



2025 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

CENTRAL ZONE NORTH SECTION SPRING CHAMPIONSHIPS

Hosted by Rochester Swim Club
Rochester Rec Center - Rochester MN
March 13-16, 2025

SANCTIONED BY MINNESOTA SWIMMING: MN25W-11-112Y

TIME TRIAL: MN25W-11-112YTT

This event is held under the Sanction of USA Swimming and Minnesota Swimming Inc. In granting this sanction it is understood and agreed that USA Swimming and Minnesota Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET HOST: Rochester Swim Club - www.rochesterswimclub.com

MEET SCHEDULE:	PRELIMS		FINALS	
	<u>Warm-ups</u>	<u>Start</u>	<u>Warm-ups</u>	<u>Start</u>
Thursday			3:30pm	5:00pm
Friday	7:00am	9:00am	4:30pm	6:00pm
Saturday	7:00am	9:00am	4:30pm	6:00pm
Sunday	7:00am	9:00am	3:30pm	5:00pm

GENERAL MEETING: Wednesday, March 12 at 8:00pm to be held virtually. Additional Coaches Meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coach Meetings. Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including changes to the meet format or conduct.

MEET REFEREE: Doug Galinsky jdgalsinsky@gmail.com

LOCATION: Rochester Recreation Center, 21 Elton Hills Drive, Rochester, MN 55901

FACILITY: The competition pool is an 8-lane, 25 yard indoor pool with lane lines and backstroke pennants. Slanted starting blocks are 29.5 inches above the water. Pool depth is 14 feet at the starting end and 5.5 ft at the turn end. The facility will have Lifeguard, AED, and CPR trained staff in case of emergencies that arise during this event. The meet host will ensure the required course dimensions.

PARKING: Free parking is available on site in any of the main parking lots with the exception of the Lower Lot blocked off by 125 live. Teams with buses or other large vehicles - please contact the Meet Coordinator in advance to confirm parking availability.

DECK ACCESS: Entrance to the building for all Coaches, Athletes, Officials, and Meet Personnel is located on the West Side of the Building - Door #6. Event credentials will be required for pool deck access. No spectators will be allowed on the pool deck. There will be a \$50 charge to replace a lost credential.

SPECTATOR ADMISSION: Spectator seating will open 90 minutes prior to the scheduled start of each session. Spectators will be admitted through Door #6. Session fee \$10, or \$40 for all-session pass. There is no spectator charge for spectators 10 years old or younger. Heat sheets will be free on Meet Mobile and posted to our team page.

OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE: This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and recertification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair, as indicated on the form. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

FOR MORE INFORMATION, CONTACT:

Tom Walsh, Meet Coordinator	952-994-5908	RSCSectionals2025@rochesterswimclub.com
Bill Shaugnassey, Meet Director	507-269-4760	RSCSectionals2025@rochesterswimclub.com
Caryn Rooney, Facility Director	615-517-6581	CRooney@rochestermn.gov

ENTRY INTO THE MEET

ELIGIBILITY All swimmers MUST be current 2025 registered athlete members of USA Swimming. Seasonally registered athletes are not allowed, and there will be no on deck registration. All coaches and officials allowed access on deck MUST be non-athlete coach members for 2025 and have current certifications as a USA Swimming coach or official. The representative submitting entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements. The official mobile application of USA Swimming is acceptable proof of membership in USA Swimming. The meet is open to those USA Swimming athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin. Athletes from LSCs outside Central Zone North section states listed, who have achieved a qualifying time standard for their event, will also be accepted into the meet on a first-come, first-served reservation not to exceed 250 total athletes.

QUALIFYING: The qualifying period is July 1, 2023 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Short Course Yards and Long Course Meters, and all events will be seeded in that order.

ENTRY LIMITS: Swimmers may compete in a maximum of three (3) individual events and one relay event per day including time trials.

RELAY LIMITS: Each team may enter a maximum of two (2) relay teams in each relay event.

ENTRY FEES: \$17.10 (\$15.00 + \$2.10 MN Swimming Splash Fee) per individual event
\$38.40 (\$30.00 + \$8.40 MN Swimming Relay Splash Fee) per relay event

ATHLETE SURCHARGES: \$40.00 Surcharge (includes \$1.25 Central Zone surcharge) per athlete entered in the meet (including relay only athletes).

BONUS ENTRIES: There are no Bonus Event time standards for the meet. The 800 Free and 1500 Free events cannot be swum as a Bonus Event. Swimmers qualified in 1 individual event can have up to 3 Bonus Events. Swimmers qualified in 2 individual events can have up to 2 Bonus Events. Swimmers qualified in 3 individual events can have up to 1 Bonus Event. Swimmers entering 4 or more individual events are not permitted to swim a Bonus Event. Once an event is marked "bonus", it cannot be changed to a qualified event.

ENTRY PROCEDURE: All entries must be submitted using USA Swimming OME (online meet entry) at www.usaswimming.org/ome. Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted. Please contact Macie Nichols at USA Swimming with any questions on the OME system mmcnichols@usaswimming.org or 719-866-3506.

PARA ENTRY PROCEDURE: Para entries must be submitted via email to RSCSectionals2025@rochesterswimclub.com

OUT-OF-SECTIONAL ENTRIES: Up to 250 USA Swimming Athlete members who are properly registered with other LSC's outside of the Section will be permitted entry into the meet on a first-come basis. Each non-resident swimmer must have achieved the qualifying standing in one or more individual events. A non-refundable \$100 Team Reservation fee is required to secure entry for Non-Resident teams/swimmers. Out-Of-Section teams must contact the Meet Director for details.

ENTRY DEADLINE: Entries may be submitted online beginning January 19, 2024 (9:00 am Central Time) and will be accepted through Monday, March 3, 2025 at 11:00 pm (Central Time).

NEW ENTRIES ACHIEVED AFTER THE ENTRY DEADLINE: Entries for athletes achieving qualifying standards for the first time after the entry deadline are permitted subject to the following restrictions:

1. New entries must be achieved between Monday, March 3, 2025 and Sunday, March 9, 2025.
2. New entries must be submitted by email to RSCSectionals2025@rochesterswimclub.com and received no later than 1:00 pm on Monday, March 10, 2025.
3. Confirmation of receipt of New Entries is the sole responsibility of the sender.

LATE ENTRIES: Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

1. Late entries do not result in unreasonable changes to the timeline
2. Late entries must be received no later than 15 minutes after the conclusion of the general meeting on Wednesday, March 6, 2024.
3. Late entries must be submitted via email to RSCSectionals2025@rochesterswimclub.com.
4. A one-time processing fee of \$50.00 plus meet entry fee of \$20.00 per individual event and \$25.00 per relay event must be paid prior to the start of the meet (5:00 pm on Thursday, March 13, 2025).

PROOF OF TIME: In order to accommodate LSC differences and to make entry as easy as possible throughout the Section, we will continue to accept times in the USA Swimming database, printed meet results and published times posted on publicly viewable websites. The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/She assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the corporation for each such time entered, unless absolved of the fine by USA Swimming and/or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming. Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database. Entry times not proven by the scratch deadline for the event will be considered false or incorrect times. False or incorrect times will not be seeded in the meet and are subject to action laid out above.

RULES & PROCEDURES

RULES: Current National USA Swimming Rules will govern all competition, except as otherwise specified in this meet information or the Section 1 Competition Manual. All information, including time standards, schedules, order of events, meet operations and requirements can be found in the USA Swimming 2024 Rulebook.

All adults participating or associated with meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand the compliance with MAAPP is a condition of participation in the conduct of this competition. Effective 11/6/2019 times achieved by an athlete member at a sanctioned meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to the SWIMS.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Alcohol and tobacco are prohibited at this competition. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

CREDENTIALS & DECK ACCESS: Credentials are required for all Coaches, Athletes, Officials, Volunteers and Event Staff. No one is allowed on deck without a credential. Doors will be staffed with event security from open to close. There will be a \$50 replacement fee for any lost credential.

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms, is not appropriate and is prohibited.

WARM UP: Feet-first, three-point entry only, except in designated lanes and times. Violations may result in disqualification from the next individual event or expulsion from the meet. More detailed warm up procedures will be distributed after the entry deadline. Fins and paddles are not allowed in the competition pool.

Swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm down. The Meet Director or Meet Referee may assist in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

POOL HOURS: Thursday doors will open at 3:00pm with a 3:30pm start for warm-up. Friday, Saturday, and Sunday doors open at 6:30am and the pool will open for general warm-up at 7:00am. All pools will close 30 minutes after the competition is completed each night. Anyone interested in pool time prior to the meet should contact the Caryn Rooney C Rooney@Rochestermn.gov Arrangements must be made at least two full weeks in advance.

CONDUCT OF THE MEET: This meet is a prelim/final meet. 32 athletes will advance to the finals in events 500y or less with the "D" reserved for the fastest remaining athletes who are 18 years or younger. The top 8 18 & Under swimmers who do not qualify for the Bonus (C), Consolation (B) or Championship (A) heats will advance to the "D" final. If there are not enough 18 & Under swimmers to fill the "D" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Bonus, Consolation, or Championship heats. Finals will be in the following order: Protected Final (D), Bonus (C), Consolation (B), and Championship (A). Each event during finals will consist of a Protected Final, Consolation, and Championship Final heat except for the 1000y and 1650y Freestyles and all relays. These events will be conducted as timed final events. Preliminaries of events will be conducted using fly-over starts. Additionally, prelims may be flighted at the discretion of the Meet Referee and will be announced at the Coaches Meeting. Para-athletes will be combined into events for prelims and compete in a separate para-event during finals.

- **Thursday:** The 1000 Freestyle and 800 Freestyle Relay will be seeded with a positive check-in deadline 30 minutes after the conclusion of the General Meeting on Wednesday night. These events will be swum fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter.

- **Friday:** The 400 Freestyle Relay will be timed final events with the fastest two (2) heats of Women and Men swimming in the finals session. All remaining will be swum at the end of the prelim session fastest to slowest alternating heats of women/men. Positive check-in is required by 30 minutes after the start of finals on Thursday.
- **Saturday:** The 400 Medley Relay will be timed final events with the fastest two (2) heats of Women and Men swimming in the finals session. All remaining will be swum at the end of the prelim session fastest to slowest alternating heats of women/men. Positive check-in is required by 30 minutes after the start of finals on Friday.
- **Sunday:** The 1650 Freestyle will be seeded with a positive check-in 30 minutes after the start of finals on Saturday. The fastest heat of women and men will be seeded into finals. Athletes must provide their own lap counter. Positive check-in is required by 30 minutes after the start of finals on Saturday.

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

- Deadline for Day 1 events: 30 minutes after general meeting
- All subsequent day's event scratches are due 30 minutes after the start of the previous evening's finals.

The meet will be administered according to the National Championship scratch procedures (2024 Rulebook, Section 207). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration. If you will not be arriving in time to make the deadline, coaches may scratch events via email RSCSectionals2025@rochesterswimclub.com. Scratches submitted by email must be completed by the deadlines listed above.

POSITIVE CHECK-IN: Positive check-in is required for the 1000y and 1650y Freestyle and all relays. Swimmers and relays who fail to positive check-in will be down-seeded to the slowest heat. Positive check-in deadlines follow scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to RSCSectionals2025@rochesterswimclub.com. Positive check-ins submitted by email must be completed by the deadlines listed above.

MEET COMMITTEE: A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

SCORING: All events will be scored to 16 places using the following:

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 3 Awarded (medals)
Relays: Top 3 Awarded (medals)

TIME TRIALS: Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$20.00 per individual event and \$60.00 for relays. Time Trial signup times will be announced at the coaches meeting. Athletes must provide their own lane timer and lap counter for all time trial events. The 1000y and 1650y TT may be swum in the open lanes of the timed final heats, based on the number of time trial requests and at the discretion of the meet referee. Per 2016 convention, all swimmers, including relay only swimmers, are limited to two Time Trial events at the meet.

ORDER OF EVENTS

WOMEN

MEN

Thursday, March 13, 2025

1	1000 Freestyle	2
3	800 Freestyle Relay	4

Friday, March 14, 2025

5	200 Backstroke	6
7	100 Freestyle	8
9	200 Butterfly	10
11	500 Freestyle	12
13	400 Freestyle Relay	14

Saturday, March 15, 2025

15	200 Freestyle	16
17	200 Breaststroke	18
19	100 Butterfly	20
21	400 IM	22
23	400 Medley Relay	24

Sunday, March 16, 2025

25	100 Backstroke	26
27	100 Breaststroke	28
29	50 Freestyle	30
31	200 IM	32
33	1650 Freestyle	34



2025 Time Standards

CZ SPEEDO NORTH SECTION SPRING CHAMPIONSHIPS

Qualifying from July 1, 2023 through the Entry Deadline

WOMEN			MEN	
LCM	SCY		SCY	LCM
28.99	25.49	50 Freestyle	22.79	26.19
1:02.29	54.99	100 Freestyle	49.49	57.09
2:14.09	1:58.89	200 Freestyle	1:48.49	2:04.49
4:42.39	5:14.99	400/500 Freestyle	4:52.89	4:22.19
9:41.39	10:48.39	800/1000 Freestyle	10:08.49	9:10.79
18:36.49	18:16.49	1500/1650 Freestyle	17:03.29	17:39.99
1:10.99	1:00.99	100 Backstroke	56.59	1:04.89
2:32.39	2:12.49	200 Backstroke	2:02.39	2:20.79
1:20.49	1:09.99	100 Breaststroke	1:04.09	1:13.29
2:53.79	2:31.99	200 Breaststroke	2:19.59	2:40.79
1:08.59	1:00.09	100 Butterfly	54.49	1:01.99
2:32.89	2:14.09	200 Butterfly	2:03.79	2:20.49
2:32.29	2:13.99	200 Individual Medley	2:01.99	2:20.39
5:24.39	4:43.99	400 Individual Medley	4:23.99	5:01.89
4:25.89	3:47.89	400 Free Relay	3:26.09	3:59.29
9:33.99	8:13.39	800 Free Relay	7:35.79	8:44.29
4:56.99	4:09.69	400 Medley Relay	3:47.99	4:27.89

*NO BONUS STANDARDS. 1000Y FREE & 1650Y FREE CAN NOT BE SWUM AS A BONUS EVENT.
 Bonus Formula: 1 Cut, 3 Bonus; 2 Cuts, 2 Bonus; 3 Cuts, 1 Bonus; 4 or More Cuts, No Bonus.*