

CHAMPIONSHIP MEET DESCRIPTIONS

Storm would like to see ALL Storm swimmers compete in a season ending championship meet. Minnesota Swimming offers a championship meet for all skill levels. Your swimmer may compete in as many of the meets as they are eligible for. Minnesota meets are based on the Minnesota Swimming Motivational Time Standards that are updated each fall. These time standards are listed on the web site under the Storm Swim Team menu tab. Please have your swimmer consult with their Storm coach to formulate a plan for the championship season. The info below is meant as a guide to help you navigate the various types of championship meets that are offered.

SAC Southern Alliance Conference Novice Finals This meet is for swimmers below MAC times as well as for swimmers with No times (NT's). This one day meet is held in the winter season (February) as well as the summer season (July) in a short course yards SCY (25 yard indoor pool). This meet is suitable for new swimmers.

MAC Minnesota Achievement Championships This meet is for swimmers below MRC times as designated by Minnesota Swimming MSI. This two day meet is held in the winter season (February) as well as the summer season (July) in a short course yards SCY (25 yard indoor pool).

MRC Minnesota Regional Championships is for swimmers with MRC times as designated by Minnesota Swimming MSI. This three day meet is held in the winter season (approximately early March) and it is run as an SCY short course yards meet (25 yard indoor pool). In the summer season (late July) it is run as an LCM long course meters meet (outdoor or indoor 50 meter pool). Teams will be assigned or zoned to a designated regional meet location. There are approximately six locations in winter and four locations in summer.

Age Group State This four day meet is for age group swimmers 14 & under with Minnesota "Champ" time cuts. The winter state meet is held in approximately March (25 yard indoor pool). The summer state meet is held in late July or early August (50 meter long course indoor pool).

Senior State is for senior swimmers 15 & over with senior "Champ" time cuts. This four day meet happens twice per year. In the winter season (approximately March) it is run in a 25 yard SCY short course indoor pool. In the summer season (late July or early August) it is run in a 50 meter LCM Long Course Meters indoor pool. In some seasons, the Age Group and Senior State meets are combined into one combination meet. This largely depends on pool availability.

MSI Open Water State Championship This open water competition takes place in a Minnesota lake. To qualify, swimmers must have at least B time in 200 fr (9-10), 400/500 fr (11&O). Open Water Events include:

9-10 (1k), 11-12 (2.5k), 13-14 (5k), 15-16 (5k), 17 & Over (5k)

Central Zones takes place annually in early August and is for age group swimmers 14 & under, who have achieved Zone time cuts established by USA Swimming. Zone swimmers will swim for Team Minnesota for four meet days and compete against other LSC teams from the Central Zone of the United States. This meet is operated in LCM Long Course Meters in a 50 meter Olympic length pool. The meet can be indoor or outdoor. Central Mega-Zones does not take place in the winter.

USA Swimming divides the United States into four zones. Western, Eastern, Southern and Central. Each Zone has their own separate age group zone championship meet. Team Minnesota will compete against other LSC teams in the Central Zone. The meet rotates to different cities and states each summer. You need a Zone time cut to qualify. The time cuts are called National Zone Times or NZT, because USA swimming sets the same national time cut standard for all four zones. However, you only compete in your assigned central zone, not with the entire nation. It is not a national meet. The Central Zone is comprised of the following LSC's: Arkansas, Iowa, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Midwestern, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota & Wisconsin.

Another higher level age group meet beyond the Zone meet is the **Speedo Junior National Championship** meet. Long Course Junior Nationals is a meet where you compete against swimmers from across the entire nation. It is commonly referred to as Nationals or Juniors or Junior Nats. You need to achieve a Junior National time cut to swim at Nationals. The summer meet is operated in an LCM Long Course Meters 50 meter pool. USA Swimming sets the time standards. In the winter short course 25 yard season there are three national meets. The **Speedo East Junior National** meet and the **Speedo West Junior National** meet. USA Swimming sets the Speedo junior national time standards. There is also an **NCSA National Club Championship** meet in Florida, which has developed as a smaller alternative national meet with traditionally lower time cuts than the Speedo National meets.

Additional higher level long course championship meets for senior swimmers include **Speedo Sectionals** (also broken into four zones), the **Speedo Futures** meet (four cities assigned by LSC) and Senior Nationals as well as the US Open. In an Olympic year, **Senior Nationals** becomes the **Olympic Trials** and the time standard is set as an Olympic Trial time cut instead of a senior national time cut.