

2005 USA SWIMMING
SPEEDO CHAMPIONS SERIES

University of Minnesota Aquatic Center & Twin Cities Swim Team
July 21-24, 2005

Please note the following significant changes to the meet information from previous years:

1. Please note the change in the due date for entries. Entries are now due a week earlier so that Minnesota Swimming, Inc. can verify each athlete's USA Swimming membership with the SWIMS database before they are allowed into the meet. See meet info for details on deadlines.

2. Positive check-in will be required for the 800 Freestyle, 1500 Freestyle, and all Relay Events. A swimmer or relay who fails to positive check-in for these events will be scratched. The policy of downseeding to slower heats will no longer apply to those who do not positive check-in.

3. Athletes swimming the non-finals (afternoon) heats of the 800 Freestyle and 1500 Freestyle, or any time trial events must provide their own lane timer and lap counter.

2005 USA SWIMMING SPEEDO CHAMPIONS SERIES

University of Minnesota Aquatic Center & Twin Cities Swim Team
July 21-24, 2005

SANCTIONED BY: Minnesota Swimming, Inc. **SANCTION NO:** MN05-05-29M **TIME TRIALS:** MN05-05-136M
MEET HOST: Twin Cities Swim Team
INFORMATION & RESULTS: www.tc.umn.edu/~tcswim
DATES OF MEET: Thursday, July 21 through Sunday, July 24, 2005
START TIMES: PRELIMS: 9:00am all days; FINALS: 6:00pm Thursday-Saturday; 5:00pm Sunday
REGISTRATION: Wednesday, July 20 1:00pm-6:30pm; Thursday, July 21 7:00am-9:00am
GENERAL MEETING: Wednesday, July 20 7:00pm, Aquatic Center Lobby
OFFICIALS MEETINGS: Thursday, July 21 @ 7:30am & 5:00pm
Friday, July 22 @ 8:00am & 5:00pm
Saturday, July 23 @ 8:00am & 5:00pm
Sunday, July 24 @ 8:00am & 4:00pm
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: \$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 4-day psych sheet, heat sheet, and admission \$35.00.

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 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.

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

ENTRY PROCEDURE: Mail-in entries or email entries will be accepted.

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.

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

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

Please email entries to:
tcswim@umn.edu

ENTRY DEADLINE: All entries must be received by 1:00pm on Monday, July 11, 2005. For athletes achieving qualifying times between July 11 and July 17, entries for those times only will be accepted until 1:00pm on Monday, July 18 via email or fax (612-624-7050) if proof of time and date of performance are provided.

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: Wednesday, July 21 from 12:00pm to 8:00pm. Thursday, 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>
Wednesday	General Warm-up	12:00pm-8:00pm		
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
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 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 rule book scratch procedure. A copy of the scratch procedure will be put in the coaches' packet (section 207.9).

THURSDAY: The 800 Freestyle will be deck seeded with a positive check-in deadline 15 minutes after the coaches meeting on Wednesday night. The fastest heat of women and men will be seeded into the finals; all other heats will be swum during the Thursday 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.

FRIDAY: 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 Thursday.

SATURDAY: 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 Friday.

SUNDAY: The 1500 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 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. The 400 Medley 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.

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

Deadline for Thursday's events: 15 minutes after general meeting

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

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 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. 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. 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>
Thursday afternoon following 800 Freestyle	Thursday events/Friday events/Saturday events/Sunday events *800 Freestyle time trials Thursday afternoon only (time permitting)
Friday afternoon following 400 Freestyle Relay	Friday events/Saturday events/Sunday events/Thursday events
Saturday afternoon following 800 Freestyle Relay	Saturday events/Sunday events/Thursday events/Friday events
Sunday afternoon following 1500 Freestyle	Sunday events/Thursday events/Friday events/Saturday events *1500 Freestyle time trials Sunday afternoon only (time permitting)
Sunday evening following Finals	Thursday events/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 traveling 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 LONG COURSE SWIMMING CHAMPIONSHIPS ORDER OF EVENTS

WOMEN				THURSDAY, JULY 21	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
1	1:00.59	1:02.49	:54.89	100 Freestyle	:49.59	:56.59	:54.89	2
3	2:51.09	2:54.89	2:32.99	200 Breaststroke	2:17.59	2:38.79	2:34.39	4
Awards for 100 Freestyle and 200 Breaststroke								
5	2:28.39	2:32.89	2:15.09	200 Butterfly	2:01.79	2:18.49	2:13.39	6
+7*	9:33.49	9:49.39	10:58.59	800 Freestyle	10:14.09	9:12.09	8:57.39	*8+
Awards for 200 Butterfly and 800 Freestyle								

WOMEN				FRIDAY, JULY 22	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
9	2:11.99	2:14.99	1:59.49	200 Freestyle	1:48.69	2:03.99	2:00.49	10
11	5:19.29	5:28.29	4:48.49	400 Individual Medley	4:22.99	5:00.99	4:51.19	12
Awards for 200 Freestyle and 400 Individual Medley								
13	1:08.79	1:11.99	1:02.29	100 Backstroke	:56.29	1:05.09	1:02.69	14
10 MINUTE BREAK								
+15	4:17.39	4:21.89	3:50.09	400 Freestyle Relay	3:24.39	3:55.29	3:47.19	16+
Awards for 100 Backstroke and 400 Freestyle Relay								

WOMEN				SATURDAY, JULY 23	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
17	2:29.29	2:34.79	2:14.69	200 Backstroke	2:01.69	2:20.39	2:15.19	18
19	4:37.69	4:45.79	5:21.49	400 Freestyle	4:56.39	4:24.79	4:16.69	20
Awards for 200 Backstroke and 400 Freestyle								
21	1:19.19	1:21.49	1:10.49	100 Breaststroke	1:03.09	1:12.39	1:10.09	22
23	1:07.59	1:09.29	1:01.59	100 Butterfly	:55.09	1:01.99	1:00.19	24
10 MINUTE BREAK								
+25*	9:16.69	9:25.99	8:17.99	800 Freestyle Relay	7:31.29	8:36.79	8:21.69	*26+
Awards for 100 Breaststroke, 100 Butterfly, and 800 Freestyle Relay								

				SUNDAY, JULY 24				
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
27	2:30.29	2:34.49	2:15.49	200 Individual Medley	2:03.29	2:21.69	2:16.29	28
+29*	18:15.09	18:50.69	18:26.99	1500 Freestyle				
30	:28.49	:28.89	:25.49	50 Freestyle	:22.79	:26.09	:25.29	31
				1500 Freestyle	17:12.19	17:41.79	16:53.19	*32+
Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle								
10 MINUTE BREAK								
+33	4:45.09	4:52.99	4:15.79	400 Medley Relay	3:49.09	4:23.89	4:15.99	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

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.

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.