



**2023 MN Short Course 14 & Under State Championships
Rochester Swim Club
(All Zones) with Time Trials**

Thursday, March 09, 2023 — to — Sunday, March 12, 2023

Sanction Number: MN23W-01-007Y

Time Trial Sanction Number: MN23W-01-007YTT

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, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, 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, including exposure or and infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in the USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND MINNESOTA SWIMMING, ROCHESTER SWIM CLUB AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in the personal injury, illness, permanent disability, and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Rochester Swim Club and the other swim teams participating in the meet and pool management company's employees, volunteers, and program participants and their families.

Rochester Swim Club and participating teams will include the above information in meet announcements, heat sheets and posted around the pool facility. Rochester Swim Club reserves the right to cancel this meet at anytime.

Meet Director: Autumn Kappes, meetentries@rochesterswimclub.com 507-696-1885

Meet Officials:
Meet Referee: Jack Swanson
Admin Referee: TBD
Deck Referee: TBD
Lead Chief Judge: TBD
Starter: TBD
Stroke & Turn Officials: TBD, TBD, TBD, TBD

Inquiries: Autumn Kappes, meetentries@rochesterswimclub.com 507-696-1885

Emergency Phone: Rochester Rec Center 507-328-2500

Meet Type: This is a 3 ½ day Prelim/Finals for 13-14 and 11-12 with some Timed Final events, and Timed Finals meet for 10 & Under swimmers with verifiable “CH” qualifying times, or an individual event champion from the 2023 Winter Minnesota Regional Championships (a “Win it and swim it” qualifier). This is a closed meet. Only swimmers from the Minnesota LSC can participate.

Win it and Swim it: **“Win it and swim it” qualifiers from the 2023 Winter Minnesota Regional Championships (MRC)**

- These are individual event champions from the MRC’s who have not achieved a “CH” time. There are no alternate “Win it and swim it” qualifiers from the MRC’s if the champion chooses not to enter the individual event at the State Meet.
- Only “Win it and swim it” qualifiers may enter the same event at the State Meet.

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
14&Under Para Events	14&Under Para Events

- Win it and Swim it entrants **must use their time from their qualifying MRC event** to enter the corresponding event at the Age Group State or Senior State Meet.
- Relays may not be created using a single “Win it and swim it” qualifier. There must be at least one other swimmer in the gender and age group who qualified for the meet with an individual event “CH” time.
- Swimmers being entered under this new criterion must note this on the hard copy of the entry sheet.

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 and descriptions to qualify. They must have a verifiable Champ time 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.

Para swimmers must compete in both prelims and finals to earn points (for prelim/final events). Finals may be swum as mixed/combined events at the agreement of the meet referee and the para swimmer's coach. Para swimmers may choose to swim their prelim events with their able-bodied peers or as a separate heat. Coaches should note the swimmer's preference with their entry email.

Fees: \$12.20 per individual splash (\$2.20 MNSI Splash Fee + \$5.50 Splash Fee + *\$4.50 Facility Fee), \$48.80 per relay splash (\$8.80 MNSI Relay Splash Fee + \$22.00 Relay Splash + *\$18.00 Facility Fee).

\$10.00 MN State Championship 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 the Age Group & Senior State facility costs and dividing by the total number of estimated splashes for those sites. Each athlete pays the splash fee only for the events entered.

Time Schedule:

Session	Deck Access	Warm up Start	Warm up End	Meet Start
Thursday March 9	2:30PM	3:30PM	4:50PM	5:00PM
General Meeting	3:00PM			
Friday March 10	6:30AM	7:00AM	8:20AM	8:30AM
Saturday March 11	6:30AM	7:30AM	8:20AM	8:30AM
Sunday March 12	6:30AM	7:30AM	8:20AM	8:30AM

***The time schedule is for basic planning purposes only. The final warmup start times, warmup end** times along with the meet start times for all sessions will be published on the meet website located on the MNSI website at www.mnswim.org, once all entries are received.**

GENERAL MEETING: It is the obligation of every team entered in the meet to have a representative at all meetings and to become acquainted with the changes (if any) and the decisions made at this meeting including changes to the meet format or conduct.

Thursday, March 9 at 3:00PM Rec Center Gym

Awards:

Individual Events, Relays, High Point:

- Individual Events: 1st - 8th place medals.
- Relay Events: 1st - 8th place medals.

High Point Awards:

- Plaques will be given to the Top 3 High Point swimmers in each age group/gender.
- Plaques will be given to the Top 3 High Point Para swimmers in each age- group, gender and classification (P1, P2, and P3)

Team Awards:

- Age Group Championship banners will be awarded to the Top 3 teams in A, AA, AAA Divisions.

Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results. (Per legislation passed 1/17/06, awards must be given to athletes at the meet.) Meets are exempt from this requirement if they have an awards presentation.

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.
Swimmers with a permanent disability as defined by USA Swimming can earn points for the clubs based on their placement in their age groups/class.

Programs: Programs will be on sale during the meet. \$5/session or \$25/weekend

Amenities: Concessions will be available in the gym. Gym will be available for additional spectator seating at tables/chairs. No camping in the gym, pool deck, or around building. T-shirt Sales & Elsmore will be in the gym as well.
 Hospitality meals will be provided to coaches and officials that work multiple sessions each day.

FACILITY/LOCATION

Meet Location: Rochester Rec Center 21 Elton Hills Road NW Rochester, MN 55901

Directions: Approaching Rochester from the South or North on US Hwy 52 take the 19th Street NW exit. From the North, take a left across the bridge and continue on Elton Hills Drive. Follow Elton Hills Drive to just before the intersection with Broadway (0.8 mile). The Rec Center is on the left prior to the Broadway Intersection. If you approach from the South take the 19th Street Exit, veer right and continue through the light onto Elton Hills Drive. Follow Elton Hills Drive for about 1 mile. Pool is on the left. Entrance to the pool during competition is on the WEST side only. **Enter through Door 6 only!**

Facility: 8 lanes, 25 yard indoor pool with lanelines and backstroke pennants. Slanted Starting blocks are 29 inches above the water surface.

Water depth: The minimum water depth, measured in accordance with Article 103.2.3 is 13 ft at the start end and 5.5 ft at the turn end.

Course certification: The competition course HAS been certified in accordance to 104.2.2C(4). The copy of such certification is on file with USA Swimming.

COVID-19 Procedures/ Requirements: The host team will abide by the COVID-19 Preparedness Plans for the facility the meet is taking place at, including entry/exit procedures into the facility and cleaning protocols.
 Spectators are allowed at this event.
 Masks are not required at this event.
 Meet will be live-streamed
 Changes to plans regarding spectators, masks, etc will be communicated to all teams attending prior to the meet.

Medical Supervision: Lifeguard on duty during meet, AED on site (1 in pool area, 1 in hockey area). There are a large amount of doctors and nurses on site as parents Bill Shaughnessy of RSI is a Dr from the Mayo Clinic and is always on sight

Other: The Rochester Swim Club reserves the right to remove anyone from the facility or facilities the club is using while conducting a swim meet. Facility staff and or local law enforcement will be called if a person chooses to be argumentative or unwilling to respect the wished of the Rochester Swim Club administration.

ENTRIES

- Entries To:** Danielle Wentzel dwentzel@mns swim.org
- Form of Entries:** Email entries are required. **Please put AGS MEET ENTRIES in the subject line of email.**
- Entry Start Date:** Entries will be accepted beginning at 8:00 pm on **Wednesday, February 01, 2023**
- Entry Close Date:** An Email copy of your entry is due **Monday, February 27, 2023 by 8:00 PM. Proof of Times are not required with entries. Be prepared to show OFFICIAL MEET RESULTS for any times not in SWIMS as per the Proof of Times guidelines for the meet. Meet Mobile is NOT considered official results.**
- 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 Monday, February 27, 2023 deadline.
- To Add New Qualifiers:** Entries for athletes achieving qualifying standards for the first time between February 27 and March 6, 2023 at 2PM require the entering team to email all the initial entries AND the new qualifiers in a single new entry file to the host club, and bring to the meet a new hard copy with all the new events and changes highlighted a check for the entry fees. This is not to add swimmers or events for those who missed the Monday, February 27, 2023 deadline.
- Late Entries:** Any team or athlete missing the entry deadline will be permitted to submit a Late Entry subject to the following restrictions:
- 1) Late entries must be submitted via email to the Entries Chair, no later than Monday, March 6, 2023.
- A one-time processing fee of \$25/athlete for late entries. In order to not be charged this fee, clubs must submit documentation of new official times. If the club does not pay this fee before the start of the meet/session, the late entries will be removed from the meet. (Late Entry Fee surcharges collected go to MNSI ATHLETE COMMITTEE.)
- Teams submitting additional entries are required to email all the initial entries AND the new entries in a single new entry file to the host club and bring to the meet a new hard copy with all the new events and changes highlighted a check for the entry fees.
- Entry Limitations:**
- | | | |
|---|-------------------------|-----------------|
| Age of a swimmer is determined by their age on the first day of the meet. | | |
| 13 & 14 | 3 individual events/day | 7 event maximum |
| 11 & 12 | 3 individual events/day | 7 event maximum |
| 9 & 10 | 4 individual events/day | 7 event maximum |
| 8 & Under | 4 individual events/day | 7 event maximum |
- Total daily maximum of six (6) championship and Time Trials
- Swimmers may over-enter but must scratch down to meet the above limits.**
- REFUNDS WILL NOT BE GIVEN FOR SCRATCHED EVENTS**
- Relays do not count against limits.**
- All entries must be verifiable from January 1, 2021 to present.**
- Age Group Relays:** Must have one (1) swimmer in the age group who achieved the championship (CH) qualifying time or faster and is entered in at least one individual event in the age group at the meet to

enter 1 relay per relay event. Entering a “B” relay team requires five (5) individual qualifiers in gender/age-group from your team.

1. Limit of two (2) relays per gender per club per relay event.
 - 1 relay – must have 1 swimmer in the age-group who achieved the CH qualifying time and is entered in at least one individual event in the age group at the meet.
 - 2 relays – must have a minimum of five (5) swimmers in the age-group who achieved the CH qualifying time and are entered in at least one individual event in the age-group at the meet.
2. All swimmers must be registered members of the club they are swimming with. No unattached swimmer may swim on a relay, nor can there be an “unattached relay” entered in an event.
3. **“Relay only swimmer” or “relay alternate”** must be entered in the meet by the entry deadline. Teams cannot use any relay only swimmers unless they were entered prior to the meet entry deadline. **Relay only swimmers WILL be charged the Athlete Surcharge fees to be entered in the meet.**
4. All swimmers must be listed on the club entry sheet or disk in an individual event, or as a “relay only” or “relay alternate” swimmer.

All relays are timed finals. Genders will NOT alternate. All relays will be swum in finals. The 400 Free Relays will be swum fast to slow. For the Sunday 11-12/13-14 Relays, teams may down-seed their relays by making that declaration by the scratch deadline for Sunday events. Down-seeding of relays is ONLY allowed for Sunday 11-12/13-14 Relays.

***Entries for the 800 Free Relay are as follows:**

1. Each club is limited to one 800 Free Relay by gender (subject to participant formula).
2. Require qualifying aggregate time equal to four times the 'GOLD' standard for the 200 Freestyle for each age group/gender.
3. Aggregate provable times of actual relay participants must meet the qualifying aggregate time.

	Female		Male	
Age	SCY	LCM	SCY	LCM
13-14	8:54.36	10:16.36	8:40.36	10:03.96

Nonconforming time entries:

All non-conforming qualifying times MUST be entered as non-conforming. Converted times must not be used.

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.

Meet Results are required for proof of times. MEET MOBILE RESULTS ARE NOT ACCEPTABLE AS THEY ARE NOT CONFIRMED ACCURATE.

ELIGIBILITY / ATHLETES

Eligibility:	13/14, 11/12 and 10 & Under swimmers with verifiable “CH” qualifying times, or an individual event champion from the 2023 Winter Minnesota Regional Championships (a “Win it and swim it” qualifier). Time Standard must have been achieved no earlier than January 1 st , 2021. The most current edition of the MN Swimming Time Standards (published on the MNSI website) will be used.
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 \$100 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.

MEET ADMINISTRATION, CONDUCT

Coach’s Meeting:	Rec Center Gym – 3PM Thursday, March 9, 2023.
Deck Access - Coach & Official check-in:	<p>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.</p> <ul style="list-style-type: none">❖ Coaches must check in Blue Clerk of Course Tent under the bleachers. All coaches must check in with meet director to show credentials and get wristband prior to being on deck. 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) Blue Clerk of Course Tent under the bleachers. 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 the valid membership credential 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 MNSI 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.

Violation of MNSI Meet Warm-up Policy (Policy #250) will result in the offending swimmer being barred from his/her next individual event in the meet.

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.

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 changes are 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.

Meet Format:

All 10 & Under events are timed finals. All 11-12 and 13-14 events are prelim/finals (with some exceptions) with the top 16 advancing to finals. The 1650, 1000 and 500 Free, 400 IM and all Relays are timed finals events. All swimmers must report to their blocks for the start of their heat. The 1650, 1000 and 500 Free and 400 IM will require a positive check-in and are deck seeded. All other events are pre-seeded after scratch deadline. All relays will be swum as described in the Relay section of this information.

The meet referee reserves the option of swimming preliminary sessions and/or distance events in two (2) pools.

**Scratch Rules/
Check-In for 11&Over
Events:**

Scratch Rules: All 11&Over individual events will conform to USA Swimming National Scratch Procedure Rules (207.11.6 A-E) with the scratch deadlines as listed below. There is no penalty for failure to compete in a timed final event that does not require a positive check in. A coach or swimmer may declare a false start in a preliminary or timed final event.

Scratch Deadline: A scratch box will be available at the Clerk of Course table throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.

- **Thursday Timed Finals** - Scratch deadline for Thursday, March 9, 2023 events shall be 30 minutes after the General Meeting.
- **Prelims** –

- Scratch deadline for Friday, March 10, 2023 events shall be 30 minutes after the start of Thursday, March 9, 2023 Timed finals session. (Competition planned start is 5:00PM),
 - Scratch deadline for Saturday, March 11, 2023 events shall be 30 minutes after the start of Friday, March 10, 2023 evening finals session. (Competition planned start is 5:00PM),
 - Scratch deadline for Sunday March 12, 2023 events shall be 30 minutes after the start of Saturday, March 11, 2023 evening finals session. (Competition planned start is 5:00PM),
- **Finals** - USA Swimming National Scratch Procedure Guidelines (207.11.6.D and 207.11.6.E.1-3) will be followed.

Positive Check-in: Entrants in the 1000 and 1650 Freestyle must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded.

Relay cards designating the swimmers' names shall be submitted to meet management on the day of the relay. Names and order of swimmers may be changed up to the time of the swim.

Scratch Rules/Check in for 10&Under Events:

With the exception of the 500 freestyle, all events will be pre-seeded. The 500 freestyle will be deck-seeded upon completion of a positive check-in which will close at the beginning of the Friday Timed Finals session.

Distance Events:

The **11-12 200 back, 200 breast, and 200 fly** are timed final events with all heats swum during finals.

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.

The 400 IM, 1000 Freestyle and the 1650 Freestyle heats will be swum fastest to slowest. All age groups (within the session) combined, genders **WILL** alternate, be separated for score/awards by age group offered at the meet. In the combined event, the top 4 heats will be single age and single gender. All other heats will alternate girls and boys with combined age groups.

500 free will be swum slow to fast. Genders **WILL NOT** alternate.

Aging up:

Swimmers who age-up between MRCs and State are now allowed to swim the events from their old age group in which they HAD "CH" time(s), in their new age group, provided:

- They age up in between the starting dates of Minnesota Regional Championships (March 3, 2023) and State (March 9, 2023).
- They are either 8 becoming 9, 10 becoming 11, or 12 becoming 13.
- They have "CH" time(s) in their old age group before Minnesota Regional Championships. "CH" times made for the younger age group at Minnesota Regional Championships may not be entered in State under this provision.

This affects only those events in which a swimmer had "CH" times (old age group) and do not now have "CH" times (new age group). These swimmers will not be counted in the MNSI formula concerning number of relays allowed at State based on number of "CH" swimmers. 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 short course yards (seeded first), long course meters (seeded next) or short course meters (seeded final).

Win it and Swim it and Age Up: When the “Win it and Swim it” and the Age Up situations are **separate**, athletes WILL be permitted to compete in qualified events per the exemption. When situations include **both** the “Win it and Swim it” and the Age Up WILL NOT be permitted to complete in the events in question.

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.

Meet Lane Timing Needs: A motion was passed on 10/20/1998 that states: “During all MNSI 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

11 & Over Timed Finals

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Thursday PM Timed Finals	Boys #	SCY	LCM
10:54.69	12:30.89	1	11-12 1000 Freestyle *	2	12:45.99	11:33.09
10:07.19	11:04.79	3	13-14 1000 Freestyle*	4	10:59.99	9:55.39
		5	11-12 400 Freestyle Relay *	6		
		7	13-14 400 Freestyle Relay *	8		
6:29.09	5:28.59	9	11-12 400 IM *	10	5:28.69	6:28.19
5:42.59	4:53.69	11	13-14 400 IM *	12	4:51.49	5:43.09

** 11-12 and 13-14 Timed Finals Events*

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Friday AM Prelims	Boys #	SCY	LCM
2:56.99	2:29.89	15	11-12 200 IM	16	2:35.39	2:58.79
2:39.59	2:17.49	17	13-14 200 IM	18	2:14.09	2:35.39
1:25.29	1:10.89	19	11-12 100 Butterfly	20	1:12.29	1:23.99
1:13.09	1:02.99	21	13-14 100 Butterfly	22	1:01.29	1:12.99
:42.29	:36.59	23	11-12 50 Breaststroke	24	:37.79	:44.59
1:14.59	1:03.09	25	13-14 100 Backstroke	26	1:02.09	1:13.69
1:22.09	1:08.89	27	11-12 100 Backstroke	28	1:11.09	1:24.39

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Friday Timed Finals	Boys #	SCY	LCM
		33	10 & U 200 Freestyle Relay	34		
		35	8 & U 100 Freestyle Relay	36		
	1:22.09	37	9-10 100 Individual Medley	38	1:23.69	
	1:47.99	39	8 & U 100 Individual Medley	40	1:50.49	
:36.59	:32.29	41	9-10 50 Freestyle	42	:32.89	:37.49
:47.46	:40.69	43	8 & U 50 Freestyle	44	:40.79	:51.39
1:45.39	1:28.69	45	10 & U 100 Butterfly	46	1:35.89	1:59.99
1:05.19	:55.59	47	8 & U 50 Breaststroke	48	:57.69	1:07.29
:50.69	:45.79	49	9-10 50 Breaststroke	50	:46.59	:54.49
1:35.09	1:20.89	51	10 & U 100 Backstroke	52	1:24.19	1:37.19
6:33.09	6:58.29	53	10 & U 500 Freestyle	54	7:05.79	6:29.19

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Friday PM Finals	Boys #	SCY	LCM
		13	13-14 800 Freestyle Relay *	14		
2:56.99	2:29.89	15	11-12 200 IM	16	2:35.39	2:58.79
2:39.59	2:17.49	17	13-14 200 IM	18	2:14.09	2:35.39
1:25.29	1:10.89	19	11-12 100 Butterfly	20	1:12.29	1:23.99
1:13.09	1:02.99	21	13-14 100 Butterfly	22	1:01.29	1:12.99
:42.29	:36.59	23	11-12 50 Breaststroke	24	:37.79	:44.59
1:14.59	1:03.09	25	13-14 100 Backstroke	26	1:02.09	1:13.69
1:22.09	1:08.89	27	11-12 100 Backstroke	28	1:11.09	1:24.39
4:56.39	5:26.19	29	13-14 500 Freestyle *	30	5:23.59	4:54.59
5:29.69	5:58.69	31	11-12 500 Freestyle *	32	6:07.29	5:31.89

* 11-12 and 13-14 Timed Finals Events

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Saturday AM Prelims	Boys #	SCY	LCM
2:38.59	2:15.59	61	13-14 200 Backstroke	62	2:14.59	2:38.69
	1:10.59	63	11-12 100 IM	64	1:11.09	
	1:05.09	65	13-14 100 IM	66	1:02.79	
:31.69	:27.69	67	11-12 50 Freestyle	68	:28.19	:32.39
:29.69	:25.89	69	13-14 50 Freestyle	70	:24.69	:28.39
1:32.29	1:18.99	71	11-12 100 Breaststroke	72	1:21.79	1:36.99
1:25.99	1:13.29	73	13-14 100 Breaststroke	74	1:10.69	1:23.59
:34.79	:30.99	75	11-12 50 Butterfly	76	:32.49	:36.69
2:20.09	2:01.59	77	13-14 200 Freestyle	78	1:58.29	2:17.29
2:35.59	2:14.79	79	11-12 200 Freestyle	80	2:16.79	2:37.59

* 11-12 and 13-14 Timed Finals Events

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Saturday Timed Finals	Boys #	SCY	LCM
		81	10 & U 200 Medley Relay	82		
		83	8 & U 100 Medley Relay	84		
3:26.99	2:58.09	85	10 & U 200 IM	86	3:09.59	3:35.99
:55.69	:47.39	87	8 & U 50 Backstroke	88	:48.29	:59.29
:43.89	:37.69	89	9-10 50 Backstroke	90	:39.19	:45.49
1:50.59	1:34.09	91	8 & U 100 Freestyle	92	1:33.59	1:57.49
1:23.49	1:11.69	93	9-10 100 Freestyle	94	1:14.29	1:23.79
1:52.69	1:34.59	95	10 & U 100 Breaststroke	96	1:38.29	1:56.69
1:04.19	:52.79	97	8 & U 50 Butterfly	98	:55.39	1:10.09
:42.89	:37.19	99	9-10 50 Butterfly	100	:39.79	:47.59
3:03.39	2:35.49	101	10 & U 200 Freestyle	102	2:44.79	3:05.89

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Saturday PM Finals	Boys #	SCY	LCM
		55	11-12 400 Medley Relay *	56		
		57	13-14 400 Medley Relay *	58		
2:53.49	2:29.59	59	11-12 200 Backstroke *	60	2:34.09	3:00.49
2:38.59	2:15.59	61	13-14 200 Backstroke	62	2:14.59	2:38.69
	1:10.59	63	11-12 100 IM	64	1:11.09	
	1:05.09	65	13-14 100 IM	66	1:02.79	
:31.69	:27.69	67	11-12 50 Freestyle	68	:28.19	:32.39
:29.69	:25.89	69	13-14 50 Freestyle	70	:24.69	:28.39
1:32.29	1:18.99	71	11-12 100 Breaststroke	72	1:21.79	1:36.99
1:25.99	1:13.29	73	13-14 100 Breaststroke	74	1:10.69	1:23.59
:34.79	:30.99	75	11-12 50 Butterfly	76	:32.49	:36.69
2:20.09	2:01.59	77	13-14 200 Freestyle	78	1:58.29	2:17.29
2:35.59	2:14.79	79	11-12 200 Freestyle	80	2:16.79	2:37.59

* 11-12 and 13-14 Timed Finals Events

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Sunday AM Prelims	Boys #	SCY	LCM
		107	Down-seeded 11-12 200 Medley Relay *	108		
		109	Down-seeded 13-14 200 Medley Relay *	110		
2:52.39	2:23.89	113	13-14 200 Butterfly	114	2:24.69	2:45.69
:37.49	:32.29	115	11-12 50 Backstroke	116	:33.49	:38.99
1:05.19	:56.29	117	13-14 100 Freestyle	118	:53.89	1:02.59
1:10.89	1:00.39	119	11-12 100 Freestyle	120	1:01.19	1:10.79
3:06.39	2:38.19	121	13-14 200 Breaststroke	122	2:34.89	3:02.39
		125	Down-seeded 11-12 200 Free Relay *	126		
		127	Down-seeded 13-14 200 Free Relay *	128		

* 11-12 and 13-14 Timed Finals Events

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Sunday Mile Timed Finals	Boys #	SCY	LCM
19:34.59	18:45.29	103	13-14 1650 Freestyle *	104	18:40.29	19:23.89
22:24.29	21:03.09	105	11-12 1650 Freestyle *	106	21:26.39	21:57.69

* 11-12 and 13-14 Timed Finals Events

Women/Girls			Men/Boys			
LCM	SCY	Girls #	Sunday PM Finals	Boys #	SCY	LCM
		107	11-12 200 Medley Relay *	108		
		109	13-14 200 Medley Relay *	110		
3:08.59	2:45.69	111	11-12 200 Butterfly *	112	2:46.29	3:05.59
2:52.39	2:23.89	113	13-14 200 Butterfly	114	2:24.69	2:45.69
:37.49	:32.29	115	11-12 50 Backstroke	116	:33.49	:38.99
1:05.19	:56.29	117	13-14 100 Freestyle	118	:53.89	1:02.59
1:10.89	1:00.39	119	11-12 100 Freestyle	120	1:01.19	1:10.79
3:06.39	2:38.19	121	13-14 200 Breaststroke	122	2:34.89	3:02.39
3:17.99	2:52.09	123	11-12 200 Breaststroke *	124	2:56.49	3:26.39
		125	13-14 200 Free Relay *	126		
		127	11-12 200 Free Relay *	128		

* 11-12 and 13-14 Timed Finals Events

Para Events: Para Events will be numbers with the following number formatting:

P1 Events: XXX1

P2 Events: XXX2

P3 Events: XXX3

Meet Calculation Form

**2023 MN 14&Under Short Course State Championships
Rochester Swim Club
March 9-12, 2023**

Sanction Number: MN23W-01-007Y
Time Trial Sanction Number: MN23W-01-007YTT

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

_____ Total Splashes x \$12.20 = _____ # of boys _____ # of girls _____

_____ Total Relays x \$48.80 = _____

_____ # of Swimmers entered x \$10.00 MN State Championship Fee = \$ _____

Total Due = \$ _____

Make checks payable to: Rochester Swim Club. **All fees are due** Before the start of the meet, no exceptions!

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 _____