



**2024 MN Short Course 11-14 State Championships
North Suburban Aquatic Club
(All Zones) with Time Trials**

Thursday, March 14, 2024 — to — Sunday, March 17, 2024

Sanction Number: MN24W-01-009Y

Time Trial Sanction Number: MN24W-01-009YTT

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: Rory Coplan - 612-839-5876 - nsaheadcoach@gmail.com
Andrea Dees - 952-237-1950 - aconnollydees@gmail.com

Meet Officials: Meet Referee: Tracy Meece
(Selected by MNSI Officials Admin Referee or Admin Officials: TBD & TBD
Committee) Deck Referees: TBD & TBD
Lead Chief Judge: TBD
Asst Chief Judges: TBD & TBD
Head Starter: TBD
Asst. Starter: TBD

Inquiries: Rory Coplan - 612-839-5876 - nsaheadcoach@gmail.com
Andrea Dees - 952-237-1950 - aconnollydees@gmail.com

Emergency Phone: Rory Coplan 612-839-5876
Andrea Dees 952-237-1950

Meet Type: This is a 3 ½ day Prelim/Finals for 13-14 and 11-12 swimmers with some Timed Final events with verifiable “CH” qualifying times, or an individual event champion from the 2024 Winter Minnesota Regional Championships (a “Win it and swim it” qualifier). This is a closed meet. Only swimmers from the Minnesota LSC can participate.

Win it and Swim it: “Win it and swim it” qualifiers from the 2024 Winter Minnesota Regional Championships (MRC)

- These are individual event champions from the MRC’s who have not achieved a “CH” time. There are no alternate “Win it and swim it” qualifiers from the MRC’s if the champion chooses not to enter the individual event at the State Meet.

- Only “Win it and swim it” qualifiers may enter the same event at the State Meet.

MRC individual events and corresponding State events	
MRC event (SC)	State event (SC)
11-12	11-12
13-14	13-14
Para Events	Para Events

- Win it and Swim it entrants **must use their time from their qualifying MRC event** to enter the corresponding event at the Age Group State or Senior State Meet.
- Relays may not be created using a single “Win it and swim it” qualifier. There must be at least one other swimmer in the gender and age group who qualified for the meet with an individual event “CH” time.
- **Swimmers being entered under this new criterion must note this in the email sent with team entries.**

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 and descriptions to qualify. They must have a verifiable Champ time 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.

Para swimmers must compete in both prelims and finals to earn points (for prelim/final events). Finals may be swum as mixed/combined events at the agreement of the meet referee and the para swimmer’s coach. Para swimmers may choose to swim their prelim events with their able-bodied peers or as a separate heat. Coaches should note the swimmer’s preference with their entry email.

Fees:

\$8.85 per individual splash (\$2.10 MNSI Splash Fee + \$5.50 Splash Fee + *\$1.25 Facility Splash Fee)

\$35.40 per relay splash (\$8.40 MNSI Relay Splash Fee + \$22.00 Relay Splash + *\$5.00 Facility Splash Fee).

\$10.00 MN State 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 the Age Group & Senior State facility costs and dividing by the total number of estimated splashes for those sites. Each athlete pays the splash fee only for the events entered.

General Meeting:

A general meeting will be held Wednesday, March 13, 2024, at 7:00PM via Zoom. **All teams are required to have a representative on the call.** It is the obligation of every team entered in the meet to have a representative at all meetings and to become acquainted with the changes (if any) and the decisions made at this meeting including changes to the meet format or conduct.

Time Schedule:

Session	Deck Access	Warm up Start	Warm up End	Meet Start
Thursday, March 14	2:45PM	3:00PM	4:00PM	4:10PM
Friday, March 15	Prelims 8:45AM	Prelims 9:00AM	Prelims 10:00AM	Prelims 10:10AM
	Finals 3:45PM	Finals 4:00PM	Finals 5:00PM	Finals 5:10PM
Saturday, March 16	Prelims 8:45AM	Prelims 9:00AM	Prelims 10:00AM	Prelims 10:10AM
	Finals 3:45PM	Finals 4:00PM	Finals 5:00PM	Finals 5:10PM
Sunday, March 17	Prelims 8:45AM	Prelims 9:00AM	Prelims 10:00AM	Prelims 10:10AM
	Finals 3:45PM	Finals 4:00PM	Finals 5:00PM	Finals 5:10PM

***The time schedule is for basic planning purposes only. The final warmup start times, warmup end** times along with the meet start times will be published on the meet website located on the MNSI website at www.mnswim.org, once all entries are received.**

The meet host reserves the right to implement timeline management techniques with the approval of the Meet Referee.

The Meet Director reserves the right to modify all warmup and session start times (earlier or later) as dictated by entry numbers and meet needs.

The Meet Director reserves the right to use both short course yard pools for competition during the meet.

Awards:

Individual Events/ Relay Events:

- Individual Events: 1st - 8th place medals.
- Relay Events: 1st - 8th place medals.

High Point:

- Plaques will be given to the Top 3 High Point swimmers in each age group/gender.
- Plaques will be given to the Top 3 High Point Para swimmers in each gender and classification. (P1, P2 and P3)

Team Awards:

Age Group Championship banners will be awarded to the Top 3 teams in A, AA, AAA Divisions.

Scoring:

Individual Event Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay event points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
All events will be scored to 16 places.

Swimmers with a permanent disability as defined by USA Swimming can earn points for the clubs based on their placement in their age groups/class.

Programs:

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

Amenities:

Elsmore Swim Shop, U of MN Concessions, Northwest Designs Inc., We Got Game Photography

FACILITY/LOCATION

Meet Location:

Jean K Freeman Aquatic Center 1910 University Ave SE, Minneapolis, MN 55455

Directions:	Use Google Maps
Facility:	8 lanes, 25 yard indoor pool with lanes and backstroke pennants. Slanted Starting blocks are 29 inches above the water surface.
Water depth:	The minimum water depth, measured in accordance with Article 103.2.3 is 7 ft at the start end and 7.5 ft at the turn end.
Course certification:	The competition course HAS been certified in accordance to 104.2.2C(4). The copy of such certification is on file with USA Swimming.
Medical Supervision:	U of MN Aquatic Staff provides medical supervision during the meet.
Other:	Livestream provided.

ENTRIES

Entries To: Danielle Wentzel dwentzel@mns swim.org (952) 240-3993
Please put "AGE GROUP STATE MEET ENTRIES" in the subject line.
Include a PDF of your entries.

It is the entering team's responsibility to check back with the entry chair if the confirmation of entries is not received within 24 hours.

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 is due **Monday, March 4, 2024 by 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 entry chair 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. This is not to add swimmers or events for those who missed the Monday, March 4, 2024 deadline.

Additional Entries: Additional entries will be allowed between the entry deadline and 2:00pm on **Monday, March 11, 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. **Late entry fees collected are designated to go to the MNSI Athlete Committee.**

Teams submitting additional entries are required to email all the initial entries AND the new entries in a single new entry file to the entry chair 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.

13 & 14	3 individual events/day	7 event maximum
11 & 12	3 individual events/day	7 event maximum

Total daily maximum of six (6) championship and Time Trials

Swimmers may over-enter but must scratch down to meet the above limits.

REFUNDS WILL NOT BE GIVEN FOR SCRATCHED EVENTS

Relays do not count against limits.

All entries must be verifiable from January 1, 2023 to present.

Age Group Relays:

Must have one (1) swimmer in the age group who achieved the championship (CH) qualifying time or faster and is entered in at least one individual event in the age group at the meet to enter 1 relay per relay event. Entering a “B” relay team requires five (5) individual qualifiers in gender/age-group from your team.

1. Limit of two (2) relays per gender per club per relay event for 200/400 Free & Medley Relays.
Limit of one (1) relay per gender per club for the 800 Free Relay.
2. All swimmers must be registered members of the club they are swimming with. No unattached swimmer may swim on a relay, nor can there be an “unattached relay” entered in an event.
3. **“Relay only swimmer” or “relay alternate”** must be entered in the meet by the entry deadline. Teams cannot use any relay only swimmers unless they were entered prior to the meet entry deadline. **Relay only swimmers WILL be charged the Athlete Surcharge fees to be entered in the meet.**
4. All swimmers must be listed on the club entry sheet or disk in an individual event, or as a “relay only” or “relay alternate” swimmer.

All relays are timed finals. The 800 Free Relays will be swum fast to slow. Genders WILL alternate. For the 400 Free & Medley and 200 Free & Medley relays the top 2 heats will swim in the Finals Session. The remaining relays will swim in the Prelim session, scored and awarded from the final results.

***Entries for the 800 Free Relay are as follows:**

1. Each club is limited to one (1) 800 Free Relay by gender (subject to participant formula).
2. Require qualifying aggregate time equal to four times the 'GOLD' standard for the 200 Freestyle for each age group/gender.
3. Aggregate provable times of actual relay participants must meet the qualifying aggregate time.

	Female		Male	
Age	SCY	LCM	SCY	LCM
13-14	9:00.76	10:22.76	8:45.16	10:07.56

Nonconforming time entries:

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

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:	13/14 and 11/12 swimmers with verifiable “CH” qualifying times, or an individual event champion from the 2024 Winter Minnesota Regional Championships (a “Win it and swim it” qualifier). Time Standard must have been achieved no earlier than January 1 st , 2023. The most current edition of the MN Swimming Time Standards (published on the MNSI website) will be used.
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: General Meeting will be via Zoom prior to the meet. Additional Coach’s Meetings may be called if necessary by the Meet Referee and/or Meet Directors.

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 at the bottom of the stairwell prior to entering the pool. All coaches must check in with meet director to show credentials and get a wristband prior to being on deck. 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) at the bottom of the stairwell. 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 the valid membership credential 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.

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.

Safe Sport:

- 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 14, 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 14, 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.

MNSI Policy 238B requires all swimmers to be USA Registered with Athlete Protection to be current by the start of Session 1 warm-ups in order to compete in the meet.

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.

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.

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 changes are 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.

Meet Format:

All 11-12 and 13-14 events are prelim/finals (with exceptions listed) with the top 16 advancing to finals. The 500 freestyle, 1000 freestyle, 1650 freestyle, 400 individual medley, the 11-12 200 butterfly, 200 backstroke, 200 breaststroke, and all Relays are timed finals events. The 1000 freestyle and 1650 freestyle will require a positive check-in and are deck seeded. All other events are pre-seeded after the scratch deadline. All relays will be swum as described in the Relay section of this information.

The Meet Committee reserves the right to implement timeline management techniques, including, but not limited to, chase starts or swimming the 1000 freestyle and 1650 freestyle in 2 pools.

Scratch Rules/Down-Seeding/Check-In for 11&Over Events:

The Minnesota Swimming Scratch rule for state championship meets (Policy 257), which stipulates the use of the scratch procedures and penalties in the administrative procedures for USA Swimming Championships (Article 207.11.6.A-E) section in the current USA Swimming Rules and Regulations, will be used for all events.

- Thursday - The Scratch deadline for Thursday's events shall be 30 minutes after the conclusion of the General Meeting. **Scratches can be emailed to Lead Admin Referee/Official. Email address will be communicated to teams with the Zoom link for General Meeting.**
- Friday Prelims - The Scratch deadline for Friday, March 15, 2024 events shall be 30 minutes after the start of Thursday, March 14, 2024 Timed finals session. **(competition starts at 5:10 p.m.),**
- Saturday Prelims - Scratch deadline for Saturday, March 16, 2024 events shall be 30 minutes after the start of Friday, March 15, 2024 evening finals session. **(competition starts at 5:10 p.m.),**
- Sunday Prelims Scratch deadline for Sunday, March 17, 2024 events shall be 30 minutes after the start of Saturday, March 16, 2024 evening finals session. **(competition starts at 5:10 p.m.),**
- Finals - USA Swimming National Scratch Procedure Guidelines (207.11.6.D and 207.11.6.E.1-3) will be followed.

Relays: Relays may be down-seeded. Declaration **MUST** be made by the scratch deadline for that day's events.

Positive Check-in: Entrants in the 1000 freestyle and 1650 freestyle must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded.

Distance Events:

Events with top 2 heats swimming with finals: The **11-12 200 Back, 200 Breast, 200 Fly, and 500 Free**, and the **13-14 500 Free** are timed final events with the top 2 heats swimming during finals. (Example: 9 swimmers entered in the 11-12 200 back event. Prelim heat will have 3 swimmers and Finals heat will have 6 swimmers to ensure compliance with USA Swimming Rule 102.5.4. **BE SURE TO CHECK MEET PROGRAM TO ENSURE YOUR SWIMMER(S) ARE AT THE MEET WHEN THEY ARE SCHEDULED TO SWIM.**)

Scratch box events: The **400 IM** and **500 Free** are scratch box events. Swimmers will be seeded, and the event will count towards their daily and meet event limit unless they scratch by the deadline.

Positive check-in events: The **1000 Free** and **1650 Free** are positive check-in events. To be seeded in the event, swimmers/coaches must positive check-in by the scratch deadline for that day's events. The events will be deck seeded upon completion of the positive check-in.

Events swum fast to slow: The **400 IM, 1000 Free, and 1650 Free** heats will be swum fastest to slowest (All age groups within the session combined, genders **WILL** alternate, be separated for score/awards by age group offered at the meet). In the combined event, the top 4 heats will be single age and single gender. All other heats will alternate girls and boys with combined age groups.

Events swum slow to fast: The **500 Free** will be swum slow to fast. Genders **WILL NOT** alternate. The top 2 heats for each age group/competition category will swim during finals on Friday evening. During the Friday morning session, swimmers outside the top 2 heats will swim in the order listed in the order of events.

Aging up:

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, provided:

- They age up in between the starting dates of Minnesota Regional Championships (March 1, 2024) and State (March 14, 2024).
- They are either 10 becoming 11, or 12 becoming 13.
- They have "CH" time(s) in their old age group before Minnesota Regional Championships. **"CH" times made for the younger age group at Minnesota Regional Championships may not be entered in State under this provision.**

This affects only those events in which a swimmer had "CH" times (old age group) and do not now have "CH" times (new age group). These swimmers will not be counted in the MNSI formula concerning number of relays allowed at State based on number of "CH" swimmers. Swimmers being entered under this new criterion must note this on the hard copy of the entry sheet. All seed times must be in either short course yards (seeded first), long course meters (seeded next) or short course meters (seeded final).

Win it and Swim it and Age Up:

When the "Win it and Swim it" and the Age Up situations are **separate**, athletes WILL be permitted to compete in qualified events per the exemption. When situations include **both** the "Win it and Swim it" and the Age Up WILL NOT be permitted to complete in the events in question.

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.

Any time trial must be submitted by the athlete's coach.

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

Preliminary Sessions								
Friday, March 15			Saturday, March 16			Sunday, March 17		
F		M	F		M	F		M
7	11-12 400 Fr. Rel.*	8	27	11-12 400 Med. Rel.*	28	53	11-12 200 Med. Rel.*	54
9	13-14 400 Fr. Rel.*	10	29	13-14 400 Med. Rel.*	30	55	13-14 200 Med. Rel.*	56
11	11-12 200 IM	12	5 Minute Break			5 Minute Break		
13	13-14 200 IM	14	31	11-12 200 Back	32	57	11-12 200 Fly	58
15	11-12 100 Fly	16	33	13-14 200 Back	34	59	13-14 200 Fly	60
17	13-14 100 Fly	18	35	11-12 100 IM	36	61	11-12 50 Back	62
19	11-12 50 Breast	20	37	13-14 100 IM	38	63	13-14 100 Free	64
21	13-14 100 Back	22	39	11-12 50 Free	40	65	11-12 100 Free	66
23	11-12 100 Back	24	41	13-14 50 Free	42	67	13-14 200 Breast	68
25a	13-14 500 Free*	26a	43	11-12 100 Breast	44	69	11-12 200 Breast	70
25b	11-12 500 Free*	26b	45	13-14 100 Breast	46	5 Minute Break		
			47	11-12 50 Fly	48	71	13-14 200 Free. Rel.*	72
			49	13-14 200 Free	50	73	11-12 200 Free. Rel.*	74
			51	11-12 200 Free	52	10 Minute Break		
						75a	13-14 1650 Free**	76a
						75b	11-12 1650 Free**	76b

Finals Sessions											
Thursday, March 14			Friday, March 15			Saturday, March 16			Sunday, March 17		
F		M	F		M	F		M	F		M
1a	13-14 1000 Free*	2a	7	11-12 400 Fr. Rel.*	8	27	11-12 400 Med. Rel.*	28	53	11-12 200 Med. Rel.*	54
1b	11-12 1000 Free*	2b	9	13-14 400 Fr. Rel.*	10	29	13-14 400 Med. Rel.*	30	55	13-14 200 Med. Rel.*	56
3	13-14 800 Fr. Rel.*	4	11	11-12 200 IM	12	31	11-12 200 Back*	32	57	11-12 200 Fly*	58
5a	11-12 400 IM*	6a	13	13-14 200 IM	14	33	13-14 200 Back	34	59	13-14 200 Fly	60
5b	13-14 400 IM*	6b	15	11-12 100 Fly	16	35	11-12 100 IM	36	61	11-12 50 Back	62
			17	13-14 100 Fly	18	37	13-14 100 IM	38	63	13-14 100 Free	64
			19	11-12 50 Breast	20	39	11-12 50 Free	40	65	11-12 100 Free	66
			21	13-14 100 Back	22	41	13-14 50 Free	42	67	13-14 200 Breast	68
			23	11-12 100 Back	24	43	11-12 100 Breast	44	69	11-12 200 Breast*	70
			5 Minute Break			45	13-14 100 Breast	46	71	13-14 200 Free. Rel.*	72
			25a	13-14 500 Free*	26a	47	11-12 50 Fly	48	73	11-12 200 Free. Rel.*	74
			25b	11-12 500 Free*	26b	49	13-14 200 Free	50			
						51	11-12 200 Free	52			

*Timed Final Event. Top 2 heats swim with Finals.

**Timed Final Event. Swum to completion during Sunday Prelim Session.

Additional breaks will be added to Finals for Award Presentations.

Meet Calculation Form

2024 MN 11-14 Short Course State Championships
North Suburban Aquatic Club
March 14-17, 2024

Sanction Number: MN24W-01-009Y
Time Trial Sanction Number: MN24W-01-009YTT

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

_____ Total Splashes x \$8.85 = _____ # of boys _____ # of girls _____

_____ Total Relays x \$35.40 = _____

_____ # of Swimmers entered x \$10.00 MN State Championship Fee = \$ _____

Total Due = \$ _____

Make checks payable to: North Suburban Aquatic Club. **All fees are due** prior to 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 _____