



Minnesota Regional Championships Rochester Swim Club

Friday, July 15, 2022 — to — Sunday, July 17, 2022

Sanction Number: MN22S-06-012M

Time Trial Sanction Number: MN22S-06-012MTT

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 or Admin Official: TBD
Deck Referee: TBD
Starter: TBD
Stroke & Turn Officials: TBD, TBD, TBD, TBD

Inquiries: Autumn Kappes meetentries@rochesterswimclub.com

Emergency Phone: Rochester Rec Center 507-328-2500

Meet Type: This is a 2 ½ day meet to provide a scored season ending championship for swimmers. **NO CHAMP times allowed at this meet. All entry times must be verifiable NT entries are NOT allowed.**

Distance	Minimum Standard
50	Silver
100	Silver
200	Silver
400/500	Silver
1000	Silver
1650	Silver

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!" **(Must WIN the event to advance to state under this option.)**

MRC individual events and corresponding State events	
MRC event (LC)	State event (LC)
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.
3. Para swimmers will be awarded and scored by their classification (P1-P2-P3)

Athletes with disabilities:

Swimmers with a permanent disability as defined by USA Swimming are welcome to participate in this meet. Swimmers will use the 2018-2019 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:

\$9.20 per individual splash (\$2.20 MNSI Splash Fee + \$4.25 Splash Fee (Host) + \$2.75 Facility Splash Fee).

\$36.80 per relay splash (\$8.80 MNSI Splash Fee + \$17.00 Splash Fee (Host) + \$11.00 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 Last Chance 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 4:00 PM to 5:00PM meet starts at 5:15 PM. Saturday and Sunday Morning sessions: Warm-ups start at 7:30 AM to 8:30 AM, meet starts at 8:40 AM. Saturday and Sunday afternoon sessions will not start before 11:30 AM preceded by a minimum of a 60-minute warm-up period, and a 10-minute break for a coaches meeting.

Awards:

- Individual Events: 1st - 8th place medals
- Relay Events: 1st to 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&O that includes points earned in 15&O and 13&O events
 - Para Hi-Point by class/gender/age-group
- Certificates will be issued for new "CH," and "Gold" times.
- Team Hi-Point Banners: 1st place team 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.

Scoring:

All individual and relay events will be scored to 16 places. Relays will receive double points.

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

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-16th 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-16th 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 on sale at the meet.

Amenities: Concessions will be available in the gym. Gym will be available for additional spectator seating at tables/chairs along with live stream in the gym. No athlete 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. Hospitality will be served at designated times based on the timeline and if a coach or official has dietary needs, will be worked with if notified in advance.
Free parking at the facility.

FACILITY/LOCATION

Meet Location: Rochester Rec Center, 21 Elton Hills Road 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.

Facility: 8 lanes, 50 meter indoor pool with lane lines and backstroke pennants. Slanted Starting blocks are 29.5 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 ft at the turn end.

Course certification: Choose from dropdown

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.

Other: There are 950 seats located on the upper west side of the pool. All spectators must stay in these upper bleachers. Parents are not allowed on deck at any time. Only athletes, coaches, officials, and current volunteers can be on deck and/or in the stands

on the deck. Teams are responsible for cleaning up their areas at the conclusion of each session.

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 wishes of the Rochester Swim Club administration.

Communication of updates for Inclement weather during the meet:

In case of inclement weather or emergency, per facility rules, we have sufficient and a safe area for athletes and spectators in the pool locker rooms, hallway, zamboni room, and part of the gym. You will be kept updated through the use of social media and the RSI & RSC websites. Additional information will be provided closer to the meet date.

ENTRIES

- Entries To:** Autumn Kappes meetentries@rochesterswimclub.com 507-696-1885
- Form of Entries:** EMAIL ONLY meetentries@rochesterswimclub.com
It is the entering team's responsibility to check back with the host if the confirmation of entries is not received within 24 hours.
- Entry Start Date:** Entries will be accepted beginning at 8:00 pm on **Tuesday, June 28, 2022**
- Entry Close Date:** An Email copy of your entry file is due **Tuesday, July 5, 2022** at 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 **July 5, 2022** deadline.
To add new qualifiers only: Swimmers qualifying for new events between the entry deadline and 2:00pm on **Monday, July 11, 2022**, 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 **Tuesday, July 5, 2022** 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, July 11, 2022 at 2PM.A one-time processing fee of \$50 and entry fees of \$18.40 per individual event; \$73.60 per relay event must be paid prior to the start of the meet. (Fees are double the on-time entry fees. All Late Fees will go to the MN Swimming General Fund.)
- 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 championship events. Daily maximum of four (4) individual championship events. 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.

MRC Relays:

Relays will be offered according to the following categories – 10&U, 11-12, 13-14, 15&O for each gender. Each club is limited to an A, B, C and D relays 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 15&O 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 15&O 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.**
The lead-off swimmers from the relays affected by this will receive a FREE Time Trial for that lead-off split (50 Free or 50 Back)

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.

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

ELIGIBILITY / ATHLETES

Eligibility:

This meet is open to all swimmers with verifiable times with the minimum standard for each distance and SLOWER than CH standard.

Distance	Minimum Standard
50	Silver
100	Silver
200	Silver
400	Silver
800	Silver
1500	Silver

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.

MEET ADMINISTRATION, CONDUCT

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 blue clerk of course tent under the bleachers before entering the pool 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) in the Bob Fick Room upstairs by the hockey rinks. 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.

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, 400 Free, 800 Free, & 1500 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. 400 Freestyle, 800 Freestyle and the 1500 Freestyle heats will be swum fastest to slowest, all age groups (within the session) combined, genders **will NOT** alternate, 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 lap counters for all distance events.

Aging up:

Qualifying criterion for regional championship swimmers who *age-up* July 16 – July 21, 2022

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 (July 9-10, 2022)

"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 MNSI website will be used. Senior boys and girls 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 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**Friday PM****Girls****Boys**

1	11-12	400 FRR	2
3	13-14	400 FRR	4
5	15&O	400 FRR	6
7	11-12	400 IM	8
9	13-14	400 IM	10
11	15&O	400 IM	12
13	11-12	100 FR	14
15	13-14	100 FR	16
17	15&O	100 FR	18
19	11-12	100 BR	20
21	13-14	100 BR	22
23	15&O	100 BR	24
25	11-12	400 FR	26
27	13-14	400 FR	28
29	15&O	400 FR	30

Saturday AM

Girls			Boys
31	11-12	200 MR	32
33	10&U	200 MR	34
35	11-12	200 FR	36
37	10&U	200 FR	38
39	11-12	200 FL	40
41	8&U	50 BA	42
43	9-10	50 BA	44
45	11-12	50 BA	46
47	8&U	50 FL	48
49	9-10	50 FL	50
51	11-12	50 FL	52
53	10&U	100 BR	54
55	11-12	200 BR	56
57	8&U	100 FR	58
59	9-10	100 FR	60
61	11-12	100 BA	62
BREAK			
63	11-12	1500 FR	64

Saturday PM

Girls			Boys
65	13-14	400 MR	66
67	15&O	400 MR	68
69	13-14	200 FR	70
71	15&O	200 FR	72
73	13-14	200 FL	74
75	15&O	200 FL	76
77	13-14	100 BA	78
79	15&O	100 BA	80
81	13-14	200 BR	82
83	15&O	200 BR	84
BREAK			
85	13-14	1500 FR	86
87	15&O	1500 FR	88

Sunday AM

Girls			Boys
89	11-12	200 FRR	90
91	10&U	200 FRR	92
93	11-12	200 IM	94
95	10&U	200 IM	96
97	8&U	50 FR	98
99	11-12	50 FR	100
101	9-10	50 FR	102
103	8&U	50 BR	104
105	11-12	50 BR	106
107	9-10	50 BR	108
109	11-12	100 FL	110
111	10&U	100 FL	112
113	11-12	200 BA	114
115	10&U	100 BA	116
117	11-12	400 MR	118
BREAK			
119	10&U	400 FR	120
121	11-12	800 FR	122

Sunday PM

Girls			Boys
123	13-14	200 FRR	124
125	15&O	200 FRR	126
127	13-14	50 FR	128
129	15&O	50 FR	130
131	13-14	200 IM	132
133	15&O	200 IM	134
135	13-14	200 BA	136
137	15&O	200 BA	138
139	13-14	100 FL	140
141	15&O	100 FL	142
143	13-14	200 MR	144
145	15&O	200 MR	146
BREAK			
147	13-14	800 FR	148
149	15&O	800 FR	150

**Individual High Point Award Presentation
After the 11-12 800 FR Events**

**Individual High Point Award Presentation
After the 15&Over 800 FR Events**

**Minnesota Regional Championships
Rochester Swim Club
July 15 – July 17, 2022**

Sanction Number: MN22S-06-012M

Time Trial Sanction Number: MN22S-06-012MTT

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

_____ Total Splashes x \$9.20 = \$_____ # of boys _____ # of girls _____

_____ Total Relays x \$ 36.80 = \$_____

Total Due = \$_____

Make checks payable to: Rochester Swim Club All fees are due when team gets to meet on first day.

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 _____