

Minnesota Short Course Senior State Championship Meet  
(All Zones) with Time Trials  
March 18<sup>th</sup> – March 21<sup>st</sup>, 2010  
Rochester-Olmsted Recreation Center  
**Guidelines for Entries**

Please follow the guidelines to assure your entry is received and is complete.

Minnesota Rules for entry into Championship events REQUIRE proof of time with every individual entry submitted. In order to be in compliance with these rules, email entries are to include the entry file from Team Manager and the following reports. A Team Manager report can be saved as WORD or PDF Documents and attached to emails.

- A. Please include in the *text* portion of your e-mail your team name, your *entry totals: athletes, splashes, relays* along with the following reports:
  - a. The Meet Entry Fees Report (DO NOT CLICK ON “SHOW DETAILS”)
  - b. Meet Entry Report (NOT the spreadsheet), click on these preferences in Team Manager when you format these reports:
    - i. Include these 2 reports (listed under “EVENT FILTERS”)
      1. Individual Report (do not include relays with this report)
        - a. Click on “Include Proof Of Time”\*
        - b. “Include Team Address”
        - c. “Show Times Unconverted”
        - d. “Include Registration ID” with each Swimmer
        - e. SORT BY SWIMMER “NAME” (IMPORTANT!!!)
      2. Relay Report (Relays Alone)
        - a. “Show Times Unconverted”
        - b. Show “Four Names” of Swimmers
        - c. SORT BY “MEET EVENT NUMBER” (IMPORTANT!!!)
    - c. Include a list that’s provides proof of time for any entry that would not be in the SWIMS database ( ex: High School Times...)
      - i. This list should include the swimmers name, event entered, time to be submitted, place/event where the swim was performed, and date the entry/event was swum. Should the swimmer miss the qualifying time at the meet, the actual official meet results will be required to avoid penalty.
  - B. Your Entry Email must be date stamped before 6pm on the Wednesday of the week preceding the meet (March 10<sup>th</sup>, 2010)
    - a. Entries date stamped after 6pm on March 10<sup>th</sup> will be considered late and will not be entered.
    - b. SEND THE ENTRY WELL AHEAD OF 6pm TO ASSURE THAT YOU DO NOT ENCOUNTER PROBLEMS YOUR EMAIL SERVER IN SENDING YOUR ENTRY. You are responsible for your entry arriving on time.
  - C. Please contact the entries person if you don’t receive confirmation of your entries within 36 hours.
  - D. Entrant’s USA Swimming Identification will be checked against current registration data; any errors/discrepancies in entry data must be corrected prior to an athlete’s swim(s).
  - E. Fees must be mailed with proof of time by Friday March 12th, 12pm. Please make sure you are prepared to cover any additional entries send in by the Monday Deadline when you arrive at the meet.

Minnesota Short Course Senior State Championship Meet  
(All Zones) with Time Trials  
March 18<sup>th</sup> – March 21<sup>st</sup>, 2010  
Rochester-Olmsted Recreation Center

**Sponsored By: Rochester Swim Club ORCAS**

**Sanctioned By: Minnesota Swimming, Inc. and USA Swimming, Inc.**

**Meet Sanction Number : MN10W-02-17Y**

**Time Trial Sanction: MN10W-02-121Y**

**Meet Director:** Steve Varney 507-252-8569 [administrator@swimorcas.com](mailto:administrator@swimorcas.com)

**Meet Marshal:** Brian Pittner

**Inquiries:** Ellen Youngers 507-252-8569 [administrator@swimorcas.com](mailto:administrator@swimorcas.com)

**Entries:** Ellen Youngers  
1912 10<sup>th</sup> ST NE Rochester, MN 55906 507-252-8569  
[administrator@swimorcas.com](mailto:administrator@swimorcas.com)

**Safety Coordinator:** John Bradley

**Team Coaches:** John Bradley, Paul Bachman, Beth Youngers,  
Wyatt Byrne, Ellen Youngers

**Club Officials:** Steve Emery, Leslie Clark, Diane Grill, Doug Freeman, Dan Wentz,  
Jeff Johnson, Chris Oberholtzer, Brian Pittner, Bryan Bachman

**Officials:** **MSI Qualified Officials** **Team President:** Dave Youngers

**Registration Chair: Cassy Shapley, 1001 Highway # 7, Hopkins, MN 55305 (952)988-4184**

**Meet Type:** This is a 3 ½ day prelim/finals meet for all 13-14, 15-16 and Senior swimmers with Champ times from all zones including Minnesota's out state swimmers.

**Closed Meet:** The Minnesota State Swimming Championships are open to any Minnesota registered athlete. Swimmers who are registered in LSC'S other than Minnesota are not eligible to swim in the Minnesota State Championships.

**Purpose:** To provide a Fall/Winter season Championship meet for Minnesota swimmers 13 years old and older.

**Pool Location:** 21 Elton Hills Dr NW Rochester MN 55901 507-328-2500

**Time Schedule:**

|                                       |  |
|---------------------------------------|--|
| Thursday Timed Finals Session:        | Warm-up: 2:30 PM, Meet Start: 4:00 PM,                                       |
| Friday Morning Prelims Session:       | Warm-up: 7:00 AM, Meet Start: 8:30 AM  |
| Friday Evening Finals Session:        | Warm-up: 4:00 PM, Meet Start: 5:30 PM  |
| Saturday Morning Prelims Session:     | Warm-up: 7:00 AM, Meet Start: 8:30 AM  |
| Saturday Evening Finals Session:      | Warm-up: 4:00 PM, Meet Start: 5:30 PM  |
| Sunday Morning Prelims Session:       | Warm-up: 7:00 AM, Meet Start: 8:30 AM  |
| <b>Sunday Evening Finals Session:</b> | <b>Warm-up: <u>2:30 PM</u>, Meet Start: <u>4:00 PM</u> – please note !!!</b> |

**Facility:** 8 Lane, 25 Yard Indoor pool with lane lines and backstroke pennants. Slanted starting blocks are 29 inches above the water surface. The pool depth at the starting end is 16 feet deep.

**Directions to Rec Center:** Approaching Rochester from the South or North on US Highway 52 take the 19th Street Northwest Exit. If you are coming from the North, take a left across the bridge (you are heading East). Immediately after the highway bridge, 19th Street becomes Elton Hills Drive. Follow the winding Elton Hills Drive to just before the intersection with Broadway (0.8 mile). The Rec Center is on the left prior to the Broadway intersection. If you approach from the South (the 19th Street exit is shared with 14th Street) you take a right at Elton Hills Drive and follow Elton Hills Drive similarly. Entrance to the pool on competitive days is on the WEST side. **PARK ONLY ON THE WEST SIDE OF THE FACILITY!!!**

**Timing:** Electronic timing system with backup buttons and/or watches, horn start and touch pads at the start end of the pool.

**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.

**Meet Information, 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. competitive rules and regulations and USA Swimming Rules and Regulations current editions.

**USA Swimming Membership:** All swimmers must be current 2010 registered members of USA Swimming. All coaches must be current 2010 registered non-athlete members of USA Swimming and have certification required to be a USA Swimming coach. Any club or individual entering a non-USA-registered swimmer will be subject to a \$25.00 fine per event per swimmer.

**Timing:** A Colorado Electronic timing system with backup buttons and/or watches, start horn and touch pads.

**Entries:** All entries must be completed by the entering club or individual that will be solely responsible for the accuracy of the entry. A fine of \$100.00 per event will be charged for falsifying any entry. Please call the entries person for directions if you need to hand deliver.

**Entry Due Date:** An Email copy of your entry is due Wednesday, March 10th, 2010 by 6:00PM\*. A hard copy including all proof of times and all entry fees owed is due Friday, March 12th, 2010 by 12 PM (Use a delivery service that you can confirm delivery **BUT WAIVE THE NEED FOR SIGNATURE**). To add swimmers qualifying for events between the Wednesday entry deadline and 2:00 PM on Monday before the meet or to make changes to your entry, email an entire new entry to the host club, bringing to the meet a new hard copy with all the new events and changes highlighted along with proof of times and a check for the remainder of the entry fees. No changes or new entries will be accepted after the 2:00 PM Monday deadline. It is the duty of the entering team to make sure their entry is correct. It is not the duty of the host to fix or try to figure out the wishes of the entering team. **\* No email copy...then your hard copy must be in by the Wednesday Deadline.**

On ALL mailings to the Rochester Swim Club, use a delivery service (UPS, FED-X, US Postal Service Confirmed Delivery) that provides tracking and confirmation of delivery. **YOU MUST WAIVE THE NEED FOR SIGNATURE** as our office is not always staffed and we expect your mail service to leave it at the posted place. Mail services arrive at the same time every day, and that's usually when we are NOT in the office.

**Proof Of Times:** All events entered must have verifiable times (from a sanctioned or approved USA Swimming Meet or Time Trial) meeting the MN TSE for that specific event. Each team or individual is responsible for providing their own proof of times and must accompany entries. Entries must include Hy-Tek (or compatible) Team Manager printed proof of times or they will not be accepted.

Procedure for swimmers who do not achieve the time standard at the meet

- Swimmers time will be checked by the host team.
- If time is not proven, \$100.00 penalty will be paid to the host team. (Proof of time must come from the meet where the time was achieved, as stated on the team's or individual's meet entry.)
- All fines must be paid to the host club by the end of the meet.
- Teams have one week from the end of the meet to prove the time and their fine will be refunded by the host team.
- When a swimmer uses high school times as proof and does not achieve the time standard, the swimmer will have until the end of the meet to prove their time. Proof times will be accepted from "official meets" which, for high school would include any meet with verifiable results signed by the official in charge of that meet.
- Failure of the team to pay the fine by the first meet of the following season's entry deadline will result in the teams charter being suspended until the fine is paid.
- The host team's swimmers will be checked by ASCA-MN and host teams will pay ASCA-MN.

**Fines:** Any swimmer failing to achieve the qualifying time standard for any individual event must submit appropriate proof of having previously achieved the entry time standard. Any swimmer unable to provide such proof of performance shall pay a fine of \$100 to the host club. Proof of performance must be in a USA Swimming sanctioned or approved competition or Time Trial or official verifiable high school or college meet. Each club or individual is responsible for providing their own proof of performance.

**Time Standards:** MSI time standards dated September 2009-2012 effective 4/01/09 will be used. A swimmer must have a CH (Champ) time or faster to enter the meet. The time must have been achieved since January 1, 2009 and be verifiable. The meet will be seeded with conforming times first and non-conforming times thereafter. The order will be short-course yards, long course meters, short course meters. The time standards for the Senior events will be those of the 17-18 age group.

**Entry Limitations:** Age of a swimmer is determined by their age on the first day of the meet. A swimmer may not exceed 3 individual events per day to a maximum of 7 events in the meet, excluding relays. A swimmer may swim up to 9 events in the meet, but additional events over 7 must be time trials. **All seed times must be either short course yards (seeded first), short course meters (seeded next) or long course meters (seeded last).**

### **Make One, Swim Two**

If a swimmer has made the 100yd/m state championship standard in a competitive stroke other than freestyle, he/she may enter the 200yd/m event at the TSE in the same stroke & age group.

If a swimmer has made the 200yd/m Individual Medley state championship standard, he/she may enter either the 100 IM OR the 400 IM at the TSE in the same age group.

If a swimmer has made the 500yd/400m Freestyle state championship standard, he/she may enter the 1000 Freestyle OR the 1650 Freestyle event at the TSE in the same age group.

### **Limited Events apply if you enter events in the 12 & under State "AND" the 13 & over State Championships in the same championship season:**

Swimmers participating in both the 12 & Under and 13 & Over State Championship meets will be restricted to swim the Senior State meet allotment of entries between the two meets (7 total). Example: A swimmer competing in 2 events in the Senior State meet may only compete in an additional 5 events in the Age Group State meet.

**Individual Events:** All age groups will compete in prelims combined (separated by gender) and seeded by time. The fastest 16 swimmers in each prelim event by age group will advance to the Finals, except for those events described below under Distance Events.

**Distance Events: Please note the changing placement of these events from the prelims order to the finals order.** A positive check-in will be required for the 1000 Free, all relays, and the 1650 Free. Check-in will be required at the timing table by the (time or event #) stated at the coaches' meeting. Heats will be swum fastest to slowest gender dependent upon the order of events. Depending upon the length of the meet, orphaned heats may be combined across gender at the head referee's discretion. Minnesota Scratch rules will be in effect.

**1000 Free & the 800 Freestyle Relays** will be swum all age groups combined, fastest to slowest, alternating female & male heats until completion.

**500 Free and 400 IM** will be seeded and swum as all other prelim events with only the top 8 prelim times returning for Finals. Places 9-16 will be scored from the results of prelims. These events will be swum as the last prelim event on their corresponding days.

**1650 Free** will be swum all age-groups combined with the fastest seeded heats (one Women, one Men) competing in Sunday night's Final session. The remaining heats will be swum fastest to slowest as the last prelim event alternating female & male heats until completed.

The Rochester Swim Club is normally able to provide enough volunteers to run the events we host and will not require teams to provide those timers ahead of the event. In the event that we do run short and may need help, we hope that everyone understands the difficulty in running this event, especially because it is only one month following the other we host, and help us by providing assistance. We have always appreciated those that stepped up to help us in the past!

## **RELAYS:**

**To enter a relay at this meet teams must have one swimmer in the age group who is entered in at least one individual event at the meet.**

1. 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.
2. 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.

A club may enter any number of relays in any event (except the 800 Fr Relay\*) provided the number of swimmers in that age group with champ times equals any multiple of four and then one additional swimmer, and all those swimmers are entered in the meet (i.e. to enter two (2) relays, you must have five (5) champ swimmers, to enter three (3) relays, you must have nine (9)). \*Entries for the 800 Free Relay are limited to 2 per Club (Relay A and B) in each event.

All relay swimmers must meet the requirements 1-2 above. Swimmer's name, ID# and ages must be put on relay cards.

A swimmer may not swim the same relay in two different age groups. Example: A 15-16 age group swimmer participates in the Senior 200 Free Relay then that swimmer is ineligible for the 15-16 200 Free Relay. In addition, swimmers that participate in both the Senior and Age Group Championship meets cannot swim the same relay on both weekends. Example: A swimmer competing on a 200 Free relay in the Age Group meet cannot swim in the Senior 200 Free Relay.

All relays are timed finals. For the 200 & 400 Free and 200 & 400 Medley Relays the fastest seeded heat of each 13-14, 15-16 and Senior event will swim separated by age groups and gender in the Finals session (six heats). The remaining relays will swim separated by age group and gender in the Prelim session, then scored and awarded from the final results.

**\*Entries for the 800 Free Relay are as follows:**

1. Limit each club to one relay per age group/gender (subject to participant formula) for 13/14, 15/16, Senior (Open).
2. Require qualifying aggregate time equal to four times the 'A' standard for the 200 Freestyle for each age group/gender.
3. Aggregate provable times of actual relay participants must meet the qualifying aggregate time.

| Age    | Women   |          | Men     |         |
|--------|---------|----------|---------|---------|
|        | SCY     | LCM      | SCY     | LCM     |
| 13-14  | 8:59.19 | 10:11.19 | 8:25.59 | 9:37.59 |
| 15-16  | 8:45.59 | 9:53.59  | 8:03.59 | 9:13.59 |
| Senior | 8:43.19 | 9:51.59  | 7:55.59 | 9:03.59 |

**Fees:** \$2.50 per entrant listed on the entry sheet, \$5.00 per individual splash. The summary costs are on the calculation sheet. Email entries will be accepted with confirmation of payment based on an attached Meet Calculation Form. Checks must accompany entries and made payable to: Rochester Swim Club. Entry fees must accompany your entry or your entries will not be accepted.

Host teams must use Hy-Tek or SDIF compatible software to run swim meets. Those teams using disk entry must use Hy-Tek or SDIF compatible software (Team Manager) to enter this meet. There will be no disks sent out to clubs. Please include a PRINTED AND PROOFED copy of your COMMLINK REPORT, along with your disk as well as the fee calculation form. Minnesota clubs entering this meet must use Hy-Tek or SDIF compatible entry unless your club is on record with MSI that you cannot comply with the disk entry requirements.

**E-MAIL ENTRIES:** Please follow these guidelines when submitting e-mail entries.

1. Use Hy-Tek Team Manager or compatible software to send entries. You are responsible for the compatibility of the software you select.
2. E-mail a text file of your entries, individual and relays separate, along with the team manager file – this allows the entries chair to double check that the number of swimmers and entries on TM matches the number of swimmers and entries in your text file. If they match, everything is ok, if they do NOT match, we can trouble shoot BEFORE the meet is seeded to *make sure no swimmers are left out of the meet. This is extremely important!*
3. Please include coach's name, phone numbers and e-mail address so we may contact you if there is any problem with the entry.
4. TO BE ACCEPTED, any and all revisions to entries must be complete replacement of the previous entries file. The previous entry file will be deleted. ALSO, a revised text file of individual and relays must accompany the revised team manager file.
5. Payment must be received by 12pm on Friday March 10<sup>th</sup>, 2010. Payment for revisions to your entry by the Monday March 15<sup>th</sup> deadline MUST be paid before your first swimmer competes in the meet.
6. Meet results will be emailed unless otherwise arranged. Please indicate your e-mail address on the fee calculation form and in TEAM MANAGER.
7. If you e-mail your entries, you will receive an e-mail reply as confirmation. If you DO NOT receive a reply within 36hours, please email the entries chair.

**Meet Format:** The majority of events are pre-seeded, prelim/finals. All swimmers must report to their blocks for the start of their heat. Relays will be timed finals and will be swum as described in the Relay section of this information. Timed final individual events are described under distance events.

**Clerk of Course:** The Top 16 qualifiers in each prelim/finals event advance to the finals with the 8 fastest swimming in the championship heat and the remaining 8 swimming in the consolation heat. All swimmers must report to their blocks for the start of their heat. Minnesota Scratch rules will be in effect.

**Warm-Up:** Current MSI and USA Swimming rules will govern all aspects of the warm-ups and competition. Swimmers and coaches are expected to be familiar with all rules and obligations. Failure to follow will result in disqualification of swimmer(s) or coach(es) from next individual event or expulsion from the meet. The NO DIVING and SLIP-IN-ENTRY rules will be strictly enforced. Swimmer(s) without a coach present are to report to the Meet Referee prior to warm-ups for lane assignment. Minnesota Swimming warm-up procedures will be followed. Please observe general warm up, pace lane and sprint lane time assignments. Depending upon entries, warm-up lane assignments and/or split session warm up may be used.

**Awards:** 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 age group and gender. High Point State Championship and Runner-up plaques will be awarded separately for male and female teams in the following age groups: 13/14, 15/16 and Senior. **SWIMMERS MUST COLLECT THEIR AWARDS BEFORE THEY LEAVE THE COMPETITION.**

A Senior State Championship Trophy will be awarded to the top team. At the completion of both Senior and 12 & Under State Championship meets, team totals will be combined and Team High Point Banners will be awarded to the Top 5 teams in A, AA & AAA Divisions. **YOU MUST COLLECT YOUR TEAM BANNER BEFORE YOU LEAVE.**

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 excluded from this if they have an awards presentation.

**Scoring:** Individual Event Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay event points: 40-34-32-30-28-26-24-22-14-12-10-8-6-4-2. All events will be scored to 16 places. This meet will be scored and combined with the Age Group (12 & under) meet totals for Team High Point Banners.

**Timelines:** Any timeline provided, whether through MSI phone line or in the meet program, is for information purpose only.

**Time Trials:** 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 (See Entry Limitations). Sign up will be in the administration area. There will be a cost of \$5.00 per time trial event. Warm-ups for time trials will be allowed as time permits at the discretion of the meet referee.

**Concessions:** Will be provided.

**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.

**Meet Committee:** A meet committee will be formed by the Referee. It will consist of at least one official (excluding the meet Referee), one coach (not from the host club) and one athlete (not from the host club). Judgment decisions cannot be protested.

**Coach's Meeting:** Will take place on a regular basis at the discretion of the referee.

\*\*\*Please note the changing placement of events from the prelims order to the finals order\*\*\*

## Thursday Evening Timed Finals

Warm-ups: 2:30pm Meet Begins at 4pm

1-3\*\* Combined Women's 1000 Free 4-6\*\* Combined Men's 1000 Free

### **10 Minute Warm-up Break**

7-9\* Combined Women's 800 Free Relay 10-12\* Combined Men's 800 Free Relay

\*\* The 1000 Free is a timed final event, swum with all age groups combined, fastest to slowest alternating Women's and Men's heats. Age groups/genders will be scored separately. This event requires a positive check-in.

- The 800 Free Relay is a timed final event, swum with all age groups combined, fastest to slowest alternating Women's and Men's heats. Age groups/genders will be scored separately. This event requires a positive check-in.

## Friday Order of Events

### Morning – Prelims - Warm-up: 7:00am Meet: 8:30am

55-57 200 Breast Combined Women

61-63 100 Fly Combined Women

67-69 50 Free Combined Women

73-75 200 IM combined Women

80\* 13-14 Girls 200 Free Relay

81\* 15-16 Girls 200 Free Relay

82\* Senior Womens 200 Free Relay

58-60 200 Breast Combined Men

64-66 100 Fly Combined Men

70-72 50 Free Combined Men

76-79 200 IM Combined Men

83\* 13-14 Boys 200 Free Relay

84\* 15-16 Boys 200 Free Relay

85\* Senior Mens 200 Free Relay

### **10 Minute Warm-up Break**

49-51 \*\*500 Free Combined Women

52-54\*\* 500 Free Combined Men

The Fastest 16 prelim times in each age group will advance to Finals except in the 500 Free where only the fastest 8 will advance (places 9-16 still score). All swimmers will be governed by the Minnesota Scratch Rule.

\*These Relays will be swum as timed final events with the fastest heat (from seed times) in each age group swimming in the Finals session and all others in the prelims session. None of these relay heats will be combined across age groups except in the case of orphaned heats as the head referee sees fit.

\*\*Please notice that this event will be swum as the LAST event in prelims but will be swum as the FIRST event in Finals. This is a prelim / final event and will be seeded and swum as all other pre/fin events but with only the top 8 prelim times in each event advancing to Finals; placers 9-16 will be scored from the results of prelims.

### Evening – Finals - Warm-up: 4:00pm Meet: 5:30pm

49 13-14 Girls 500 Free

50 15-16 Girls 500 Free

51 Senior Women 500 Free

55 13-14 Girls 200 Breast

56 15-16 Girls 200 Breast

57 Senior Women 200 Breast

61 13-14 Girls 100 Fly

62 15-16 Girls 100 Fly

63 Senior Women 100 Fly

67 13-14 Girls 50 Free

68 15-16 Girls 50 Free

69 Senior Women 50 Free

73 13-14 Girls 200 IM

74 15-16 Girls 200 IM

75 Senior Women 200 IM

79 13-14 Girls 200 Free Relay

80 15-16 Girls 200 Free Relay

81 Senior Women's 200 Free Relay

52 13-14 Boys 500 Free

53 15-16 Boys 500 Free

54 Senior Men 500 Free

58 13-14 Boys 200 Breast

59 15-16 Boys 200 Breast

60 Senior Men 200 Breast

64 13-14 Boys 100 Fly

65 15-16 Boys 100 Fly

66 Senior Men 100 Fly

70 13-14 Boys 50 Free

71 15-16 Boys 50 Free

72 Senior Men 50 Free

76 13-14 Boys 200 IM

77 15-16 Boys 200 IM

78 Senior Men 200 IM

82 13-14 Boys 200 Free Relay

83 15-16 Boys 200 Free Relay

84 Senior Men's 200 Free Relay

## Saturday Order of Events

### Morning – Prelims - Warm-up: 7:00am Meet: 8:30am

|                                |                                 |         |                               |
|--------------------------------|---------------------------------|---------|-------------------------------|
| 13*                            | 13-14 Girl's 200 Medley Relay   | 16*     | 13-14 Boy's 200 Medley Relay  |
| 14*                            | 15-16 Girl's 200 Medley Relay   | 17*     | 15-16 Boy's 200 Medley Relay  |
| 15*                            | Senior Women's 200 Medley Relay | 18*     | Senior Men's 200 Medley Relay |
| 19-21                          | 200 Free Combined Women         | 22-24   | 200 Free Combined Men         |
| 25-27                          | 100 Back Combined Women         | 28-30   | 100 Back Combined Men         |
| 31-33                          | 100 Breast Combined Women       | 34-36   | 100 Breast Combined Men       |
| 43*                            | 13-14 Girl's 400 Free Relay     | 46*     | 13-14 Boy's 400 Free Relay    |
| 44*                            | 15-16 Girl's 400 Free Relay     | 47*     | 15-16 Boy's 400 Free Relay    |
| 45*                            | Senior Women's 400 Free Relay   | 48*     | Senior Men's 400 Free Relay   |
| <b>10 Minute Warm-up Break</b> |                                 |         |                               |
| 37-39                          | **400 IM Combined Women         | 40-42** | 400 IM Combined Men           |

The Fastest 16 prelim times in each age group will advance to Finals except in the 400 IM where only the fastest 8 will advance (places 9-16 still score). All swims will be governed under the Minnesota Scratch Rule.

\*These Relays will be swum as timed final events with the fastest heat (from seed times) in each age group swimming in the Finals session and all others in the prelims session. None of these relay heats will be combined across age groups except in the case of orphaned heats as the head referee sees fit

\*\*Please notice that this event will be swum as the last event in prelims but will be swum before the 400 Free Relay in Finals. This is a prelim / final event and will be seeded and swum as all other pre/fin events but with only the top 8 prelim times in each event advancing to Finals; placers 9-16 will be scored from the results of prelims.

### Evening – Finals - Warm-up: 4:00pm Meet: 5:30pm

|    |                                 |    |                               |
|----|---------------------------------|----|-------------------------------|
| 13 | 13-14 Girl's 200 Medley Relay   | 16 | 13-14 Boy's 200 Medley Relay  |
| 14 | 15-16 Girl's 200 Medley Relay   | 17 | 15-16 Boy's 200 Medley Relay  |
| 15 | Senior Women's 200 Medley Relay | 18 | Senior Men's 200 Medley Relay |
| 19 | 13-14 Girls 200 Free            | 22 | 13-14 Boys 200 Free           |
| 20 | 15-16 Girls 200 Free            | 23 | 15-16 Boys 200 Free           |
| 21 | Senior Women 200 Free           | 24 | Senior Men 200 Free           |
| 25 | 13-14 Girls 100 Back            | 28 | 13-14 Boys 100 Back           |
| 26 | 15-16 Girls 100 Back            | 29 | 15-16 Boys 100 Back           |
| 27 | Senior Women 100 Back           | 30 | Senior Men 100 Back           |
| 31 | 13-14 Girls 100 Breast          | 34 | 13-14 Boys 100 Breast         |
| 32 | 15-16 Girls 100 Breast          | 35 | 15-16 Boys 100 Breast         |
| 33 | Senior Women 100 Breast         | 36 | Senior Men 100 Breast         |
| 37 | 13-14 Girls 400 IM              | 40 | 13-14 Boys 400 IM             |
| 38 | 15-16 Girls 400 IM              | 41 | 15-16 Boys 400 IM             |
| 39 | Senior Women 400 IM             | 42 | Senior Men 400 IM             |
| 43 | 13-14 Girl's 400 Free Relay     | 46 | 13-14 Boy's 400 Free Relay    |
| 44 | 15-16 Girl's 400 Free Relay     | 47 | 15-16 Boy's 400 Free Relay    |
| 45 | Senior Women's 400 Free Relay   | 48 | Senior Men's 400 Free Relay   |

## Sunday Order of Events

### Morning – Prelims - Warm-up: 7:00am Start: 8:30am

|         |                                 |         |                               |
|---------|---------------------------------|---------|-------------------------------|
| 85*     | 13-14 Girls 400 Medley Relay    | 88*     | 13-14 Boys 400 Medley Relay   |
| 86*     | 15-16 Girls 400 Medley Relay    | 89*     | 15-16 Boys 400 Medley Relay   |
| 87*     | Senior Women's 400 Medley Relay | 90*     | Senior Men's 400 Medley Relay |
| 97-99   | 200 Back Combined Women         | 100-102 | 200 Back Combined Men         |
| 103-105 | 100 Free Combined Women         | 106-108 | 100 Free Combined Men         |
| 109-111 | 200 Fly Combined Women          | 112-114 | 200 Fly Combined Men          |
| 115-117 | 100 IM Combined Women           | 118-120 | 100 IM Combined Men           |

### **10 Minute Warm-up Break**

|       |                            |         |                        |
|-------|----------------------------|---------|------------------------|
| 91-93 | **1650 Free Combined Women | 94-96** | 1650 Free Combined Men |
|-------|----------------------------|---------|------------------------|

The Fastest 16 prelim times in each age group will advance to Finals. All swimmers will be governed by the Minnesota Scratch Rule.

\*These Relays will be swum as timed final events with the fastest heat (from seed times) in each age group swimming in the Finals session and all others in the prelims session. None of these relay heats will be combined across age groups except in the case of orphaned heats as the head referee sees fit

\*\* The 1650 Free is a timed final event, swum with all age groups combined, fastest to slowest alternating Women's and Men's heats. Age groups/genders will be scored separately from the final results. This event requires a positive check-in. Please notice that this event will be swum as the LAST event in prelims with the fastest heat of Women and fastest heat of Men swimming as the FIRST individual events (after the 400 Medley Relay) in Finals.

### Evening – Finals - Warm-up: 2:30 Start: 4:00pm

|       |                                 |       |                               |
|-------|---------------------------------|-------|-------------------------------|
| 85    | 13-14 Girls 400 Medley Relay    | 88    | 13-14 Boys 400 Medley Relay   |
| 86    | 15-16 Girls 400 Medley Relay    | 89    | 15-16 Boys 400 Medley Relay   |
| 87    | Senior Women's 400 Medley Relay | 90    | Senior Men's 400 Medley Relay |
| 91-93 | 1650 Free Combined**            | 94-96 | 1650 Free Combined**          |
| 97    | 13-14 Girls 200 Back            | 100   | 13-14 Boys 200 Back           |
| 98    | 15-16 Girls 200 Back            | 101   | 15-16 Boys 200 Back           |
| 99    | Senior Women 200 Back           | 102   | Senior Men 200 Back           |
| 103   | 13-14 Girls 100 Free            | 106   | 13-14 Boys 100 Free           |
| 104   | 15-16 Girls 100 Free            | 107   | 15-16 Boys 100 Free           |
| 105   | Senior Women 100 Free           | 108   | Senior Men 100 Free           |
| 109   | 13-14 Girls 200 Fly             | 112   | 13-14 Boys 200 Fly            |
| 110   | 15-16 Girls 200 Fly             | 113   | 15-16 Boys 200 Fly            |
| 111   | Senior Women 200 Fly            | 114   | Senior Men 200 Fly            |
| 115   | 13-14 Girls 100 IM              | 118   | 13-14 Boys 100 IM             |
| 116   | 15-16 Girls 100 IM              | 119   | 15-16 Boys 100 IM             |
| 117   | Senior Women 100 IM             | 120   | Senior Men 100 IM             |

\*\* TOP 8 SEEDS ONLY

Meet Calculation Form  
Minnesota Short Course Senior State Championship Meet  
(All Zones) with Time Trials ☆ March 18<sup>th</sup> – March 21<sup>st</sup>, 2010  
Rochester-Olmsted Recreation Center

Fee Calculation Form - return with your entry

Your Club: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Coach: \_\_\_\_\_ Coach's Phone # (\_\_\_\_\_) \_\_\_\_\_

Entries Chair: \_\_\_\_\_ Phone # (\_\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_ Total Swimmers X \$2.50 = \_\_\_\_\_ # of boys: \_\_\_\_\_ # of girls: \_\_\_\_\_

\_\_\_\_\_ Total Splashes X \$5.00 = \_\_\_\_\_ # of boys: \_\_\_\_\_ # of girls: \_\_\_\_\_

\_\_\_\_\_ Total Relays X \$20.00 = \_\_\_\_\_ # of boys: \_\_\_\_\_ # of girls: \_\_\_\_\_

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

Make Checks Payable to: **Rochester Swim Club Orcas.** All fees are due with your entry.  
We will mail meet summaries to the following:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Who should we contact if we have a problem with your entry?  
PRINT CLEARLY & provide an email contact you trust!

Name: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Day Phone #: (\_\_\_\_\_) \_\_\_\_\_ Eve Phone #: (\_\_\_\_\_) \_\_\_\_\_  
(If you are having a team representative pick up awards, add a place for the name and phone number of this person.)

**The undersigned team representative certifies by his/her signature that all athletes participating in this meet are currently registered athlete members of USA Swimming. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a member of USA Swimming.**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

Mail Entries to:

Senior State Championship Entries  
c/o Rochester Swim Club  
1912 10<sup>th</sup> ST NE  
Rochester MN 55906

**ENTRIES MUST BE RECEIVED Wednesday March 10th, 2010 @ 6:00 PM Payment is due by Friday March 15<sup>th</sup>, 12 pm.**