the event's qualifying time, and compete in an individual event within the same age group.

Meet Information, 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. competitive rules and regulations and USA Swimming Rules and Regulations current editions.

USA Swimming Membership: All entrants must have a current 2013 USA Swimming athlete membership. On-deck athlete registration will be permitted and must occur before they compete or participate in warm-up. All coaches must have a current 2013 USA Swimming non-athlete membership and have met the certification requirements to be a USA Swimming Coach. Coach credentials should be visible and they must be able to produce their credentials when asked. A coach without credentials will be asked to leave the deck.

Entries: A swimmer or relay team will be officially entered when all of the following has been received by the entry deadline:

Entry Documents and Fees	Submit Using
Hy-Tek (Team Manager) or Team Unify software entry file.	Email
Entry report.	Email
Proof of Time report (see form below).	Email or Mail
Fee report (see form below).	Mail
Entry fees	Mail

Email: mnswymchamp@gmail.com

Mail: 2013 MN LC Championship
7124 Sunshine Drive
Eden Prairie, MN 55346

Make checks payable to **Team Foxjet**.

Entry Limitations: The maximum number of individual events that a swimmer of any age may enter is six (6) excluding time trials, with a limit of three (3) per day or four (4) if the additional event is a time trial; maximum two (2) time trials per swimmer;

Teams may enter one (1) relay team per event.

Proof of Time: All individual entries must include a MN Swimming verifiable time meeting the qualifying method for that event. No time conversions allowed. Entries not verifiable through SWIMS must be documented in a Proof of Time report that includes the swimmer's name, event entered, entry time, along with the meet, location, date, and event where the qualifying time was swum. Should the swimmer fail to achieve the qualifying time at the meet, the actual official meet results will be required to avoid penalty. Proof of 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 to provide a complete Proof of Time report by the submission deadline can result in sanctions including disqualification from an event, expulsion from the meet, or a fine.

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.
- 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 an ASCA-MN designated individual(s). Host teams will pay ASCA-MN.

Fees: \$2.50 per entrant, \$5.50 per individual splash, \$22 per relay splash.

Entry Deadline: Entry submission closes at **6:00 PM Wednesday, July 17, 2013**. The entry file and Proof of Time report must be submitted by then.

Swimmers can qualify for events between the entry deadline and Monday, July 22. New entries based on those for those qualifiers must be submitted by 2:00 PM Monday, July 22. When submitting these entries the team must submit a new entry file and Proof of Time report that includes all of their entries for the championship. The initial entries will be deleted and replaced with these entries.

All fees must be received by the **6:00 PM Wednesday, July 24**.

Please follow these guidelines when submitting entries.

1. Use Hy-Tek Team Manager or Team Unify to create an entry file and entry report. Unattached swimmer not affiliated with a team should contact the Entry Chair for special instructions.
2. E-mail the entry file and entry report to the Entry Chair by the deadline. The Proof of Time report may also be emailed. Please include a contact name, phone numbers and e-mail address so we may contact you if there is any problem with the entry.
3. Send the Proof of Time report, Entry Fee report, and a check for the entry fees to the Entry Chair. These must arrive by the deadline.
4. Any revisions to entries must be a complete replacement of the previous entries. The previous entries will be deleted. All revised entry files, reports, and fees must arrive by the deadline.
5. You will receive an e-mail reply as confirmation for your submission. If you DO NOT receive a reply, please contact the Entry Chair.

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.

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 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.

Awards:

Individual Events: 1st - 8th place medals.

Relay Events: 1st - 8th place medals.

Individual Hi-Point Certificates: Top 3 swimmers in each age group/gender.

Team High Point Plaques: Top 2 teams for each age group/gender.

Team Hi-Point Banners: Top 5 Teams in A, AA & AAA Divisions.

Teams and swimmers must collect their awards before leaving the competition.

Time Trials: Time trials will be offered, time permitting, as decided by the meet referee who may specify entry restrictions to keep the time trials at a reasonable size. Time trials are open only to swimmers in the meet. Cost is \$10.00 per event. Requests must be submitted through the swimmer's coach (or assigned coach). Time trial swimmers are required to supply their own timer.

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. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Meet Committee: A meet committee will be formed by the meet referee. It will consist of at least one official (excluding the meet referee), one coach (not from the host club) and one athlete (not from the host club). Judgment decisions cannot be protested.

Coach's Meeting: Will take place on a regular basis at the discretion of the 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.

Prohibited: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changing: 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.

Applications to Officiate: All certified USA Swimming officials are invited to officiate. This meet will be submitted for designation as an "Officials Qualifying Meet" for certification and re-certification evaluations.

Central Zone Meet registration will take place on Saturday, July 27 and Sunday, July 28 in the upper concourse level of the Aquatic Center. Early registration ends on July 13, 2013.

Concessions: The University of MN handles the concessions so we are not sure if or when they will be open.

Additional Information: No spectators allowed on the pool deck. No swimmers wearing street shoes will be allowed on the pool deck. Coaches and Officials are requested to wear clean tennis shoes.

2013 Minnesota Long Course Championship

13&Over/Senior Order of Events

Saturday, July 27			
Prelims			
Women		Event	Men
75	13-14	200 Medley Relay	76
77	15-16	200 Medley Relay	78
79	Senior	200 Medley Relay	80
81	13-14	200 Fly	82
83	15-16	200 Fly	84
85	17&O	200 Fly	86
87	13-14	50 Free	88
89	15-16	50 Free	90
91	17&O	50 Free	92
93	13-14	100 Back	94
95	15-16	100 Back	96
97	17&O	100 Back	98
99	13-14	400 Free	100
101	15-16	400 Free	102
103	17&O	400 Free	104
Finals			
Women		Event	Men
75	13-14	200 Medley Relay	76
77	15-16	200 Medley Relay	78
79	Senior	200 Medley Relay	80
81	13-14	200 Fly	82
83	15-16	200 Fly	84
85	17&O	200 Fly	86
87	13-14	50 Free	88
89	15-16	50 Free	90
91	17&O	50 Free	92
93	13-14	100 Back	94
95	15-16	100 Back	96
97	17&O	100 Back	98
99	13-14	400 Free	100
101	15-16	400 Free	102
103	17&O	400 Free	104

Sunday, July 28			
Prelims			
Women		Event	Men
137	13-14	200 Back	138
139	15-16	200 Back	140
141	17&O	200 Back	142
143	13-14	100 Free	144
145	15-16	100 Free	146
147	17&O	100 Free	148
149	13-14	200 Breast	150
151	15-16	200 Breast	152
153	17&O	200 Breast	154
155	13-14	400 Free Relay	156
157	15-16	400 Free Relay	158
159	Senior	400 Free Relay	160
131	13-14	800 Free	
133	15-16	800 Free	
135	17&O	800 Free	
	13-14	1500 Free	132
	15-16	1500 Free	134
	17&O	1500 Free	136
Finals			
Women		Event	Men
131,133,135		800 Free	
		1500 Free	132,134,136
137	13-14	200 Back	138
139	15-16	200 Back	140
141	17&O	200 Back	142
143	13-14	100 Free	144
145	15-16	100 Free	146
147	17&O	100 Free	148
149	13-14	200 Breast	150
151	15-16	200 Breast	152
153	17&O	200 Breast	154
155	13-14	400 Free Relay	156
157	15-16	400 Free Relay	158
159	Senior	400 Free Relay	160

**2013 Minnesota Long Course Championship
12&Under
Order of Events**

Friday, July 26			Saturday, July 27		
Afternoon			Afternoon		
Girls	Event	Boys	Girls	Event	Boys
55	11-12 400 Medley Relay	56	105	11-12 200 Medley Relay	106
57	9-10 50 Free	58	107	10&U 200 Medley Relay	108
59	11-12 50 Free	60	109	11-12 200 Breaststroke	110
61	11-12 200 Butterfly	62	111	8&U 50 Freestyle	112
63	9-10 100 Backstroke	64	113	9-10 100 Butterfly	114
65	11-12 100 Backstroke	66	115	11-12 100 Butterfly	116
67	9-10 50 Butterfly	68	117	8&U 50 Breaststroke	118
69	11-12 50 Butterfly	70	119	9-10 50 Breaststroke	120
71	9-10 200 Free	72	121	11-12 50 Breaststroke	122
73	11-12 200 Free	74	123	8&U 50 Butterfly	124
			125	9-10 200 IM	126
			127	11-12 400 Free	128
			129	11-12 400 Free Relay	130
Sunday, July 28					
Afternoon					
Girls	Event	Boys			
161	11-12 200 Free Relay	162			
163	10&U 200 Free Relay	164			
165	11-12 100 Breaststroke	166			
167	9-10 100 Breaststroke	168			
169	11-12 200 IM	170			
171	8&U 50 Backstroke	172			
173	9-10 50 Backstroke	174			
175	11-12 50 Backstroke	176			
177	8&U 100 Free	178			
179	9-10 100 Free	180			
181	11-12 100 Free	182			
183	11-12 200 Backstroke	184			

2013 Minnesota Long Course Championship

Meet Sanction Number: MN13S – 06 – 42M

Time Trial Sanction Number: MN13S – 06 – 170M

FEE REPORT

TEAM: _____ CODE: _____

HEAD COACH: _____ PHONE: _____

EMAIL: _____

ENTRY CONTACT: _____ PHONE: _____

EMAIL: _____

ADDRESS: _____

_____ SWIMMERS @ \$2.50 per swimmer _____

_____ INDIVIDUAL ENTRIES @ \$5.50 per entry _____

_____ RELAYS @ \$22.00 per relay _____

TOTAL DUE _____

Make check payable to: **Team Foxjet**

Send this form and payment to: 2013 MN LC Championship
7124 Sunshine Drive
Eden Prairie, MN 55346

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

