



# 2017 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

## CENTRAL ZONE SECTION 1 LONG COURSE CHAMPIONSHIPS

Jean K. Freeman Aquatic Center  
July 19-22, 2017 (Wednesday-Saturday)



**SANCTIONED BY:** Minnesota Swimming

**SANCTION #:** MN17S-04-181M

**TIME TRIALS SANCTION #:** MN17S-04-181MTT

**MEET HOST:** Minnesota Aquatics

**START TIMES:** PRELIMS: 9:00 am all days; FINALS: 6:00 pm all days

**REGISTRATION:** Tuesday, July 18, 11:30am-8:00pm; Wednesday, July 19, 7:00am-9:00am

**GENERAL MEETING:** Tuesday, July 18, 7:00pm, Beacon Room of Recreation and Wellness Center. Additional Coaches Meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. **Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including changes to the meet format or conduct.**

**MEET REFEREE:** Jack Campbell, jack@campbelljohnsonassoc.com

**OFFICIALS MEETINGS:** 8:00am Prelims (7:30am Wednesday), 5:00pm Finals

**LOCATION:** Jean K. Freeman Aquatic Center, 1910 University Avenue SE, Minneapolis, MN 55455

**FACILITY:** The competition pool is an 8-lane, 50-meter indoor pool ranging from 7 feet to 7 feet 10 inches in depth. Lanes are 9 feet wide, separated by 6" Competitor lane lines with slanted Spectrum starting blocks 29 inches above water surface. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A separate six-lane 25-yard warm-up facility will be available, except during diving practice when there will be 2-3 lanes available. These times will be announced at the General Meeting.

**PARKING:** General parking will be available in the University Avenue Ramp and the Washington Avenue Ramp. Hourly rates start at \$3.00 with a daily maximum of \$12.00, and there is a charge for each entry. General parking is also available in Lot 37 off of 5th St. SE and the Maroon Lot on Oak St. SE. The rate for these lots is \$4.00 per entry. Prices are subject to change and rates may vary based on specific lots and other events on campus. For the most up-to-date parking information and maps, please visit the University of Minnesota Parking and Transportation website: <http://www1.umn.edu/pts/>.

**DECK ACCESS:** Entrance to the building is through the Aquatic Center Lobby doors. Coaches, Officials and Athletes may enter the deck area, using event credentials, through the gate on the North Concourse. No spectators will be allowed on the pool deck. There will be a \$20 charge to replace a lost credential.

### **SPECTATOR ADMISSION:**

Single Session admission including a heat sheet: \$5.00

Additional Heat Sheets: \$2.00

Psych Sheets: \$5.00 each.

All-Session Pass, including a Psych Sheet and Heat Sheets: \$30.00.

**OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE:** This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and re-certification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair, as indicated on the form. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

### **ENTRY INTO THE MEET**

**ELIGIBILITY:** All swimmers MUST be current 2017 registered athlete members of USA Swimming. Seasonally registered athletes are not allowed, and there will be no on deck registration. All coaches and officials allowed access on deck MUST be non-athlete coach members for 2017 and have current certifications as a USA Swimming coach. The representative submitting entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements. Deck Pass is acceptable proof of membership

in USA Swimming. The meet is open to those USA Swimming athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin. Up to 200 Non-resident athletes from LSCs outside Central Zone Section 1 who have achieved a 2017 USA Swimming Futures Championship time standard for their event will also be accepted into the meet on a first-come, first-served reservation process.

**QUALIFYING:** The qualifying period is March 1, 2016 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Long Course Meters, Short Course Meters, or Short Course Yards, and all events will be seeded in that order.

**ENTRY LIMITS:** Swimmers may compete in a maximum of three individual events per day including time trials. Each team may enter a maximum of two relay teams in each relay event.

**ENTRY FEES:** \$12.50 per individual event; \$25.00 per relay event. Facility Surcharge \$9.00 & \$1.00 Athlete Surcharge per athlete entered in the meet (see below).

**CENTRAL ZONE ATHLETE SURCHARGE:** \$1.00 per athlete entered in the meet (including relay only athletes) - collected via OME at the time of entry.

**MINNESOTA SWIMMING ATHLETE SURCHARGE:** \$3.00 per athlete entered into the meet (including relay only athletes) – collected via OME at the time of entry.

**ENTRY PROCEDURE:** All entries must be submitted using USA Swimming OME (online meet entry) at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted. Please contact Jaime Lewis at USA Swimming with any questions on the OME system [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org) or (719) 866-3581.

**ENTRY DEADLINE:** Entries may be submitted online beginning June 1, 2017 (9:00am Central Time) and will be accepted through **Wednesday, July 12, 2017 at 11:00pm (Central Time)**. Updates for improved seed times will be allowed on the OME system through 11:50pm (Central Time) on Monday, July 17<sup>th</sup>, 2017.

**NEW ENTRIES ACHIEVED AFTER THE ENTRY DEADLINE:** Entries for athletes achieving qualifying standards for the first time after the entry deadline are permitted subject to the following restrictions:

1. New entries must be achieved between Wednesday, July 12<sup>th</sup> and Sunday, July 16<sup>th</sup>.
2. New entries must be submitted by email to the Meet Director ([lday@umn.edu](mailto:lday@umn.edu)) and received no later than 6:59pm CT on Sunday, July 16<sup>th</sup>.
3. Confirmation of receipt of New Entries is the sole responsibility of the sender.

**LATE ENTRIES:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

1. Late entries must be received no later than 15 minutes after the conclusion of the general meeting on Tuesday, July 18, 2017.
2. Late entries must be submitted via email to the Meet Director at [lday@umn.edu](mailto:lday@umn.edu) or made in person with the Administrative Referee at the facility.
3. A one-time processing fee of \$50.00 plus entry fees of \$20.00 per individual event and \$25.00 per relay event must be paid prior to the start of the meet (9:00am on Wednesday, July 19, 2017).

**PROOF OF TIME:** In order to accommodate LSC differences and to make entry as easy as possible throughout the Section, we will continue to accept times in the USA Swimming database, printed meet results and published times posted on publicly viewable websites. All "Custom or Override Times" must be verified prior to the scratch deadline for that event. If an entry time is entered into the SWIMS database after the entry deadline, be prepared to prove the time. Computer access will NOT be provided; coaches/swimmers must bring appropriate proof of time to the meet. Times that are not proven prior to seeding will be down-seeded. !!!Failure to meet the qualification time during the competition and prove that a qualification time was achieved will result in a \$100.00 fine. Fines must be paid before the next session—athletes with unproven times and unpaid fines will not be allowed to compete until the matter is resolved! Fines not paid prior to the final session of the meet shall be automatically doubled!!!

**FOR MORE INFORMATION, CONTACT:**

Luke Day, Meet Director	612-624-6812	lday@umn.edu
Linda McKee, Facility Director	612-624-6349	lmckee@umn.edu
Jack Campbell, Meet Referee		jack@campbelljohnsonassoc.com
Michael Lawrence, Central Zone Section 1 Contact	847 220-3940	pegasus523@gmail.com

**RULES AND PROCEDURES**

**RULES:** Current National USA Swimming Rules will govern all competition, except as otherwise specified in this meet information or the Section 1 Competition Manual. All information, including time standards, schedules, order of events, meet operations and requirements can be found in the USA Swimming 2017 Rulebook.

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.

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, is not appropriate and is prohibited.

**WARM UP:** Feet-first entries only, except in designated lanes and times. Violations may result in disqualification from the next individual event or expulsion from the meet. More detailed warm up procedures will be distributed at registration and during the General Meeting.

**POOL HOURS:** Tuesday, July 18 from 12:00pm to 8:00pm. Wednesday, Thursday, Friday and Saturday, doors open at 6:50am and the pool will open for general warm-up at 7:00am. The structured warm-up schedule is listed below. The pool will close 30 minutes after the competition is completed each night.

<u>WARM-UP</u>	<u>PRELIMS</u>	<u>WARM-UP</u>	<u>FINALS</u>	
Tuesday	General Warm-up	12:00pm-8:00pm		
Wednesday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm
Thursday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm
Friday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm
Saturday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm

Anyone interested in pool time prior to Tuesday, July 18 should contact Linda McKee directly at 612-624-6349. Arrangements should be made at least two full weeks in advance.

**CONDUCT OF THE MEET:** This meet is a prelim/final meet. 32 athletes will advance to the finals in events 400m or less with the “D” reserved for the fastest remaining athletes who are 18 years or younger. The top 8 18 & Under swimmers who do not qualify for the Bonus (C) Consolation (B) or Championship (A) heats will advance to the “D” final. If there are not enough 18 & Under swimmers to fill the “D” final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Consolation or Championship heats. Finals will be flighted, with the A & B heats competing first, and the C & D heats competing following the completion of all A & B heats. Each event during finals will consist of a “D”, Bonus, Consolation, and Championship Final heat except for the 800m and 1500m Freestyles and all relays. These events will be conducted as timed final events. Preliminaries of events will be conducted using fly-over starts. Additionally, prelims may be flighted at the discretion of the Meet Referee and will be announced at the Coaches Meeting.

**WEDNESDAY:** The 800 Freestyle will be deck seeded with a positive check-in deadline 30 minutes after the conclusion of the General Meeting on Tuesday night. The fastest heat of women and men will be seeded into the finals; all other heats will be swum during the Thursday prelim session fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter.

**THURSDAY:** The 400 Freestyle Relays will be timed final events with the fastest two heats of women and men swimming in finals. All remaining heats will be swum at the end of prelims. Positive check-in is required by 6:30pm Wednesday.

**FRIDAY:** The 800 Freestyle Relays will be timed final events with the single fastest heat of women and men seeded into finals. All other heats will be swum at the end of the prelim session, fastest to slowest alternating heats of women/men. Positive check-in is required by 6:30pm Thursday.

**SATURDAY:** The 1500 Freestyle will be deck seeded with a positive check-in by 6:30pm Friday. The fastest heat of women and men will be seeded into finals. All other heats will be swum at the end of prelims (following the 400 Medley Relays) fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter. The 400 Medley Relays will be timed final events with the fastest two heats of women and men swimming in finals. All remaining heats will be swum at the end of prelims. Positive check-in is required by 6:30pm Friday.

**SCRATCHES:** The following are the scratch deadlines for each day's events:

Deadline for Wednesday's events:	15 minutes after general meeting
Deadline for Thursday's events:	Wednesday 6:30pm
Deadline for Friday's events:	Thursday 6:30pm
Deadline for Saturday's events:	Friday 6:30pm

The meet will be administered according to the National Championship scratch procedures (2017 Rulebook, Section 207). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration. If you will not be arriving in time to make the deadline, coaches scratch events via email to lday@umn.edu. Scratches submitted by email must be completed by the deadlines listed above.

**POSITIVE CHECK-IN:** Positive check-in is required for the 800m and 1500m Freestyle and all relays. Swimmers and relays who fail to positive check-in will be down-seeded to the slowest heat. Positive check-in deadlines follow scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to lday@umn.edu. Positive check-ins submitted by email must be completed by the deadlines listed above.

**RELAY JUDGING EQUIPMENT:** Automatic relay take off platforms will be used for all relays as verification.

**MEET COMMITTEE:** A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

**SCORING:** All events will be scored to 16 places using the following point system:

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

**AWARDS:** Individual: Top 8 Awarded (medals)

Relays: Top 3 Awarded (medals)

Team: Top 3 Women's teams, Top 3 Men's teams, Top 3 Combined Teams awarded (plaques).

**TIME TRIALS:** Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$12.50 per individual event and \$25.00 for relays. Time Trial signup times will be announced at the coaches meeting. Athletes must provide their own lane timer and lap counter for all time trial events. The 800m and 1500m TT may be swum in the open lanes of the timed final heats, based on the number of time trial requests and at the discretion of the meet referee. Per 2016 convention, all swimmers, including relay only swimmers, are limited to two Time Trial events at the meet.

<u>TIME TRIAL SCHEDULE</u> (Time Permitting)	<u>Order of Events</u>
Wednesday afternoon following 800 Freestyle	Wednesday events/Thursday events/Friday events/Saturday events *800 Freestyle time trials Thursday afternoon only (time permitting)
Thursday afternoon following 400 Freestyle Relay	Thursday Events/ Friday events/Saturday events/Wednesday Events
Friday afternoon following 800 Freestyle Relay	Friday events/Saturday events/Wednesday Events/Thursday events
Saturday afternoon following 1500 Freestyle	Saturday events/Wednesday events/Thursday events/Friday events *1500 Freestyle time trials Sunday afternoon only (time permitting)

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## CENTRAL ZONE SECTION 1 LONG COURSE CHAMPIONSHIPS

Jean K. Freeman Aquatic Center

July 19-22, 2017 (Wednesday-Saturday)

Time Standards for Swimmers Registered in the following LSCs: Minnesota, Wisconsin, Illinois, Iowa, North Dakota, South Dakota

WOMEN				WEDNESDAY, JULY 19	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
1	1:00.69	59.79	52.29	100 Freestyle	47.39	54.59	54.79	2
3	2:48.79	2:46.49	2:27.69	200 Breaststroke	2:15.19	2:32.69	2:34.59	4
Awards for 100 Freestyle and 200 Breaststroke								
5	2:30.69	2:26.29	2:10.19	200 Butterfly	1:59.19	2:15.19	2:17.89	6
+7*	9:39.09	9:32.49	10:38.39	800 Freestyle	10:03.39	8:57.29	9:11.29	*8+
Awards for 200 Butterfly and 800 Freestyle								

WOMEN				THURSDAY, JULY 20	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
9	2:10.99	2:09.69	1:53.59	200 Freestyle	1:42.39	1:59.09	2:00.49	10
11	5:19.09	5:12.09	4:35.39	400 Individual Medley	4:15.09	4:51.89	4:57.59	12
Awards for 200 Freestyle and 400 Individual Medley								
13	1:07.89	1:06.89	57.99	100 Backstroke	53.19	1:01.89	1:03.09	14
10 MINUTE BREAK								
+15	4:14.09			400 Freestyle Relay			3:51.99	16+
Awards for 100 Backstroke and 400 Freestyle Relay								

WOMEN				FRIDAY, JULY 21	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
17	2:26.99	2:26.69	2:06.69	200 Backstroke	1:58.69	2:15.09	2:18.79	18
19	4:36.29	4:32.89	5:04.79	400 Freestyle	4:42.49	4:15.79	4:17.99	20
Awards for 200 Backstroke and 400 Freestyle								
21	1:17.49	1:16.29	1:06.79	100 Breaststroke	1:00.79	1:09.09	1:09.09	22
23	1:05.89	1:06.09	57.29	100 Butterfly	51.69	1:00.49	1:00.49	24
Awards for 100 Breaststroke and 100 Butterfly								
+25*	9:14.09			800 Freestyle Relay			8:29.69	*26+
Awards for 800 Freestyle Relay								

WOMEN				SATURDAY, JULY 22	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
27	2:28.99	2:27.49	2:07.39	200 Individual Medley	1:55.49	2:14.69	2:17.19	28
+29*	18:37.69	18:21.59	17:40.69	1500 Freestyle	16:53.59	17:18.39	17:23.09	+ 32
30	28.09	27.69	24.19	50 Freestyle	21.59	24.09	25.29	31
				1500 Freestyle	16:53.59	17:18.39	17:23.09	*32+
Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle								
+33	4:44.99			400 Medley Relay			4:21.49	34+
Awards for 400 Medley Relay Team Awards Presentation								

\* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum during finals

+ Timed Finals, positive check-in is required

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**CENTRAL ZONE SECTION 1 LONG COURSE CHAMPIONSHIPS**

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July 19-22, 2017 (Wednesday-Saturday)

**Time Standards for Non-Resident (Section 1) Swimmers**

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
27.49		24.39	50 Freestyle	21.49		24.89
59.59		52.19	100 Freestyle	46.69		53.79
2:08.19		1:52.99	200 Freestyle	1:42.09		1:58.09
4:28.79		5:03.49	400/500 Freestyle	4:37.09		4:09.99
9:13.79		10:20.49	800/1000 Freestyle	9:34.29		8:40.69
17:40.19		17:14.39	1500/1650 Freestyle	16:05.49		16:38.99
1:07.29		58.49	100 Backstroke	52.49		1:00.79
2:24.79		2:05.79	200 Backstroke	1:53.59		2:11.89
1:16.19		1:06.29	100 Breaststroke	58.89		1:08.69
2:43.79		2:23.09	200 Breaststroke	2:08.59		2:29.09
1:05.19		57.29	100 Butterfly	51.59		58.39
2:21.89		2:06.19	200 Butterfly	1:53.69		2:10.19
2:26.39		2:08.29	200 Individual Medley	1:55.09		2:12.79
5:07.29		4:30.69	400 Individual Medley	4:07.59		4:42.39
4:04.29			400 Freestyle Relay			3:40.89
8:40.89			800 Freestyle Relay			8:00.49
4:33.79			400 Medley Relay			4:05.89

**NOTE: There are NO bonus events at the 2017 Summer Speedo Championship Series Meet.**  
Please contact Michael Lawrence, [pegasus523@gmail.com](mailto:pegasus523@gmail.com) or 847-220-3940 with questions.