



**2019 MN LONG Course 14 & Under State Championships**  
**Hosted By: Rochester Swim Club**  
**(All Zones) with Time Trials**  
**Thursday, July 25, 2019 — to — Sunday, July 28, 2019**

**Sanction Number:** MN19S-06-19M

**Time Trial Sanction Number:** MN19S-06-19MTT

**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:** Autumn Kappes [autumn.kappes@rochesterswimclub.com](mailto:autumn.kappes@rochesterswimclub.com)

**Inquiries:** Annette Ihrke [meetentries@rochesterswimclub.com](mailto:meetentries@rochesterswimclub.com)

**Emergency Phone:** Rochester Rec Center 507-328-2500

**Meet Type:** This is a 3 ½ day Prelim/Finals for 13-14 and 11-12, and Timed Finals meet for 10 & Under swimmers with verifiable "CH" qualifying times, or an individual event champion from the 2019 Summer 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 2019 Summer 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 Age Group State.
- Only "Win it and swim it" qualifiers age 14&U may enter the same event at Age Group State.

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
Para Events	Para Events

- Win it and Swim it entrants must use their time from their qualifying MRC event to enter the corresponding event at Age Group State.
- 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 2018/2019 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:**

\$3.00 MNSI Entry Fee, \$10.50 per individual splash (\$5.50 Splash Fee + \*\$5.00 Facility Splash Fee), \$42.00 per relay splash (\$22.00 Relay Splash + \*\$20.00 Facility Splash Fee).

\*The Championship Facility Splash Fee is created by taking the facility costs and dividing by the total number of estimated splashes

**Time Schedule:**

Session	Deck Access	Warm up Start	Warm up End	Meet Start
<b>Thursday July 25</b>				
<b>General Meeting</b>				<b>10:00 AM</b>
Session 1	12:00pm	12:30pm	1:50pm	2:00pm
<b>Friday July 26</b>				
Session 2	6:45am	7:00am	8:20am	8:30am
Session 3		TBD*	1 hour after TBD	10 min after warm up ends
Session 4	3:30pm	3:45pm	4:50pm	5:00pm
<b>Saturday July 27</b>				
Session 5	6:45am	7:00am	8:20am	8:30am
Session 6		TBD*	1 hour after TBD	10 min after warm up ends
Session 7	3:30pm	3:45pm	4:50pm	5:00pm
<b>Sunday July 28</b>				
Session 8	6:45am	7:00am	8:20am	8:30am

Session 9-1500s		TBD*	20 min after TBD	10 min after warm up ends
Session 10		TBD*	1 hour after TBD	10 min after warm up ends
Session 11	3:30pm	3:45pm	4:50pm	5:00pm

\*The time schedule is for basic planning purposes only. The final warmup start times, warmup end\*\* times along with the meet start times will be published on the meet website located on the MNSI website at [www.mnswim.org](http://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.

**Awards:**

Individual Events, Relays, High Point:

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

High Point Awards:

- Certificates will be given to the Top 3 High Point swimmers in each age group/gender.
- Certificates will be given to the Top 3 High Point Para swimmers in each age-group, gender and classification (P1, P2, and P3)
- Age Groups: 8 & Under, 9-10, 11-12, 13-14

Team Awards:

- MN High Point Championship and Runner-up plaques (1<sup>st</sup> and 2<sup>nd</sup> place) will be awarded separately for male and female teams in the following age groups: 8 & Under, 9-10, 11-12, 13-14
- 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 and available on Meet Mobile

**Amenities:**

There are 950 seats located on the West side of the pool. Camping and concessions will be available in the Gym. Spectators must sit in the bleachers above the walkway. Only competitors and coaches will be allowed to use the seating on the east side and the ground level seating on the west side of the competition pool. NO FOOD OR GLASS CONTAINERS WILL BE ALLOWED IN THE POOL AREA. THIS INCLUDES THE POOLSIDE SEATING AND BLEACHER AREA. COMPETITORS MAY BRING SPORTS DRINKS (IN PLASTIC CONTAINERS) INTO THE COMPETITION AREA. SPECTATORS WILL BE REMOVED FROM THE POOL AREA IF FOOD IS BROUGHT IN. TEAMS ARE RESPONSIBLE FOR CLEANING UP THEIR AREAS AT THE CONCLUSION OF EACH SESSION. A Coaches Hospitality room will be provided with meals at appropriate times and water/soda available throughout the day.

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 Rochester Swim Club meet administration.

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## FACILITY/LOCATION

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<b>Meet Location:</b>	Rochester Recreation Center Natatorium, 21 Elton Hills Dr, Rochester, MN 55901 (507) 328-2500
<b>Directions:</b>	Approaching Rochester from the South or North on US Highway 52 take the 19th Street NW Exit. From the North, take a left across the bridge and continue onto 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 approximately 1 mile. Pool is on the Left. Entrance to the pool during competition is on the WEST side only
<b>Facility:</b>	8 lanes, 50 meter indoor pool with lanes and backstroke pennants. Slanted Starting blocks are 29.5 inches above the water surface.
<b>Water depth:</b>	The minimum water depth, measured in accordance with Article 103.2.3 is 13.5 ft at the start end and 4.5 ft at the turn end.
<b>Course certification:</b>	The competition course HAS been certified in accordance to 104.2.2C(4). The copy of such certification is on file with USA Swimming.
<b>Other:</b>	Any swimmer attempting to swim under the pool bulkhead will be immediately ejected from the meet.

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## ENTRIES

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<b>Entries To:</b>	Annette Ihrke meetentries@rochesterswimclub.com
<b>Form of Entries:</b>	Meet Entries from TM or TU Databases via email only.
<b>Entry Start Date:</b>	Entries will be accepted beginning at 8:00 pm on <b>Monday, June 17, 2019</b>
<b>Entry Close Date:</b>	<p>An Email copy of your entry is due <b>Monday, July 15, 2019 by 8:00 PM. Please include your Proof of Times with your email entries.</b> The host will confirm the entries received from each team as soon as it is administratively feasible. Entrants are responsible for following up if acknowledgement is not received.</p> <p><b>To correct entry mistakes:</b> In the event there are mistakes, the entering team may submit corrections to the host for swimmers already in the meet until 8PM, Tuesday, July 16, 2019. This is not to add swimmers or events for those who missed the July 15, 2019 deadline.</p> <p><b>To add new qualifiers only:</b> Entries for athletes achieving qualifying standards for the first time between July 15<sup>th</sup> and July 24<sup>th</sup> 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, July 19, 2019 deadline.</p>

**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 24<sup>th</sup> at 2PM.
- 2) A one-time processing fee of \$50 and entry fees of \$10.50 per individual event; \$42.00 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.

13 & 14	3 individual events/day	7 event maximum
11 & 12	3 individual events/day	7 event maximum
9 & 10	3 individual events/day	7 event maximum
8 & Under	3 individual events/day	5 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.**

**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.
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. For the 200 & 400 Free and Medley Relays the fastest 16 seeded relays will swim in the Finals Session. The remaining relays will swim in the Prelim session, scored and awarded from the final results. Teams may down-seed their relays by making that declaration by the scratch deadlines for each day's events.

**\*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 'A' standard for the 200 Freestyle for each age group/gender.

3. Aggregate provable times of actual relay participants must meet the qualifying aggregate time.

Age	Female		Male	
	SCY	LCM	SCY	LCM
13-14	8:45.16	10:00.36	8:10.36	9:22.36

**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.

**ELIGIBILITY / ATHLETES**

**Eligibility:**

13/14, 11/12 and 10 & Under swimmers with verifiable "CH" qualifying times, or an individual event champion from the 2019 Summer Minnesota Regional Championships (a "Win it and swim it" qualifier). Time Standard must have been achieved no earlier than January 1<sup>st</sup>, 2018. 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 \$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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### 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 Clerk of Course tent in the meet admin area before their athletes begin their warmup. 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 Bob Fick room prior to warm up. 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.

### 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 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 1500, 800 and 400 Free, 400 IM and all Relays are finals events. All swimmers must report to their blocks for the start of their heat. The 1500, 800 and 400 Free and 400 IM will require a positive check-in and are deck seeded. All other events are pre-seeded. The 400 Free will have the top 8 seeds swimming in the finals session. All relays will be swum as described in the Relay section of this information.

**Scratch Rules  
Check-In:**

**Scratch Rules:** All 11&Over individual events will conform to USA Swimming National Scratch Procedure Rules (207.11.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or a swimmer may declare a false start.

**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, July 25, 2019 events shall be 30 minutes after the General Meeting. (General Meeting starts at 10:00 a.m.)
- **Prelims –**
  - Scratch deadline for Friday, July 26, 2019 events shall be 30 minutes after the start of Thursday, July 25, 2019 Timed finals session. (competition starts at 2:00 p.m.)
  - Scratch deadline for Saturday, July 27, 2019 events shall be 30 minutes after the start of Friday, July 26, 2019 evening finals session. (competition starts at 5:00 p.m.),
  - Scratch deadline for Sunday July 28, 2019 events shall be 30 minutes after the start of Saturday, July 27, 2019 evening finals session. (competition starts at 5:00 p.m.),
- **Finals** - USA Swimming National Scratch Procedure Guidelines (207.11.6 D) will be followed. MN Scratch Rules will be in place.

**Positive Check-in:** Entrants in the 800 and 1500 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.

**Distance Events:**

**The 200 back, 200 breast, 200 fly, and 400 free** are timed final events with the top 16 swimming at night for 11-12.

**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.

**The 400 IM and the 800 Freestyle** 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.

**400 free** will be top 8 at night on Friday. In the morning session events will be swim in the order listed in the Order of Events to completion. Genders **WILL NOT** alternate. Heats will be swum slow to fast.

**The 1500 on Sunday** will be swum fastest to slowest. **WILL NOT** alternate genders.

Minnesota Scratch rules will be in effect.



**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 (July 19, 2019) and State (July 25, 2019).
- They are either 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 questions.

**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.

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**ORDER OF EVENTS**

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LCM	SCY	Girls #	Thursday PM Timed Finals	Boys #	SCY	LCM
10:02.69	11:10.69	1	13-14 800 Freestyle*	2	10:58.09	09:49.49
11:03.59	12:09.49	3	11-12 800 Freestyle*	4	12:09.49	11:03.59
05:35.39	04:49.49	5	13-14 400 IM*	6	04:38.49	05:20.59
06:04.59	05:19.19	7	11-12 400 IM*	8	05:19.19	06:04.59
10:00.36	08:45.16	9	13-14 800 Free Relay*	10	08:10.36	09:22.36

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

**Para Events:** Para Events will be numbered as above with the following number formatting:

**P1 Events: xxx1**

**P2 Events: xxx2**

**P3 Events: xxx3**

LCM	SCY	Girls #	Friday - AM Prelims	Boys #	SCY	LCM
		11	11-12 400 Medley Relay*#	12		
		13	13-14 400 Medley Relay*#	14		
2:46.79	2:24.99	15	11-12 200 IM*#	16	2:24.99	2:46.79
2:37.09	2:15.99	17	13-14 200 IM	18	2:07.79	2:28.29
1:18.29	1:07.29	19	11-12 100 Butterfly	20	1:07.29	1:18.29
1:11.89	1:01.99	21	13-14 100 Butterfly	22	58.69	1:07.79
41.59	36.19	23	11-12 50 Breaststroke	24	36.19	41.59
1:13.79	1:02.59	25	13-14 100 Backstroke	26	59.99	1:11.09
1:19.49	1:07.29	27	11-12 100 Backstroke	28	1:07.29	1:19.49
4:50.79	5:21.69	29	13-14 400 Freestyle*#	30	5:09.89	4:42.89
5:09.79	5:42.79	31	11-12 400 Freestyle*#	32	5:42.79	5:09.79

\* 11-12 and/or 13-14 Timed Finals Events

LCM	SCY	Girls #	Friday - Timed Finals	Boys #	SCY	LCM
1:35.99	1:24.09	33	9-10 100 Butterfly	34	1:23.49	1:34.99
47.49	41.79	35	9-10 50 Breaststroke	36	40.99	46.99
1:32.69	1:19.29	37	9-10 100 Backstroke	38	1:19.19	1:31.49
6:05.39	6:44.89	39	9-10 400 Freestyle	40	6:37.39	5:59.59

LCM	SCY	Girls #	Friday - PM Finals	Boys #	SCY	LCM
		11	11-12 400 Medley Relay*#	12		
		13	13-14 400 Medley Relay*#	14		
2:46.79	2:24.99	15	11-12 200 IM*#	16	2:24.99	2:46.79
2:37.09	2:15.99	17	13-14 200 IM	18	2:07.79	2:28.29
1:18.29	1:07.29	19	11-12 100 Butterfly	20	1:07.29	1:18.29
1:11.89	1:01.99	21	13-14 100 Butterfly	22	58.69	1:07.79
41.59	36.19	23	11-12 50 Breaststroke	24	36.19	41.59
1:13.79	1:02.59	25	13-14 100 Backstroke	26	59.99	1:11.09
1:19.49	1:07.29	27	11-12 100 Backstroke	28	1:07.29	1:19.49
4:50.79	5:21.69	29	13-14 400 Freestyle*#	30	5:09.89	4:42.89
5:09.79	5:42.79	31	11-12 400 Freestyle*#	32	5:42.79	5:09.79

\* 11-12 and/or 13-14 Timed Finals Events

# Top 8 Seeds swimming during Finals

LCM	SCY	Girls #	Saturday - AM Prelims	Boys #	SCY	LCM
		41	11-12 400 Free Relay*#	42		
		43	13-14 400 Free Relay*#	44		
2:48.59	2:23.99	45	11-12 200 Backstroke*#	46	2:23.99	2:48.59
2:37.49	2:14.29	47	13-14 200 Backstroke	48	2:11.09	2:31.79
31.49	27.49	49	11-12 50 Freestyle	50	27.49	31.49
29.59	25.99	51	13-14 50 Freestyle	52	24.39	27.89
1:30.39	1:17.29	53	11-12 100 Breaststroke	54	1:17.29	1:30.39
1:25.29	1:12.39	55	13-14 100 Breaststroke	56	1:07.89	1:20.19
34.79	30.49	57	11-12 50 Butterfly	58	30.49	34.79
2:17.69	2:00.39	59	13-14 200 Freestyle	60	1:53.69	2:11.89
2:27.29	2:07.89	61	11-12 200 Freestyle*#	62	2:07.89	2:27.29

LCM	SCY	Girls #	Saturday - Timed Finals	Boys #	SCY	LCM
		63	10 & U 200 Medley Relay	64		
44.99	37.99	65	8 & U 50 Freestyle	66	37.99	44.99
35.59	31.39	67	9-10 50 Freestyle	68	30.99	35.49
58.69	51.49	69	8 & U 50 Breaststroke	70	51.49	58.69
1:46.29	1:31.89	71	9-10 100 Breaststroke	72	1:30.19	1:44.19
57.49	47.79	73	8 & U 50 Butterfly	74	47.79	57.49
2:56.29	2:35.59	75	9-10 200 Freestyle	76	2:29.39	2:50.79

LCM	SCY	Girls #	Saturday - PM Finals	Boys #	SCY	LCM
		41	11-12 400 Free Relay*#	42		
		43	13-14 400 Free Relay*#	44		
2:48.59	2:23.99	45	11-12 200 Backstroke*#	46	2:23.99	2:48.59
2:37.49	2:14.29	47	13-14 200 Backstroke	48	2:11.09	2:31.79
31.49	27.49	49	11-12 50 Freestyle	50	27.49	31.49
29.59	25.99	51	13-14 50 Freestyle	52	24.39	27.89
1:30.39	1:17.29	53	11-12 100 Breaststroke	54	1:17.29	1:30.39
1:25.29	1:12.39	55	13-14 100 Breaststroke	56	1:07.89	1:20.19
34.79	30.49	57	11-12 50 Butterfly	58	30.49	34.79
2:17.69	2:00.39	59	13-14 200 Freestyle	60	1:53.69	2:11.89
2:27.29	2:07.89	61	11-12 200 Freestyle	62	2:07.89	2:27.29

\* 11-12 and/or 13-14 Timed Finals Events  
# Top 8 Seeds swimming during Finals

LCM	SCY	Girls #	Sunday - AM Prelims	Boys #	SCY	LCM
		77	11-12 200 Medley Relay*#	78		
		79	13-14 200 Medley Relay*#	80		
2:55.59	2:34.99	81	11-12 200 Butterfly#	82	2:31.39	2:53.19
2:44.99	2:20.49	83	13-14 200 Butterfly	84	2:11.29	2:34.59
37.39	31.89	85	11-12 50 Backstroke	86	31.89	37.39
1:03.79	55.69	87	13-14 100 Freestyle	88	52.09	1:00.19
1:07.99	58.99	89	11-12 100 Freestyle	90	58.99	1:07.99
3:02.09	2:35.79	91	13-14 200 Breaststroke	92	2:26.49	2:51.89
3:12.59	2:46.19	93	11-12 200 Breaststroke*#	94	2:46.19	3:12.59
		95	13-14 200 Free Relay*#	96		
		97	11-12 200 Free Relay*#	98		

\* 11-12 and/or 13-14 Timed Finals Events

# Top 8 Seeds swimming during Finals

LCM	SCY	Girls #	Sunday - AM Timed Finals	Boys #	SCY	LCM
19:28.19	18:52.19	99	13-14 1500 Freestyle*	100	18:19.79	18:54.99
21:09.79	20:27.19	101	11-12 1500 Freestyle*	102	20:00.79	20:43.29

\* 11-12 and/or 13-14 Timed Finals Events

LCM	SCY	Girls #	Sunday - PM Timed Finals	Boys #	SCY	LCM
		103	10 & U 200 Free Relay	104		
52.39	44.89	105	8 & U 50 Backstroke	106	44.89	52.39
42.89	36.69	107	9-10 50 Backstroke	108	37.09	42.99
1:41.89	1:27.09	109	8 & U 100 Freestyle	110	1:27.09	1:41.89
1:20.59	1:10.49	111	9-10 100 Freestyle	112	1:09.69	1:19.89
40.99	47.79	113	9-10 50 Butterfly	114	35.39	40.19
3:17.09	2:52.69	115	9-10 200 IM	116	2:50.99	3:15.39

LCM	SCY	Girls #	Sunday - PM Finals	Boys #	SCY	LCM
		77	11-12 200 Medley Relay*#	78		
		79	13-14 200 Medley Relay*#	80		
2:55.59	2:34.99	81	11-12 200 Butterfly#	82	2:31.39	2:53.19
2:44.99	2:20.49	83	13-14 200 Butterfly	84	2:11.29	2:34.59
37.39	31.89	85	11-12 50 Backstroke	86	31.89	37.39
1:03.79	55.69	87	13-14 100 Freestyle	88	52.09	1:00.19
1:07.99	58.99	89	11-12 100 Freestyle	90	58.99	1:07.99
3:02.09	2:35.79	91	13-14 200 Breaststroke	2	2:26.49	2:51.89
3:12.59	2:46.19	93	11-12 200 Breaststroke*#	94	2:46.19	3:12.59
		95	13-14 200 Free Relay*#	96		
		97	11-12 200 Free Relay*#	98		

\* 11-12 and/or 13-14 Timed Finals Events

# Top 8 Seeds swimming during Finals

Meet Calculation Form

2019 MN 14&Under Long Course State Championships  
Hosted by: Rochester Swim Club  
July 25-28, 2019

Sanction Number: MN19S-06-19M  
Time Trial Sanction Number: MN19S-06-19MTT

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

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

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

Entry Data Costs:

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

\_\_\_\_\_ Total Splashes x \$ = \$10.50 # of boys \_\_\_\_\_ # of girls \_\_\_\_\_

\_\_\_\_\_ Total Relays x \$ = \$42.00

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

**Make checks payable to: Rochester Swim Club. All fees are due prior to the first day 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 \_\_\_\_\_