



Minnesota Regional Championships

Edina Swim Club

Friday, March 01, 2024 — to — Sunday, March 03, 2024

Sanction Number: MN24W-01-004Y

Time Trial Sanction Number: MN24W-01-004YTT

Held under the sanction of USA Swimming.

It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

It is further understood and agreed that Minnesota Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Director: Adam Gannon, adam@edinaswim.com 612-759-8470

Meet Officials:
Meet Referee: Tracy Meece
Admin Referee: TBD
Deck Referee: TBD
Starter: TBD
Stroke & Turn Officials: TBD, TBD, TBD, TBD

Inquiries: Adam Gannon, adam@edinaswim.com 612-759-8470

Emergency Phone: 612-759-8470

Meet Type: This is a 2 ½ day meet to provide a scored season ending championship for swimmers.
NO CHAMP times allowed at this meet. All entry times must be verifiable.
NT entries are NOT allowed.

Distance	Minimum Standard
50	Bronze
100	Bronze
200	Silver
400/500	Silver
1000	Silver
1650	Silver

All new “CH” times achieved advance to the state meet. This is a closed meet. Only swimmers from the MN LSC can participate. Teams must attend their assigned zoned meet.

Advancing to the State Meet:

1. Individual event champions are eligible to advance to State when the event is offered at State. That means, “Win it and Swim it!”

MRC individual events and corresponding State events	
MRC event (SC)	State event (SC)
8&U	8&U
10&U	10&U
9-10	9-10
11-12	11-12
13-14	13-14
15-16	SENIOR
17&O	SENIOR
Para Events	Para Events

2. All swimmers who achieve new “CH” times are eligible to advance to State regardless of whether they are an individual event champion or not.
3. **Swimmers who *age-up* between MRCs and State** are now allowed to swim the events from their old age group in which they HAD “CH” time(s), in their new age group at the state meet, provided:
 - They age up in between the starting dates of Minnesota Regional Championships (March 1, 2024) and the State Meets.
 - They are 8 becoming 9, 10 becoming 11, 12 becoming 13, 14 becoming 15.
 - They have “CH” time(s) in their old age group PRIOR to Minnesota Regional Championships. **“CH” times earned at Minnesota Regional Championships may not be entered in State under this provision. (Must have CH time in new age-group if earned at MRC meet.)**

Athletes with disabilities:

Swimmers with a permanent disability as defined by USA Swimming are welcome to participate in this meet. Swimmers will use the Minnesota Para time standards to qualify. They must have a verifiable minimum MRC but slower than CH in the SWIMS database or from results published by a bona fide sanctioning body, within the eligibility period for the meet, for the event(s) they wish to enter.

The entering coach or swimmer must contact the Referee to discuss any modification for the disabled swimmer to participate. Swimmers entering under this criterion must be noted on the team’s Proof of Time report. Disability swimmers may choose to swim their events with their able-bodied peers or as a separate Para Event. Events will be separated for awards by classification, age-group and gender.

Fees:

\$8.35 per individual splash (\$2.10 MNSI Splash Fee + \$4.25 Splash Fee (Host) + \$2.00 Facility Splash Fee).
 \$33.40 per relay splash (\$8.40 MNSI Splash Fee + \$17.00 Splash Fee (Host) + \$8.00 Facility Splash Fee).
 \$5.00 MN Championship Fee

With the adoption of Policy 239, attending athletes will no longer have to pay a separate facility fee as set by the different championship hosts. The Championship Facility Splash Fee is created by adding together all of the Last Chance facility costs and dividing by the total number of estimated splashes for all sites. This allows all athletes to pay the same individual splash fee regardless of their zoned site and each athlete pays for the splash fee only for those swims they have entered.

Time Schedule:

Friday afternoon session – Warm-ups at 4:45 PM to 5:45 PM meet starts at 5:50 PM. Saturday and Sunday Morning sessions: Warm-ups start at 7:00 AM to 8:00 AM, meet starts at 8:05 AM. Saturday and Sunday afternoon sessions will not start before 11:30 AM preceded by a minimum of a 60-minute warm-up period.

Awards:

- Individual Events: 1st - 8th place medals, 9th - 16th place ribbons
- Relay Events: 1st - 8th place medals
- Individual Hi-Point Certificates: Top 3 swimmers in each age group/gender.
 - 8&U that includes points earned in 8&U and 10&U events
 - 9-10 that includes points earned in 9-10 and 10&U events
 - 11-12 that includes points earned in 11-12 events
 - 13-14 that includes points earned in 13-14 and 13&O events
 - 15&O that includes points earned in 15-16 and 17&O events
 - Para Hi-Point by class/gender/age-group
- Certificates will be issued for new “CH,” “Gold,” and “Silver” times.
- Team Hi-Point Banners: 1st place team in A, AA & AAA Divisions.

Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results.

Scoring:

All individual events will be scored to 16 places.

Individual Event Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

All relay events will be scored to 8 places

Relay Events Points: 40-34-32-30-28-26-24-22

8&U, 9-10, and 10&U events, scoring and awards:

- When separate events are offered for 8&U and 9-10: Medals for the top 8 finishers, ribbons for 9-16 and points for 1st-16th place in each event are awarded.
- When the event is 10&U that describes the ages eligible to swim the event; however, only the top 8 finishers in the event earn medals. Points are still scored for 1st-16th place in a 10&U event regardless of the age of the finisher.
- Points accumulate using the swimmer’s age. That means points follow the swimmer and their team (if attached to a team) regardless of the events swum.
- Individual high point certificates go to the top 3 girls and boys age 8&U and the top 3 girls and boys 9-10 at each MRC Chance Site.

13&O and 15&Over events:

All swimmers are combined to conduct the heats but separated by age group for scoring and medals.

Programs:

Programs will be available via Meet Mobile and as a PDF on host website.

Amenities: Concessions will be available throughout the meet. SV Gym's 1&2 will be available for athletes and parents to use.

FACILITY/LOCATION

Meet Location: Art Downey Aquatic Center, 4725 Southview Ln, Edina, MN 55439

Directions: US 62 (Crosstown) east or west to Highway 100 north exit. North on Highway 100 to Eden Ave/Vernon Ave West 50th Street exit. Turn right on Grange Rd. Continue on East Frontage road/Willson Road. Turn Left on South View Lane and continue for just over a block. South View Middle School will be on your right.

Facility: 8 lanes, 25 yard indoor pool with lanelines and backstroke pennants. Slanted Starting blocks are 28 inches above the water surface.

Water depth: The minimum water depth, measured in accordance with Article 103.2.3 is 13 ft at the start end and 3.5 ft at the turn end.

Course certification: The competition course has NOT been certified in accordance to 104.2.2C(4).

Medical Supervision: Staff who are lifeguard certified, first aid kits and AED on site.

ENTRIES

Entries To: Adam Gannon, adam@edinaswim.com 612-759-8470

Form of Entries: Email entries are required.

Entry Start Date: Entries will be accepted beginning at 8:00 pm on **Thursday, February 01, 2024**

Entry Close Date: An Email copy of your entry file is due **Tuesday, February 20, 2024** at 8:00 PM. **Proof of Times are not required with entries. Be prepared to show OFFICIAL MEET RESULTS for any times not in SWIMS as per the Proof of Times guidelines for the meet. Meet Mobile is NOT considered official results.**

To correct entry mistakes: The host will confirm the entries received from each team as soon as it is administratively feasible. In the event there are mistakes, the entering team may submit corrections to the host for swimmers already in the meet.

Additional Entries: Additional entries will be allowed between the entry deadline and 2:00pm on **Monday, February 26, 2024**. Teams will be charged an extra \$25 per athlete for late entries. In order to not be charged this fee, clubs must submit documentation of new official times. If the club does not pay this fee before the start of the meet/session, the late entries will be removed from the meet.

Teams submitting additional entries are required to email all the initial entries AND the new entries in a single new entry file to the host club and bring to the meet a new hard copy with all the new events and changes highlighted a check for the entry fees.

Entry Limitations:

Age of a swimmer is determined by their age on the first day of the meet.

There is a meet maximum of seven (7) individual events (11 with time trials). Daily maximum of four (4) individual events and one (1) relay event. A total daily maximum of six (6) individual events (championship and time trial). Relays do not count against individual maximums. **Over-entering is NOT allowed.**

All entries must be verifiable from January 1, 2023 to present. The meet will be seeded with conforming times first and non-conforming times thereafter.

MRC Relays:

Relays will be offered according to the following categories – 10&U, 11-12, 13-14, Senior for each gender. Each club is limited to an A and B relay per event.

1. No “relay only” swimmers will be permitted to participate on relays. All swimmers must have qualified and be entered to swim an individual event in the regional championship in order to participate on relays.
2. Once a swimmer is qualified for the regional championship there is no minimum time they must have to swim a specific stroke/distance on a relay.
3. For 10&U relays they must be comprised of swimmers up to age 10 who are qualified for the regional championship in their age group.
For Senior relays they may be comprised of swimmers of any age who are Qualified for the regional championship in their age group.
4. Relay participation will not count against individual daily or meet maximum entry limits.
5. “Win it and Swim It” does not apply to relay event winners. Relays at State are entered according to the rules for the State Meet.
6. ALL Relays **MAY** be combined and swam by gender at the discretion of the meet referee.

Nonconforming time entries:

All non-conforming qualifying times **MUST** be entered as non-conforming. Converted times must not be used.

“CH” Time is a “CH” Time:

Swimmers who have achieved a “CH” time in either yards or meters **CANNOT** swim that event at the Minnesota Regional Championship. MNSI Legislation states that swimmers with “CH” times must enter with the time they have, (meters or yards), for the State Meet and cannot use Minnesota Regional Championships as an opportunity to improve their qualifying time.

Proof of Times:

A qualifying time may be achieved at USA Swimming sanctioned or approved or observed swim. These times are verified through the USA Swimming SWIMS database.

A qualifying time may also be achieved at a bona fide meet sanctioned and conducted by a recognized organization (i.e. high school, college, YMCA) with verifiable and independently obtainable results published by the meet host or that organization. This proof of time must come from the actual published results of the meet. Each team or individual is responsible for providing their proof of times.

A swimmer failing to achieve an event's qualifying time standard at the meet must provide proof of their qualifying time if it is not in the SWIMS database. If a time is not proven the entering party will incur a \$100 fine. Fines are to be paid to the MN Swimming General Fund. All fines must be paid by the end of

the meet. After the conclusion of the meet, swimmers/clubs have one week to prove their times and have their fine refunded. Failure of the team to pay the fine by the first meet of the following season's entry deadline will result in the team's charter being suspended until the fine is paid.

When an event does not have a qualifying time standard but requires a verifiable entry time, the swimmer must provide proof of that time if it is not in the SWIMS database. If the entry time cannot be verified the swimmer will be withdrawn from the event and any times they may have achieved in that event at the meet will not be included in the official results.

Meet Results are required for proof of times. MEET MOBILE RESULTS ARE NOT ACCEPTABLE AS THEY ARE NOT CONFIRMED ACCURATE.

ELIGIBILITY / ATHLETES

Eligibility:

This meet is open to all swimmers with verifiable times with the minimum standard for each distance and SLOWER than CH standard.

Distance	Minimum Standard
50	Bronze
100	Bronze
200	Silver
400/500	Silver
1000	Silver
1650	Silver

Racing start Certification:

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.

USA Swimming Membership:

No swimmer will be permitted to compete unless the swimmer is a member as Provided in Article 302 of USA Swimming Rules. All coaches must be current members as provided in Article 302 of USA Swimming Rules. Any club or individual entering a non-USA Swimming registered swimmer will be subject to a \$100 fine per event per swimmer.

Swimmers without A Coach Present:

USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

MEET ADMINISTRATION, CONDUCT

Coach's Meeting:

Will take place on a regular basis at the discretion of the referee.

Deck Access – Coach & Official check-in:

Due to USA Swimming insurance, only athletes, working coaches or officials, authorized meet volunteers and facility personnel are allowed on deck. All others must remain off the pool deck unless timing for an event in which swimmers must provide their own timer.

- ❖ Coaches must check in with a volunteer at the check in table by the start of warm-up. The required check in sheets will be available and we will cross reference with the app and the current printed spreadsheets with names and qualifications. The non-athlete membership and required certification expiration dates must be valid for the duration of the meet.
- ❖ Working officials must check-in with the Referee (or designee) 30 minutes before the start of the session. The required check in sheets will be available and we will cross reference with the app and the current printed spreadsheets with names and qualifications. The non-athlete membership and required certification expiration dates must be valid for the duration of the meet.

All working coaches or officials, and any other person required by sanction to be members of USA Swimming shall visibly display their credential verification tag for the meet at all times.

The Referee and/or Meet Director(s) (or their designees) reserve the right to ask a working coach or official for proof of their active membership during the meet, and/or deny deck access if a working coach or official does not comply or any membership requirement is no longer valid.

Safe Sport/MAAPP:

- The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
- The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.
- All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after March 1, 2024, who has not completed Athlete Protection Training by the **first** day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18

on or after March 1, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Warm-up:

Current MNSI and USA Swimming Rules will govern all aspects of the warm-ups. If warmup procedures have been modified to accommodate the size of the meet, the procedures MUST be prominently posted in the pool area.

Swimmers and coaches are expected to be acquainted with all rules and regulations; the NO Diving and Slip-In Entry rules will be strictly enforced.

Violation of MNSI Meet Warm-up Policy (Policy #250) will result in the offending swimmer being barred from his/her next individual event in the meet.

Meet Jury:

Per policy 237A, the Meet Referee shall appoint a Meet Jury consisting of one coach, one athlete, and one official prior to the start of warmups of the first session of the meet, which shall be responsible for adjudicating protests as described in Article 102.22 of the USA Swimming Rules and Regulations.

Meet Committee:

The Meet Committee shall consist of the Meet Referee, the Meet Director, at least one additional coach, and at least one additional athlete, and shall be authorized to make determinations on cancellation, postponement, or changes to the program of the meet in the event of unusual weather, severe weather, or other circumstances that warrant cancellation or postponement.

Rules and Regulations:

All information, rules and regulations including time standards, schedules, order of events, meet operations, and requirements will be in accordance with Minnesota Swimming Inc. policies, rules and regulations and USA Swimming Rules and Regulations current edition, and take precedence over any errors or omissions on this form.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Changes to the Meet Information:

Any changes to the meet information will be discussed, reviewed and voted on at the coaches meeting held each morning before the beginning of the first session of the day. Changes must be approved by a 100% vote of coaches in attendance at the appointed meeting.

Prohibited:

- ✓ **Deck changing:** Deck changing is prohibited.
- ✓ **Use of audio or visual recording devices** including a cell phone, is not permitted in changing areas, rest rooms locker rooms nor behind the blocks at either the start of the race or as swimmers exit the pool.
- ✓ **Operations 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.

Distance Events:

400 IM, 500 Free, 1000 Free, & 1650 Freestyle: These events will be deck seeded upon completion of the positive check-in. Positive check-in is required by the time stated at the coach's meeting at the timing table. Partial heats may be combined across genders at the meet referee's discretion. Minnesota Scratch rules will be in effect.

- 500 Freestyle events on Friday evening: Swum 11-12 Girls, 11-12 Boys (Partial Heats MAY be combined at the discretion of the Meet Referee). 13-14 and 15&Over 500's **MAY** be combined by gender. Swimming all girls followed by all boys. Will be swum fast to slow.
- 500 Freestyle events on Sunday will be swum fast to slow.
- The 1000 Freestyle and the 1650 Freestyle heats will be swum fastest to slowest, all age groups (within the session) combined, genders **will NOT** alternate, **will** be separated for score/awards by age group offered at the meet (per legislation dated June 17, 2008).
- The 400 IM heats will be swum slowest to fastest, all age groups (within the session combined, genders **will NOT** alternate, **will** be separated for score/awards by age group offered at the meet.

Time Trials:

Time trials will be offered, time permitting at the discretion of the meet referee. Time trials are open only to swimmers in the meet. Swimmers may swim a total of six (6) events per day including Championship and Time Trial Events. Sign up will be at the Admin/Meet Management table. There will be a cost of \$10.00 per time trial event. A 10 minute warm-up for time trials will be allowed as time permits at the discretion of the meet referee. Time trial swimmers are required to supply their own timer.

- All time trial entries must be submitted by the athlete's coach.

Time Standards:

MN Swimming Time Standards – the most current edition published on the MNSI website will be used. Senior boys and girls will use the 15-16 time standards to qualify.

Meet Lane Timing Needs:

A motion was passed on 10/20/1998 that states: "During all MNSI regularly bid, sanctioned events, visiting clubs will provide timers as necessary for the duration of the competition. The meet will not begin until the timing needs have been met. The host club may not place requirements on any individual team to participate at any specific level."

If your club would like to help out on a specific time or day, please contact the Meet Director.

ORDER OF EVENTS

Friday PM

Girls		Boys	
1a	11-12	400 IM	2a
1b	13-14	400 IM	2b
1c	15&O	400 IM	2c
3	11-12	100 FR	4
5	13-14	100 FR	6
7	15&O	100 FR	8
9	11-12	100 BR	10
11	13-14	100 BR	12
13	15&O	100 BR	14
15	11-12	500 FR	16
17a	13-14	500 FR	18a
17b	15&O	500 FR	18b

Saturday AM

Girls			Boys
19	11-12	200 MR	20
21	10&U	200 MR	22
23	11-12	200 FR	24
25	10&U	200 FR	26
27	11-12	200 FL	28
29	8&U	100 IM	30
31	9-10	100 IM	32
33	11-12	100 IM	34
35	8&U	50 BA	36
37	9-10	50 BA	38
39	11-12	50 BA	40
41	8&U	50 FL	42
43	9-10	50 FL	44
45	11-12	50 FL	46
47	10&U	100 BR	48
49	11-12	200 BR	50
51	8&U	100 FR	52
53	9-10	100 FR	54
55	11-12	100 BA	56
BREAK			
57	11-12	1650 FR	58

Saturday PM

Girls			Boys
59	13-14	200 MR	60
61	Senior	200 MR	62
63	13-14	200 FR	64
65	15&O	200 FR	66
67	13-14	100 IM	68
69	15&O	100 IM	70
71	13-14	200 FL	72
73	15&O	200 FL	74
75	13-14	100 BA	76
77	15&O	100 BA	78
79	13-14	200 BR	80
81	15&O	200 BR	82
BREAK			
83a	13-14	1650 FR	84a
83b	15&O	1650 FR	84b

Sunday AM

Girls			Boys
85	11-12	200 FRR	86
87	10&U	200 FRR	88
89	11-12	200 IM	90
91	10&U	200 IM	92
93	8&U	50 FR	94
95	11-12	50 FR	96
97	9-10	50 FR	98
99	8&U	50 BR	100
101	11-12	50 BR	102
103	9-10	50 BR	104
105	11-12	100 FL	106
107	10&U	100 FL	108
109	11-12	200 BA	110
111	10&U	100 BA	112
BREAK			
113	10&U	500 FR	114
115	11-12	1000 FR	116

Sunday PM

Girls			Boys
117	13-14	200 FRR	118
119	Senior	200 FRR	120
121	13-14	50 FR	122
123	15&O	50 FR	124
125	13-14	200 IM	126
127	15&O	200 IM	128
129	13-14	200 BA	130
131	15&O	200 BA	132
133	13-14	100 FL	134
135	15&O	100 FL	136
BREAK			
137a	13-14	1000 FR	138a
137b	15&O	1000 FR	138b

Meet Calculation Form

Minnesota Regional Championships

Edina Swim Club

March 1-3, 2024

Sanction Number: MN24W-01-004Y

Time Trial Sanction Number: MN24W-01-004YTT

Entering Club's Name: _____ **Club Code** _____

Coach: _____ **Phone #** _____

Entries Person: _____ **Phone #** _____

Entry Data Costs:

_____ Total Splashes x \$8.35 = \$ _____ # of boys _____ # of girls _____

_____ Total Relays x \$33.40 = \$ _____

_____ # of Swimmers entered x \$5.00 MN Championship Fee = \$ _____

Total Due = \$ _____

Make checks payable to: Edina Swim Club. All fees are due by the start of the meet

E-Mail results to: Name _____

Email Address _____

The undersigned team representative certifies by his/her signature that all athletes participating in this meet are currently registered athlete members of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

Who should we contact if there is a problem with your entry file?

Name _____

Phone: Day _____ **Night** _____