



**MINNESOTA  
SWIMMING**

**Minnesota Regional Championships  
High Tides Swim Club**

**Friday, February 28, 2020 — to — Sunday, March 01, 2020**

**Sanction Number:** MN20W-01-006Y

**Time Trial Sanction Number:** MN20W-01-006YTT

**Held under the sanction of USA Swimming.**

It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

It is further understood and agreed that Minnesota Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Meet Director:** Julie Lakovic, 320-237-1965, julie.lakovic@gmail.com

**Inquiries:** R.J. Greseth, 320-583-9182, coachrj@hutchhightides.com

**Emergency Phone:** 320-237-1965

**Meet Type:** This is a 2 ½ day meet to provide a scored season ending championship for swimmers with verifiable times equal to or faster than the "MRC standard but slower than the "CH" standard, regardless of course. All new "CH" times achieved and each individual event winner, regardless of finish time, advance to the state meet. That means, "Win it and swim it!" This is a closed meet. Only swimmers from the MN LSC can participate. Teams must attend their assigned zoned meet.

**Advancing to the State Meet:** 1. Individual event champions are eligible to advance to State when the event is offered at State. That means, "Win it and Swim it!"

MRC individual events and corresponding State events	
MRC event (SC)	State event (SC)
8&U	8&U
10&U	10&U
9-10	9-10
11-12	11-12
13-14	13-14
15-16	Senior
17&O	Senior
Para Events	Para Events

2. All swimmers who achieve new "CH" times are eligible to advance to State regardless of whether they are an individual event champion or not.

**Athletes with disabilities:**

Swimmers with a permanent disability as defined by USA Swimming are welcome to participate in this meet. Swimmers will use the Minnesota Para time standards to qualify. They must have a verifiable minimum MRC but slower than CH in the SWIMS database or from results published by a bona fide sanctioning body, within the eligibility period for the meet, for the event(s) they wish to enter.

The entering coach or swimmer must contact the Referee to discuss any modification for the disabled swimmer to participate. Swimmers entering under this criterion must be noted on the team's Proof of Time report. Disability swimmers may choose to swim their events with their able-bodied peers or as a separate Para Event. Events will be separated for awards by classification, age-group and gender.

**Fees:**

\$3.00 MSI Entry Fee, \$7.50 per individual splash (\$5.50 Splash Fee + \$2.00 Facility Splash Fee), \$30.00 per relay splash (\$22.00 Relay Splash + \$8.00 Facility Splash Fee).

With the adoption of Policy 239, attending athletes will no longer have to pay a separate facility fee as set by the different championship hosts. The Championship Facility Splash Fee is created by adding together all of the MAC & MRC facility costs and dividing by the total number of estimated splashes for all sites. This allows all athletes to pay the same individual splash fee regardless of their zoned site and each athlete pays for the splash fee only for those swims they have entered.

**Time Schedule:**

Friday afternoon session – Warm-ups at 4:20 PM to 5:20 PM meet starts at 5:30 PM. Saturday and Sunday Morning sessions: Warm-ups start at 7:20 AM to 8:20 AM, meet starts at 8:30 AM. Saturday and Sunday afternoon sessions will not start before 11:30 AM preceded by a minimum of a 60-minute warm-up period.

**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.
  - 8&U that includes points earned in 8&U and 10&U events
  - 9-10 that includes points earned in 9-10 and 10&U events
  - 11-12 that includes points earned in 11-12 events
  - 13-14 that includes points earned in 13-14 and 13&O events
  - 15-16 that includes points earned in 15&O and 13&O events
  - 17&O that includes points earned in 15&O and 13&O events
  - Para Hi-Point by class/gender/age-group
- Team Hi-Point Banners: 1<sup>st</sup> place team in A, AA & AAA Divisions.
- Certificates will be issued for new "CH" and "GOLD" times.
- Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results.

**Scoring:**

All individual and relay events will be scored to 24 places. Relays will receive double points.  
Individual Event Points: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay event points: 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**8&U, 9-10, and 10&U events, scoring and awards:**

- When separate events are offered for 8&U and 9-10: Medals for the top 8 finishers and points for 1st-24th place in each event are awarded.
- When the event is 10&U that describes the ages eligible to swim the event; however, only the top 8 finishers in the event earn medals. Points are still scored for 1st-24th place in a 10&U event regardless of the age of the finisher.
- Points accumulate using the swimmer's age. That means points follow the swimmer and their team (if attached to a team) regardless of the events swum.
- Individual high point certificates go to the top 3 girls and boys age 8&U and the top 3 girls and boys 9-10 at each MRC.

**13&O and 15&Over events:**

- All swimmers are combined to conduct the heats but separated by age group for scoring and medals.

**Programs:**

Programs will be provided via: Meet Mobile and a Pdf on MNSI website and a Pdf on host website

**Amenities:**

Concessions with a variety of meal and snack portions will be provided. There is a large gym across from the pool for camping. We have a warm up/cool down pool. High definition simulcasts will be played in the cafeteria so parents and athletes always know what event we are on. Merchandise will be available for purchase.

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**FACILITY/LOCATION**

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**Meet Location:**

Carlson Pool - Hutchinson Middle School, 1365 South Grade Road, Hutchinson, MN 55350

**Directions:**

From the West, follow Highway 7 into Hutchinson. Turn right onto School Road SW, turn left onto South Grade Rd SW. Hutchinson Middle School will be on your left.

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**Facility:**

8 lanes, 25 yard indoor pool with lane lines and backstroke pennants. Slanted Starting blocks are 28 inches above the water surface.

**Water depth:**

The minimum water depth, measured in accordance with Article 103.2.3 is 6.5 ft at the start end and 3.5 ft at the turn end.

**Course certification:**

The competition course has NOT been certified in accordance to 104.2.2C(4).

**Other:**

We offer seating for 275 spectators. Wedge blocks were installed in July 2014.

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**ENTRIES**

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**Entries To:**

R.J. Greseth, 320-583-9182, coachrj@hutchhightides.com

**Form of Entries:**

Email entries preferred

**Entry Start Date:**

Entries will be accepted beginning at 8:00 pm on Tuesday, January 28, 2020

**Entry Close Date:**

An Email copy of your entry file is due **Tuesday, February 18, 2020** at 8:00 PM. **Please include your Proof of Times with your email entries.**

**To correct entry mistakes:** The host will confirm the entries received from each team as soon as it is administratively feasible. In the event there are mistakes, the entering team may submit corrections to the host for swimmers already in the meet. This is not to add swimmers or events for those who missed the **February 18, 2020** deadline.

**To add new qualifiers only:** Swimmers qualifying for new events between the entry deadline and 6:00 am on **Monday, February 24, 2020**. Updated entries shall be emailed to the host team by 2:00 pm Monday, February 24, 2020. The new file must include the most updated entries for the team in a single file. The teams must also bring a hard copy of the entries with all of the new events and changes highlighted along with a check for the entry fees. This is not to add swimmers or events for those who missed the Tuesday, February 18, 2020 deadline.

No new entries will be accepted after the 2:00 pm Monday deadline. It is the duty of the entering team to make sure their entry is correct. It is not the duty of the host to interpret the wishes of the entering team.

**Entry Limitations:**

Age of a swimmer is determined by their age on the first day of the meet. There is a meet maximum of seven (7) individual events (11 with time trials). Daily maximum of four (4) individual events and one (1) relay event. A total daily maximum of six (6) individual events (championship and time trial). Relays do not count against individual maximums. All entries must be verifiable from January 1, 2019 to present. The meet will be seeded with conforming times first and non-conforming times thereafter.

**MRC Relays:**

Relays will be offered according to the following categories – 10&U, 11-12, 13-14, Senior for each gender. Each club is limited to an A and B relay per event.

1. No “relay only” swimmers will be permitted to participate on relays. All swimmers must have qualified to swim an individual event in the regional championship in order to participate on relays.
2. Once a swimmer is qualified for the regional championship there is no minimum time they must have to swim a specific stroke/distance on a relay.
3. Any swimmer who has a “CH” time in a stroke/distance may not swim that same stroke/distance on a relay. NOTE: This does not apply if the swimmer achieves a new “CH” time in that stroke/distance event during the regional finals.

4. For 10&U relays they must be comprised of swimmers up to age 10 who are:

Qualified for the regional championship in their age group **and**,

They do not have a “CH” time according to the 10 & under time standards in the stroke/distance they are swimming on the relay.

For Senior relays they may be comprised of swimmers of any age who are:

Qualified for the regional championship in their age group and,

Do not have a “CH” time according to the time standards for their age in the stroke/distance they will be swimming on the relay. No swimmers qualified for the age group state meet prior to the MRC may compete as relay lead-off swimmers in the same stroke and distance on a Senior relay.

5. Relay participation will not count against individual daily or meet maximum entry limits.
6. “Win it and Swim It” does not apply to relay event winners. Relays at State are entered according to the rules for the State Meet.

**7. Initial splits for venues that require in-water starts for the 200 Medley and 200 Free Relays:**

**– For venues that require in-water starts at the turn end of the pool, initial splits will NOT be loaded into SWIMs after the meet without the following:**

- a. Sign-up at the Admin Table prior to the race
- b. 2 watch times being recorded for the initial split and being brought to the Admin Table following the race for recording purposes.
- c. Coaches must supply 2 watches and 2 timers to do the recording of the times.
- d. Reminder – only registered coaches/swimmers/officials allowed on the pool deck.

**Nonconforming time entries:** All non-conforming qualifying times MUST be entered as non-conforming. Converted times must not be used.

**“CH” Time is a “CH” Time:** Swimmers who have achieved a “CH” time in either yards or meters CANNOT swim that event at the Minnesota Regional Championship. MSI Legislation states that swimmers with “CH” times must enter with the time they have, (meters or yards), for the State Meet and cannot use Minnesota Regional Championships as an opportunity to improve their qualifying time.

**Proof of Times:** A qualifying time may be achieved at USA Swimming sanctioned or approved or observed swim. These times are verified through the USA Swimming SWIMS database.

A qualifying time may also be achieved at a bona fide meet sanctioned and conducted by a recognized organization (i.e. high school, college, YMCA) with verifiable and independently obtainable results published by the meet host or that organization. This proof of time must come from the actual published results of the meet. Each team or individual is responsible for providing their proof of times.

A swimmer failing to achieve an event's qualifying time standard at the meet must provide proof of their qualifying time if it is not in the SWIMS database. If a time is not proven the entering party will incur a \$100 fine. Fines are to be paid to the MN Swimming General Fund. All fines must be paid by the end of the meet. After the conclusion of the meet, swimmers/clubs have one week to prove their times and have their fine refunded. 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.

When an event does not have a qualifying time standard but requires a verifiable entry time, the swimmer must provide proof of that time if it is not in the SWIMS database. If the entry time cannot be verified the swimmer will be withdrawn from the event and any times they may have achieved in that event at the meet will not be included in the official results.

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**ELIGIBILITY / ATHLETES**

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**Eligibility:** This meet is open to all swimmers with verifiable times equal to or faster than the "MRC" standard but slower than the "CH" standard, regardless of course.

**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.

**USA Swimming Membership:**

No swimmer will be permitted to compete unless the swimmer is a member as Provided in Article 302 of USA Swimming Rules. All coaches must be current members as provided in Article 302 of USA Swimming Rules. Any club or individual entering a non-USA Swimming registered swimmer will be subject to a \$25 fine per event per swimmer.

**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.

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**MEET ADMINISTRATION, CONDUCT**

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**Coach’s Meeting:**

Will take place on a regular basis at the discretion of the referee.

**Deck Access – Coach & Official check-in:**

Due to USA Swimming insurance, only athletes, working coaches or officials, authorized meet volunteers and facility personnel are allowed on deck. All others must remain off the pool deck unless timing for an event in which swimmers must provide their own timer.

- ❖ Coaches must check in at the check in table located right outside the entrance to the pool, next to the pool doors. The required check in sheets will be available and we will cross reference with the app and the current printed spreadsheets with names and qualifications. The non-athlete membership and required certification expiration dates must be valid for the duration of the meet.
- ❖ Working officials must check-in with the Referee (or designee) at the check in table located right outside the entrance to the pool, next to the pool doors. The required check in sheets will be available and we will cross reference with the app and the current printed spreadsheets with names and qualifications. The non-athlete membership and required certification expiration dates must be valid for the duration of the meet.

All working coaches or officials, and any other person required by sanction to be members of USA Swimming shall visibly display their credential verification tag for the meet at all times.

The Referee and/or Meet Director(s) (or their designees) reserve the right to ask a working coach or official for proof of their active membership during the meet, and/or deny deck access if a working coach or official does not comply or any membership requirement is no longer valid.

**Warm-up:**

Current MSI and USA Swimming Rules will govern all aspects of the warm-ups. If warmup procedures have been modified to accommodate the size of the meet, the procedures MUST be prominently posted in the pool area.

Swimmers and coaches are expected to be acquainted with all rules and regulations; the NO Diving and Slip-In Entry rules will be strictly enforced.

**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. policies, rules and regulations and USA Swimming Rules and

Regulations current edition, and take precedence over any errors or omissions on this form.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**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:**

- ✓ **Deck changing:** Deck changing is prohibited.
- ✓ **Use of audio or visual recording devices** including a cell phone, is not permitted in changing areas, rest rooms locker rooms nor behind the blocks at either the start of the race or as swimmers exit the pool.
- ✓ **Operations of a drone or any other flying apparatus,** is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**Distance Events:**

**400 IM, 500 Free, 1000 Free, & 1650 Freestyle:** These events will be deck seeded upon completion of the positive check-in. Positive check-in is required by the time stated at the coaches meeting at the timing table. 500 Freestyle, 1000 Freestyle and the 1650 Freestyle heats will be swum fastest to slowest. The fastest 8 of each age group and gender will swim in their own heat. All other athletes within that event and gender (within the session) will be combined, genders may alternate. Athletes will be separated for score/awards by age group offered at the meet (per legislation dated June 17, 2008). The 400 IM heats will be swum slowest to fastest, all age groups (within the session combined, genders **will NOT** alternate, be separated for score/awards by age group offered at the meet. Partial heats may be combined across genders at the meet referee’s discretion. Minnesota Scratch rules will be in effect.

**Teams must provide their own timers for all distance events.**

**Aging up:**

**Qualifying criterion for regional championship swimmers who *age-up* between MAC and the MRC:**

Swimmers are allowed to swim the events from their old age group in which they had “MRC” time(s), in their new age group, provided:

- They are either 8 becoming 9, or 10 becoming 11 or 12 becoming 13 or 14 becoming 15.
- They have MRC time(s) in their old age group before the Minnesota Achievement Championships (February 22, 2020)

“MRC” times made for the younger age group at Minnesota Achievement Championships **may not** be entered in the Minnesota Regional Championships under this provision.

This affects only those events in which a swimmer had MRC times for Minnesota Achievement Championships (old age group) and do not now have “MRC” times (new age group). Swimmers being entered under this new criterion must note this on the hard copy of the entry sheet. All seed times must be in either long course meters (seeded first) or short course meters (seeded next), short course yards (seeded last).

Swimmers meeting these criteria should enter the meet with a provable seed time. A note should be sent to the entries coordinator explaining that they are entering under the age-up exception. The swimmer will be eligible to receive awards. Relay eligibility is based on the regional championship criteria for that relay type in their new age group.

**Time Trials:**

Time trials will be offered, time permitting at the discretion of the meet referee. Time trials are open only to swimmers in the meet. Swimmers may swim a total of six (6) events per day including Championship and Time Trial Events. Sign up will be at the Admin/Meet Management table. There will be a cost of \$10.00 per time trial event. A 10 minute warm-up for time trials will be allowed as time permits at the discretion of the meet referee. Time trial swimmers are required to supply their own timer.

- Any time trial must be submitted by the athlete’s coach.

**Time Standards:**

MN Swimming Time Standards – the most current edition published on the MSI website will be used. Senior girls will use the 15-16-time standards to qualify. Senior boys will use the 15-16-time standards to qualify.

**Meet Lane Timing Needs:**

A motion was passed on 10/20/1998 that states: “During all MSI regularly bid, sanctioned events, visiting clubs will provide timers as necessary for the duration of the competition. The meet will not begin until the timing needs have been met. The host club may not place requirements on any individual team to participate at any specific level.”

If your club would like to help out on a specific time or day, please contact the Meet Director.

**ORDER OF EVENTS**

**Fri. PM, February 28**

Girls		Boys	
1	11-12	400 FRR	2
3	13-14	400 FRR	4
5	Senior	400 FRR	6
7	11-12	400 IM	8
9	13-14	400 IM	10
11	15&O	400 IM	12
13	11-12	200 FL	14
15	13-14	50 FR	16
17	15&O	50 FR	18
19	11-12	50 FR	20
Break			
21	13&O	500 FR	22
23	11-12	1650 FR	24



**Sat. AM, February 29**

Girls		Boys	
25	10&U	200 MR	26
27	11-12	200 MR	28
29	9-10	50 FR	30
31	11-12	100 FL	32
33	8&U	50 FR	34
35	11-12	200 BR	36
37	10&U	100 FL	38
39	8&U	50 BK	40
41	11-12	100 BK	42
43	10&U	100 BK	44
45	11-12	50 BR	46
47	9-10	50 BR	48
49	8&U	100 IM	50
51	11-12	100 IM	52
53	9-10	100 IM	54
55	11-12	200 FR	56
57	10&U	200 FR	58
Break			
59	11-12	1000 FR	60

**Sat. PM, February 29**

Girls		Boys	
61	13-14	400 MR	62
63	Senior	400 MR	64
65	13-14	200 FR	66
67	15&O	200 FR	68
69	13-14	100 FL	70
71	15&O	100FL	72
73	13-14	100 BR	74
75	15&O	100 BR	76
77	13-14	200 IM	78
79	15&O	200 IM	80
81	13-14	100 BK	82
83	15&O	100 BK	84
Break			
85	13&O	1650 FR	86

**Sun. AM, March 1**

Girls		Boys	
87	11-12	200 FRR	88
89	10&U	200 FRR	90
91	11-12	200 IM	92
93	10&U	200 IM	94
95	8&U	50 BR	96
97	11-12	50 BK	98
99	9-10	50 BK	100
101	8&U	100 FR	102
103	11-12	100 FR	104
105	9-10	100 FR	106
107	8&U	50 FL	108
109	11-12	100 BR	110
111	9-10	50 FL	112
113	11-12	50 FL	114
115	10&U	100 BR	116
117	11-12	200 BK	118
Break			
119	10&U	500 FR	120
121	11-12	500 FR	122

**Sun. PM, March 1**

Girls		Boys	
123	13-14	200 FRR	124
125	Senior	200 FRR	126
127	13-14	200 FL	128
129	15&O	200 FL	130
131	13-14	100 IM	132
133	15&O	100 IM	134
135	13-14	200 BR	136
137	15&O	200 BR	138
139	13-14	100 FR	140
141	15&O	100 FR	142
143	13-14	200 BK	144
145	15&O	200 BK	146
Break			
147	13&O	1000 FR	148

**Individual High Point Award Presentation  
After the 11-12 500 Free Events**

Meet Calculation Form

**Minnesota Regional Championships  
High Tides Swim Club  
February 28 – March 1, 2020**

Sanction Number: MN20W-01-006Y

Time Trial Sanction Number: MN20W-01-006YTT

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

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

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

**Entry Data Costs:**

MSI Entry Fee: \_\_\_\_\_ # of Swimmers entered x \$3.00 = \$\_\_\_\_\_.

\_\_\_\_\_ Total Splashes x \$ 7.50 = \$\_\_\_\_\_ # of boys \_\_\_\_\_ # of girls \_\_\_\_\_

\_\_\_\_\_ Total Relays x \$ 30.00 = \$\_\_\_\_\_

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

**Make checks payable to: High Tides Swim Club All fees are due before the start of the meet.**

**E-Mail results to:** Name \_\_\_\_\_

Email 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 undersigned 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 entry file?**

Name \_\_\_\_\_

Phone: Day \_\_\_\_\_ Night \_\_\_\_\_