



CENTRAL ZONE CHAMPIONSHIP MEET
SANCTIONS #ND09-25 POOL EVENTS ND09-24 OPEN WATER EVENTS
University of North Dakota Hyslop Pool
2751 2nd Avenue North, Grand Forks, ND 58202
August 7-10, 2009



Meet entries may be submitted by LSC only.
Separate entries from individuals or clubs will not be accepted.

- SANCTION:** Sanctioned by North Dakota Swimming, on behalf of USA Swimming.
Sanction Number ND09-25 for Pool Events
Sanction Number ND09-24 for Open Water Events
- RULES:** Current USA Swimming rules will govern the Meets.
Open Water – Group start in water by age group.
- PARTICIPATING TEAMS:** The Teams participating in this meet represent the following LSCs: **Iowa, Michigan, Minnesota, Missouri Valley, Midwestern, North Dakota, South Dakota, Wisconsin**
- SPONSORED BY:** USA Swimming and USA Swimming Central Zone Committee
- HOSTED BY:** Red River Valley YMCA (RRVY) Wahoos
- MEET DIRECTORS:** **Meet Director**
Amy Schmidt
2538 West Fallcreek Court
Grand Forks, ND 58201
701-739-6460
ajoschmidt@rra.midco.net
- Meet Director**
Connie Folkedahl
2319 Troon Circle NW
East Grand Forks, MN 56721
218-773-1488
cfolkedahl@msn.com
- OFFICIALS:** **Referee:** Robert Welsh, 9526 S. Kildare, Oak Lawn, IL 60453, 630-661-3255,
rwelch@sbsglobal.net
- Marshal:** Sandi Brelie, 5373 West Plum Drive, Grand Forks, ND 58203, 701-772-1429,
sandiebrelie@mail.und.nodak.edu
- MEET SITE:** **POOL EVENTS** –All pool events will be held at Hyslop Sports Center, 2751 2nd Avenue North on the campus of the University of North Dakota in Grand Forks. **OPEN WATER EVENTS** – The open water events will be held at Trinity Point, 15577 North Trinity Point Rd. SE, Mentor, MN 56736-9490 on Maple Lake, Minnesota. Directions are listed on the Open Water Event sheet.
- FACILITY:** Pool – Eight-lane (7.5' each) indoor 50-meter pool with Kiefer Competitive non-turbulent lane markers. Daktronics automatic timing equipment with a complete video scoreboard. Starting blocks are at both ends of the pool. The 50-meter events start at the shallow end (4 feet depth). All other events start at the deep end (13 feet depth). The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- A large gym is adjacent to the pool area and will be utilized for concessions, swimwear, zone apparel, designated team lounging area and much more. Ample spectator seating is available on an upper level. Parking is available adjacent to the pool on the surface lot, and the cost is \$5 per day or \$10 for the event. Parking passes will be available to purchase in advance from University of North Dakota Parking Services on Thursday, August 6, 2009 from 9 a.m. to 4 p.m. in the large gym and throughout the meet.
- OPEN WATER:** Open water events will be swum at Trinity Point in Maple Lake. The course will be a straight line, quarter of a mile. All swims will begin and end in the water. There will be a designated warm-up, warm-down area. Spectator area is along the beach. Limited concessions items will be available. There will also be a changing area available for swimmers. The following are the open water distances for each age group 15-18 – 2 miles; 13-14 – 1 _ miles; 11-12 – 1 mile; 10 and under – _ mile.
- MEET SCHEDULE:** **POOL EVENTS:** Hyslop Sports Center, University of North Dakota, Central Time Zone, August 7-9, 2009
Age Groups 13-14 and 15-18:
* Prelims for 13-14 and 15-18: Warm-up 7 a.m., Start 8:40 a.m.

CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
August 7-10, 2009

- * Finals Friday, Saturday, Sunday: Warm-up **4 p.m.**, Start **5 p.m.**
- * Warm-ups may be split for the preliminary sessions.
(If split, each warm-up session shall be a minimum of 40 minutes.)
- * Warm-up for finals will start as indicated or at conclusion of 12 and under session.
- * Finals will start one hour after the start of warm-up.

Age Groups 10-U and 11-12:

- * Timed finals for 10-U, 11-12: Warm-up at the conclusion of the a.m. session,
 - * Start one hour later.
 - * Warm-ups for 12 and under events may be split.
- Note: Start times for the 12 & under sessions will be posted on the RRVY Website <http://rrvywahooks.usswim.net/Zones> by 6:00 p.m. Wednesday and at the venue.

At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

OPEN WATER EVENTS: Trinity Point, Mentor, MN, Central Time Zone,

August 10, 2009

8 a.m.	Registration/Check-in
8:30 a.m.	Clinic for All Participants
9 a.m.	Warm-up
9:30 a.m.	Competition starts (<i>may be staggered for age groups</i>).

TEAM

REGISTRATION:

Registration will be held at the gym adjacent to the pool on **Thursday, August 6, 2009 from 1 p.m. to 6 p.m.** All teams should schedule their arrival to register during these hours. Note: This registration period is for team managers/coaches only; swimmers do not need to register individually with the meet host. LSCs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue.

SAFETY/WARM-UP PROCEDURES:

Pool events: The safety procedures of USA Swimming, including feet-first entries, will be followed. Coaches must be in control of their swimmers at all times during warm-up periods.

Open Water events: Different colored swim caps will be issued to athletes in each age group so that Meet Management can monitor swimmers' progress through the course. The course will be patrolled by qualified personnel.

CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
August 7-10, 2009

- LSC REPRESENTATIVE:** Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. It is recommended that these persons NOT be the LSC's Head Coach. These designated persons must be identified to the Meet Director either with the meet entries or at the General Meeting on Thursday prior to the start of the Meet.
- ATHLETE ATTITUDE:** CODE OF CONDUCT and MEDICAL RELEASE sample forms are included with this Meet Information. If the LSC does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s). Each LSC's representative must have these documents available to the host at all times. The Code of Conduct will be enforced.
- ELIGIBILITY:**
- A. Membership: All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent.
 - B. Swimmer's Age:
 - a. Age of swimmer for pool competition shall be as of the first day of the pool competition, August 7, 2009.
 - b. Age of swimmer for open water competition shall be as of the day of the Open Water competition, August 10, 2009.
 - C. Qualifying Time/Eligibility:
 - a. Pool:
 - * Swimmers must have achieved a National AAA time (LCM, SCM, SCY) between August 7, 2008 and August 3, 2009.
 - * Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is short course yards (SCY) or short course meters (SCM).
 - * Swimmers who achieve individual event cuts for the following meets prior to August 3, 2009 shall not be eligible to compete in that particular stroke and distance, including relay events.
 - 1) Short Course National Championships
 - 2) Summer National Championships
 - 3) Summer US Open
 - 4) Summer Junior National Championships
 - * Each LSC may enter two (2) 12 & under and two (2) 13-18 swimmers with a disability who are not required to have achieved the qualifying time standards for their age groups/events.
 - * If the LSC has no qualifiers in an event for the 10 & under or 11-12 age groups, the LSC may enter one (1) swimmer in that event. If an LSC has fewer than two (2) qualifiers in an event for the 13-14 or 15-18 age groups, the LSC may enter up to two (2) swimmers maximum in that event. The non-qualifying entries shall be entered at no time (NT). These entries must be submitted with the original entry.
 - b. Open Water:
 - * Qualification times shall be the National A time for the longest freestyle pool event for the age offered at the Zone Championship Meet, OR
 - * The Swimmer must qualify for and be entered in a pool event at the current Zone Championship Meet, whether in an individual event or relay event.
- Note: Qualifying standards for the 15-18 age group will be the National 15-16 or 17-18 times (AAA-pool: A-open water), whichever is the slower of the two standards.
- RELAY ENTRIES:** The LSC must coordinate relay entries. Determination of the swimmers composing the relays is at the discretion of the LSC. List relay-only swimmers on the appropriate form and submit with entries.
- ENTRY LIMITS:**
- A. 12 and under swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than five (5) may occur on any given day.

CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
August 7-10, 2009

- B. 13 and over swimmers may enter no more than five (5) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day.
- C. Each LSC may enter two (2) relays per relay event.
- D. No limit exists on the number of swimmers that an LSC may enter in an individual event.

ENTRY RESPONSIBILITY:

- A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
- B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.

ENTRY FEES:

- \$5.00 per individual pool event
- \$20.00 per open water event
- \$10.00 per relay
- Make check payable to: **RRVY Wahoos**

ENTRY CHAIRMAN:

- Send entries to: **Paul Renick**
2302 South 20th Street
Grand Forks, ND 58201
701-795-1671 (Home); 701-740-6304 (Cellular)
701-772-5560 (Fax)
prenick2@q.com

ENTRY DEADLINE:

- A. Pool and Open Water entries shall be submitted to the host entry chairperson electronically using SDIF compatible file by **6 p.m. Monday, August 3, 2009**. The hard copy (fax or electronic) of the pool and open water entries and other meet information including Swimmers with a Disability Entry Form and Meet Staff must be received by **6 p.m. Tuesday, August 4, 2009**. It is the responsibility of each LSC to verify all entry times and receipt and readability of any entries sent by email or fax with a follow-up phone call or email to the host entry chair.
- B. Each LSC shall receive a preliminary report of its team entries via e-mail by **Noon Tuesday, August 4, 2009**. Any corrections to the original entries must be submitted to the entry chair via email or fax by **Noon on Wednesday, August 5, 2009**. Entry fees are due before the start of the General Meeting. No new swimmers may be added to LSC entries after the **Monday, August 3, 2009 6 p.m.** entry deadline. No corrections or updates will be accepted after **Noon on Wednesday, August 5, 2009**.
- C. There will be no deck or on-site entries at this meet.

ENTRY PROCEDURES:

- A. The LSC must submit its Pool and Open Water entries as one team, using the LSC as the club designation. All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted. LSC entry chair shall verify times before submitting entries to host.
- B. Each LSC must identify, on the official entry form, the name of the LSC and the name, address and telephone number, and email of the person in charge of entries for that LSC.
- C. Each swimmer entry must include first and last name; age as of the first day of the Meet; and complete USA Swimming registration number. For relay only swimmers, the Relay-Only Swimmer Entry Form (Appendix N) must be included with the entry.
- D. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding.

CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
August 7-10, 2009

E. Team Entries will be posted on the RRVY Website
<http://rrvywahoos.usswim.net/Zones> by Noon Tuesday, August 4, 2009.

ELIGIBILITY PROTESTS: Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted to the Eligibility Jury.
A. All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form prescribed by the Zone and accompanied by a \$50 fee, which shall be returned if the protest is upheld. The \$50 fee shall not be required for protests submitted by the Meet Referee or the host LSC Entry Chairperson(s).
B. Protests shall be heard by the jury, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.
C. Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.
D. The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.

SEEDING/CONDUCT: A. **Conduct:** Pool Events:
* 13-14 and 15-18 – Preliminary/Finals format except 800 and 1500 Free and relays which will be timed finals. The consolation heat shall precede the championship heat.
* 10 & Under and 11-12 – Timed Finals.
* Fly-over starts will be used for the prelim sessions and the 12 & U sessions.
B. **Seeding Order:**
First – Conforming times (LCM)
Second – Non-conforming times (SCM then SCY)
Third – Non-qualifying times (NT)
C. **Distance Freestyle:**
* 800 and 1500 Free shall be timed finals with the fastest seeded heat of women and fastest seeded heat of men swimming in finals.
* All other 800 and 1500 heats shall be swum in the preliminary session, swimming fastest to slowest, alternating women and men.
* Swimmers 13-18 shall be combined for swimming and scored separately as 13-14 and 15-18 for the 800 and 1500 Free events.
D. **Relays:**
* 13-14 and 15-18 relays will be timed finals, swum during the finals on Friday and Saturday and in the preliminary session on Sunday.
* 10 and Under and 11-12 relays will be timed finals, swum during the afternoon sessions.

SCRATCHES/CHECK-IN: A. All individual events will conform to USA Swimming National Scratch Procedure Guidelines (207.12.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or a swimmer may declare a false start.
B. **Scratch Deadline:** A scratch box will be available at registration, the General Meeting, and throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.
a. Scratch deadline for **Friday's events** shall be 15 minutes after the conclusion of the General Meeting.
b. Scratch deadline for **Saturday's events** is **5:30 PM Friday evening**.
c. Scratch deadline for **Sunday's events** is **5:30 PM Saturday evening**.
C. Entrants in the 800 and 1500 free must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded.
D. Relay cards designating the swimmers' names shall be submitted to meet management on the day of the relay. Names and order of swimmers may be

CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
August 7-10, 2009

changed up to the time of the swim. Only coaches may make changes to 11-12 and 10 & Under relays.

E. Scratching from Finals.

- a. USA Swimming National Scratch Procedure Guidelines (207.12.6 D) will be followed.
- b. LSCs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim.
- c. All funds shall remain with the meet host.
- d. Failure on the part of the LSC to pay imposed penalties shall result in barring from future zone championships.

SCORING:

- A. Individual Pool, and Open Water events:
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- B. Relay events:
40, 34, 32, 30, 28, 26, 24, 22
- C. Open Water events will be scored separately from the Pool events.

**SWIMMER
INTRODUCTIONS:**

- A. Consolation Finals swimmers' names shall be announced while the swimmers are competing in water.
- B. Championship Finals swimmers' names shall be announced prior to the start of the race while swimmers are behind the blocks.
- C. 12 & U Finals swimmers' names will be announced while swimmers are competing in the water for all but the fastest heat. Swimmers' names for the fastest heat will be announced prior to the start of the race while swimmers are behind the blocks.

**CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
August 7-10, 2009**

- AWARDS:** A. Individual Pool and Open Water events:
1-8 place: medals with neck ribbons
9-16 place: ribbons
B. Relay events: 1-3 place: medals with neck ribbons
4-8 place: ribbons
C. High Point Award: 1-3 for boys and girls in each age group for pool events only.
D. Team Awards:
Pool events: 1-3 combined points.
Open Water events: 1st place combined points.
F. Awards ceremony:
Note:
* 12 and Under: Will be awarded at the end of each stroke series or at the end of the session, but shall not interfere with the continuous running of the timed finals events.
* 13 – 18: Shall be presented at the end of each stroke series (13-14, 15-18);
There will be a parade of athletes to the awards area.
* The awards ceremony for the open water events shall be conducted immediately after the conclusion of the final open water event in the pavilion on-site.
- OPEN WATER AWARDS:**
- DECK PASSES:** Deck Passes for LSC coaches and team managers will be issued to the representative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) passes.
- GENERAL ADMISSION TICKETS:** Each LSC will receive six (6) complimentary admission tickets and programs per session. These are not deck passes or hospitality passes – strictly an admission pass.

Cost for **General Admission is \$6.00 per day and includes all three sessions.** Admission tickets and meet programs will be available to purchase in advance on Thursday, August 6, 2009 from 9 a.m. to 5 p.m. Parking is also available adjacent to the pool, and the cost is \$5 per day or \$10 for the event.
- MEET PROGRAM/FINAL RESULTS:** \$10.00 meet program (includes psych sheet)
\$4.00 daily heat sheets.
\$1.00 Finals Heat Sheets each Session.
\$10.00 Final Results, paper copy or disk.
- GENERAL MEETING:** A pre-meet General Meeting is scheduled for **Thursday at 5:45 p.m., at Alerus Center, 1200 42nd Street South, Grand Forks, ND** for all coaches and LSC representatives.
* Meet procedures and meet information will be discussed.
* Members of the Meet Committee will be identified.
* No deviation from the published Meet Information may occur without unanimous agreement by all designated LSC representatives.
* Warm-up lanes and times will be assigned at this meeting.
- OFFICIALS' MEETING:** National certification for officials will be available for this Meet. An officials' meeting will convene one hour prior to the start of each session. Clothing attire for officials is white shirt and blue pants or shorts.
- VOLUNTEERS:** Timers and officials from visiting LSCs are encouraged and welcome. Please indicate the names of interested persons when entries are submitted or identify volunteers at the meet.
- REFRESHMENTS:** RRVY Wahoos will have concessions available during all sessions of meet with limited concessions available for the open water event.

THURSDAY WARM-UP:

TEAM	PICTURES	START OF WARM-UPS	END OF WARM-UPS
NORTH DAKOTA	10:00	10:30	11:30
SOUTH DAKOTA	11:00	11:30	12:30

CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
 August 7-10, 2009

MINNESOTA	12:00	12:30	1:30
WISCONSIN	1:00	1:30	2:30
IOWA	2:00	2:30	3:30
MIDWESTERN	3:00	3:30	4:30
MISSOURI VALLEY	4:00	4:30	5:30
MICHIGAN	5:00	5:30	6:30

Teams may be contacted for possible change in warm-up times if there are conflicts with team arrivals.

TEAM PICTURES:

Team pictures, awards ceremony photos and individually requested photos will be available for purchase. The pictures will be produced at the meet to take home. Team pictures will be taken at the time listed above at the Hyslop Sports Center, please be on time. The team 8x10 picture may be purchased at the zone meet for \$15 for a 5x7 and \$20 for an 8x10. If a team pre-orders its team photos, a discount will be offered in the following graduated manner: 10% for 10-14 photos, 15% for 15-19, 20% for 20-24 and 25% for 25 and above. Please complete the order form with the meet information and send payment for all pre-orders to On the Spot Digital Imaging.

TEAM SEATING:

Designated team seating will be available on the pool deck and will be rotated each day.

HOTEL INFORMATION

Information about accommodations in Grand Forks, ND has been sent to each LSC and may be obtained from RRVY's website at <http://rrvywahoos.usswim.net/ZONES/hotels.htm>

OTHER INFORMATION:

Meet information along with live results will be posted on the club's website - <http://rrvywahoos.usswim.net/Zones>

RRVY Wahoos will be hosting a spaghetti feed on **Thursday, August 6, 2009 from 5:00 – 8:00 PM** at the Alerus Center, 1200 42nd Street South, Grand Forks, ND for zone participants, coaches, families and spectators. The cost for the meal and beverage will be \$10.00/person.

To enhance prior planning, payment and number of attendees should be sent with the meet registration. Tickets for this event will be given to LSC coaches or designee at the time of team registration. Tickets may also be purchased at the door.

The facility we are in does not allow reserved seating, and the facility does not have a warm-down pool.

Zone apparel along with a swim shop store will be available throughout the Central Zone Meet. Pre-orders for zone apparel may be made at Pure Blue Swim Shop's website www.pureblueswim.com. On the website go to the Team/Group Link then click on Central Zone Champ Apparel. Pre-orders will be available for pick-up on Thursday, August 6, 2009.

CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
 August 7-10, 2009

SCHEDULE OF EVENTS
Friday, August 7, 2009

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
31	15-18 400 Individual Medley	32
33	13-14 400 Individual Medley	34
19	15-18 100 Breaststroke	20
21	13-14 100 Breaststroke	22
23	15-18 200 Freestyle	24
25	13-14 200 Freestyle	26
27	15-18 100 Butterfly	28
29	13-14 100 Butterfly	30
17	combined 13-18 800 Freestyle timed finals	18
AFTERNOON TIMED FINALS		
1	11-12 50 Breaststroke	2
3	10-U 50 Breaststroke	4
5	11-12 100 Freestyle	6
7	10-U 100 Freestyle	8
9	11-12 50 Butterfly	10
11	10-U 50 Butterfly	12
13	11-12 400 Freestyle	14
15	11-12 400 Medley Relay	16
CONSOLATION & CHAMPIONSHIP FINALS		
17	combined 13-18 800 Freestyle fastest heat	18
19	15-18 100 Breaststroke	20
21	13-14 100 Breaststroke	22
23	15-18 200 Freestyle	24
25	13-14 200 Freestyle	26
27	15-18 100 Butterfly	28
29	13-14 100 Butterfly	30
31	15-18 400 Individual Medley	32
33	13-14 400 Individual Medley	34
35	15-18 400 Free Relay	36
37	13-14 400 Free Relay	38

**CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
August 7-10, 2009**

SATURDAY, AUGUST 8, 2009

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
59	13-14 200 Individual Medley	60
61	15-18 200 Individual Medley	62
63	13-14 50 Freestyle	64
65	15-18 50 Freestyle	66
67	13-14 200 Breaststroke	68
69	15-18 200 Breaststroke	70
71	13-14 100 Backstroke	72
73	15-18 100 Backstroke	74
75	13-14 400 Freestyle	76
77	15-18 400 Freestyle	78
AFTERNOON TIMED FINALS		
39	11-12 200 Individual Medley	40
41	10-U 200 Individual Medley	42
43	11-12 100 Backstroke	44
45	10-U 100 Backstroke	46
47	11-12 50 Freestyle	48
49	10-U 50 Freestyle	50
51	11-12 100 Breaststroke	52
53	10-U 100 Breaststroke	54
55	11-12 200 Free Relay	56
57	10-U 200 Free Relay	58
CONSOLATION & CHAMPIONSHIP FINALS		
59	13-14 200 Individual Medley	60
61	15-18 200 Individual Medley	62
63	13-14 50 Freestyle	64
65	15-18 50 Freestyle	66
67	13-14 200 Breaststroke	68
69	15-18 200 Breaststroke	70
71	13-14 100 Backstroke	72
73	15-18 100 Backstroke	74
75	13-14 400 Freestyle	76
77	15-18 400 Freestyle	78
79	13-14 400 Medley Relay	80
81	15-18 400 Medley Relay	82

CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
 August 7-10, 2009

SUNDAY, AUGUST 9, 2009

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
83	13-14 200 Medley Relay	84
85	15-18 200 Medley Relay	86
111	13-14 200 Backstroke	112
113	15-18 200 Backstroke	114
115	13-14 100 Freestyle	116
117	15-18 100 Freestyle	118
119	13-14 200 Butterfly	120
121	15-18 200 Butterfly	122
87	13-14 200 Free Relay	88
89	15-18 200 Free Relay	90
109	combined 13-18 1500 Freestyle timed finals	110
AFTERNOON TIMED FINALS		
91	11-12 200 Medley Relay	92
93	10-U 200 Medley Relay	94
95	11-12 200 Freestyle	96
97	10-U 200 Freestyle	98
99	11-12 50 Backstroke	100
101	10-U 50 Backstroke	102
103	11-12 100 Butterfly	104
105	10-U 100 Butterfly	106
107	11-12 400 Free Relay	108
CONSOLATION & CHAMPIONSHIP FINALS		
109	combined 13-18 1500 Freestyle fastest heat	110
111	13-14 200 Backstroke	112
113	15-18 200 Backstroke	114
115	13-14 100 Freestyle	116
117	15-18 100 Freestyle	118
119	13-14 200 Butterfly	120
121	15-18 200 Butterfly	122

CENTRAL ZONE CHAMPIONSHIP MEET
GRAND FORKS, ND
 August 7-10, 2009

OPEN WATER EVENTS		
Monday, August 10, 2009	Minnesota	Trinity Point - Mentor,
OW 1	10-U 1/2 Mile	OW 2
OW 3	11-12 1 Mile	OW 4
OW 5	13-14 1 1/2 Mile	OW 6
OW 7	15-18 2 Miles	OW 8

Please Note: The referee has the discretion to use staggered start times depending on number of entries per age group. A changing area is available for the athletes.

Directions to Trinity Point, 15577 North Trinity Point Rd. SE, Mentor, MN 56736-9490 on Maple Lake, Minnesota.

- Take Highway 2 (Gateway Drive) east of Grand Forks through Crookston, MN to Mentor, MN
- Turn right on County Road 10 on the east side of Mentor.
- Follow 10 past Lakeview Resort and the public beach/boat access on the east shore.
- Take the next right after the public access (tar road, there will be a sign to Trinity Point).
- Follow tar road (approximately 1/2 to 1 mile) and turn left into Trinity Point.
- Allow an average of 1 hour and 15 minutes to site from Hyslop Pool.

