

2005 USA SWIMMING SPEEDO CHAMPIONS SERIES

University of Minnesota Aquatic Center & Twin Cities Swim Team
March 10-13, 2005

SANCTIONED BY: Minnesota Swimming, Inc.	SANCTION NO:	TIME TRIALS:
DATE OF MEET: Thursday, March 10 through Sunday, March 13, 2005		
START TIMES: PRELIMS: 9:00am Friday-Sunday; FINALS: 5:00pm Thursday; 6:00pm Friday & Saturday; 5:00pm Sunday		
REGISTRATION: Thursday, March 10 11:00am-8:00pm; Friday, March 11 7:00am-9:00am		
GENERAL MEETING: Friday, March 11 7:30am, Aquatic Center, Room TBA		
OFFICIALS MEETINGS: Spring 2005 Speedo Champions Series is designated as a National Championship certification format meet for officials. Thursday, March 10 @ 3:30pm Friday, March 11 @ 8:00am & 5:00pm Saturday, March 12 @ 8:00am & 5:00pm Sunday, March 13 @ 8:00am & 4:00pm		
LOCATION: University of Minnesota Aquatic Center, 1910 University Ave SE, Minneapolis, MN 55455		
FACILITY: Competition pool is an 8-lane, 25-yard 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 will be used. Separate 8-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: \$5.00 per session (children 10 & under admitted free). 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 7-session psych sheet, heat sheet, and admission \$30.00.		

ENTRY INTO THE MEET

ELIGIBILITY: All swimmers MUST BE current 2005 registered athlete members of USA Swimming. All coaches who want to be on deck, MUST BE non-athlete coach members for 2005 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 2004 U.S. Open time standard (see pg. 4 -- U.S. Open Time Standards for details). The entering club or individual must verify that all swimmers and coaches on their entry sheets satisfy the above requirements.

QUALIFYING: Qualifying time standards are included in this packet. Times received in Short Course Yards, Long Course Meters, or Short Course Meters will be accepted. All entries will be seeded first by Short Course Yards, then by Long Course Meters, and finally by Short Course Meters.

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 to enter three relays in each relay event, but only two may score.

ENTRY FEES: \$7.50 per individual event; \$15.00 per relay event. Make checks payable to **TWIN**.

ENTRY PROCEDURE: Email entries or mail-in entries will be accepted.

Email entries must include an attached Hytek Commlink (.cl2 or .hy3) entry file, and must be followed by payment, entry form, and a hard copy of the entries signed by the coach within 24 hours of entry deadline.

Mail-in entries must be express mailed and must include an entry disk containing a Hytek Commlink (.cl2 or .hy3) entry file, a hard copy of the entries signed by the coach, and completed entry form with payment.

Please email entries to:
tcswim@umn.edu

Please mail entries to:
Phil Julson
108 Cooke Hall
1900 University Ave SE
Minneapolis, MN 55455

ENTRY DEADLINE: All entries must be received by 1:00pm on Monday, March 7, 2005.

CODE OF CONDUCT: The code of conduct included with the meet information must be signed by each athlete and returned with entries. If your athlete is not available to sign, it must then be signed by the athlete at registration. Athletes who have not signed the code of conduct will not be given a credential and will not be allowed on deck.

FOR MORE INFORMATION, CONTACT:

Phil Julson, Meet Director	(612) 625-5339	julso004@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@mns swim.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: Pool will open Thursday, March 10 at 12:00pm. Friday, Saturday and Sunday 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>
Thursday	General Warm-up	12:00pm-3:30pm	3:30-4:50pm	5:00pm
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. 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 1000yd and 1650yd Freestyles and all relays. These events will be conducted as timed final events. The 1000 Free and 1650 Free and all relays will require a positive check-in. Teams/Athletes must provide their own lane timer for all heats of the 1000 Free and 1650 Free except those swimming with finals at night. 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 rule book scratch procedure. A copy of the scratch procedure will be put in the coaches' packet (section 207.9).

THURSDAY: The 1000 Freestyle will be deck seeded with a positive check-in by 4:15pm. The event will be swum fastest to slowest alternating heats of women/men. Athletes must provide their own lane timer and lap counter.

FRIDAY: The 800 Freestyle Relays will be timed final events with the 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 deadline will be 15 minutes after the coaches' meeting on Friday morning.

SATURDAY: The 400 Medley Relays will be timed final events with the two fastest heats of women and men seeded into finals. Positive check-in by 6:30pm Friday.

SUNDAY: The 1650 Freestyle will be deck seeded with a positive check-in by 6:30pm Saturday. The fastest heat of women and men will be seeded into finals; all other heats will be swum after prelims (following the 400 Free Relays) fastest to slowest alternating heats of women/men. 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 on Saturday. Athletes must provide their own lane timer and lap counter.

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

- Deadline for Friday's events: Thursday 5:30pm
- Deadline for Saturday's events: Friday 6:30pm
- Deadline for Sunday's events: Saturday 6:30pm

POSITIVE CHECK-IN: Positive check-in is required for the 1000yd and 1650yd Freestyles and all relays. If your athlete or relay does not intend to swim, the swimmer or relay 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.

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. 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.

TIME TRIALS: Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$7.50 per individual event. Relay time trials are \$15.00.

<u>TIME TRIAL SCHEDULE</u> (Time Permitting)	<u>Order of Events</u>
Thursday	Following Timed Final *1000 Freestyle time trials Thursday night only
Friday	Following Prelims Friday events/Saturday events/Sunday events
Saturday	Following Prelims Saturday events/Sunday events/ Friday events
Sunday	Following Prelims Sunday events/Friday events/Saturday events *1650 Freestyle time trials Sunday afternoon only (time permitting)
Sunday	Following Finals Friday events/Saturday events/Sunday 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 plus Combined Team Champion travelling trophy.

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.

2005 SPEEDO CHAMPIONS SERIES SHORT COURSE SWIMMING CHAMPIONSHIPS ORDER OF EVENTS

Hosted by the Twin Cities Swim Team
University of Minnesota

WOMEN				THURSDAY, MARCH 10	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
1	9:33.49	9:49.39	10:58.59	1000 Freestyle	10:14.09	9:12.09	8:57.39	2

WOMEN				FRIDAY, MARCH 11	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
3	1:08.79	1:11.99	1:02.29	100 Backstroke	:56.29	1:05.09	1:02.69	4
5	1:19.19	1:21.49	1:10.49	100 Breaststroke	1:03.09	1:12.39	1:10.09	6
Awards for 1000 Freestyle, 100 Backstroke, 100 Breaststroke								
7	2:11.99	2:14.99	1:59.49	200 Freestyle	1:48.69	2:03.99	2:00.49	8
9	1:07.59	1:09.29	1:01.59	100 Butterfly	:55.09	1:01.99	1:00.19	10
Awards for 200 Freestyle, 100 Butterfly								
11	2:30.29	2:34.49	2:15.49	200 Individual Medley	2:03.29	2:21.69	2:16.29	12
10-Minute Break								
13	9:16.69	9:25.99	8:17.99	800 Free Relay	7:31.29	8:36.79	8:21.69	14
Awards for 200 IM, 800 Free Relay								

WOMEN				SATURDAY, MARCH 12	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
15	5:19.29	5:28.29	4:48.49	400 Individual Medley	4:22.99	5:00.99	4:51.19	16
17	:28.49	:28.89	:25.49	50 Freestyle	:22.79	:26.09	:25.29	18
Awards for 400 IM, 50 Freestyle								
19	2:51.09	2:54.89	2:32.99	200 Breaststroke	2:17.59	2:38.79	2:34.39	20
21	4:37.69	4:45.79	5:21.49	500 Freestyle	4:56.39	4:24.79	4:16.69	22
10-Minute Break								
23	4:45.09	4:52.99	4:15.79	400 Medley Relay	3:49.09	4:23.89	4:15.99	24
Awards for 200 Breaststroke, 500 Freestyle, 400 Medley Relay								

				SUNDAY, MARCH 13				
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
25	18:15.09	18:50.69	18:26.99	1650 Freestyle	17:12.19	17:41.79	16:53.19	26
27	2:29.29	2:34.79	2:14.69	200 Backstroke	2:01.69	2:20.39	2:15.19	28
Awards for 1650 Freestyle, 200 Backstroke								
29	1:00.59	1:02.49	:54.89	100 Freestyle	:49.59	:56.59	:54.89	30
31	2:28.39	2:32.89	2:15.09	200 Butterfly	2:01.79	2:18.49	2:13.39	32
10-Minute Break								
33	4:17.39	4:21.89	3:50.09	400 Free Relay	3:24.39	3:55.29	3:47.19	34
Awards for 100 Freestyle, 200 Butterfly, 400 Free Relay								
Team Awards								

Swimmers registered outside of Illinois, Minnesota, Wisconsin, Iowa, North Dakota, and South Dakota should follow the 2004 US Open Meet qualifying 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.

2004 US OPEN TIME STANDARDS

WOMEN			EVENT	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
23.89	26.59	27.29	50 FREESTYLE	20.99	23.29	24.19
51.89	57.09	58.89	100 FREESTYLE	45.99	50.79	52.99
1:51.69	2:03.09	2:06.99	200 FREESTYLE	1:40.69	1:51.49	1:55.69
4:55.89	4:15.49	4:25.59	400/500 FREESTYLE	4:32.29	3:55.69	4:05.89
10:07.99	8:49.39	9:04.09	800 FREESTYLE	9:27.39	8:16.49	8:29.79
16:58.29	16:47.39	17:21.39	1500 FREESTYLE	15:47.79	15:30.39	16:18.59
57.69	1:03.39	1:06.69	100 BACKSTROKE	51.29	57.09	59.79
2:03.59	2:16.99	2:22.29	200 BACKSTROKE	1:50.99	2:03.29	2:09.09
1:05.19	1:12.79	1:14.99	100 BREASTSTROKE	57.59	1:03.99	1:06.79
2:20.69	2:37.29	2:41.59	200 BREASTSTROKE	2:04.99	2:20.19	2:25.29
57.09	1:02.79	1:04.39	100 BUTTERFLY	50.49	55.29	57.19
2:05.09	2:17.49	2:20.29	200 BUTTERFLY	1:51.79	2:02.29	2:06.99
2:06.09	2:19.19	2:24.29	200 IM	1:52.99	2:04.79	2:10.59
4:27.79	4:55.29	5:03.39	400 IM	4:00.99	4:26.79	4:37.39
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: DECEMBER 2, 2003 THROUGH ENTRY DEADLINE

Swimmers registered outside of Illinois, Minnesota, Wisconsin, Iowa, North Dakota, and South Dakota should follow the 2004 US Open Meet qualifying standards.

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