

# 2019 MN LONG Course Senior State Championships (All Zones) with Time Trials

Thursday, August 01, 2019 — to — Sunday, August 04, 2019

**Sanction Number:** MN19S-06-20M

**Time Trial Sanction Number:** MN19S-06-20MTT

## 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:** Kaiti Goff 612-624-6349 kgoff@umn.edu

**Inquiries:** Linda McKee 612-624-6349 lmckee@umn.edu

**Emergency Phone:** 425-343-5646

**Meet Type:** This is a 3 ½ day Prelim/Finals state championships meet for all swimmers with verifiable Senior Championship qualifying times. This is a closed meet. Only swimmers from the Minnesota LSC can participate.

**Fees:** \$3.00 MSI 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.

**Win It/Swim It:** “Win it and swim it” qualifiers from the 2019 Summer Minnesota Regional Championships (MRC)

- These are the 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 Senior State Meet.
- Only “Win It and Swim It” qualifiers age 15 & Over may enter the same event at the Senior State meet (14&Under Win It and Swim It qualifiers must enter the same event at the 14&Under State Meet)

MRC individual events and corresponding State events	
MRC event (LC)	State event (LC)
15-16	SENIOR
17&O	SENIOR
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 the 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 “CH” time.
- Swimmers entering under this new criterion must note this in the body of the email with your entries.

**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. 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.

**Time Schedule:**

	Deck Opens	Warm ups	Meet Start	
<b>Thurs. General Mtg</b>	<b>1:45 pm (Coaches)</b>			<b>3:00 pm</b>
<b>Thursday Distance</b>	<b>2:45 pm</b>	<b>3:30 pm</b>	<b>5:00 pm</b>	
<b>Friday Prelims</b>	<b>7:15 am</b>	<b>7:30 am</b>	<b>9:00 am</b>	
<b>Friday Finals</b>	<b>2:45 pm</b>	<b>3:30 pm</b>	<b>5:00 pm</b>	
<b>Saturday Prelims</b>	<b>7:15 am</b>	<b>7:30 am</b>	<b>9:00 am</b>	
<b>Saturday Finals</b>	<b>2:45 pm</b>	<b>3:30 pm</b>	<b>5:00 pm</b>	
<b>Sunday Prelims</b>	<b>7:15 am</b>	<b>7:30 am</b>	<b>9:00 am</b>	
<b>Sunday Finals</b>	<b>2:45 pm</b>	<b>3:30 pm</b>	<b>5:00 pm</b>	

**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. This will take place on Thursday, August 1<sup>st</sup> at 3:00 pm in the “Wet Classroom” on the pool deck

**Awards:**

- Individual Events, Relays, High Point:
  - ✓ Senior awards will be given at this meet. Individual Events: 1st - 8th place medals  
Relay Events: 1st - 8th place medals
  - ✓ Certificates will be given to the Top 3 High Point swimmers in each gender.
  - ✓ A certificate will be given to the Top High Point swimmer age 16 or younger in each gender.
  - ✓ Certificates will be given to the Top 3 High Point Para swimmers in each gender and classification. (P1, P2 and P3)
- Team:
  - ✓ MN High Point Championship and Runner-up plaques will be awarded separately for men and women teams.
  - ✓ Senior 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:**

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

**Programs:** Programs will be provided via: Meet Mobile, a PDF on the MNSI website and a PDF on the host website.

**Amenities:** Concessions will be available during all sessions. Elmore Aquatics will be on site for swimming specific gear sales. Camping is allowed only in designated areas of the spectator seating area.

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## **FACILITY/LOCATION**

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**Meet Location:** Jean K. Freeman Aquatic Center, 1910 University Ave SE, Minneapolis, MN 55455.

**Directions:** Head southwest on Glumack Dr

Continue onto Airport Ser Rd (0.4 mi)

AIRPORTContinue onto Glumack Dr (0.1 mi) Slight left to stay on Glumack Dr (0.3 mil)

Keep left at the fork and merge onto MN-5 E (66 ft.)

Take the MN-55 W/MN-55 E exit toward Minneapolis Fort Snelling/Hastings (0.8 mi) Keep left at the fork, follow signs for MN-55 W and merge onto MN-55 W (0.4 mi)

Exit onto MN-55 W/Hiawatha Ave (0.7 mi)

Keep right at the fork, follow signs for I-35W N and merge onto I-35W N (5.7 mi) Take exit 18 for University Ave toward 4th St SE/County Rd 36 (1.1 mi)

Turn right onto University Ave SE - Destination will be on the right (0.2 mi)

Metro Transit has light rail service from the Minneapolis/St. Paul International Airport to the University! From the airport you will board the Blue Line train towards downtown Minneapolis. When you reach the "US Bank Stadium" station, you will transfer to the Green Line train towards Downtown St. Paul. Exit the Green Line at the "East Bank" station and you are just two blocks from the Aquatic Center. For more information on planning your trip to or from the airport to campus via light rail, please visit [metrotransit.org](http://metrotransit.org).

**Facility:** 8 lanes, 50 meter indoor pool with lane lines and backstroke pennants. Slanted Starting blocks are 27 inches above the water surface.

**Water depth:** The minimum water depth, measured in accordance with Article 103.2.3 is 7 ft at the start end and 7 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.

**Other:** Due to building codes, camping and lawn chairs are only allowed in designated areas of the facility and are allowable based on capacity limits. You may be asked to move or remove your chairs and camping areas should the facility staff deem we are at capacity. Food and beverages are allowed in the spectator seating areas, however you cannot bring in coolers. NO GLASS IS ALLOWED ANYWHERE IN THE AQUATIC CENTER!

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## **ENTRIES**

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**Entries To:** Linda McKee 612-624-6349 [lmckee@umn.edu](mailto:lmckee@umn.edu)

**Form of Entries:** HyTek TM Meet File

**Entry Start Date:** Entries will be accepted beginning at 8:00 pm on Monday, July 1, 2019

**Entry Close Date:** An Email copy of your entry is due **Monday, July 22, 2019 by 8:00 PM. Please include your Proof of Times with your email entries.** 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.

**To correct entry mistakes:** 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 23, 2019. This is not to add swimmers or events for those who missed the July 22, 2019 deadline.

**To add new qualifiers only:** Entries for athletes achieving qualifying standards for the first time between July 22<sup>nd</sup> and July 29<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 22, 2019 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 29<sup>th</sup> at 2PM.

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:** A swimmer may enter a maximum of 6 individual events but can only compete in a maximum 3 individual events per day to a maximum of 6 individual events in the meet. Relay events do not count against daily or meet maximums. All seed times must be either long course meters (seeded first) or short course yards (seeded last). No refunds will be given for scratched events.

Swimmer may swim a total of six (6) individual championship events and (2) Time Trial events.

**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 for the 200 Free and 200 Medley Relays  
Limit of one (1) relay per gender per club for the 400 Free, 400 Medley and 800 Free Relays
  - 1 relay – must have 1 swimmer (of the same gender as relay) who achieved the CH qualifying time and is entered in at least one individual event at the meet.
  - 2 relays – must have a minimum of five (5) swimmers (of the same gender as the relay) who achieved the CH qualifying time and are entered in at least one individual event 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.

Relays will be timed finals with the 800 Free Relay swimming to completion in the Thursday Timed Finals Session. 400 Free and 400 Medley events swimming to completion in the Prelim Sessions and the 200 Free relay and the 200 Medley relay will swim to completion in the Finals sessions on the day they are scheduled to compete in.

Entries for the 800 Free Relay:

1. Limit of one (1) relay team per gender per club (subject to participant formula).
2. Require qualifying aggregate time equal to four times the 'A' Senior standard for the 200 Freestyle.
3. Aggregate provable times of actual relay participants must meet the qualifying aggregate time.

800 Free Relay Qualifying Standard			
Women		Men	
SCY	LCM	SCY	LCM
8:37.19	9:48.79	7:54.39	9:05.99

**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.

All "Custom or Override Times" must be verified prior to the scratch deadline for that event. If an entry time is entered into the SWIMS database after the entry deadline, be prepared to prove the time. Computer access will NOT be provided; coaches/swimmers must bring appropriate proof of time to the meet. Times that are not proven prior to seeding will be scratched!!!

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## ELIGIBILITY / ATHLETES

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**Eligibility:** All swimmers with verifiable Senior Championship 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 MSI 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 check in will be held in the North Landing on the deck level of the Aquatic Center. Check in will be available 15 minutes prior to the start of each warmup session. 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 Dry Classroom on the deck level of the Aquatic Center. Check in will be administered by the meet referee who will communicate the time of check in with all officials. 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 MSI and USA Swimming Rules will govern all aspects of the warm-ups. If warmup procedures have been modified to accommodate the size of the meet, the procedures MUST be prominently posted in the pool area.

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

**Rules and Regulations:**

All information, rules and regulations including time standards, schedules, order of events, meet operations, and requirements will be in accordance with Minnesota Swimming Inc. policies, rules and regulations and USA Swimming Rules and Regulations current edition, and take precedence over any errors or omissions on this form.

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

**Changes to the Meet Information:**

Any changes to the meet information will be discussed, reviewed and voted on at the coaches meeting held each morning before the beginning of the first session of the day. Changes must be approved by a 100% vote of coaches in attendance at the appointed meeting.

**Prohibited:**

- ✓ **Deck changing: Deck 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 individual events and the 800 Free Relay are deck seeded. All swimmers must report to their blocks for the start of their heat. 400 Relays will be timed final with all heats swimming to completion in the Prelim Sessions. The 200 Relays will be timed finals with all heats swimming to completion in the Finals Sessions.

**Finals Qualifications:**

The Top 24 qualifiers in each prelim/finals event advance to Evening Finals. The "C" final heat reserved for the fastest remaining 18 & Under athletes. If there is not enough 18 & Under swimmers to fill the "C" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Consolation or the Championship heats. The top 8 qualifiers will swim in the

Championship Heat (A), the 9<sup>th</sup>-16<sup>th</sup> qualifiers will swim in the Consolation Heat (B), the 17<sup>th</sup>-24<sup>th</sup> qualifiers in the Bonus Heat (C). The Bonus heat is reserved for swimmers 18 & Under. Top 16 places will score. All swimmers must report to their blocks for the start of their heat. Prelim heats of events will be conducted with fly-over starts.

**800 & 1500 Freestyle  
& 800 Freestyle  
Relay:**

Are seeded fastest to slowest and swum. Heats **WILL** alternate women and men. Heats may be combined across gender at the Meet Referee's discretion. All 1500's will be swum to completion at the end of the Prelim Session.

**Scratch Rules  
Check-in:**

**Scratch Rules:** All 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, August 1, 2019 events shall be 30 minutes after the General Meeting.
- **Prelims –**
  - Scratch deadline for Friday, August 2, 2019 events shall be 30 minutes after the start of Thursday, August 1<sup>st</sup>, 2019 Timed finals session. (competition starts at 5:00 pm),
  - Scratch deadline for Saturday, August 3, 2019 events shall be 30 minutes after the start of Friday, August 2, 2019 evening finals session. (competition starts at 5:00 pm)
  - Scratch deadline for Sunday, August 4, 2019 events shall be 30 minutes after the start of Saturday, August 3, 2019 evening finals session. (competition starts at 5:00 pm)
- **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.

**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 compete in a maximum of 2-time trials during the meet (regardless of number of individual events) and cannot exceed the daily limit of 3 individual 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 MSI regularly bid, sanctioned events, visiting clubs will provide timers as necessary for the duration of the competition. The meet will not begin until the timing needs have been met. The host club may not place requirements on any individual team to participate at any specific level."

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

**NOTE: Teams must supply their own timers for swimmers participating in the 1500 Freestyle.**

**ORDER OF EVENTS**

Women		Event			Men	
LCM	SCY	Girls #	Thursday PM - Timed Finals	Boys #	SCY	LCM
		1	800 Freestyle*	2		
9:45.96	8:36.96	3	800 Freestyle Relay*	4	7:50.76	8:59.56

\*Timed Final

LCM	SCY	Girls #	Friday	Boys #	SCY	LCM
		5	200 Medley Relay*@	6		
4:45.69	5:13.19	7	400 Freestyle	8	4:53.19	4:26.89
1:12.69	1:01.29	9	100 Backstroke	10	56.79	1:07.49
1:24.49	1:10.69	11	100 Breaststroke	12	1:03.99	1:16.29
1:02.79	54.29	13	100 Freestyle	14	49.59	57.69
2:33.59	2:12.39	15	200 IM	16	2:00.89	2:21.39

\*Timed Final

@Swum to Completion in PM

LCM	SCY	Girls #	Saturday	Boys #	SCY	LCM
		17	200 Freestyle Relay*@	18		
5:30.09	4:45.59	19	400 IM	20	4:26.79	5:06.69
2:14.99	1:56.39	21	200 Freestyle	22	1:47.39	2:04.09
2:58.89	2:33.69	23	200 Breaststroke	24	2:20.29	2:44.29
1:10.29	1:00.29	25	100 Butterfly	26	55.09	1:03.99
		27	400 Medley Relay*#	28		

\*Timed Final

#Swum to Completion in AM

@Swum to Completion in PM

LCM	SCY	Girls #	Sunday	Boys #	SCY	LCM
2:35.39	2:12.69	29	200 Backstroke	30	2:04.39	2:25.19
29.29	25.39	31	50 Freestyle	32	23.09	26.79
2:40.59	2:18.29	33	200 Butterfly	34	2:06.29	2:25.39
		35	400 Freestyle Relay*#	36		
19:21.59	18:45.29	37	1500 Freestyle*#	38	17:40.99	17:58.39

\*Timed Final

#Swum to Completion in AM

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

P1 Events: xx1

P2 Events: xx2

P3 Events: xx3



Meet Calculation Form

**2019 MN LONG Course Senior State Championships  
(All Zones) with Time Trials**

Thursday, August 01, 2019 — to — Sunday, August 04, 2019

**Sanction Number: MN19S-06-20M**  
**Time Trial Sanction Number: MN19S-06-20MTT**

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

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

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

**Entry Data Costs:**

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

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

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

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

**Make checks payable to: University of Minnesota. All fees are due prior to 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** \_\_\_\_\_