

2010 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

CENTRAL ZONE SECTION 1

LONG COURSE CHAMPIONSHIPS

University of Minnesota Aquatic Center & Twin Cities Swim Team

July 21-24, 2010 (Wednesday – Saturday)

SANCTIONED BY: Minnesota Swimming, Inc.

SANCTION #: MN10S - 04-22M

TIME TRIALS SANCTION #: MN10S - 04-134M

MEET HOST: Twin Cities Swim Team

DATES OF MEET: Wednesday, July 21 through Saturday, July 24, 2010

START TIMES: PRELIMS: 9:00am all days; FINALS: 6:00pm all days

REGISTRATION: Tuesday, July 20, 12:00pm-8:00pm; Wednesday, July 21, 7:00am-9:00am

GENERAL MEETING: Tuesday, July 20, 7:00pm, Aquatic Center Lobby; Additional Coaches Meetings 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 change to the meet format or conduct.**

MEET REFEREE: Michael Bougie, bougieml@msn.com, 651-635-7561 (work), 651-482-5806 (home)

OFFICIALS MEETINGS: 8:00am Prelims (7:30am Wednesday), 5:00pm Finals

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

FACILITY: The competition pool is an 8-lane, 50-meter indoor pool ranging from 7 feet to 7 feet 10 inches in depth. Lanes are 9 feet wide, and slanted starting blocks are 28 inches above water surface. A separate six-lane 25-yard warm-up facility will be available, except during diving practice when there will be 2-3 lanes available. These times will be announced at the General Meeting

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 Athlete 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: \$5.00 each.

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. Seasonally registered athletes are not allowed, and 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. The 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 all other LSC's who have achieved a 2010 Speedo Summer Junior National Championships time standard may also enter those events (see pgs. 5-6 for time standards).

QUALIFYING: The qualifying period is July 1, 2008 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Long Course Meters, Short Course Meters, or Short Course Yards, 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 have met 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.

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

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 email will be sent upon completion of your 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 June 1, 2010 (9:00am Central Time) and will be accepted through **Wednesday, July 14, 2010 at 11:00pm (Central Time)**. Updates for improved seed times will be allowed on the OME system through 11:00pm (Central Time) on Sunday, July 18th.

TIMES ACHIEVED AFTER JULY 14, 2010: Entries for athletes with newly earned Qualifying Times from meets July 15-July 18, 2010 must be received by 11:00pm (Central Time) on Sunday, July 18, 2010. Transmit via fax 612-624-7050 or email to whipp044@umn.edu. A confirmation email will acknowledge posting of entries. Entrants are responsible for following up if acknowledgment is not received. Improved seed times will not be accepted via fax or email. They must be completed on the OME system.

DISABLED ATHLETES: This meet will be open to all disabled athletes, including those who do not have met the entry qualifying time standards. There will be one heat swum at the beginning of each finals session open to these athletes in the following events: Wednesday - 100 Freestyle, Thursday - 100 Backstroke, Friday - 100 Butterfly, Saturday - 200 Individual Medley. Disabled athletes should contact Jim Andersen at 612-964-8272 or tcswwim@umn.edu for more information and entry procedures.

PROOF OF TIME: All "Custom or Override Times," including those for bonus events, 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, please still 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 downseeded.

FOR MORE INFORMATION, CONTACT:

| | | |
|--|----------------------|--|
| Chris Whipple, Meet Director | (612) 624-6812 | whipp044@umn.edu |
| Michael Bougie, Meet Referee | (651) 635-5853 | bougieml@msn.com |
| Jim Andersen, Twin Cities Swim Team Head Coach | (612) 625-1026 #2 | tcswwim@umn.edu |
| Cassy Shapley, MSI Registration Chair | (952) 988-4184 ext 1 | cshapley@mnswwim.org |
| Michael Lawrence, Senior Coaches Rep | (847) 220-3940 | pegasus523@gmail.com |

RULES AND PROCEDURES

RULES: Current National USA Swimming Rules will govern all competitions, 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 can be found in the USA Swimming 2010 Rulebook.

WARM UP: Feet-first, slip-in entries 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.

POOL HOURS: Tuesday, July 20 from 12:00pm to 8:00pm. Wednesday, 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> |
|-----------|-----------------|----------------|----------------|---------------|
| Tuesday | General Warm-up | 12:00pm-8:00pm | | |
| Wednesday | 7:00-8:50am | 9:00am | 4:30-5:50pm | 6:00pm |
| 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 Tuesday, July 20 should contact Chris Whipple directly at 612-624-6812 or whipp044@umn.edu. Arrangements must be made at least two full weeks in advance.

CONDUCT OF THE MEET: This meet is a prelims/finals meet with the top 24 swimmers advancing to finals. Prelim events will be conducted using fly-over starts, except for backstroke events. Each event during finals will consist of a Bonus, Consolation, and Championship Final heat except for the 800m and 1500m Freestyles and all relays. These events will be conducted as timed final events.

WEDNESDAY: The 800 Freestyle will be deck seeded with a positive check-in deadline 15 minutes after the conclusion of the General Meeting on Tuesday night. The fastest heat of women and men will be seeded into the finals; all other heats will be swum during the Wednesday prelim session fastest to slowest alternating heats of women/men. Athletes must provide their own lane timer and lap counter for the non-finals heats and lap counter only for the heats swum in finals.

THURSDAY: The 400 Freestyle Relays will be timed final events with the fastest two heats of women and men seeded into finals. Positive check-in is required by 6:30pm Wednesday.

FRIDAY: 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 at the end of the prelim session, fastest to slowest alternating heats of women/men. Positive check-in is required by 6:30pm Thursday.

SATURDAY: The 1500 Freestyle will be deck seeded with a positive check-in by 6:30pm Friday. The fastest heat of women and men will be seeded into finals. All other heats will be swum after prelims (following the 400 Medley Relays) fastest to slowest alternating heats of women/men. Athletes must provide their own lane timer and lap counter for the non-finals heats and lap counter only for the heats swum in finals. The 400 Medley Relays will be timed final events with the fastest two heats of women and men seeded into finals. Positive check-in is required by 6:30pm Friday.

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

| | |
|----------------------------------|----------------------------------|
| Deadline for Wednesday's events: | 15 minutes after general 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 (2010 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. If you will not be arriving in time to make the deadline, coaches scratch events via email to whipp044@umn.edu. Scratches submitted by email must be completed by the deadlines listed above.

POSITIVE CHECK-IN: Positive check-in is required for the 800m and 1500m Freestyle and all relays. Swimmers and relays who fail to positive check-in will be downseeded to the slowest heat. Positive check-in deadlines are the same as the scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to whipp044@umn.edu. Positive check-ins submitted by email must be completed by the deadlines listed above.

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

TIME TRIALS: Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$10.00 per individual event and \$20.00 for relays. Time trials sign up will be from 10am-12pm each day. 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> |
|--|---|
| Wednesday afternoon following 800 Freestyle | Wednesday events/Thursday events/Friday events/Saturday events *800 Freestyle time trials Wednesday afternoon only (time permitting) |
| Thursday afternoon following 400 Freestyle Relay | Thursday events/Friday events/Saturday events/Wednesday events |
| Friday afternoon following 800 Freestyle Relay | Friday events/Saturday events/Wednesday events/Thursday events |
| Saturday afternoon following 1500 Freestyle | Saturday events/Wednesday events/Thursday events/Friday events *1500 Freestyle time trials Saturday afternoon only (time permitting) |
| Saturday evening following Finals | Wednesday events/Thursday events/Friday events/Saturday events |

SCORING: All events will be scored to 16 places 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

AWARDS:

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

MEET COMMITTEE: A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE: This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and re-certification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair, as indicated on the form. 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.

2010 SPEEDO CHAMPIONS SERIES

LONG 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, JULY 21 | MEN | | | |
|---|---------|---------|----------|--------------------|----------|---------|---------|---------|
| EVENT # | SCM | LCM | SCY | EVENT | SCY | LCM | SCM | EVENT # |
| 1 | 59.79 | 1:01.19 | 53.89 | 100 Freestyle | 48.99 | 55.59 | 54.59 | 2 |
| 3 | 2:46.49 | 2:51.99 | 2:29.99 | 200 Breaststroke | 2:17.59 | 2:38.79 | 2:32.69 | 4 |
| Awards for 100 Freestyle and 200 Breaststroke | | | | | | | | |
| 5 | 2:29.29 | 2:32.39 | 2:14.49 | 200 Butterfly | 2:01.79 | 2:18.49 | 2:15.19 | 6 |
| +7* | 9:32.49 | 9:41.09 | 10:54.19 | 800 Freestyle | 10:14.09 | 9:12.09 | 8:57.29 | *8+ |
| Awards for 200 Butterfly and 800 Freestyle | | | | | | | | |

| WOMEN | | | | THURSDAY, JULY 22 | MEN | | | |
|--|---------|---------|---------|-----------------------|---------|---------|---------|---------|
| EVENT # | SCM | LCM | SCY | EVENT | SCY | LCM | SCM | EVENT # |
| 9 | 2:09.69 | 2:12.39 | 1:56.79 | 200 Freestyle | 1:46.39 | 2:02.09 | 1:59.09 | 10 |
| 11 | 5:12.09 | 5:20.99 | 4:40.89 | 400 Individual Medley | 4:21.99 | 4:59.99 | 4:51.89 | 12 |
| Awards for 200 Freestyle and 400 Individual Medley | | | | | | | | |
| 13 | 1:06.89 | 1:09.99 | 1:00.29 | 100 Backstroke | 55.79 | 1:04.29 | 1:01.89 | 14 |
| 10 MINUTE BREAK | | | | | | | | |
| +15 | 4:09.19 | 4:14.09 | 3:44.49 | 400 Freestyle Relay | 3:23.69 | 3:51.99 | 3:46.09 | 16+ |
| Awards for 100 Backstroke and 400 Freestyle Relay | | | | | | | | |

| WOMEN | | | | FRIDAY, JULY 23 | MEN | | | |
|---|---------|---------|---------|---------------------|---------|---------|---------|---------|
| EVENT # | SCM | LCM | SCY | EVENT | SCY | LCM | SCM | EVENT # |
| 17 | 2:26.69 | 2:31.79 | 2:12.19 | 200 Backstroke | 2:01.69 | 2:20.39 | 2:15.09 | 18 |
| 19 | 4:32.89 | 4:38.59 | 5:12.19 | 400 Freestyle | 4:52.29 | 4:24.79 | 4:15.79 | 20 |
| Awards for 200 Backstroke and 400 Freestyle | | | | | | | | |
| 21 | 1:16.29 | 1:19.39 | 1:08.69 | 100 Breaststroke | 1:02.29 | 1:12.09 | 1:09.09 | 22 |
| 23 | 1:06.09 | 1:07.79 | 59.59 | 100 Butterfly | 54.09 | 1:01.39 | 1:00.49 | 24 |
| 10 MINUTE BREAK | | | | | | | | |
| +25* | 9:01.99 | 9:14.09 | 8:07.99 | 800 Freestyle Relay | 7:28.29 | 8:29.79 | 8:17.89 | *26+ |
| Awards for 100 Breaststroke, 100 Butterfly, and 800 Freestyle Relay | | | | | | | | |

| WOMEN | | | | SATURDAY, JULY 24 | MEN | | | |
|--|----------|----------|----------|-----------------------|----------|----------|----------|---------|
| EVENT # | SCM | LCM | SCY | EVENT | SCY | LCM | SCM | EVENT # |
| 27 | 2:27.49 | 2:30.99 | 2:12.89 | 200 Individual Medley | 2:01.39 | 2:18.99 | 2:14.69 | 28 |
| +29* | 18:21.59 | 18:43.69 | 18:14.99 | 1500 Freestyle | | | | |
| 30 | 27.69 | 28.19 | 24.99 | 50 Freestyle | 22.39 | 25.49 | 25.09 | 31 |
| | | | | 1500 Freestyle | 17:12.19 | 17:41.79 | 17:18.39 | *32+ |
| Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle | | | | | | | | |
| 10 MINUTE BREAK | | | | | | | | |
| +33 | 4:32.69 | 4:44.99 | 4:05.69 | 400 Medley Relay | 3:47.09 | 4:22.99 | 4:12.09 | 34+ |
| Awards for 400 Medley Relay Team Awards Presentation | | | | | | | | |

* 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

2010 USA SWIMMING SPEEDO CHAMPIONS SERIES

LONG 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 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 |