2015 USA SWIMMING SPEEDO SECTIONALS

CENTRAL ZONE SECTION 1

LONG COURSE CHAMPIONSHIPS

Jean K. Freeman Aquatic Center

July 15-18, 2015 (Wednesday – Saturday)

SANCTIONED BY: Minnesota Swimming, Inc. **SANCTION #:** **TIME TRIALS SANCTION #:**

MEET HOST: Minnesota Aquatics Inc.

DATES OF MEET: Wednesday, July 15 through Saturday, July 18, 2015

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

REGISTRATION: Tuesday, July 14, 12:00pm-8:00pm; Wednesday, July 15, 7:00am-9:00am

GENERAL MEETING: Tuesday, July 14, 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: Phil Barnes, gjpbarnes@aol.com, (319) 573-1890

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

LOCATION: Jean K. Freeman 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

COURSE CERTIFICATION: The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

PARKING: General parking will be available in the University Avenue Ramp and the Washington Avenue 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 $4.00 per entry. Prices are subject to change and rates may vary based on specific lots and other events on campus. 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 Aquatic Center Lobby doors. Coaches, Officials and Athlete may enter the deck area, using event credentials, though the gate on the South Concourse. No spectators will be allowed on the pool deck. There will be a $10 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 2015 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 2015 and have current certifications as a USA Swimming 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 2015 Speedo Summer Junior National Championships time standard may also enter events which the standard has been met (see pgs. 5-6 for time standards).

QUALIFYING: The qualifying period is July 1, 2013 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 a maximum of two relay teams in each relay event.

ENTRY FEES: $12.50 per individual event; $25.00 per relay event. $1.00 Athlete Surcharge per athlete entered in the meet (see below).

CENTRAL ZONE ATHLETE SURCHARGE: $1.00 per athlete entered in the meet (including relay only athletes) - collected via OME at the time of entry. **Legislation passed at the 2010 USAS Convention requires a $1.00 surcharge for all athletes attending Championship meets held within the Central Zone including Speedo Champions Series meets. This fee is collected by the host club, but remitted to the Central Zone following the meet. **

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 Anthony Buhr at USA Swimming with any questions on the OME system abuhr@usaswimming.org or (719) 866-3581.

ENTRY DEADLINE: Entries may be submitted online beginning June 1, 2015 (9:00am Central Time) and will be accepted through **Wednesday, July 8, 2015 at 11:00pm (Central Time)**. Updates for improved seed times will be allowed on the OME system through 11:50pm (Central Time) on Monday, July 13th, 2015.

PROOF OF TIME: All "Custom or Override Times" 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, 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 down-seeded. **!!!Failure to meet the qualification time during the competition or prove that a qualification time was achieved will result in a $100.00 fine. Fines must be paid before the next session—athletes with unproven times and unpaid fines will not be allowed to compete until the matter is resolved!!!**

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.

FOR MORE INFORMATION, CONTACT:

Luke Day, Meet Director	(612) 624-6812	lday@umn.edu
Phil Barnes, Meet Referee	(319) 573-1890	gjpbarnes@aol.com
Cassy Shapley, MSI Registration Chair	(952) 988-4184 ext 1	cshapley@mnswim.org
Michael Lawrence, Central Zone Section 1 Contact	(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.

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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 14 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.

	WARM-UP	PRELIMS	WARM-UP	FINALS
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 14 should contact Luke Day directly at 612-624-6812 or lday@umn.edu. Arrangements must be made at least two full weeks in advance.

CONDUCT OF THE MEET: This meet is a prelim/final meet. If the athlete count is 800 or more 24 athletes will advance to finals in events 400m and less. If the athlete count is 799 or less, 32 athletes will advance to the finals in events 400m or less with the "D" reserved for the fastest remaining athletes who are 18 years or younger. The top 8 18 & Under swimmers who do not qualify for the Bonus (C) Consolation (B) or Championship (A) heats will advance to the "D" final. If there are not enough 18 & Under swimmers to fill the "D" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Consolation or Championship heats. Each event during finals will consist of a "D", 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. Preliminaries of events will be conducted using fly-over starts.

WEDNESDAY: The 800 Freestyle will be deck seeded with a positive check-in deadline 30 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 lap counter.

THURSDAY: The 400 Freestyle Relays will be timed final events with the fastest two heats of women and men swimming in finals. All remaining heats will be swum at the end of prelims. 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 at the end of prelims (following the 400 Medley Relays) fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter. The 400 Medley Relays will be timed final events with the fastest two heats of women and men swimming in finals. All remaining heats will be swum at the end of prelims. 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:	30 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 (2015 Rulebook, Section 207.11.6). 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 lday@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 down-seeded to the slowest heat. Positive check-in deadlines follow scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to lday@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. The 800m and 1500m TT may be swum in the open lanes of the timed final heats, based on the number of time trial requests and at the discretion of the meet referee.

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)

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 (medals), Relays: Top 3 Awarded (medals), Team: Top 3 Women's teams, Top 3 Men's teams, Top 3 Combined Teams awarded (plaques).

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.

DECK CHANGING: Effective January 1, 2015, changing into or out of swimsuits other than in the Aquatic Center locker rooms is strictly prohibited.

GENERAL INFORMATION
HOTEL: There is a block of rooms reserved at the Courtyard Marriott in Minneapolis.
Call the reservation number, and use the group name "Speedo Sectionals" to reserve the room.
Courtyard Marriott (Minneapolis, MN);
Reservations: (877-699-3216) / Hotel: (612) 333-4646

Other hotel accommodations:
The Common's Hotel (Minneapolis, MN)
Phone: 612-379-8888

Days Hotel University (Minneapolis, MN)
Phone: 612-623-3999

Radisson Hotel Minneapolis-St. Paul North (Roseville, MN)
Phone: 651-636-4567

Country Inn & Suites (Roseville, MN)
Phone: 651-628-3500

VENDOR: Elsmore Swim Shop will be the official vendor for this meet. In addition to a wide selection of swim apparel and equipment, Elsmore Swim Shop will also be selling unique event merchandise at their booth in the Aquatics Lobby. Plan now to stop by and visit.

2015 USA SWIMMING SPEEDO CHAMPIONS SERIES

CENTRAL ZONE SECTION 1

LONG COURSE CHAMPIONSHIPS

University of Minnesota

July 15-18, 2015 (Wednesday-Saturday)

NOTE: There are NO bonus events at the Long Course Speedo Championship Series

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

WOMEN				WEDNESDAY, JULY 15	MEN			
EVENT #	**LCM**	**SCM**	**SCY**	**EVENT**	**SCY**	**SCM**	**LCM**	**EVENT #**
1	**1:00.69**	59.79	**53.09**	100 Freestyle	47.39	54.59	55.39	2
3	2:51.99	2:46.49	2:28.19	200 Breaststroke	2:15.19	2:32.69	2:38.59	4
Awards for 100 Freestyle and 200 Breaststroke								
5	2:31.09	2:29.29	2:12.29	200 Butterfly	2:01.19	2:15.19	2:18.09	6
+7*	9:39.69	9:32.49	10:38.59	800 Freestyle	10:05.39	8:57.29	9:11.29	*8+
Awards for 200 Butterfly and 800 Freestyle								

WOMEN				THURSDAY, JULY 16	MEN			
EVENT #	**LCM**	**SCM**	**SCY**	**EVENT**	**SCY**	**SCM**	**LCM**	**EVENT #**
9	2:11.59	2:09.69	**1:53.79**	200 Freestyle	1:43.69	1:59.09	2:01.49	10
11	5:19.89	5:12.09	4:38.69	400 Individual Medley	4:18.69	4:51.89	4:58.29	12
Awards for 200 Freestyle and 400 Individual Medley								
13	1:09.09	1:06.89	**58.99**	100 Backstroke	**53.39**	1:01.89	1:03.09	14
10 MINUTE BREAK								
+15	4:14.09			400 Freestyle Relay			3:51.99	16+
Awards for 100 Backstroke and 400 Freestyle Relay								

WOMEN				FRIDAY, JULY 17	MEN			
EVENT #	**LCM**	**SCM**	**SCY**	**EVENT**	**SCY**	**SCM**	**LCM**	**EVENT #**
17	2:29.19	2:26.69	2:07.69	200 Backstroke	1:58.99	2:15.09	2:19.99	18
19	4:37.09	4:32.89	5:05.29	400 Freestyle	4:46.39	4:15.79	4:20.79	20
Awards for 200 Backstroke and 400 Freestyle								
21	1:19.29	1:16.29	1:07.39	100 Breaststroke	1:00.89	1:09.09	1:11.99	22
23	1:06.79	1:06.09	**58.19**	100 Butterfly	51.99	1:00.49	1:00.39	24
10 MINUTE BREAK								
+25*	9:14.09			800 Freestyle Relay			8:29.79	*26+
Awards for 100 Breaststroke, 100 Butterfly, and 800 Freestyle Relay								

WOMEN				SATURDAY, JULY 18	MEN			
EVENT #	**LCM**	**SCM**	**SCY**	**EVENT**	**SCY**	**SCM**	**LCM**	**EVENT #**
27	2:29.69	2:27.49	**2:09.29**	200 Individual Medley	**1:57.09**	2:14.69	2:17.29	28
+29*	18:40.29	18:21.59	17:48.19	1500 Freestyle				
30	**28.09**	27.69	**24.49**	50 Freestyle	21.69	25.09	25.29	31
				1500 Freestyle	17:02.39	17:18.39	17:45.29	*32+
Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle								
10 MINUTE BREAK								
+33	4:44.99			400 Medley Relay			4:22.99	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 during finals

\+ Timed Finals, positive check-in is required

BOLD indicates standards changed to meet new rules

2015 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Summer Championships
Hosted by The University of Minnesota
University of Minnesota, Minneapolis, Minnesota
July 15-18, 2015

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

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.69		22.89	50 Freestyle	20.59		24.09
57.79		49.89	100 Freestyle	44.59		52.19
2:04.69		1:47.79	200 Freestyle	1:38.79		1:54.69
4:22.19		4:49.09	400/500 Freestyle	4:29.29		4:03.59
9:00.29		9:58.79	800/1000 Freestyle	9:15.19		8:24.69
17:14.29		16:35.89	1500/1650 Freestyle	15:37.49		16:08.09
1:04.59		54.69	100 Backstroke	49.89		58.99
2:18.69		1:58.09	200 Backstroke	1:48.39		2:07.39
1:13.49		1:03.09	100 Breaststroke	55.99		1:06.29
2:38.69		2:15.89	200 Breaststroke	2:01.59		2:23.69
1:02.59		54.19	100 Butterfly	49.19		56.69
2:17.39		1:59.59	200 Butterfly	1:48.29		2:05.49
2:21.39		2:00.99	200 Individual Medley	1:49.29		2:08.69
4:58.09		4:15.59	400 Individual Medley	3:53.49		4:44.89
3:56.49	**Conforming Only**	**Conforming Only**	400 Freestyle Relay	**Conforming Only**	**Conforming Only**	3:34.89
8:32.79	**Conforming Only**	**Conforming Only**	800 Freestyle Relay	**Conforming Only**	**Conforming Only**	7:47.69
4:23.69	**Conforming Only**	**Conforming Only**	400 Medley Relay	**Conforming Only**	**Conforming Only**	3:56.99

NOTE 1: There are NO bonus events at the Long Course Speedo Championship Series Meet
NOTE 2: non-resident time standards have been modified to the 2015 LC Jr National standards; appropriate changes *may* be made after these time standards are released.

NOTES FOR THE LONG COURSE 2015 MEET

Time Standards→ red = faster, green = slower than 2014; no changes were made at the 2014 Section Meeting.

Questions . . . please contact Michael Lawrence, pegasus523@gmail.com or 847 220 3940. Review of meet format, rules, qualifying procedures and administrative procedures is done annually at the USAS Convention. If you are interested in hosting a future SCS Meet contact Michael Lawrence.