

2020 14 & U MID STATES ALL-STAR CHAMPIONSHIPS





January 4-5, 2020
IU Natatorium - Indianapolis



TEAM INDIANA INFORMATION

The Mid States Championship meet is an "All-Star" meet for swimmers ages 14 & Under who compete as members of Team Indiana, Team Kentucky, Team Michigan, Team Minnesota, Team Ohio, or Team Wisconsin. Unlike the summer Central ZONE Championships where any athlete with a qualifying time can ENTER the meet, **participation in Mid States involves an APPLICATION and SELECTION process. There is a limit on the number of swimmers each team can enter in an event at Mid States.**

- 1. QUALIFYING TIMES & QUALIFICATION PERIOD:** To be considered for Team Indiana selection, the athlete must have swum minimum time standards at a sanctioned or high school competition after August 31, 2018, and before the meet entry deadline (Monday, December 9, 2019 at 5:00 PM). (Best times prior to September 1, 2019 do not qualify an athlete for Team Indiana selection.)
- 2. ELIGIBLE ATHLETES:** To be considered for Team Indiana selection, Indiana Swimming 14 & U athletes who have met the minimum time standards during the qualifying period stated above AND HAVE submitted an online application to Indiana Swimming by **Monday, December 9, at 5:00 PM. There are no exceptions to this deadline, and there is no other method to apply.**
- 3. ONLINE APPLICATION PROCESS:** *The online application system will open on November 1, and close on Monday, December 9, at 5:00 PM. The online application can be accessed on the Indiana Swimming website at www.inswimming.org by clicking on the Team Indiana button on the right side of the home page. Please enter a frequently used email address so all notifications and communications from the Team Indiana staff will reach you via email. Some emails will require timely responses. Also, please be sure that you enter an accurate shirt size for the applicant.*
- 4. SUBMITTED ENTRY TIMES:** Applicants can indicate event preferences. Indiana Swimming will pull all best times achieved during the qualification period from the SWIMS national database.
 -  *If your swimmer's time was achieved at a high school meet, those results must be faxed to 317-237-5783 or emailed to TeamINmanager@gmail.com by December 9th at 4:00 PM to be considered (see #5 below for more information regarding HS competitions).
 -  *Parents are advised to submit the registration for consideration when their athlete achieves a qualifying time.
- 5. HIGH SCHOOL ATHLETES:** High School athletes who are still 14 years of age (as of January 4, 2020) may submit high school meet times for consideration for Team Indiana. Those HS results must be faxed to 317-237-5783 or emailed to TeamINmanager@gmail.com by December 9 at 4:00 PM to be considered. In addition, IF a high school athlete is selected to represent Team Indiana at the meet, **they must obtain a waiver form from their High School Athletic Director** to compete in Mid States. Please be aware of IHSAA rules and the HS waiver limitations (A student-athlete can only apply for two (2) waivers during the season, and Mid States cannot interfere with a school swim meet).
- 6. SELECTION PROCESS:** The Mid States Team Indiana coaching staff will review the entry reports of all applicants. Selecting the Indiana swimmers that will best represent Team Indiana at the Mid States All-Star Championships can be a lengthy and complicated process. An email will be sent to ALL applicants (both accepted and not-accepted) no later than December 17th, confirming selection status.
- 7. ACCEPTANCE PROCESS:** Athletes selected for Team Indiana will then be asked to confirm their acceptance upon receipt of the confirmation email. **If your swimmer is selected, please make sure you reply to the acceptance email!** If you don't reply or indicate you can or cannot be a part of Team Indiana, the coaching staff will need to find a replacement. If a swimmer turns down their invitation to be a part of Team Indiana, they will NOT be eligible for any team outfitting.
- 8. ADDITIONAL TEAM INDIANA INFORMATION:** The Team Indiana Manager will email chosen Team IN athletes additional information including payment, required forms to complete; the Mid States weekend schedule (time to report, where to get outfitting, team picture and practice times, etc.). The payment deadline is December 20.
- 9. HOTEL INFORMATION:** Indiana Swimming has reserved hotel blocks in downtown Indianapolis for Mid States_ accepted participants. To access the online reservation system, go to www.inswimming.org and click on the Events tab at the top of the home page. Then scroll down to 2020 Indiana Swimming Hotel Blocks and click on the Mid States link. **DO NOT WAIT, BLOCKS SELL OUT BEFORE THE END OF THE YEAR.**
- 10. Email Team Manager Emily Kowalski EMILY@INSWIMMING; TeamINmanager@gmail.com or call the IN Swimming Office 317.237.5780 with questions.**

MID STATES ORDER OF EVENTS

SATURDAY

Warm-Ups: 10:00 – 11:15 am
 Opening Ceremony: 11.30 am
 Meet Start: 11:45 pm



SUNDAY

Warm-Ups: 7:30-8:20 am
 Meet Start: 8:30 am

GIRLS	EVENT	BOYS
1	13-14 200 IM	2
3	11-12 200 IM	4
5	10 & U 200 IM	6
7	13-14 100 Free	8
9	11-12 100 Free	10
11	10 & U 100 Free	12
13	13-14 200 Back	14
15	11-12 50 Back	16
17	10 & U 50 Back	18
19	13-14 200 Breast	20
21	11-12 100 Breast	22
23	10 & U 100 Breast	24
25	13-14 100 Fly	26
27	11-12 50 Fly	28
29	10 & U 50 Fly	30
	10 MINUTE BREAK	
31	13-14 200 Medley Relay	32
33	11-12 200 Medley Relay	34
35	10 & U 200 Medley Relay	36
**37	11-14 1650 Free	**38
	5-MINUTE BREAK	

GIRLS	EVENT	BOYS
39	13-14 200 Free Relay	40
41	11-12 200 Free Relay	40
43	10 & U 200 Free Relay	44
45	13-14 400 IM	46
47	11-12 100 IM	48
49	10 & U 100 IM	50
51	13-14 200 Free	52
53	11-12 200 Free	54
55	10 & U 200 Free	56
57	13-14 100 Breast	58
59	11-12 50 Breast	60
61	10 & U 50 Breast	62
63	13-14 200 Fly	64
65	11-12 100 Fly	66
67	10 & U 100 Fly	68
69	13-14 50 Free	70
71	11-12 50 Free	72
73	10 & U 50 Free	74
75	13-14 100 Back	76
77	11-12 100 Back	78
79	10 & U 100 Back	80
81	13-14 500 Free	82
83	11-12 500 Free	84

***Each LSC can enter 6 athletes of each gender.
 This event will be swum in two pools by gender.
 (5 girls' heats; 5 boys' heats)*

2017-2020 National Age Group Motivational Times

Short Course Yards



Girls



Boys

AA Min	AA Min	AA Min		AA Min	AA Min	AA Min
13-14	11-12	10 & U		10 & U	11-12	13-14
26.79*	27.89*	30.19*	50 Y Free	29.79*	26.79*	24.69*
58.19*	1:00.49	1:07.29*	100 Y Free	1:06.69*	58.29*	53.89*
2:05.79*	2:12.39	2:28.29*	200 Y Free	2:23.09*	2:07.89*	1:57.49*
5:36.29*	5:52.49*	6:27.99*	500 Y Free	6:20.79*	5:42.79*	5:17.59*
11:31.59*	12:09.49		1000 Y Free		11:56.79*	10:58.09*
19:12.89*	20:27.19*		1650 Y Free		20:00.79*	18:19.79*
	31.49*	34.99*	50 Y Back	35.29*	30.89*	
1:03.39*	1:08.39*	1:15.59*	100 Y Back	1:15.69*	1:06.09*	59.19*
2:17.39*	2:25.09*		200 Y Back		2:21.79*	2:09.09*
	35.39*	39.89*	50 Y Breast	39.19*	34.49*	
1:12.89*	1:16.99*	1:27.49*	100 Y Breast	1:26.29	1:14.89*	1:06.89*
2:37.69*	2:46.89*		200 Y Breast		2:40.09*	2:26.49*
	30.19*	34.39*	50 Y Fly	33.69*	29.69*	
	1:08.09*	1:19.19*	100 Y Fly	1:18.69*	1:06.19*	58.69*
1:03.19*	2:28.59*		200 Y Fly		2:25.09*	2:10.09*
2:19.69*	1:09.29*	1:17.09*	100 Y IM	1:16.19*	1:06.19*	
2:20.89*	2:28.49*	2:45.09*	200 Y IM	2:43.59*	2:24.19*	2:11.39*
5:00.49*	5:15.59*		400 Y IM		5:06.49*	4:40.79*

2020 TEAM INDIANA HEAD COACH:
Team Indiana Manager:

Jim Voss
 Emily Kowalski

DUNE
 TeamINmanager@gmail.com