

2007 USA SWIMMING SPEEDO CHAMPIONS SERIES

University of Minnesota Aquatic Center & Twin Cities Swim Team
July 18-21, 2007 (note: Wednesday – Saturday)

SANCTIONED BY: Minnesota Swimming, Inc. **SANCTION NO:** MN07-04-20M **TIME TRIALS:** MN07-04-120M

MEET HOST: Twin Cities Swim Team

INFORMATION & RESULTS: www.tc.umn.edu/~tcswim

DATES OF MEET: Wednesday, July 18 through Saturday, July 21, 2007

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

REGISTRATION: Tuesday, July 17, 1:00pm-6:30pm; Wednesday, July 18, 7:00am-9:00am

GENERAL MEETING: Tuesday, July 17, 7:00pm, Aquatic Center Lobby

MEET REFEREE:

OFFICIALS MEETINGS:

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

FACILITY: Competition pool is an 8-lane, 50-meter indoor pool ranging from 7 feet to 7 feet 10 inches deep. Lanes are 9 feet wide. Slanted starting blocks are 28 inches above water surface. Relay take-off pads may be used. Separate six-lane 25-yard warm-up facility provided.

DECK ACCESS: Coaches, Athletes, and Spectators will enter the building through the Natatorium Event Entrance/Aquatic Center Lobby doors. Coaches and Athletes 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.

ADMISSION: \$6.00 per session (children 10 & under admitted free) or \$10.00 daily pass. Admission includes a heat sheet. Additional heat sheets will be sold for \$2.00 each. Psych sheets will be sold for \$6.00 each. Special 4-day psych sheet, heat sheet, and admission \$35.00.

ENTRY INTO THE MEET

ELIGIBILITY: All swimmers MUST BE current 2007 registered athlete members of USA Swimming. All coaches who want to be on deck, MUST BE non-athlete coach members for 2007 and have current certifications to be a USA swimming coach. The meet is open to those USA Swimming athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin, or to those registered outside the Central Zone who have achieved a 2007 Speedo Junior National Championships Bonus time standard (see pg. 4 – Speedo Junior Time Standards for details). There will be no on deck registration.

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 entries 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, 2004 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. A swimmer may compete in a maximum of five individual events during the course of the meet (time trial events will not count against the five-event limit for the meet, but will count against the daily three-event limit). Each team is allowed two relays in each relay event.

ENTRY FEES: \$8.50 per individual event; \$20.00 per relay event.

ENTRY PROCEDURE: All entries must be done using USA Swimming OME (online meet entry). Entries can be done at www.usaswimming.org/ome. **Paper or Hy-Tek entries will not be accepted.** Please contact Susan Woessner at USA Swimming with any questions on the OME system. (719)866-3589/(719)332-0184. Payment for OME is requested by using Visa, MasterCard, American Express or Discover. Contact Sarah Stallkamp if you are unable to pay by credit card. OME will allow you to modify entry times through July 9. Once you have paid for your entry, you can add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. After you have completed your entries, you will be sent a confirmation email. Please bring a copy of all communications with you to the meet.

ENTRY DEADLINE: Entries may be submitted online beginning June 15, 2007 (9:00am CDT) through the USA Swimming website using OME www.usaswimming.org/ome. Online entries will be accepted until Monday, July 16, 2007 at 12:00pm (CDT).

FOR MORE INFORMATION, CONTACT:

Sarah Stallkamp, Meet Director	(612) 625-5339	stal0053@umn.edu
Jim Andersen, Twin Cities Swim Team Head Coach	(612) 625-1026 #2	tcswim@umn.edu
Cassy Shapley, MSI Registration Chair	(952) 988-4184 ext 1	cshapley@mnswwim.org

Safety Officer:	Jim Andersen	Referee:	Nationally Certified USA Swimming officials assigned
Meet Marshall:	Katie Andersen	Starter:	Nationally Certified USA Swimming officials assigned

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 Minnesota Competitive Swimming Information, Rules and Regulations and United States Swimming Rules and Regulations - current edition.

WARM UP: Current MSI and USA Swimming Rules will govern all aspects of the warm-up and competition. Swimmers and coaches are expected to be acquainted with all rules and regulations. **Failure to follow will result in disqualification from next individual event or expulsion from the meet. No diving and slip-in entry only except in designated lanes and times.** Swimmer(s) without a coach present are to report to the meet referee prior to warm-up for lane assignment.

POOL HOURS: Tuesday, July 17 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. The 800 Free and 1500 Free will require a positive check-in. Information on check in deadlines will be distributed in the coaches' packet. Information on the location of the scratch box and the scratch deadlines will be distributed in the coaches' packet. We will abide by the National rulebook scratch procedure. A copy of the scratch procedure will be put in the coaches' packet (section 207.10).

OFFICIALS CERTIFICATION

This meet will be designated as a "Qualifying Meet," and a "National Evaluator" will be in attendance for certification and re-certification evaluations. Those desiring initial certification or re-certification above the LSC level should download the new application for this purpose from the "Officials" section under the "Volunteers" tab on the USA Swimming web site. There will be opportunities at the meet to be evaluated for N2- & N3-level positions. However, there may not be enough resources to accommodate all such requests. All applications for evaluations should be e-mailed to the meet referee.

WEDNESDAY: The 800 Freestyle will be deck seeded with a positive check-in deadline 15 minutes after the coaches 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 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 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

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 scratched from the event.

FINES/PROOF OF TIME: A \$25.00 fine will be assessed for each individual or relay event in which the qualifying time standard was not met unless the time standard can be proved with a USA Swimming sanctioned or approved meet result summary. **Only custom entry times need to be proved.** Proof of times can be submitted in SCY, LCM, or SCM. No results will be given to a team with outstanding fines or proofs of time. **Computer access will not be provided for proof of times. Please bring hard copies with you to the meet.**

TIME TRIALS: Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$8.00 per individual event. Relay time trials are \$20.00. Athletes must provide their own lane timer and lap counter for all time trial events.

TIME TRIAL SCHEDULE (Time Permitting)

Wednesday afternoon following 800 Freestyle

Thursday afternoon following 400 Freestyle Relay

Friday afternoon following 800 Freestyle Relay

Saturday afternoon following 1500 Freestyle

Saturday evening following Finals

Order of Events

Wednesday events/Thursday events/Friday events/Saturday events

*800 Freestyle time trials Wednesday afternoon only (time permitting)

Thursday events/Friday events/Saturday events/Wednesday events

Friday events/Saturday events/Wednesday events/Thursday events

Saturday events/Wednesday events/Thursday events/Friday events

*1500 Freestyle time trials Saturday afternoon only (time permitting)

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 to decide protests arising from administrative matters. Official judgment decisions cannot be protested.

2007 SPEEDO CHAMPIONS SERIES LONG COURSE SWIMMING CHAMPIONSHIPS ORDER OF EVENTS

WOMEN				WEDNESDAY, JULY 18	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
1	59.49	1:00.89	:53.59	100 Freestyle	:49.19	: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*	9:36.29	9:47.39	10:58.59	800 Freestyle	10:14.09	9:12.09	8:57.29	*8+
Awards for 200 Butterfly and 800 Freestyle								

WOMEN				THURSDAY, JULY 19	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
9	2:09.99	2:12.69	1:57.09	200 Freestyle	1:47.29	2:02.09	1:59.09	10
11	5:15.09	5:23.99	4:43.89	400 Individual Medley	4:22.99	5:00.99	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 20	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	4:34.89	4:40.59	5:14.19	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	:54.49	1:01.39	1:00.49	24
10 MINUTE BREAK								
+25*	9:04.99	9:17.09	8:10.99	800 Freestyle Relay	7:31.29	8:32.79	8:20.89	*26+
Awards for 100 Breaststroke, 100 Butterfly, and 800 Freestyle Relay								

				SATURDAY, JULY 21				
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*	18:28.59	18:50.69	18:21.99	1500 Freestyle				
30	:27.49	:27.99	:24.79	50 Freestyle	:22.59	: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

2007 Speedo Junior National Championships Bonus Event Time Standards

WOMEN			EVENT	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.59	27.39	27.79	50 FREESTYLE	21.69	23.99	24.79
52.89	58.29	1:00.19	100 FREESTYLE	47.09	52.09	53.99
1:54.19	2:05.89	2:09.09	200 FREESTYLE	1:43.09	1:54.19	1:58.09
5:03.29	4:21.89	4:30.69	400/500 FREESTYLE	4:39.59	4:02.09	4:09.79
10:21.29	9:00.99	9:15.99	800 FREESTYLE	9:39.29	8:26.89	8:40.79
17:24.29	17:13.09	17:46.69	1500 FREESTYLE	16:13.69	15:56.19	16:41.69
59.09	1:04.89	1:07.89	100 BACKSTROKE	53.09	59.09	1:01.39
2:06.99	2:20.79	2:25.99	200 BACKSTROKE	1:54.79	2:07.49	2:12.39
1:06.89	1:14.69	1:16.79	100 BREASTSTROKE	59.49	1:06.09	1:10.09
2:24.29	2:41.39	2:44.99	200 BREASTSTROKE	2:09.79	2:25.59	2:29.79
58.49	1:04.29	1:05.79	100 BUTTERFLY	51.89	56.89	58.89
2:07.39	2:19.99	2:24.19	200 BUTTERFLY	1:54.89	2:05.79	2:10.59
2:09.49	2:22.89	2:27.59	200 IM	1:56.29	2:08.49	2:13.59
4:33.09	5:01.19	5:09.69	400 IM	4:08.09	4:34.69	4:43.89
3:33.49	3:58.89	4:01.49	400 FREE RELAY	3:09.39	3:30.49	3:37.69
7:43.39	8:37.99	8:45.29	800 FREE RELAY	7:00.49	7:47.49	7:59.89
3:58.19	4:25.49	4:30.49	400 MEDLEY RELAY	3:31.09	3:55.79	4:01.19

QUALIFYING PERIOD: NOVEMBER 1, 2004 THROUGH ENTRY DEADLINE

Swimmers registered outside of Illinois, Minnesota, Wisconsin, Iowa, North Dakota, and South Dakota and the Central Zone should follow the 2007 Speedo Junior National Championships Bonus Event Time Standards.

FINES/PROOF OF TIME: Failure to meet the qualifying time standard by an individual swimmer or relay for any event swum during the meet will require proof of time. A \$25.00 fine will be assessed for each event in which the qualifying time standard was not met and cannot be proved with a USA Swimming sanctioned or approved meet result summary. The fine must be paid or proof of time given before the swimmer's next event or the swimmer will not be allowed to swim in his or her next event. Proof of times can be submitted in SCY, LCM, or SCM. No results will be given to a team with outstanding fines or proofs of time.