



Storm Spring Startup South Metro Storm Swim Club

Friday, May 10, 2024 — to — Sunday, May 12, 2024

Sanction Number: MN24S-04-162MA

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: Gunnar Teigen, coachgunnar@mnstorm.org, 262-719-8779

Meet Officials
Meet Referee: Erin Stiers and Mark Sorsenson-Wagner
Admin Official: Linda McKee
Deck Referee: Brad Mann
Starter: Chad Hintz
Stroke & Turn Officials: TBD, TBD

Inquiries: Gunnar Teigen, coachgunnar@mnstorm.org, 262-719-8779

Emergency Phone: 262-719-8779 or 612-242-9062 (Phil Smith)

Meet Type: Open Invite for USA and AAU swimmers

Teams Invited: BLA, Wolf, HAST, LSSC, MAN, MFLY, MTKA, PRNH, SEMS, SHRK, STRM, WEST.
Additional teams may inquire with the Meet Director about space (we anticipate to be full with our invited list). Teams with swimmers near OT times (roughly .5 per 50) are encouraged to reach out to Meet Director about finding space for their swimmers to participate in these races. Teams will comply with the current state, local, health and USA Swimming guidelines available on the meet date and should meet or exceed all requirements in their facility during the meet.

Fees: \$15.00 a splash (includes MNSI \$2.10)

Time Schedule:
FRIDAY
Deck Access 3:45pm, warm up 4-4:50pm, meet starts at 5pm
SATURDAY AM
Deck Access 7:45am, warm up 8-8:50am, meet starts at 9am
SATURDAY PM

warm up no earlier than Noon followed by a 50 minute warm up

SUNDAY AM

Deck Access 7:45am, warm up 8-8:50am, meet starts at 9am

SUNDAY PM

warm up no earlier than Noon followed by a 50 minute warm up

**Awards, Prizes
and Scoring:**

12&Unders...Gold and Above, top 8 get rosette ribbons...12&Under Silver and Below...top 8 get strip ribbons

Programs:

Programs will be available as a PDF on host website.

Amenities:

None.

FACILITY/LOCATION

Meet Location:

Jean K Freeman Aquatic Center, University of Minnesota, 1910 University Ave SE,

Directions:

Minneapolis, MN 55455.

The University Aquatic Center is located on the East Bank of the University of Minnesota's Minneapolis campus, on University Ave. SE between Oak St. and 19th Ave. SE across from the Williams Arena.

From I-35W (Northbound): Take the University Avenue/4th Street SE exit and turn right on University Avenue. The Aquatic Center will be about 10 blocks down University on the right.

From I-35W (Southbound): Take the University Avenue/4th Street SE exit. Go past 4th Street and turn left on University Avenue. The Aquatic Center will be about 10 blocks down University on the right.

From I-94 (Eastbound and Westbound): Take the Huron Boulevard exit. Follow Huron until you reach University Avenue SE. Turn left. Take a slight right at Oak Street SE and continue straight onto 4th Street SE. Turn left on 17th Street SE. Take another left on University Avenue SE. The Aquatic Center will be on your right.

Facility:

8 lanes, 50 meter indoor pool with lane lines 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 8.5 ft at the start end and 8.5 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:

UofM will provide lifeguards and all participants will follow UofM protocols.

Other:

Team banners can be hung by facility staff only (drop banners off in office).

ENTRIES

Entries To:	Gunnar Teigen, coachgunnar@mnstorm.org
Form of Entries:	Email
Entry Start Date:	Entries will be accepted beginning at 8pm on Monday, April 15, 2024
Entry Close Date:	Entries will close at 8pm on Tuesday, April 30, 2024 . This is the final date that entries will be accepted for the meet.
Entry Limitations:	Age of a swimmer is determined by their age on the first day of the meet. Maximum Entries: 13&Overs may compete in a maximum of 10 races. 12&Unders a maximum of 7 races. 13&Over Limits by day: Friday (2) Saturday/Sunday (4). 12&Under Limits by day: Saturday (4) Sunday (3) Seed times must be in meters.

Proof of Time:	This will be a proof of time. Swimmers egregiously (at the discretion of meet administration) off of seed times in events with a required standard will be asked to prove times. Failure to prove a time by the end of the meet will result in a \$100 fine (to be paid to the host club) and that team losing a spot for a calendar year in any Storm run meet.
-----------------------	--

ELIGIBILITY / ATHLETES

Eligibility:	All swimmers but specific events have specific standards. If not specified, open to all levels. Host club reserves the right to add their swimmers to races even if it outside the time standard listed.
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. <ul style="list-style-type: none"> ❖ Coaches must check in for Non-Athlete Check in in the lower lobby of the North 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.

- ❖ Working officials must check-in with the Referee (or designee) and sign in for Non-Athlete check-in in the lower lobby of the North 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.

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 Friday May 10th, 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 Friday May 10th, 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:	<p>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.</p> <p>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.</p> <p>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.</p>
Rules and Regulations:	<p>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.</p> <p>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.</p>
Changes to the Meet Information:	<p>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.</p>
Prohibited:	<ul style="list-style-type: none"> ✓ 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.
Distance Events:	<p>Heats for distance events may be combined across gender at the Meet Referee’s discretion. Minnesota Scratch rules will be in effect. Distances races will be swum slow to fast.</p>
Time Trials:	<p>Time trials will NOT be offered at this meet.</p>
Open Lane Swims:	<p>The MNSI “Open Lane Swim” procedure will be available at this meet. The open lane fee is \$ 20. Sign-up is on a first come basis at the timing table. Swimmers must be registered in the swim meet in order to have the opportunity to participate in Open Lane Swims. In the event of a missed heat, the Referee will determine if the missed swim may occur and how it is conducted. Swimmers may swim events for which they have no times. Swimmers may not exceed the daily/meet event limits <u>including</u> Open Lane Swims. Swimmers may scratch an event in order to swim on Open Lane Swim to stay within the entry limit. No refunds will be given for scratched events.</p>
Time Standards:	<p>MN Swimming Time Standards – the most current edition published on the MNSI website will be used. Senior boys events will use the 15-16 age group time standards to qualify. Senior girls events will use the 15-16 age group time standards to qualify.</p>

ORDER OF EVENTS

Friday PM (2 Event Limit) (SILVER Qualifying Time Needed)		
Women	Event	Men
1	13&Over 400 IM	2
3	13&Over 100 Free	4
5	13&Over 200 IM	6
7	13&Over 400 Free	8

Saturday AM (4 Event Limit)		
Women	Event	Men
9	12&Under 50 back	10
11	12&Under 50 fly	12
13	12&Under 100 breast	14
15	11-12 MIXED 400 IM (top 32 seeds only...teams are limited to 3 slots...if teams do not use all slots then next fastest from other teams are in...if a swimmer's entry is not accepted team will be notified to get them in another race...SILVER TIME minimum	15
16	12&Under 50 free	17
18	11-12 200 back	19
20	9-12 200 Free (Silver Time Needed)	21

Saturday PM (4 Event Limit)		
22	13&Over 100 back	23
24	13&Over 200 breast	25
26	13&Over 100 fly	27
28	13&Over 200 free	29
30	13&Over 50 Breast (Australian Skins*)	31
32	13&Over 50 Free (Australian Skins*)	33

*Event will swim all athletes in the prelim round. Top 8 will advance to the first of 4 elimination rounds. Each round the swimmers placing in the last two spots will be eliminated and the rest will advance. We will go until 2 swimmers race for an epic showdown.

Sunday AM (3 Event Limit)		
34	11-12 200 Breast (Silver Timed Needed)	35
36	12&Under 100 fly	37
38	12&Under 100 free	39
40	12&Under 100 back	41
42	11-12 200 Fly (Silver Time Needed)	43
44	12&Under 50 breast	45
46	9-12 200 IM (Silver Time Needed)	47
48	9-12 400 Free (Silver Time Needed)	49

Sunday PM (4 Event Limit)		
50	13&Over 100 Free	51
52	13&Over 200 Fly	53
54	13&Over 100 Breast	55
56	13&Over 200 Back	57
58	13&Over 50 Fly (Australian Skins*)	59
60	13&Over 50 Back (Australian Skins*)	61

*Event will swim all athletes in the prelim round. Top 8 will advance to the first of 4 elimination rounds. Each round the swimmers placing in the last two spots will be eliminated and the rest will advance. We will go until 2 swimmers race for an epic showdown.

Meet Calculation Form

**Storm Spring Startup
SOUTH METRO STORM SWIM CLUB
MAY 10TH-12TH 2024**

Sanction Number: MN24S-04-162MA

Entering Club's Name: _____ Club Code _____

Coach: _____ Phone # _____

Entries Person: _____ Phone # _____

Entry Data Costs:

_____ Total Splashes x \$ 15.00 = \$ _____ # of boys _____ # of girls _____

Total Due = \$ _____

Make checks payable to: South Metro Storm Swim Club **All fees are due** before 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 _____

Email Address: _____