

2008 University of Minnesota Swimming Grand Prix

presented by

University of Minnesota Aquatic Center & Twin Cities Swim Team

November 14-16, 2008

SANCTIONED BY: Minnesota Swimming, Inc. **SANCTION #:**MN09-09-33Y **TIME TRIALS #:**MN09-09-145Y

MEET HOST: Twin Cities Swim Team

DATE OF MEET: Friday, November 14 – Sunday, November 16, 2008

START TIMES: PRELIMS 9:00am Fri, Sat, Sun FINALS 6:00pm Fri, Sat, 5:00pm Sun

THIS MEET IS A SHORT COURSE YARDS MEET

REGISTRATION: Thursday, November 13 12:00pm-5:00pm; Friday, November 14, 7:00-9:00am

GENERAL MEETING: Thursday, November 13 @ 5:00pm Aquatic Center Lobby

OFFICIALS MEETINGS: Friday, November 14 @ 7:30am

Saturday, November 15 @ 8:00am

Sunday, November 16 @ 8:00am

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

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

FACILITY: Consists of two 8-lane, 25-yard indoor pools ranging from 7 feet to 7 feet 10 inches deep. Lanes are 9 feet wide. Slanted starting blocks are 28 inches above water surface. Prelim heats may be conducted in two pools depending on the number of entries. 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: \$7.00 per session, includes a heat sheet. Additional heat sheets will be sold for \$2.00 each. Psych sheets will be sold for \$6.00 each. Special 3-day psych sheet, heat sheet, and admission \$30.00.

ENTRY INTO THE MEET

ELIGIBILITY: All swimmers **MUST BE** current 2008 or 2009 registered athlete members of USA Swimming or FINA. All coaches that want to be on deck **MUST BE** non-athlete coach members for 2008 or 2009 and have current certifications to be a USA swimming or FINA registered coach. The entering club or individual must verify that all swimmers and coaches on their entry sheets satisfy the above requirements. Seasonally registered athletes are not allowed.

QUALIFYING: Qualifying time standards are listed at the end of the meet information. Times received in Short Course Yards, Long Course Meters and Short Course Meters will be accepted. All entries will be seeded first by Short Course Yards, then Long Course Meters, then Short Course Meters. In order to enter a relay, at least one of the relay members must be qualified for the meet in an individual event. The qualifying period is September 1, 2006 through the entry deadline.

BONUS EVENTS: “Make one, swim three.” For each qualified event, an athlete may swim up to two additional events that do not meet the time standard. Exception: Athletes may not enter the 1000 Freestyle or 1650 Freestyle as a Bonus Event.

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. **The host club reserves the right to 2 pool race depending on the number of entries.**

ENTRY FEES: \$10.00 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. 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. 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 October 1, 2008 (9:00am CDT) through the USA Swimming website using OME www.usaswimming.org/ome. Online entries will be accepted until Friday, November 7, 2008 at 6:00pm (CST).

TIMES ACHIEVED AFTER NOVEMBER 7, 2008 Entries from meets occurring from November 7-November 10, 2008, must be received by 1:00pm (CST) on Monday, November 10, 2008 and must be faxed to 612-624-7050 or emailed to fixx0014@umn.edu.

FOR MORE INFORMATION, CONTACT:

Stephanie Fix, Meet Director
Jim Andersen, Twin Cities Swim Team Head Coach
Cassy Shapley, MSI Registration Chair
TBD, Meet Marshall

(612) 625-5339
(612) 625-1026 #2
(952) 988-4184 ext 4181

fixx0014@umn.edu
tcswwim@umn.edu
cshapley@mnswwim.org
tcswwim@umn.edu

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.

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. There will be other programs running concurrently with this event, and during those times only two lanes will be available in the diving well. Information regarding times of lane restrictions will be in the coaches' packets if necessary. Please plan your warm-up accordingly as it will be crowded.

POOL HOURS: Thursday, November 8 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 |

CONDUCT OF THE MEET: This meet is a prelims/finals meet with the top 24 swimmers advancing to finals. Each event during finals will consist of a Bonus, Consolation, and Championship final heat except for 1000 Freestyle and 1650 Freestyles and all relays. These events will be conducted as timed final events. The 1000 Free and the 1650 Free will require a positive check-in. Info on check in deadlines will be distributed in the coaches' packet. Info on the location of the scratch box and the scratch deadlines will be distributed in the coaches' packet. We will abide by the National rule book scratch procedure. A copy of the scratch procedure will be put in the coaches' packet. (section 207.10)

FRIDAY: The 1000 Freestyle will be deck seeded with a positive check-in deadline 15 minutes after the coaches meeting on Thursday night. The fastest heat of women and men will be seeded into the 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 heat swum during the finals session. All prelims 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

There will be no clerk of course. The events will be seeded by the computer. Swimmers should report to their blocks at the time of the event.

POSITIVE CHECK-IN: Positive check-in is required for the 1000 and 1650 Freestyle. If your athlete does not intend to swim, the swimmer must be scratched from the event. Those who fail to either positive check-in or scratch from an event will remain in the event and will be downseeded to the slowest heat.

TIME TRIALS: Time permitting, time trials will be offered 15 minutes after the completion of the preliminary session. The entry fee is \$10.00 per individual event. Relay time trials are \$20.00. Only athletes entered in the meet are eligible to compete in time trials.

| <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 400 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 award presented to the top female and top male athlete.

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

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.

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

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.

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Order of Events and Procedures

| 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 | Deck Entered | | | 800 Freestyle Relay | Deck Entered | | | 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 | Deck Entered | | | 400 Medley Relay | Deck Entered | | | 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 | Deck Entered | | | 400 Freestyle Relay | Deck Entered | | | 34 |

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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. Relay entries and payment due by 6:30pm Saturday.

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