



A/BC FINALS WITH TIME TRIALS

July 23-25, 2010

Sponsored By: Richfield Swim Club

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

Meet Sanction #MN10S – 06-28M

Time Trial Sanction #MN10S – 06-146M

Meet Director: Catherine Grant 612-670-1638. grantcath@comcast.net

Kenneth D. Nelson 952-220-7806 ken.nelson07@comcast.net

Meet Marshal: Paul Grausam and Joan Nelson

Inquiries: Catherine Grant 612-670-1638 grantcath@comcast.net

Kenneth D. Nelson 952-220-7806 ken.nelson07@comcast.net

Entries: Mark Pospisil 612-251-6806 meetentries@richfieldswimclub.org
7224 14th Ave So, Richfield MN 55423

Safety Coordinator: Kate Hardt

Team Coaches: Kate Hardt, Kerry O'Neill

Club Officials: Terry Bumgarner, Tom Bose, Scott Dutcher, Caroline Hale-Coldwell

Officials: MSI Qualified Officials

Team President: Mark Pospisil

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

Meet Type: This is a 2 ½ day meet. There will be three categories of competition for awards: swimmers with verifiable A times but not faster (No champ times will be allowed), swimmers with verifiable B times, and swimmers with verifiable C times. Teams must attend their assigned zoned meet (one of three). Non-zoned teams may attend the meet of their choice. This is a closed meet: Only swimmers from the MN LSC can participate.

Purpose: To encourage and promote competitive swimming among age group swimmers.

Pool Location: Richfield Outdoor Municipal Pool: 630 E 66th St., Richfield, MN. Phone for emergencies only: 612-861-9356. From **I494**: exit Portland Ave, go north, R at roundabout to 66th, L into parking lot. From **westbound or eastbound Hwy 62**, exit Portland Ave, go south, L at roundabout to 66th, L into parking lot. **Eastbound Portland Ave exit is not accessible if coming from the north on 35W**. Instead, exit **35W** at 54th St/Diamond Lake Road, go East to Portland. R on Portland. L at roundabout to 66th, L into parking lot. Please do not leave valuables in your car.

Hotels: Please visit www.visitrichfield.com for convenient links to all of Richfield's lodging options, dining, shopping and entertainment. The links below are to hotels with special rates for the meet.

[Candlewood Suites for Richfield Swim Club](http://www.ramadarichfield.com)

www.ramadarichfield.com

Other Richfield hotels include AmericInn, and Motel 6.

Time Schedule:

	FRI PM	SAT AM	SUN AM
WARM UPS	2:00 PM	7:20 AM	7:20 AM
START	3:10 PM	8:30 AM	8:30 AM

Saturday and Sunday afternoon sessions: Will not start before 11:30 AM, preceded by a 60 minute warm-up and a 10-minute break for a coaches meeting. Check the MSI website for up-to-date timeline.

Facility: 8-lane, 50 meter, outdoor pool with lane lines and backstroke pennants. Slanted starting blocks are 27 inches above the water surface. The pool depth at the starting end is 7 ½ feet. Separate warm-up facility provided. The “No Diving” and “Slip-In Entry” rules will be constantly in effect in the separate warm-up facility. No horseplay permitted.

Timing: A Colorado Electronic timing system with backup buttons and/or watches, horn start and touch pads at both ends of the pool.

ENTRIES -- GENERAL INFORMATION

Entry Due Date: An Email copy of your entry is due **Wednesday, July 14, 2010, by 5:00 PM.**

A hard copy including all Proof of Times and entry fees owed is due Friday, July 16th, 2010, by 5:00 PM.

To add swimmers qualifying for events between the 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.

Entry Limitations: Age of a swimmer is determined by their age on the first day of the meet. A swimmer may compete in a maximum of 4 individual events per day. A swimmer may swim up to 5 events per day, if additional events are time trial events. All events must be verifiable from January 1, 2009 to present. All **A** event swimmers must have a minimum of an **A** time but slower than the **Champ** time in that event.

ATTENTION!

Swimmers who have achieved a Champ time in either yards or meters CANNOT swim that event at A/B-C Finals. MSI Legislation dictates that swimmers with Champ times must enter with the time they have, (meters or yards), for State Meet and cannot use A/B-C finals as an opportunity to improve their qualifying time. (Motion passed 1/16/2007).

If you are approved to use written entries you must mark written entry times as such.

This is a closed meet: Only swimmers from the MN LSC can participate.

Fees: \$2.50 per entrant listed on the entry sheet, \$5.00 per individual splash. Payment is due before the meet with the attached Meet Calculation Form. A check for the entry fees made out to **Richfield Swim Club** must accompany entries. Call entry chair for directions if you need to hand deliver entries.

All entries must be completed by the entering club or individual, who will be solely responsible for the accuracy of the entries. A fine of **\$100** per event will be charged for falsifying an entry.

LONG COURSE METER TIMES & CONVERSIONS:

LONG COURSE METER TIMES AND NON-CONFORMING TIMES ACCEPTED NO CONVERSIONS ACCEPTED

Please submit verifiable times in either long course meters, short course meters or short course yards. No conversions will be accepted. This is a change from previous years. Yard times will be seeded last, regardless of division. (Motion passed 11/28/06)

SUBMITTING ENTRIES

Minnesota 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.

Emailed entries are preferred. Please follow these guidelines when submitting EMAILED ENTRIES:

1. Use Hy-Tek Team Manager to send entries.
2. E-mail a **text file** of your entries 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. **Any revisions to entries must be complete replacement of the previous entries file. The previous entries will be deleted. A revised text file must accompany the revised team manager file.**
5. Send a hard copy of your entry files, your proof of times report and a check for entry fees by Friday, July 16th, 2010.
6. Meet results will be emailed unless otherwise arranged. Please indicate your e-mail address on the Fee Calculation Form.
7. When you e-mail your entries, you will receive an e-mail reply as confirmation. If you DO NOT receive a reply, please call the entries chair. (Mark Pospisil 612-251-6806, Kenneth D. Nelson 952-220-7806, or Catherine Grant 612-670-1638).

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 team's 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.

DISTANCE EVENTS

All 13 and Over Distance Events will be swum as combined events and separated into "13-14", "15-16" and "17-18" for awards.

400 FREESTYLE: This is a timed final event. It will be deck seeded upon completion of a positive check-in. Positive check-in is required at the Timing Table for 11-12, before the start of Event #29; for 13 and Over, before the start of Event #51. Age groups and gender may be combined at the discretion of the Meet Referee. Heats will be swum fastest to slowest, all age groups (within the session) combined, women alternating with men, separated for score/awards by age group offered at the meet (per legislation dated June 17, 2008). Minnesota Scratch Rules will be in effect.

800 FREESTYLE: This is a timed final event. It will be deck seeded upon completion of the positive check-in. Positive check-in is required at the Timing Table on Friday night by the start of Event # 9. Heats will be swum fastest to slowest, all age groups (within the session) combined, women alternating with men, separated for score/awards by age group offered at the meet (per legislation dated June 17, 2008). Minnesota Scratch Rules will be in effect.

1500 FREESTYLE: This is a timed final event. It will be deck seeded upon completion of the positive check-in. Positive check-in is required on Sunday afternoon by the start of Event # 97. Heats will be swum fastest to slowest, all age groups (within the session) combined, women alternating with men, separated for score/awards by age group offered at the meet (per legislation dated June 17, 2008). Minnesota Scratch Rules will be in effect.

Additional criteria for entering the 800 or the 1500 Freestyle events:

1. Swimmers with an "A" (or faster) or "B" time in the 400/500 Free may use that time to enter the 800/1000 or 1500/1650 (enter the corresponding "A" or "B" event). **Note: this rule applies to this meet but not to the STATE meet.** Swimmers should enter at the corresponding TSE Time.
2. Swimmers with an "A" (or faster) or "B" time in the 800/1000 may use it to enter the 1500/1650 and vice-versa (enter the corresponding "A" or "B" event). Swimmers should enter at the corresponding TSE Time.

OTHER INFORMATION:

Awards: Individual Events: A Events: Medals will be awarded to 1st through 8th place. B Events: Rosette Ribbons will be awarded to 1st through 8th place. C" Events: Strip Ribbons will be awarded to 1st through 8th. Certificates will be issued for new Champ, A and B times. Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results.

Scoring: None.

Timed Finals: The meet is pre-seeded except for distance events. All swimmers must report to their blocks for the start of their heat.

Time Trials: Time trials will be offered, time permitting, at the discretion of the Meet Referee, 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 at the Timer's Table. There will be a cost of **\$5.00** per time trial event.

Warm-ups for the time trials will be allowed as time permits at the discretion of the Meet Referee.

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.

Swimmers without a Coach Present: USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The **Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.**

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.

Time Standards: 2009-2012 Minnesota Time Standards – the most current edition published on the MSI website will be used. All 15-16 and Senior events will be combined for competition and separated for awards. The 15-16 Men and Women will enter by the 15-16 time standards. In keeping with the State Meet qualifying format, all Senior competitors must use 17-18 times standards for entry.

All athletes swimming in the A/B/C categories will swim together in their age group category seeded by times and will be separated by A/B/C for awards.

Timelines: Any timeline provided, whether through MSI phone line (952-988-4184) or in the meet program, is for information purposes only.

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.

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

Concessions: Will be provided. Food and drinks will be allowed in designated areas only. No glass allowed on deck.

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.



**A/BC FINALS
WITH TIME TRIALS
July 23-25, 2010**

Sanctioned by Minnesota Swimming, Inc & USA Swimming, Inc.
Meet Sanction #MN10S – 06-28M Time Trial Sanction #MN10S – 06-146M

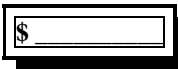
Team Name _____ Abbreviation _____
Coach _____ email _____ Phone _____
Entries Chair _____ email _____ Phone _____

MEET RESULTS may be EMAILED to _____ email _____

ENTRY DATA AND COSTS:

_____ Total Swimmer x \$ 2.50 = _____
_____ Total Splashes x \$ 5.00 = _____

TOTAL DUE



MAKE CHECK PAYABLE TO *Richfield Swim Club*
ALL FEES DUE FRIDAY, JULY 16th, 2010

Whom should we contact if there is a problem with your entry disk?

Name: _____ email: _____
Day Phone #: _____ Night Phone # _____

?When you **email your entries** you will receive an email confirmation right away. **If you do NOT receive a reply please call the Entries Chair** (Mark Pospisil 612-251-6806) All email entries must include a **text file** of entries as per Meet Info.

Mail a copy of your entry text file, proof of times, and payment by **Friday, July 16th, 5:00 pm**, to:

**Mark Pospisil
7224 14th Ave So.
Richfield MN 55423**

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

Signature: _____ Printed Name: _____

OFFICIAL ENTRY FORM-MINNESOTA-U.S.A. SWIMMING, INC.

Sanctioned by Minnesota Swimming & U.S. Swimming
Meet Sanction #MN10S – 06-28M Time Trial Sanction #MN10S – 06-146M
Sheet ____ of ____

CLUB _____ CLUB ABBREV _____
ENTRY CHAIRPERSON _____
ADDRESS _____ PHONE _____
EMAIL _____

INDIVIDUAL ENTRIES

Swimmer's Name: _____ Age: _____ Sex: _____ D.O.B. _____ USS# _____

Event No.								
Seed Time								

Swimmer's Name: _____ Age: _____ Sex: _____ D.O.B. _____ USS# _____

Event No.								
Seed Time								

Swimmer's Name: _____ Age: _____ Sex: _____ D.O.B. _____ USS# _____

Event No.								
Seed Time								

Swimmer's Name: _____ Age: _____ Sex: _____ D.O.B. _____ USS# _____

Event No.								
Seed Time								

Swimmer's Name: _____ Age: _____ Sex: _____ D.O.B. _____ USS# _____

Event No.								
Seed Time								

Swimmer's Name: _____ Age: _____ Sex: _____ D.O.B. _____ USS# _____

Event No.								
Seed Time								

Swimmer's Name: _____ Age: _____ Sex: _____ D.O.B. _____ USS# _____

Event No.								
Seed Time								

Swimmer's Name: _____ Age: _____ Sex: _____ D.O.B. _____ USS# _____

Event No.								
Seed Time								

RICHFIELD SWIM CLUB

ABC FINALS LONG COURSE

Sanctioned by Minnesota Swimming, Inc. & USA Swimming, Inc.

Meet Sanction #MN10S – 06-28M Time Trial Sanction #MN10S – 06-146M

FRIDAY PM				SATURDAY AM				SATURDAY PM						
Boys Evts				Girls Evts	Boys Evts			Girls Evts	Boys Evts			Girls Evts		
1	A/B/C	15&O	200 FR	2	15	A/B/C	11-12	50 FR	16	41	A/B/C	15&O	400 IM	42
3	A/B/C	13-14	200 FR	4	17	A/B/C	9-10	50 FR	18	43	A/B/C	13-14	400 IM	44
5	A/B/C	15&O	100 FL	6	19	A/B/C	8&U	50 BR	20	45	A/B/C	15&O	50 FR	46
7	A/B/C	13-14	100 FL	8	21	A/B/C	11-12	100 BR	22	47	A/B/C	13-14	50 FR	48
9	A/B/C	15&O	200 1M	10	23	A/B/C	9-10	100 BR	24	49	A/B/C	15&O	200 BK	50
11	A/B/C	13-14	200 IM	12	25	A/B/C	8&U	100 FR	26	51	A/B/C	13-14	200 BK	52
BREAK					27	A/B/C	11-12	200 IM	28	53	A/B/C	15&O	100 BR	54
13	A/B	13&O	800 FR	14	29	A/B/C	9-10	200 1M	30	55	A/B/C	13-14	100 BR	56
					31	A/B/C	11-12	50 BK	32	BREAK				
					33	A/B/C	9-10	50 BK	34	57	A/B/C	13&O	400 FR	58
					35	A/B/C	11-12	50 FL	36					
					37	A/B/C	9-10	50 FL	38					
					39	A/B/C	11-12	400 FR	40					

SUNDAY AM				SUNDAY PM					
Boys Evts				Girls Evts	Boys Evts			Girls Evts	
59	A/B/C	11-12	100 FR	60	85	A/B/C	15&O	200 BR	86
61	A/B/C	9-10	100 FR	62	87	A/B/C	13-14	200 BR	88
63	A/B/C	8&U	50 FR	64	89	A/B/C	15&O	100 FR	90
65	A/B/C	11-12	100 FL	66	91	A/B/C	13-14	100 FR	92
67	A/B/C	9-10	100 FL	68	93	A/B/C	15&O	100 BK	94
69	A/B/C	8&U	50 FL	70	95	A/B/C	13-14	100 BK	96
71	A/B/C	11-12	50 BR	72	97	A/B/C	15&O	200 FL	98
73	A/B/C	9-10	50 BR	74	99	A/B/C	13-14	200 FL	100
75	A/B/C	8&U	50 BK	76	BREAK				
77	A/B/C	11-12	100 BK	78	101	A/B	13&O	1500 FR	102
79	A/B/C	9-10	100 BK	80					
81	A/B/C	11-12	200 FR	82					
83	A/B/C	9-10	200 FR	84					

DISTANCE EVENTS: There will be a 10-15 minute break before the 13 & O distance events to accommodate 13-14 year old swimmers swimming in the previous event. These events will be combined for competition only and separated for awards into "13-14", "15-16" and "17-18". "Senior" events will be called "15 & Over", and will be separated for awards into "15-16" and "17-18".