

2010 USA SWIMMING SPEEDO CHAMPIONS SERIES
CENTRAL ZONE, SECTION 1
SHORT COURSE CHAMPIONSHIPS
University of Minnesota Aquatic Center & Twin Cities Swim Team
March 10-13, 2010

SANCTIONED BY: Minnesota Swimming, Inc. **SANCTION #:** MN10W-01-11Y **TIME TRIALS SANCTION #:** MN10W-01-109Y

MEET HOST: Twin Cities Swim Team

DATES OF MEET: Wednesday, March 10 – Saturday, March 13, 2010

START TIMES: PRELIMS - 9:00am all days FINALS - 4:00pm Wednesday, 6:00pm Thursday – Saturday

REGISTRATION: Wednesday, March 10, 9:00am-6:00pm; Thursday, March 11, 7:00-9:00am

GENERAL MEETING: Wednesday, March 10 @ 2:00pm, Aquatic Center Lobby; **Coaches are responsible for all information presented at this meeting.** Additional Coaches Meeting may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including changes to the meet format or conduct.

OFFICIALS MEETINGS: Wednesday, March 10 @ 12:30pm; Subsequent Sessions: one hour prior to start

MEET REFEREE: John Witzel, johnwitz@mac.com, 952-215-6013

LOCATION: University of Minnesota Aquatic Center, 1910 University Ave SE, Minneapolis, MN 55455

FACILITY: The competition pool consists of two 8-lane, 25-yard indoor pools ranging from 7 feet to 7 feet 10 inches in depth. Lanes are nine feet wide. Preliminary heats may be conducted concurrently in two pools depending on the number of entries, at the discretion of the Meet Director, Meet Referee, and USA Swimming personnel. A separate six-lane 25-yard warm-up facility will be available.

PARKING: Parking is available in the Radisson lot adjacent from the University Aquatic center to those teams staying at the Radisson Hotel. General parking will be available in the University Ave. Ramp and the Washington Ave. Ramp. Hourly rates start at \$3.00 with a daily maximum of \$12.00, and there is a charge for each entry. General parking is also available in Lot 37 off of 5th St. SE and the Maroon Lot on Oak St. SE. The rate for these lots is \$3.75 per entry. Prices are subject to change and rates may vary based on specific lots and other events on campus. Please note that the C-12 lot next to the Aquatic Center is a contract lot only. Athletes may be dropped off in this lot, but do not leave your vehicle unattended. You will receive a ticket or be towed. For the most up-to-date parking information and maps, please visit the University of Minnesota Parking and Transportation website: <http://www1.umn.edu/pts/>.

DECK ACCESS: Entrance to the building is through the Natatorium Event Entrance/Aquatic Center Lobby doors. Coaches, Officials and Athletes may enter the deck area, using event credentials, through the gate on the South Concourse. No spectators will be allowed on the pool deck. There will be a \$30 charge to replace a lost credential.

ADMISSION:

Single Session admission including a Heat Sheet: \$5.00

Additional Heat Sheets: \$2.00

Psych Sheets: \$6.00

All-Session Pass, including a Psych Sheet and Heat Sheets: \$30.00

ENTRY INTO THE MEET

ELIGIBILITY:

All swimmers **MUST BE** current 2010 registered athlete members of USA Swimming or FINA. Seasonally registered athletes are not allowed. There will be no on deck registration. All coaches allowed access on deck **MUST** be non-athlete coach members for 2010 and have current certifications as a USA Swimming or FINA registered coach. The representative submitting entries shall be responsible for verifying that all-swimmers and coaches satisfy these requirements. This meet is open to those USA Swimming

athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin. Athletes registered with LSCs outside of the Central Zone who have achieved a 2010 Speedo Summer Junior National Championships time standard may also enter those events AND additional Bonus events (see pg. 5 for time standards).

QUALIFYING: The qualifying period is March 1, 2008 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Short Course Yards, Long Course Meters and Short Course Meters, and all events will be seeded in that order.

ENTRY LIMITS: Swimmers may compete in a maximum of three individual events per day including time trials. Each team may enter as many relay teams as they have the qualifying time standard, but only two relay teams from each team are permitted to score. Relay team entries must be comprised of at least one member who qualified for the meet in an individual event.

BONUS EVENTS:

Individual Events Entered	Number of Bonus Events Allowed
1	2
2	1
3+	1

Exception: Athletes may not enter the 1000 Freestyle or 1650 Freestyle as a Bonus Event. While completing the online meet registration, please be certain to check the box indicating "bonus" for each event that is a bonus entry. Once an event is marked "bonus", it cannot be changed to a qualified event. There will be no time standards for bonus events for Central Zone athletes.

ENTRY FEES: \$10.00 per individual event; \$20.00 per relay team entry

ENTRY PROCEDURE: All entries must be submitted using USA Swimming OME (online meet entry) at www.usaswimming.org/ome. Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation by email will acknowledge posting of entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted. Please contact Susan Woessner at USA Swimming with any questions on the OME system (719) 332-0184.

ENTRY DEADLINE: Entries may be submitted online beginning February 1, 2010 (9:00am CST) and will be accepted through Tuesday, March 2, 2010 (11:59pm CST). Updates for improved seed times will be allowed on the OME system through 12:00pm (CST) on Monday, March 8, 2010.

TIMES ACHIEVED ON OR AFTER MARCH 2, 2010 Entries for additional events with newly earned Qualifying Times from meets March 2 – March 7, 2010 must be received by 12:00pm (CST) on Monday, March 8, 2010. Transmit via fax 612-624-7050 or email to fixx0014@umn.edu. A confirmation by email will acknowledge posting of entries. Entrants are responsible for following up if acknowledgement is not received. Improved seed times will not be accepted via fax or email. They must be completed on the OME system.

PROOF OF TIME: All entry times must be verified prior to seeding. "Custom or Override Times" must be proven at the meet prior to seeding. Computer access will NOT be provided; swimmers/teams must bring appropriate proof of time to the meet. Times that are not proven prior to seeding will be downseeded.

FOR MORE INFORMATION, CONTACT:

Stephanie Fix, Meet Director	(612) 625-5339	fixx0014@umn.edu
Jim Andersen, Twin Cities Swim Team Head Coach	(612) 964-8272	tcsnim@umn.edu
John Witzel, Meet Referee	(952)-215-6013	johnwitz@mac.com
Cassy Shapley, MSI Registration Chair	(952) 988-4184 ext 4181	cshapley@mnsnim.org
Michael Lawrence, Senior Coaches Rep	(847) 220-3940	pegasus523@gmail.com

RULES AND PROCEDURES

RULES: Current National USA Swimming rules will govern this competition except as otherwise specified in this meet information or the Section 1 Competition Manual. All information, rules and regulations, including time standards, schedules, order of events, meet operations and requirements will be found in the USA Swimming 2010 Rulebook.

WARM UP: Feet-first, slip-in entry only, except in designated lanes and times. Violations will result in disqualification from next individual event or expulsion from the meet. More detailed warm up procedures will be distributed at registration and during the General Meeting.

WARM UP/COOL DOWN SPACE: If the meet warrants two pool racing, there will be limited warm up/cool down space. A minimum of two lanes will be available at all times for warm-up and cool down while competition is in progress, at the discretion of Meet Management. Information regarding times of lane restrictions will be distributed at registration and during the General Meeting.

POOL HOURS: The competition pool(s) will be open Wednesday, March 10 from 9:00am-2:30pm. From 2:30pm-4:00pm, the pool will be reserved for those athletes competing in the 1000 Freestyle. Thursday, Friday and Saturday doors open at 7:00am, and the pool will be open for general warm-up all day. The structured warm-up schedule is listed below. The pool will close 30 minutes after the competition is completed each night.

	<u>WARM-UP</u>	<u>PRELIMS</u>	<u>WARM-UP</u>	<u>FINALS</u>
Wednesday	9:00am-2:30pm	General Warm Up	2:30-3:50pm	4:00pm
Thursday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm
Friday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm
Saturday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm

Anyone interested in pool time prior to Wednesday, March 10th should contact Stephanie Fix directly at 612-625-5339 or fix0014@umn.edu.

CONDUCT OF THE MEET: This is a Prelims/Finals meet with the top 24 swimmers advancing to Finals. Each event during Finals will consist of Bonus, Consolation, and Championship Final heats, except for the 1000 Freestyle, 1650 Freestyle, and all relays, which will be conducted as timed final events. Flyover starts will be used during prelims.

WEDNESDAY: The 1000 Freestyle will be deck seeded with a positive check-in deadline 15 minutes after the conclusion of the General Meeting on Wednesday afternoon. It will be swum fastest to slowest alternating heats of women/men or in two courses.

THURSDAY: The 800 Freestyle Relays will be timed final events with the single fastest heat of women and men seeded into Finals; all other heats will be swum fastest to slowest alternating heats of women/men or in two courses. The positive check-in deadline is 15 minutes after the conclusion of the General Meeting on Wednesday afternoon.

FRIDAY: The 400 Medley Relays will be timed final events with the fastest two heats of women and men seeded into Finals; all other heats will be swum fastest to slowest. The positive check-in deadline will be 6:30pm on Thursday.

SATURDAY: The 1650 Freestyle will be deck seeded with a positive check-in by 6:30pm Friday. The fastest seeded heat of women and men will be swum in Finals; all other heats will be swum after prelims (following the 400 Freestyle Relays) fastest to slowest alternating heats of women/men or in two courses. The 400 Freestyle Relays will be timed final events with the two fastest heats of women and men seeded into Finals; all other heats will be swum fastest to slowest. The positive check-in deadline is 6:30pm on Friday.

SCRATCHES: The following are the scratch deadlines for each day's events:

Deadline for 1000 Freestyle: 15 minutes after Coaches Meeting

Deadline for Thursday's events: Wednesday 6:30pm

Deadline for Friday's events: Thursday 6:30pm

Deadline for Saturday's events: Friday 6:30pm

The meet will be administered according to the National Championship scratch procedures (2009 Rulebook, Section 207.126). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration. There will be no clerk of course.

POSITIVE CHECK-IN: Positive check-in is required for the 1000 and 1650 Freestyle and all relays. Those who fail to either positive check-in or scratch will NOT be seeded into the event. Positive check-in deadlines are the same as the scratch deadlines. Swimmers or their coaches may check-in for the 1000 or 1650 Freestyle via email to fix0014@umn.edu. Positive check-in submitted by email must be completed by the deadlines above.

TIME TRIALS: Time permitting, time trials will be offered 15 minutes after the completion of the preliminary sessions. The entry fee is \$12.00 per individual event and \$20.00 for relays. Time trials sign up will be from 9am-11am each day. Only athletes entered in the meet are eligible to compete in time trials. Athletes must provide their own lane timer and lap counter for all time trial events.

<u>TIME TRIAL SCHEDULE</u> (Time Permitting)	<u>Order of Events</u>
Thursday	Following 800 Free Relays Thursday events/Friday events/Saturday events *1000 Freestyle time trials Thursday afternoon only (time permitting)
Friday	Following Medley Relays Friday events/Saturday events/Thursday events
Saturday	Following 1650 Freestyle Saturday events/Thursday events/Friday events *1650 Freestyle time trials Saturday afternoon only (time permitting)

AWARDS:

Individual: Top 8 Awarded, Relays: Top 3 Awarded,
Team: Top 3 Women's teams, Top 3 Men's teams, Top 3 Combined Teams

SCORING: All events will be scored to 16 using the following point system:

Individual Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Scoring: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

TECHNICAL JURIES: A Technical Jury of 3-5 people will be appointed by the Meet Referee and Meet Director. The meet committee will include at least one official, one coach and one athlete.

RELAY JUDGING EQUIPMENT: Automatic relay judging platforms will be used for all relays as verification.

OFFICIALS CERTIFICATION: This meet will be submitted for designation as an "Officials Qualifying Meet" for certification and re-certification evaluations for N2- & N3-level positions. Completed Requests for Evaluation applications, found on the USA Swimming web site, may be e-mailed to the Meet Referee. Opportunities for Evaluations may be limited by time and personnel resources. Availability of Final Evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

APPLICATIONS TO OFFICIATE: Completed Applications to Officiate, found on the USA Swimming website and Central Zone website, may be emailed or mailed to the Meet Referee. Applications for Consideration for Assigned Positions must be submitted by February 28, 2010.

2010 USA SWIMMING SPEEDO CHAMPIONS SERIES SHORT COURSE SWIMMING CHAMPIONSHIPS ORDER OF EVENTS

**Time Standards for Swimmers Registered in the following LSCs:
Minnesota, Wisconsin, Illinois, Iowa, North Dakota & South Dakota**

WOMEN				WEDNESDAY, MARCH 10	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
1	9:49.39	9:33.49	10:58.59	1000 Freestyle +	10:14.09	8:57.29	9:12.09	2

WOMEN				THURSDAY, MARCH 11	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
3	1:11.99	1:08.79	1:02.29	100 Backstroke	56.29	1:02.69	1:05.09	4
5	1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39	6
Awards for 1000 Freestyle, 100 Backstroke, 100 Breaststroke								
7	2:14.99	2:11.99	1:59.49	200 Freestyle	1:48.69	2:00.49	2:03.99	8
9	1:09.29	1:07.59	1:01.59	100 Butterfly	55.09	1:00.19	1:01.99	10
Awards for 200 Freestyle, 100 Butterfly								
11	2:34.49	2:30.29	2:15.49	200 Individual Medley	2:03.29	2:16.29	2:21.69	12
10-Minute Break								
13	9:25.99	9:16.69	8:17.99	800 Free Relay ++	7:31.29	8:21.69	8:36.79	14
Awards for 200 IM, 800 Free Relay								

WOMEN				FRIDAY, MARCH 12	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
15	5:29.29	5:19.29	4:48.49	400 Individual Medley	4:22.99	4:51.19	5:00.99	16
17	28.89	28.49	25.49	50 Freestyle	22.79	25.29	26.09	18
Awards for 400 IM, 50 Freestyle								
19	2:54.89	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79	20
21	4:45.79	4:37.69	5:18.09	500 Freestyle	4:56.39	4:16.69	4:24.79	22
10-Minute Break								
23	4:52.99	4:45.09	4:15.79	400 Medley Relay ++	3:49.09	4:15.99	4:23.89	24
Awards for 200 Breaststroke, 500 Freestyle, 400 Medley Relay								

				SATURDAY, MARCH 13				
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
25	18:50.69	18:23.09	18:26.99	1650 Freestyle *	17:12.19	17:09.09	17:41.79	26
27	2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39	28
Awards for 1650 Freestyle, 200 Backstroke								
29	1:02.49	1:00.59	54.89	100 Freestyle	49.59	54.89	56.59	30
31	2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49	32
10-Minute Break								
33	4:21.89	4:17.39	3:50.09	400 Free Relay ++	3:24.39	3:47.19	3:55.29	34
Awards for 100 Freestyle, 200 Butterfly, 400 Free Relay, Team Awards								

* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum at the start of finals.

+ Timed Finals, positive check-in is required, swum fastest to slowest, alternating women/men

++ Timed Finals, positive check-in is required, fastest two heats of the men's and women's relays will be swim in finals (fastest single heat for 800 Free Relay). All other heats will be swum at the end of prelims, fastest to slowest, (alternating women/men for the 800 Free Relay)

2010 USA SWIMMING SPEEDO CHAMPIONS SERIES SHORT COURSE SWIMMING CHAMPIONSHIPS

**Time Standards for Swimmers Registered OUTSIDE of the following LSCs:
Minnesota, Wisconsin, Illinois, Iowa, North Dakota, South Dakota**

2010 Summer Speedo Junior National Bonus Standards

WOMEN			EVENT	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
23.39	26.29	26.99	50 FREESTYLE	20.89	23.49	24.29
51.09	56.99	58.59	100 FREESTYLE	45.89	51.89	53.09
1:50.09	2:02.99	2:06.19	200 FREESTYLE	1:40.69	1:53.39	1:55.89
4:52.99	4:18.29	4:24.69	400/500 FREESTYLE	4:33.69	4:00.79	4:07.09
10:05.99	8:50.69	9:03.49	800 FREESTYLE	9:26.09	8:19.49	8:35.59
16:48.49	16:58.49	17:20.49	1500 FREESTYLE	15:51.49	15:51.49	16:15.49
56.19	1:04.49	1:05.69	100 BACKSTROKE	51.39	55.99	1:00.09
2:01.19	2:18.59	2:20.99	200 BACKSTROKE	1:51.39	2:01.99	2:09.59
1:04.29	1:12.29	1:14.29	100 BREASTSTROKE	57.89	1:05.09	1:07.79
2:17.99	2:34.99	2:39.99	200 BREASTSTROKE	2:06.29	2:18.09	2:27.59
55.59	1:02.19	1:03.59	100 BUTTERFLY	50.29	55.99	57.39
2:02.49	2:16.89	2:19.69	200 BUTTERFLY	1:51.99	2:05.59	2:08.39
2:03.49	2:19.89	2:23.09	200 IM	1:52.79	2:08.19	2:11.39
4:20.79	4:55.69	5:02.09	400 IM	3:59.89	4:32.59	4:38.99