

2009 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

CENTRAL ZONE SECTION 1

University of Minnesota Aquatic Center & Twin Cities Swim Team

July 22-25, 2009 (Wednesday – Saturday)

SANCTIONED BY: Minnesota Swimming, Inc.

SANCTION #:

TIME TRIALS SANCTION #:

MEET HOST: Twin Cities Swim Team

INFORMATION & RESULTS: www.tc.umn.edu/~tcs swim

DATES OF MEET: Wednesday, July 22 through Saturday, July 25, 2009

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

REGISTRATION: Tuesday, July 21, 12:00pm-8:00pm; Wednesday, July 22, 7:00am-9:00am

GENERAL MEETING: Tuesday, July 21, 7:00pm, Aquatic Center Lobby; Coaches are responsible for ALL information presented at this meeting.

MEET REFEREE: Michael Bougie, bougieml@msn.com, 651-635-5853

OFFICIALS MEETINGS: 8:00am Prelims, 5:00pm Finals; Subsequent Sessions: one hour prior to start

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

DECK ACCESS: Coaches, Athletes, and Spectators will enter the building through the Natatorium Event Entrance/Aquatic Center Lobby doors. Coaches, Athletes, and Officials may enter the deck area through the gate on the South Concourse using their event credential. No spectators will be allowed on the pool deck. There will be a \$25 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 2009 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 2009 and have current certifications as a USA Swimming 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 LSC's outside of the Central Zone, who have achieved a 2009 Speedo Short Course Junior National Championships Bonus time standard are also eligible (see pg. 4 – Speedo Junior National Time Standards for details).

QUALIFYING: Qualifying time standards are included in this packet. Times received in Long Course Meters, Short Course Meters, or Short Course Yards will be accepted. All events will be seeded first by Long Course Meters, then by Short Course Meters, and finally by Short Course Yards. The qualifying period is September 1, 2007 through the entry deadline.

ENTRY LIMITS: Swimmers may enter all events for which they qualify, but may compete in a maximum of three individual events per day including time trials. Each team is allowed two relays in each relay event. Relay team entries must be comprised of at least one member who qualified for the meet in an individual event

BONUS EVENTS: Bonus swims are available for swimmers registered in the following LSCs: Illinois, Minnesota, Wisconsin, Iowa, North Dakota, and South Dakota. For each qualified event, an athlete may swim up to two additional events for which they do not meet the time standard. Swimmers entering bonus events may be entered at their actual time or at NT. While completing the online meet registration, please be certain to check the box indicating "bonus" for each event that is a bonus entry.

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 15, 2009 (9:00am CDT) and will be accepted through Sunday, July 19, 2009 at 12:00pm (CDT).

FOR MORE INFORMATION, CONTACT:

| | | |
|--|----------------------|--|
| Stephanie Fix, Meet Director | (612) 625-5339 | fixx0014@umn.edu |
| Michael Bougie, Meet Referee | (651) 635-5853 | bougieml@msn.com |
| Jim Andersen, Twin Cities Swim Team Head Coach | (612) 625-1026 #2 | twinent@umn.edu |
| Cassy Shapley, MSI Registration Chair | (952) 988-4184 ext 1 | cshapley@mnswwim.org |

RULES AND PROCEDURES

RULES: Current National USA Swimming Rules will govern all competitions, except as otherwise specified in this meet information. All information, rules and regulations, including time standards, schedules, order of events, meet operations and requirements will be found in the USA Swimming 2009 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 21 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 |

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 and will all require positive check-in. More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration.

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.

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.

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 (2009 Rulebook, Section 207.126).

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 NOT be seeded for the event. Positive check-in deadlines are the same as the scratch deadlines.

TIME TRIALS: Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$12.00 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.

TIME TRIAL SCHEDULE (Time Permitting)

Order of Events

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 5 Women's teams, Top 5 Men's teams, Top 10 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: This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and re-certification evaluations for N2- and N3-level positions. Completed Requests for Evaluation applications, found on the USA Swimming website, may be emailed 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.

APPLICATION TO OFFICIATE: Complete Applications to Officiate, found on the USA Swimming website, may be emailed to the Meet Referee. Applications for Consideration for Assigned Positions must be submitted by June 1, 2009.

2009 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 22 | 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 23 | 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 24 | 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 25 | 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
 + Timed Finals, positive check-in is required

2009 SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

BONUS EVENTS TIME STANDARDS

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

| WOMEN | | | EVENT | MEN | | |
|----------|----------|----------|-------------------|----------|----------|----------|
| SCY | SCM | LCM | | SCY | SCM | LCM |
| 24.09 | 26.79 | 27.59 | 50 FREESTYLE | 21.59 | 23.99 | 24.79 |
| 52.19 | 59.49 | 59.29 | 100 FREESTYLE | 46.89 | 52.39 | 53.99 |
| 1:52.09 | 2:09.39 | 2:07.59 | 200 FREESTYLE | 1:42.49 | 1:54.89 | 1:58.09 |
| 4:57.09 | 4:30.89 | 4:26.59 | 400/500 FREESTYLE | 4:36.59 | 4:03.09 | 4:09.79 |
| 10:14.39 | 9:06.59 | 9:09.89 | 800 FREESTYLE | 9:36.29 | 8:27.89 | 8:40.19 |
| 17:00.99 | 17:44.69 | 17:38.69 | 1500 FREESTYLE | 16:03.49 | 16:13.59 | 16:37.59 |
| 57.79 | 1:05.69 | 1:06.89 | 100 BACKSTROKE | 52.19 | 57.89 | 1:00.99 |
| 2:04.19 | 2:21.19 | 2:23.59 | 200 BACKSTROKE | 1:53.09 | 2:05.79 | 2:12.29 |
| 1:05.29 | 1:13.29 | 1:15.29 | 100 BREASTSTROKE | 58.69 | 1:06.79 | 1:08.79 |
| 2:21.39 | 2:38.19 | 2:42.19 | 200 BREASTSTROKE | 2:07.99 | 2:25.39 | 2:29.39 |
| 57.29 | 1:03.39 | 1:04.79 | 100 BUTTERFLY | 51.19 | 57.19 | 58.59 |
| 2:05.69 | 2:19.19 | 2:21.99 | 200 BUTTERFLY | 1:53.99 | 2:07.79 | 2:10.59 |
| 2:06.89 | 2:24.29 | 2:24.49 | 200 IM | 1:54.59 | 2:09.99 | 2:13.19 |
| 4:28.49 | 4:59.89 | 5:05.29 | 400 IM | 4:04.09 | 4:36.79 | 4:43.19 |