

Minnesota Long-Course State Championships

July 29th, 30th, 31st & August 1st 2010

Open to all swimmers with AA times or faster

Please enter online **10:00 p.m. on Monday, July 19, 2010**. Payment will be invoiced on the 21st.

Location: University of Minnesota
1912 University Ave. SE
Minneapolis, MN

Timing: 4-day meet

- **13/14, 15/16 & Senior—Prelims**
⇒ Thursday, Friday, Saturday & Sunday:
Warm-up: 6:45 AM, Meet Start: 8:00 AM.
- **13/14, 15/16, & Seniors—Finals**
⇒ Thursday, Friday, Saturday and Sunday:
Warm-up: 4:45 PM, Meet Start: 6:00 PM.
- **8&U, 9-10 & 11-12—Time finals (Afternoon session)**
⇒ Friday, Saturday & Sunday:
Warm-up: 12:15 PM, Meet Start 1:30 PM.

Awards:

- **Individual Events:** 1st - 8th place medals (including seniors).
- **Relay Events:** 1st - 8th place medals.
- **Individual Hi-Point** Certificates will be given to the top 3 swimmers in each age group and sex.
- **Team Hi-Point** Banners will be awarded to the Top 5 Teams in A, AA, & AAA Divisions.
⇒ Team High Point Plaques will be awarded to the top 2 teams for each gender in each age group..

Entry Limits: Swimmers may compete in a maximum 4 events per day. There are no relays. Please note that you must have a minimum C qualifying time and maximum A time to swim a race. Swimmers with Champ times in a race (long course **or** short course) may not enter the event in this meet.

Time trials will be offered, time permitting, following the morning and afternoon sessions. Time trials are open only to swimmers in the meet. Time trials count toward a swimmer's entry limit for the day.

Concessions: Will be provided.

Fees: **\$4.00 per entrant and \$6.00 per swim (\$5.00 per time trial).**

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To Register: 1. Click on button. A screen will appear that shows your swimmer's name, and tells you to "click on member name to declare for this event." Once you click on the swimmer's name, you should get a screen asking you to declare the swimmer's intent to participate in the meet.

If you are not going to attend this meet:

- Click on the Member Names [they default to Not Committed]
- Then click on the Signup Record pull-down and elect either **Yes** or **No**
- If No, just click on the [Save Changes] button to save the changes
- If you have more than one child, repeat the same task as listed above

If you plan on attending this meet:

- Click on the Signup Record pull-down and **select Yes**
- Once yes is selected, you will see the events your child **MAY** be eligible to swim
- You will also see the best times inserted into the Entry Time field and highlighted in yellow
- Eligible times will be highlighted; remember, only AA or faster times (in either short or long-course) qualify for this meet.
- Check the Checkbox to the left of the name for those events you would like to swim
- Please take careful notice of and time standards that must be met in the right-side columns
- Once you have finished, click on the Submit Button in the lower right
- Your coach will review your entries and APPROVE or contact you if there are questions.

2. You will have until the event closing date to make changes to your registered races. Entries turned in late cannot be guaranteed entry into the meet; please make sure to review the entry deadline and submittal procedure.

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12 & Under Friday Events Timed Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
115	11 -12	400 M.R.	116
117	9 – 10	50 Free	118
119	11 -12	50 Free	120
121	11 -12	200 Fly	122
123	9 – 10	100 Back	124
125	11 -12	100 Back	126
127	9 – 10	50 Fly	128
129	11 -12	50 Fly	130
131	9 – 10	200 Free	132
133	11 -12	200 Free	132

12 & Under Saturday Events Timed Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
135	11-12	200 M.R.	136
137	10/Under	200 M.R.	138
139	11 -12	200 Breast	140
141	8 & U	50 Free	142
143	9 – 10	100 Fly	144
145	11 – 12	100 Fly	146
147	8 & U	50 Breast	148
149	9 – 10	50 Breast	150
151	11 – 12	50 Breast	152
153	8 & U	50 Fly	154
155	9 – 10	200 I.M.	156
157	11 – 12	400 Free	158
159	11 – 12	400 F.R.	160

12 & Under Sunday Events Timed Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
161	11 – 12	200 F.R.	162
163	10 & U	200 F.R.	164
165	11 - 12	100 Breast	166
167	9 - 10	100 Breast	168
169	11 - 12	200 I.M.	170
171	8 & U	50 Back	172
173	9 - 10	50 Back	174
175	11 - 12	50 Back	176
177	8 & U	100 Free	178
179	9 - 10	100 Free	180
181	11 - 12	100 Free	182
183	11 - 12	200 Back	184

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13 & Over Thursday Events

Prelim/Finals

Girls	Age Group	Event	Boys
1	*13 - 14	800 FREE	2
3	*15 - 16	800 FREE	4
5	*Senior	800 FREE	6
7	13 - 14	200 M.R.	8
9	15 - 16	200 M.R.	10
11	Senior	200 M.R.	12
13	13 - 14	200 BACK	14
15	15 - 16	200 BACK	16
17	Senior	200 BACK	18
19	13 - 14	400 IM	20
21	15 - 16	400 IM	22
23	Senior	400 IM	24
25	13 - 14	100 FREE	26
27	15 - 16	100 FREE	28
29	Senior	100 FREE	30

*800 Free will be swum as the last event in Prelims, all age groups combined swimming fastest to slowest alternating heats W & M with the top 8 W and top 8 M seed times swimming with Finals

800 Free will be the first event in finals as printed above

Ten minute break at the conclusion of event # 30 in prelims and event # 6 in Finals

Awards and points will be given by age groups

13 & Over Friday Events

Prelim/Finals

Girls	Age Group	Event	Boys
31	13 - 14	200 F.R.	32
33	15 - 16	200 F.R.	34
35	Senior	200 F.R.	36
37	**13 - 14	400 Free	38
39	**15 - 16	400 Free	40
41	**Senior	400 Free	42
43	13 - 14	100 Fly	44
45	15 - 16	100 Fly	46
47	Senior	100 Fly	48
49	13 - 14	200 Breast	50
51	15 - 16	200 Breast	52
53	Senior	200 Breast	54
55	13 - 14	400 M.R.	56
57	15 - 16	400 M.R.	58
59	Senior	400 M.R.	60

**400 Free will be swum as the last event in prelims, all ages combined, "circle" seeded,

fastest to slowest alternating heats of M & W

(400 Free will be the 2nd event in Finals as printed)

Ten minute break at the conclusion of event # 60 in prelims

Awards and points will be given by age groups

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13 & Over Saturday Events

Prelim/Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
61	13 - 14	200 Free	62
63	15 - 16	200 Free	64
65	Senior	200 Free	66
67	13 - 14	100 Back	68
69	15 - 16	100 Back	70
71	Senior	100 Back	72
73	13 - 14	200 Fly	74
75	15 - 16	200 Fly	76
77	Senior	200 Fly	78
79	13 - 14	100 Breast	80
81	15 - 16	100 Breast	82
83	Senior	100 Breast	84
85	***13 - 14	800 F.R.	86
87	***15 - 16	800 F.R.	88
89	***Senior	800 F.R.	90

***800 Free Relay will be swum all age groups combined, fastest to slowest alternating heats W & M,
with the top 8 W and top 8 M seed times swimming with Finals
Ten minute break at the conclusion of event # 84 in Prelims and Finals
Awards and points will be given by age groups

13 & Older Sunday Events

Prelim/Finals

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
91	13 - 14	400 F.R.	92
93	15 - 16	400 F.R.	94
95	Senior	400 F.R.	96
97	13 - 14	200 IM	98
99	15 - 16	200 IM	100
101	Senior	200 IM	102
103	****13 - 14	1500 Free	104
105	****15 - 16	1500 Free	106
107	****Senior	1500 Free	108
109	13 - 14	50 Free	110
111	15 - 16	50 Free	112
113	Senior	50 Free	114

****1500 Free will be swum as the last event in Prelims,
all age groups combined swimming fastest to slowest alternating heats W & M with
the top 8 W and top 8 M seed times swimming with Finals
1500 Free will be swum as the 3rd event in Finals as printed above
Ten minute break at the conclusion of event # 114 in Prelims
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All swimmers attending this meet will be required to sign a Code of Conduct sheet. Please see the sign-up at the pool. Parents/guardians will be required to co-sign for any athlete under 18.

The following is the coed to which you will be agreeing.

PURPOSE

The purpose of this Code is to promote the best possible team and individual impression at all times, and to acknowledge each individual's responsibilities as members of our team.

PART I – GENERAL CONDUCT

1. All participating members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs other than those prescribed by your physician is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Team as a privilege and personally acknowledge those responsibilities associated with it.

PART II – VIOLATION OF THE CODE

The coach, chaperone and meet management officials have the power to impose penalties for violation of the Code. The penalties include, but are not limited to, the following:

- The Swimmer will be scratched from the meet
- The Swimmer will be evicted from the Radisson Hotel Metrodome

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary **actions as set forth in Part II, including suspension.**

Please see the sign-up at the pool. Parents/guardians will be required to co-sign for any athlete under 18.