



# NSAC Winter Solstice

**December 14 - 15, 2013**  
**A/B/C Open Invitational**

**Sponsored By:** North Suburban Aquatic Club

**Sanctioned By:** Minnesota Swimming, Inc. and USA Swimming, Inc.

**Sanction Number:** MN13W – 10 – 195Y

**Meet Director:** Terry Peterson  
(651) 245-0309  
[tpeterson@comcast.net](mailto:tpeterson@comcast.net)

**Meet Marshal:** Miranda Oliver

**Inquiries:** Ness Madeiros  
(612) 212-8733  
[swimcoachness@gmail.com](mailto:swimcoachness@gmail.com)

**Entries:** Bethany Dickert  
(612) 695-2634  
[bethany.a.dickert@gmail.com](mailto:bethany.a.dickert@gmail.com)  
2101 14<sup>th</sup> St. NW  
New Brighton, MN 55112

**Team Coaches:** Ness Madeiros, Tom Kuzmich, Renee Punyko, Dianna Mollenhauer, Bethany Dickert, Chris Yauch, Emily Firkus

**Club Officials:** Jennifer Martini, Greg Loppnow, Lisa McCallum, Julia Erickson, Kevin Chatwin

**Officials:** MSI Qualified Officials

**Team President:** Jennifer Martini

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

**Meet Type:** This is 2-day meet for all swimmers with (1) "A" and faster, (2) "B" and (3) "C" and "pre-C" times.

**Teams Attending:** The meet will be open to any team wishing to attend. Entries will be accepted on a first come, first serve basis until the maximum allowable timeline has been achieved.

**Pool Location:** St. Catherine University, 2004 Randolph Avenue, St. Paul, MN 55105

**Directions from West metro,** take I-94 east towards St. Paul. Take Cretin Avenue exit. South on Cretin to Randolph Avenue. East on Randolph to Fairview Avenue intersection. Right on Fairview. Enter the campus grounds at Gate 4.

**Directions from East metro,** take I-35E south from I-94. Take Randolph Avenue exit west. Turn left on Fairview avenue. Enter the campus grounds at Gate 4 on the right.

**Emergency Phone Number for Pool:** (651) 690-8777

**Time Schedule:** Morning Session - Warm-up starts at 7:20, Meet Starts at 8:30. Afternoon Session: Will not start before 11:30 following a 60 minute warm up.

**Facility:** 8 Lane, 25 Yard Indoor pool with lanes and backstroke pennants. Slanted starting blocks are 30 inches above the water surface. The pool depth at the starting end is 14 feet deep.

**Course Certification:** The competition course has not been certified in accordance with 104.2.2C(4).

**Timing:** Electronic timing system with backup buttons and watches, horn start and touchpads 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. A swimmer may compete in a maximum of 4 individual events per day, not including relays. All seed times must be in yards.

**Entry Due Date:** Entries are due via email by 9:00 PM on Wednesday, December 4, 2013. Entries MUST be emailed to Bethany Dickert at the email address listed above. Entries must be a Hy-Tek or Team Unify entry file, attached to the email. Payment for entries will be due on deck at the meet, one check per club, payable to "North Suburban Aquatic Club."

**Awards:** No awards will be given for 13 & Over events. Separate awards will be given for the following age categories: 8 and under, 9-10 and 11-12. Awards will be issued separately for boys and girls events, even though they may swim in a mixed event. Individual Events ~ A Events: Medals, 1<sup>st</sup> – 5<sup>th</sup>, B Events: Rosette Ribbons, 1<sup>st</sup> – 5<sup>th</sup>. C Events: Strip Ribbons, 1<sup>st</sup> – 5<sup>th</sup>, Relay Events: Medals, 1<sup>st</sup> – 3<sup>rd</sup> place. Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results.

**Distance Events:** A positive check-in will be required for the 1000 yard freestyle. Check-in will be required at the timing table at the time specified at the coach's meeting. Heats will be swum fastest to slowest. Minnesota Scratch rules will be in effect. There will be a 10 minute warm-up prior to starting the 500 and 1000 yard freestyle events.

**Scoring:** None

**Fees:** \$1.50 per entrant listed on the entry sheet, \$4.00 per individual splash, \$16.00 per relay entered. The Meet Fee Calculation form is included below.

**Checks must accompany entries and made payable to:** North Suburban Aquatic Club

**Concessions:** Will be provided.

**Four-Hour Rule for Age Group Sessions:** The USA Swimming four-hour rule will be followed. If the meet becomes too large, MSI 4-Hour Rule Policy (#244) will be followed.

**Meet Information, Rules and Regulations:** All information rules and regulations, including time standards, schedules, orders of events, meet operations and requirements will be found in the Minnesota Competitive Rules and Regulations and United States Swimming Rules and Regulations current editions.

**USA Swimming Membership:** All swimmers must be current 2013 or 2014 registered athlete members of USA Swimming. All coaches must be current 2013 or 2014 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.

**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(es) from next individual event or expulsion from the meet. The NO Diving and Slip-In Entry rules will be strictly enforced.

**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.

**Purpose:** To encourage and promote competitive swimming among age group swimmers.

**Entries:** All entries must be completed by the entering club or individual who will be solely responsible for the accuracy of the entry. A fine of \$25.00 per event will be charged for falsifying an entry. Please call the entries person for directions if you need to hand deliver.

**Timed Finals:** This meet is pre-seeded. All swimmers must report to their blocks for the start of their heat.

**Time Standards:** MN Swimming Time Standards – the most current edition published on the MSI website will be used. Senior events will use the 13-14 age group time standards to qualify.

**Timelines:** Any timelines provided, whether through the MSI phone line, on the MSI web site, or in the meet program, are for information purposes only. Session start times are only approximations, be aware that sessions may start earlier than published.

**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.

**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.

**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. (Effective January 1, 2013)



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## Order of Events

Saturday Morning				Sunday Morning			
1	10 & U	200 Fr Relay	Girls	28	12 & U	200 MedRelay	Boys
2	10 & U	200 Fr Relay	Boys	29	10 & U	200 Med Relay	Girls
3	12 & U	200 Fr Relay	Boys	30	10 & U	200 Med Relay	Boys
4	9 - 10	100 Breast	Mixed	31	11 - 12	50 Free	Boys
5	11 - 12	100 Back	Boys	32	10 & U	50 Free	Mixed
6	10 & U	50 Back	Mixed	33	11 - 12	100 IM	Boys
7	11 - 12	50 Breast	Boys	34	10 & U	100 IM	Mixed
8	10 & U	100 Free	Mixed	35	11 - 12	200 Free	Boys
9	11 - 12	100 Free	Boys	36	9 - 10	200 Free	Mixed
10	10 & U	50 Breast	Mixed	37	11 - 12	50 Back	Boys
11	11 - 12	50 Fly	Boys	38	10 & U	50 Fly	Mixed
12	9 - 10	100 Fly	Mixed	39	11 - 12	100 Breast	Boys
13	11 - 12	200 IM	Boys	40	9 - 10	100 Back	Mixed
Saturday Afternoon				Sunday Afternoon			
14	Sr Open	200 Fr Relay	Girls	41	Sr Open	200 Med Relay	Girls
15	Sr Open	200 Fr Relay	Boys	42	Sr Open	200 Med Relay	Boys
16	12 & U	200 Fr Relay	Girls	43	12 & U	200 Med Relay	Girls
17	Sr Open	200 IM	Mixed	44	Sr Open	50 Free	Mixed
18	11 - 12	100 Back	Girls	45	11 - 12	50 Free	Girls
19	Sr Open	200 Fly	Mixed	46	Sr Open	100 Fly	Mixed
20	11 - 12	50 Breast	Girls	47	11 - 12	100 IM	Girls
21	Sr Open	100 Free	Mixed	48	Sr Open	200 Free	Mixed
22	11 - 12	100 Free	Girls	49	11 - 12	200 Free	Girls
23	Sr Open	200 Breast	Mixed	50	Sr Open	200 Back	Mixed
24	11 - 12	50 Fly	Girls	51	11 - 12	50 Back	Girls
25	Sr Open	100 Back	Mixed	52	Sr Open	100 Breast	Mixed
26	11 - 12	200 IM	Girls	53	11 - 12	100 Breast	Girls
27	Sr Open	500 Free	Mixed	54	Sr Open	1000 Free	Mixed



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## Meet Fee Calculation Form

Sanction # MN13W – 10 – 195Y

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

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

Entries Person: \_\_\_\_\_ Phone# \_\_\_\_\_

### Entry Data Costs:

\_\_\_\_\_ Total Swimmers x \$1.50 = \$ \_\_\_\_\_ # of boys \_\_\_\_\_ # of girls \_\_\_\_\_  
(MSI Entry Fee)

\_\_\_\_\_ Total Splashes x \$4.00 = \$ \_\_\_\_\_ # of boys \_\_\_\_\_ # of girls \_\_\_\_\_

\_\_\_\_\_ Total Relays x \$16.00 = \$ \_\_\_\_\_

**Total Due** = \$ \_\_\_\_\_

**Make checks payable to:** North Suburban Aquatic Club. All fees are due before the meet begins. Mail checks to: Bethany Dickert, 2101 14<sup>th</sup> St. NW, New Brighton, MN 55112

**Mail summaries to:** Name \_\_\_\_\_

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 under signed 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 entries?**

Name \_\_\_\_\_

Phone ~ Day \_\_\_\_\_ Night \_\_\_\_\_

# OFFICAL ENTRY FORM – MINNESOTA – USA SWIMMING, INC.

Sanctioned by Minnesota Swimming & USA Swimming  
 Sheet \_\_\_\_\_ of \_\_\_\_\_

Sanction #MN13W – 10 – 195Y

Club \_\_\_\_\_ Club Code \_\_\_\_\_

Entering Person \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

## INDIVIDUAL ENTRIES

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

## RELAY ENTRIES

Event No.								
Team(A/B..)								
Seed Time								
Event No.								
Team(A/B..)								
Seed Time								