

# 2016 Midwest Regional Swim Meet

On behalf of the Minnesota Youth Athletic Services, the Spring Lake Park High School Swim Team, and the University of Minnesota Aquatic Center, we welcome you to the 2016 Midwest Regional Swim Meet. Please take this time to read the enclosed information, as there have been some changes to our registration information and policies.

- DATES:** Saturday, April 2 and Sunday, April 3, 2016
- TIME:** The meet will start at 9:00 a.m. on Saturday with warm-ups at 8:00 a.m. The meet will start at 8:30 a.m. on Sunday with warm-ups at 7:30 a.m. Afternoon warm-ups will start immediately following the conclusion of the morning sessions.
- LOCATION:** University of Minnesota Aquatic Center  
1910 University Avenue SE; Minneapolis, MN 55455
- Facility:** Eight-lane, 25-yard indoor pool with lane lines and backstroke pennants. Slanted starting blocks are 16 inches above the water surface. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet at the start end and 7 feet 9 inches at the turn end.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- MEET DIRECTOR:** All correspondence for the Midwest Regional Swim Meet should go to Angela Walczak; [angela@myas.org](mailto:angela@myas.org) or 763-746-1733. Please do **not** call the University of Minnesota.
- RULES:** The meet will be conducted under USA Swimming Rules and Regulations. All swimmers are encouraged to attend. You DO NOT have to be a USA Swimming Member. Approval Number: **MN16W-11-104A**. In granting this approval, it is understood and agreed that USA 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. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms.
- MEET TYPE:** This is a two-day, short course yard meet for all swimmers. Any swimmers with qualifying times are eligible to enter this meet. We will take entries until the deadline, or when we reach 1,300 swimmers. All entries must be via HYTEK or a HYTEK readable file. If this is not possible, please contact Angela Walczak at [angela@myas.org](mailto:angela@myas.org) or 763-746-1733.
- MEET FORMAT:** All events are timed finals and will be swum slowest to fastest.
- REGISTRATION/DEADLINE:** Entries will be accepted via email and registration will close on **Monday, March 14, 2016 at 11:59 p.m.** If necessary, we will be capping the entire meet at 1,300 swimmers. If more than 1,300 swimmers sign up, we will use the event caps, starting with the longest events, to cut to 1,300 swimmers.

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- ENTRY FEE:** \$40.00 per swimmer. All entries must be submitted via HYTEK or HYTEK readable file. A free download of Team Manager Lite is available online. If you are not able to comply, please contact Angela Walczak at [angela@myas.org](mailto:angela@myas.org) or 763-746-1733.
- AWARDS:** Medals will be awarded to 1st-4th place finishers and ribbons to 5th-16th place finishers in each gender/event. There will also be individual high point awards presented to the top three overall boys and girls in each age division and a team award to the team with the highest point total in each category (1-20 athletes and 21+ athletes). The Meet Committee will also present the Team Spirit Award during the meet on Sunday. All awards will be labeled with event information. More information on picking up awards will come.
- POST-EVENT:** Results will be emailed to all teams the week following the event. Teams will have one month to dispute results. After that time, no disputes will be considered. The meet will be available on Meet Mobile.
- ADMISSION:** Athletes and coaches with the designated credentials will be allowed free entry. All spectators will have to pay admission of \$5 per day or \$8 for a weekend pass. A weekend pass presale will be posted on the meet web page at [www.myas.org](http://www.myas.org). We encourage you to utilize this opportunity. Ages 4 and under are admitted FREE of charge. Ages 5+ must pay the entry fee.
- CREDENTIALS:** Credentials will be distributed prior to the meet; we will notify coaches of the method of distribution. Credentials must be shown prior to deck access. **NO GLASS is allowed on the pool deck.**
- PROGRAMS:** Spectators may purchase programs for \$8 (programs include heat sheets). **Parent Shout-Out in program:** For a \$10 fee, parents can submit a Shout-Out to their athlete in the program (must be 30 words or less). Information can be found on the meet web page. The deadline for Shout-Out submissions is Wednesday, March 16, 2016.
- SOUVENIRS:** There will be a limited supply of 2016 Midwest Regional Swim Meet apparel, souvenirs and programs available for sale. There will be a special pre-order website for certain items. All pre-ordered apparel will be available for pick-up at the apparel stand during the meet. Pre-order information will be available on the meet web page.
- MEDIA:** "We Got Game Sports Photography" is the official meet photographer. Information and order forms will be posted at [www.myas.org](http://www.myas.org). *No cameras, with the exception of approved sponsors and media, will be allowed on the pool deck.*

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- HOTELS:** A link to the hotels can be found on the MYAS website at [www.myas.org](http://www.myas.org) under the “Swimming” Tab, or you can click [HERE](#).
- PARKING:** Parking around the University is limited. Please see the [MAP](#) of the area and plan accordingly for additional time needed to park. You can also visit the U of M website’s Parking and Transportation Services page [HERE](#) for more information.
- HEAT SHEETS:** Coaches will receive heat sheets at the meet. They will be available in the coaches’ hospitality room. Meet programs, which will include heat sheets, will be available for purchase near the souvenir stand.
- PROOF OF TIME:** Proofs of time must come from meet results anytime on or after September 1, 2015. Failure to provide times will result in elimination of that swimmer from the applicable event(s). After the meet, all times not achieving the time standard must be proven or a \$50 fine per occurrence will be assessed. The deadline to provide proof is two weeks after the meet. Teams are subject to suspension from the 2017 Midwest Regional Swim Meet if their fine(s) are not paid within two weeks after the deadline.
- POOL ASSIGNMENTS:** Girls will swim odd numbered events and sessions. Boys will swim even numbered events and sessions. Girls will swim in the East Pool in Sessions 1 and 7, and in the West Pool in Sessions 3 and 5. Boys will swim in the East Pool in Sessions 4 and 6, and in the West Pool in Sessions 2 and 8. **NO ONE IS ALLOWED ON THE CATWALK BETWEEN POOLS.**
- DECK CHANGING:** Deck changes are **PROHIBITED**.
- COVER CONTEST:** Swimmers can submit a design for the Meet Program cover. Submissions will be judged and the winning design will appear on the program cover! Additional details and design specifications will be posted on the meet web page at [www.myas.org](http://www.myas.org).
- COACHES:** Coaches are encouraged to keep an open line of communication with the Meet Director. We would like to know of any scratches *before* the day of the event. We also have a hospitality room located by the diving well. **ONLY** coaches may enter and eat/drink there. **NO GLASS is allowed on the pool deck.** There will be a coaches’ meeting at 8:00am on Saturday in the hospitality room. We thank you for being a part of the meet and for your work with the swimmers!

# Registration Guidelines

**Entries should be mailed to:** MYAS  
1011 Osborne Road NE  
Spring Lake Park, MN 55432

**Registration:** Your initial registration should include your entry file, your team entry form, and the signed code of conduct. The full payment is due with your entry forms. If a swimmer backs out **before** the entry deadline, a full refund will be issued for that swimmer. We will accept all entries up to 1,300 swimmers. If more than 1,300 swimmers sign up, we will use the event caps, starting with the longest events, to cut to the 1,300 swimmer mark.

**Updates/Changes:** Updates will be allowed until the entry deadline. Please resend the entire team's file. The initial file will be deleted.

**Confirmation:** Within 24 hours, you will receive confirmation of receipt of entries. If you do not receive confirmation, please contact Angela Walczak. **PLEASE** make sure that your email address is correct and legible as this is the primary method of communication for any Midwest Regional Swim Meet information. All correspondence for the Midwest Regional Swim Meet should go to [angela@myas.org](mailto:angela@myas.org) or 763-746-1733. **Please do not call the University of Minnesota.**

**Qualifying Times:** Every swimmer must submit a qualifying time that was achieved in a meet during the 2015-2016 season, up to the entry deadline. Qualifying times for individual events must come from an individual event, or the lead swimmer split from a relay. They may be converted times (meters to yards). Any failure to provide proofs will result in a \$50 fine per occurrence.

*The warm-up schedule will be distributed to the head coach of each team via email and mail approximately two weeks prior to the meet. You will receive additional important meet information at that time.*

## Athlete Eligibility & Entry Limitations

- ◇ **The age determining date for the Midwest Regional Swim Meet is the first day of the meet.**
- ◇ The minimum age for competition is five years old and the athlete must be enrolled in regular school kindergarten for the current (2015-2016) academic year. The maximum age for competition is 18 years old and the athlete must still be enrolled in high school.
- ◇ Athletes may only enter individual events in the appropriate age group and for which they have qualified, to a maximum of seven individual events throughout the weekend and a maximum of five individual events in a single day. There are no substitutions for individual events. **Athletes may swim a maximum of one relay per day.**
- ◇ Athletes may enter relay events and are permitted to "swim up" for relay events only. Athletes may swim a maximum of one relay per day. Relay events do not count against the number of individual events allowed and there are no qualifying time standards for relays. Only boys may swim on boys' relay teams and only girls may swim on girls' relay teams. Athletes may swim only relays, and are required to pay the entry fee.
- ◇ Substitutes on relay teams will be allowed only if they are already entered in the meet. The substitution must be approved in advance by the Meet Referee.
- ◇ If necessary, events of the same distance and gender will be seeded and swum combined, but scored separately.
- ◇ Unattached swimmers are welcome, as are all types of swim clubs.

# Team Registration Form

**ALL FIELDS ARE REQUIRED! This is the information that will be used for meet correspondence.**

Team Abbreviation \_\_\_\_\_ Team Name \_\_\_\_\_

Coach Name \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Daytime Phone (\_\_\_\_) \_\_\_\_\_

**Payment (to "MYAS") IS required at this time!**

**Email Entries (HYTEK):** Send this form, payment and signed code of conduct form.

Number of qualifying swimmers entered via email: \_\_\_\_\_ @ \$40 = \$ \_\_\_\_\_

Please indicate below the number of coach passes your team will need. Heat Sheets for teams will be located in the coaches' hospitality room on Saturday morning of the meet.

**Number of Coach Passes Needed:** \_\_\_\_\_

**Your participation in the meet is not confirmed until after the entry deadline.** Coaches will be notified of their accepted roster within one week after the entry deadline. Payment **IS** required with your registration form (**make checks payable to "MYAS"**). If you have athletes that do not qualify, we will issue a full refund for those athletes.

**Coach's Signature\*** \_\_\_\_\_ **Date** \_\_\_\_\_

*\* To the best of my knowledge, the information included in these entries is correct. All times submitted were achieved at a meet with electronic or multiple hand timers. All swimmers are members in good standing of our team. Our team agrees to abide by the rules and procedures of the meet, the policies of the building/facility, and any decision of the Midwest Regional Swim Meet Committee (Meet Director, Meet Manager and/or Meet Referee).*

**Please mail your complete registration to:** MYAS  
1011 Osborne Road NE  
Spring Lake Park, MN 55432

The MYAS uses a check verification and recovery service. If your check is returned, the maximum penalty will be assessed according to Minnesota state law. The MYAS reserves the right to refuse entry to any team or individual that has not exhibited good conduct throughout the 2015-2016 season.

# Event List & Time Standards

## SESSIONS ONE & TWO — SATURDAY MORNING

<u>Event #</u>	<u>Cap</u>	<u>Girls Time Standard</u>	<u>Age</u>	<u>Event</u>	<u>Boys Time Standard</u>	<u>Cap</u>	<u>Event #</u>
1	(40)	1:36.64	8U	100 Freestyle	1:36.64	(40)	2
3	(96)	1:16.47	9-10	100 Freestyle	1:16.07	(72)	4
5	(N/A)	NT	8U	100 Medley Relay	NT	(N/A)	6
7	(N/A)	NT	9-10	200 Medley Relay	NT	(N/A)	8
9	(64)	51.00	8U	50 Backstroke	51.00	(32)	10
11	(96)	41.40	9-10	50 Backstroke	41.34	(64)	12
13	(32)	1:42.98	8U	100 Individual Medley	1:42.98	(32)	14
15	(96)	1:28.45	9-10	100 Individual Medley	1:28.05	(48)	16
17	(96)	44.05	8U	50 Freestyle	44.05	(80)	18
19	(96)	34.37	9-10	50 Freestyle	34.37	(72)	20
21	(40)	20.88	8U	25 Butterfly	20.88	(36)	22
23	(24)	1:35.39	9-10	100 Butterfly	1:35.39	(24)	24
25	(24)	23.50	8U	25 Breaststroke	23.50	(24)	26
27	(72)	1:43.88	9-10	100 Breaststroke	1:42.19	(24)	28
29	(56)	17.66	8U	25 Freestyle	17.66	(48)	30
31	(24)	7:22.32	9-10	500 Freestyle	7:19.22	(16)	32

## SESSIONS THREE & FOUR — SATURDAY AFTERNOON

<u>Event #</u>	<u>Cap</u>	<u>Girls Time Standard</u>	<u>Age</u>	<u>Event</u>	<u>Boys Time Standard</u>	<u>Cap</u>	<u>Event #</u>
33	(56)	2:27.02	11-12	200 Freestyle	2:23.54	(32)	34
35	(64)	2:20.02	13-14	200 Freestyle	2:11.19	(40)	36
37	(48)	2:18.82	15-18	200 Freestyle	2:05.70	(48)	38
39	(24)	1:15.97	11-12	100 Butterfly	1:16.57	(24)	40
41	(16)	2:34.31	13-14	200 Butterfly	2:33.39	(16)	42
43	(16)	2:34.31	15-18	200 Butterfly	2:24.79	(16)	44
45	(N/A)	NT	12U	200 Medley Relay	NT	(N/A)	46
47	(N/A)	NT	14U	200 Medley Relay	NT	(N/A)	48
49	(N/A)	NT	18U	200 Medley Relay	NT	(N/A)	50
51	(88)	35.48	11-12	50 Backstroke	35.48	(48)	52
53	(48)	1:11.27	13-14	100 Backstroke	1:06.87	(32)	54
55	(32)	1:09.29	15-18	100 Backstroke	1:04.19	(32)	56
57	(56)	1:27.09	11-12	100 Breaststroke	1:24.74	(24)	58
59	(24)	2:55.29	13-14	200 Breaststroke	2:45.89	(24)	60
61	(24)	2:51.05	15-18	200 Breaststroke	2:39.49	(24)	62
63	(N/A)	NT	14U	400 Free Relay	NT	(N/A)	64
65	(N/A)	NT	18U	400 Free Relay	NT	(N/A)	66
67	(96)	30.52	11-12	50 Freestyle	30.29	(80)	68
69	(96)	29.31	13-14	50 Freestyle	27.84	(80)	70
71	(96)	29.11	15-18	50 Freestyle	26.39	(80)	72
73	(80)	1:17.88	11-12	100 Individual Medley	1:15.59	(56)	74
75	(48)	2:36.58	13-14	200 Individual Medley	2:29.85	(40)	76
77	(32)	2:34.58	15-18	200 Individual Medley	2:21.66	(32)	78
79	(24)	6:24.49	11-12	500 Freestyle	6:20.59	(24)	80
81	(24)	6:06.27	13-14	500 Freestyle	5:50.69	(24)	82
83	(24)	6:01.05	15-18	500 Freestyle	5:40.16	(24)	84

# Event List & Time Standards

## SESSIONS FIVE & SIX — SUNDAY MORNING

Event #	Cap	Girls Time Standard	Age	Event	Boys Time Standard	Cap	Event #
85	(N/A)	NT	8U	100 Free Relay	NT	(N/A)	86
87	(N/A)	NT	10U	200 Free Relay	NT	(N/A)	88
89	(16)	3:39.75	8U	200 Individual Medley	3:39.75	(16)	90
91	(32)	3:12.89	9-10	200 Individual Medley	3:12.89	(24)	92
93	(32)	55.61	8U	50 Breaststroke	55.61	(24)	94
95	(88)	46.53	9-10	50 Breaststroke	46.53	(48)	96
97	(56)	21.75	8U	25 Backstroke	21.75	(40)	98
99	(56)	1:31.21	9-10	100 Backstroke	1:30.19	(40)	100
101	(32)	53.00	8U	50 Butterfly	53.00	(32)	102
103	(96)	41.20	9-10	50 Butterfly	40.03	(48)	104
105	(56)	2:53.69	9-10	200 Freestyle	2:47.69	(32)	106



## SESSIONS SEVEN & EIGHT — SUNDAY AFTERNOON

Event #	Cap	Girls Time Standard	Age	Event	Boys Time Standard	Cap	Event #
107	(N/A)	NT	12U	200 Free Relay	NT	(N/A)	108
109	(N/A)	NT	14U	200 Free Relay	NT	(N/A)	110
111	(N/A)	NT	18U	200 Free Relay	NT	(N/A)	112
113	(72)	1:17.76	11-12	100 Backstroke	1:16.25	(40)	114
115	(24)	2:31.28	13-14	200 Backstroke	2:24.89	(24)	116
117	(24)	2:30.89	15-18	200 Backstroke	2:20.19	(24)	118
119	(88)	40.09	11-12	50 Breaststroke	40.02	(48)	120
121	(40)	1:22.19	13-14	100 Breaststroke	1:16.64	(32)	122
123	(40)	1:18.80	15-18	100 Breaststroke	1:12.59	(32)	124
125	(N/A)	NT	14U	400 Medley Relay	NT	(N/A)	126
127	(N/A)	NT	18U	400 Medley Relay	NT	(N/A)	128
129	(72)	33.80	11-12	50 Butterfly	33.80	(40)	130
131	(32)	1:10.89	13-14	100 Butterfly	1:05.49	(32)	132
133	(32)	1:09.47	15-18	100 Butterfly	1:02.29	(32)	134
135	(96)	1:06.82	11-12	100 Freestyle	1:05.36	(64)	136
137	(96)	1:04.59	13-14	100 Freestyle	59.80	(64)	138
139	(80)	1:03.89	15-18	100 Freestyle	57.55	(64)	140
141	(32)	2:42.84	11-12	200 Individual Medley	2:42.84	(24)	142
143	(16)	5:29.89	13-14	400 Individual Medley	5:10.24	(24)	144
145	(16)	5:23.59	15-18	400 Individual Medley	5:06.29	(24)	146



# Code of Conduct

**All coaches and athletes must read and sign the Code of Conduct. This document is part of your registration packet and your participation is not confirmed until all registration forms are completed and received by the MYAS. Please make copies of the signature form as needed.**

- ♦ I will encourage good sportsmanship by demonstrating positive support and complete respect for all athletes, coaches, meet staff and officials at all times.
- ♦ I will demand a sports environment that is free from drugs, tobacco and alcohol, and will refrain from their use at all MYAS sporting events.
- ♦ I will do my best to remember that youth sports are supposed to be FUN and that winning and losing are a part of the experience.
- ♦ I will express my concerns through the proper channels in a dignified manner.
- ♦ I will respect and adhere to the rules governing eligibility and competition. This includes, but is not limited to the following policies:
  - A. All athletes and coaches with deck access will be given credentials prior to the meet. Athletes and coaches must present their credentials in order to access the deck. Anyone who refuses to follow this policy will be asked to leave immediately and not allowed re-entry.
  - B. All bags will be checked by meet staff at the door to the pool deck. **NO GLASS IS ALLOWED ON THE DECK.**
  - C. Any person (including spectators, swimmers and coaches) caught handing anything over the railing (spectator seating) will be asked to leave.
  - D. Nothing may be brought or carried behind the blocks. This includes bags, shoes and towels.
  - E. The catwalk between the diving well and the east pool may only be utilized by meet staff and swimmers who are getting ready to swim in that pool. It may not be used as a walkway to the other side of the pool.
  - F. No banners or signs (other than those approved for the meet) are allowed to be hung in the Aquatic Center.
  - G. Any coach, swimmer or other person found to be in violation of these policies will be immediately removed for the duration of the meet. The Meet Committee (Meet Director, Meet Manager and Meet Referee) will determine if the offense warrants removal of the offender's entire party (club/team).

**Any violation of the Midwest Regional Swim Meet Code of Conduct may result in temporary or permanent banishment from further competition. Violations will be reviewed on a case by case basis by the Meet Committee.**

**NOTE: Violations by any single athlete or coach can and will affect further participation of their club/team. PLEASE BEHAVE OR BE GONE. Thank you!**





# Code of Conduct

*Please make copies as needed.*

	Print Name	Signature*	Email**
Coach			
Coach			
Coach			
Coach			
Coach			
Coach			

	Print Name	Signature	Email**
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	

*\* In signing, I verify that the athletes listed herein are eligible to compete in the 2016 Midwest Regional Swim Meet. Upon your acceptance of the signed form, I, my heirs, executors and administrators, intending to be legally bound hereby, waive and release any and all rights I may have against the Minnesota Youth Athletic Services, the Spring Lake Park High School Swim Team and/or the University of Minnesota and their representatives from any and all injuries suffered by the coaches, athletes and/or spectators at the event.*

*\*\* Email addresses will be added to the MYAS database for future correspondence and/or to receive the MYAS e-newsletter.*