

2009 Minnesota Grand Prix

presented by the

University of Minnesota Aquatic Center & Twin Cities Swim Team

November 13-15, 2009

SANCTIONED BY: Minnesota Swimming, Inc. **SANCTION #:** MN09W-09-34Y **TIME TRIALS SANCTION #:** MN09W-09-151Y

MEET HOST: Twin Cities Swim Team

DATES OF MEET: Friday, November 13 – Sunday, November 15, 2009

START TIMES: PRELIMS 9:00am Friday-Sunday FINALS 6:00pm Friday and Saturday, **5:00pm Sunday**

THIS IS A SHORT COURSE YARDS MEET

REGISTRATION: Thursday, November 12, 12:00pm-8:00pm; Friday, November 14, 7:00-9:00am

GENERAL MEETING: Thursday, November 12 @ 5:00pm, Aquatic Center Lobby; **Coaches are responsible for all information presented at this meeting.**

OFFICIALS MEETINGS: Friday, November 13 @ 7:30am; Subsequent Sessions: one hour prior to start

MEET REFEREE: John Witzel, johnwitz@mac.com, 952-215-6013

LOCATION: University of Minnesota Aquatic Center, 1910 University Ave SE, Minneapolis, MN 55455

FACILITY: The competition pool consists of two 8-lane, 25-yard indoor pools ranging from 7 feet to 7 feet 10 inches in depth. Lanes are nine feet wide. Preliminary heats may be conducted concurrently in two pools depending on the number of entries, at the discretion of the Meet Director, Meet Referee, and USA Swimming personnel. A separate six-lane 25-yard warm-up facility will be available.

PARKING: Parking is available in the Radisson lot adjacent from the University Aquatic center to those teams staying at the Radisson Hotel. General parking will be available in the University Ave. Ramp and the Washington Ave. 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 \$3.75 per entry. Prices are subject to change and rates may vary based on specific lots and other events on campus. Please note that the C-12 lot next to the Aquatic Center is a contract lot only. Athletes may be dropped off in this lot, but do not leave your vehicle unattended. You will receive a ticket or be towed. 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/>. **Please note that this information does not apply on Saturday, November 14th during the Prelims Session. There will be an on-campus football game at 11:00am with no parking on campus. Information regarding transportation and parking during this session will be posted and discussed at the General Meeting.**

DECK ACCESS: Entrance to the building is through the Natatorium Event Entrance/Aquatic Center Lobby doors. Coaches, Officials and Athletes may enter the deck area, using event credentials, through the gate on the South Concourse. No spectators will be allowed on the pool deck. There will be a \$30 charge to replace a lost credential.

ADMISSION:

Single Session admission including a Heat Sheet: \$10.00

Additional Heat Sheets: \$2.00

Psych Sheets: \$6.00

All-Session Pass, including a Psych Sheet and Heat Sheets: \$50.00

ENTRY INTO THE MEET

ELIGIBILITY:

All swimmers MUST BE current 2009 registered athlete members of USA Swimming or FINA. Seasonally registered athletes are not allowed. 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 or FINA registered coach. The representative submitting entries shall be responsible for verifying that all-swimmers and coaches satisfy these requirements.

QUALIFYING: The qualifying period is September 1, 2007 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Short Course Yards, Long Course Meters and Short Course Meters, 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 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:

Individual Events Entered	Number of Bonus Events Allowed
1	2
2	2
3	1
4+	0

Exception: Athletes may not enter the 1000 Freestyle or 1650 Freestyle as a Bonus Event. While completing the online meet registration, please be certain to check the box indicating "bonus" for each event that is a bonus entry. Once an event is marked "bonus", it cannot be changed to a qualified event.

ENTRY FEES: \$10.00 per individual event; \$20.00 per relay team entry

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 by email will acknowledge posting of 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 October 1, 2009 (9:00am CST) and will be accepted through Friday, November 6, 2009 at 11:00pm (CST). Updates for improved seed times will be allowed on the OME system through 12:00pm (CST) on Monday, November 9, 2009.

TIMES ACHIEVED ON OR AFTER NOVEMBER 6, 2009 Entries for additional events with newly earned Qualifying Times from meets November 6- November 8, 2009 must be received by 12:00pm (CST) on Monday, November 9, 2009. Transmit via fax 612-624-7050 or email to fixx0014@umn.edu. A confirmation by email will acknowledge posting of entries. Entrants are responsible for following up if acknowledgement is not received. Improved seed times will not be accepted via fax or email. They must be completed on the OME system.

FOR MORE INFORMATION, CONTACT:

Stephanie Fix, Meet Director	(612) 625-5339	fixx0014@umn.edu
Jim Andersen, Twin Cities Swim Team Head Coach	(612) 964-8272	tcswin@umn.edu
John Witzel, Meet Referee	(952) 215-6013	johnwitz@mac.com
Cassy Shapley, MSI Registration Chair	(952) 988-4184 ext 4181	cshapley@mnswwim.org

RULES AND PROCEDURES

RULES: Current 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 entry 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.

WARM UP/COOL DOWN SPACE: If the meet warrants two pool racing, there will be limited warm up/cool down space. A minimum of two lanes will be available at all times for warm-up and cool down while competition is in progress, at the discretion of Meet Management. Information regarding times of lane restrictions will be distributed at registration and during the General Meeting.

POOL HOURS: The competition pool(s) will be open Thursday, November 12 from 12:00pm to 8:00pm. Friday, Saturday and Sunday doors open at 7:00am and will be open for general warm-up all day. The structured warm-up schedule is listed below. The pool will close one hour after the competition is completed each night.

	<u>WARM-UP</u>	<u>PRELIMS</u>	<u>WARM-UP</u>	<u>FINALS</u>
Thursday	General Warm-up	12:00pm-8:00pm		
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
Sunday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm

Anyone interested in pool time on Wednesday, November 11, 2009 should contact Stephanie Fix directly at 612-625-5339 or fixx0014@umn.edu.

CONDUCT OF THE MEET: This is a Prelims/Finals meet with the top 24 swimmers advancing to Finals. Each event during Finals will consist of Bonus, Consolation, and Championship Final heats, except for the 1000 Freestyle, 1650 Freestyle, and all relays, which will be conducted as timed final events. Flyover starts will be used during prelims.

FRIDAY: The 1000 Freestyle will be deck seeded with a positive check-in deadline 15 minutes after the conclusion of the General Meeting on Thursday night. 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 800 Freestyle Relays) fastest to slowest alternating heats of women/men. 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 fastest to slowest alternating heats of women/men.

SATURDAY: The 500 Freestyle will be a prelims/finals event with a Bonus, Consolation, and Championship heats swum during the Finals session. All 500 freestyle preliminary heats will be swum at the end of prelims (following the 400 Medley Relays) fastest to slowest alternating heats of women/men. The 400 Medley Relays will be timed final events with the fastest two heats of women and men seeded into Finals.

SUNDAY: The 1650 Freestyle will be deck seeded with a positive check-in by 6:30pm Saturday. The fastest seeded heat of women and men will be swum in Finals; all other heats will be swum after prelims (following the 400 Freestyle Relays) fastest to slowest alternating heats of women/men. The 400 Freestyle Relays will be timed final events with the two fastest heats of women and men seeded into Finals.

SCRATCHES: The following are the scratch deadlines for each day's events:

Deadline for Friday's events: 15 minutes after Coaches Meeting

Deadline for Saturday's events: Friday 6:30pm

Deadline for Sunday's events: Saturday 6:30pm

The meet will be administered according to the National Championship scratch procedures (2009 Rulebook, Section 207.126). 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.

POSITIVE CHECK-IN: Positive check-in is required for the 1000 and 1650 Freestyle. Those who fail to either positive check-in or scratch will be downseeded to the slowest heat. Positive check-in deadlines are the same as the scratch deadlines.

TIME TRIALS: Time permitting, time trials will be offered 15 minutes after the completion of the preliminary sessions. The entry fee is \$10.00 per individual event and \$20.00 for relays. Time trials sign up will be from 9am-11am each day. Only athletes entered in the meet are eligible to compete in time trials. Athletes must provide their own lane timer and lap counter for all time trial events.

<u>TIME TRIAL SCHEDULE</u> (Time Permitting)	<u>Order of Events</u>
Friday Following 1000 Freestyle	Friday events/Saturday events/Sunday events *1000 Freestyle time trials Friday afternoon only (time permitting)
Saturday Following 500 Freestyle	Saturday events/Sunday events/Friday events
Sunday Following 1650 Freestyle	Sunday events/Friday events/Saturday events *1650 Freestyle time trials Sunday afternoon only (time permitting)

AWARDS:

Individual: Top 3 Awarded

Relays: Top 3 Awarded

High point: Top Male and Top Female Awarded

SCORING: All events will be scored to 16 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

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.

RELAY JUDGING EQUIPMENT: Automatic relay judging platforms will be used for all relays as verification.

OFFICIALS CERTIFICATION: This meet will be submitted for designation as an "Officials Qualifying Meet" for certification and re-certification evaluations for N2- & N3-level positions. Completed Requests for Evaluation applications, found on the USA Swimming web site, may be e-mailed 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.

APPLICATIONS TO OFFICIATE: Completed Applications to Officiate, found on the USA Swimming website and Central Zone website, may be emailed or mailed to the Meet Referee. Applications for Consideration for Assigned Positions must be submitted by October 10, 2009.

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ORDER OF EVENTS

WOMEN				FRIDAY, NOV 14	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
1	9:15.62	9:30.59	10:34.99	1000 Freestyle	10:10.89	9:01.89	8:54.53	2
3	1:18.69	1:19.99	1:10.89	100 Breaststroke	1:04.09	1:12.49	1:11.19	4
5	2:09.19	2:11.39	1:56.39	200 Freestyle	1:46.99	2:01.49	1:58.79	6
7	1:06.59	1:07.49	59.99	100 Butterfly	53.59	1:01.19	59.48	8
9	2:26.06	2:29.49	2:11.59	200 Individual Medley	1:59.69	2:18.09	2:12.86	10
10 MINUTE BREAK								
11	9:01.99	9:14.09	8:07.99	800 Freestyle Relay	7:28.29	8:29.79	8:17.89	12

WOMEN				SATURDAY, NOV. 15	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
13	5:13.90	5:17.79	4:42.79	400 Individual Medley	4:20.99	4:55.09	4:49.70	14
15	27.52	28.19	24.79	50 Freestyle	22.09	25.59	24.52	16
17	2:47.60	2:51.49	2:30.99	200 Breaststroke	2:18.99	2:36.89	2:34.28	18
19	1:08.59	1:10.59	1:01.79	100 Backstroke	56.29	1:04.69	1:02.48	20
21	4:28.97	4:36.89	5:07.39	500 Freestyle	4:48.99	4:21.09	4:12.87	22
10 MINUTE BREAK								
23	4:32.69	4:44.99	4:05.69	400 Medley Relay	3:47.09	4:22.99	4:12.09	24

WOMEN				SUNDAY, NOVEMBER 16	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
25	17:49.97	17:53.19	18:15.39	1650 Freestyle				
26	2:27.62	2:32.09	2:12.99	200 Backstroke	2:03.99	2:18.99	2:17.63	27
28	59.71	1:00.49	53.79	100 Freestyle	49.59	55.49	55.04	29
30	2:26.51	2:28.29	2:11.99	200 Butterfly	2:01.89	2:18.59	2:15.30	31
				1650 Freestyle	17:06.19	17:15.09	17:03.11	32
10 MINUTE BREAK								
33	4:09.19	4:14.09	3:44.49	400 Freestyle Relay	3:23.69	3:51.99	3:46.09	34