

March 28-29

2020

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 2020 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-Sunday, March 28-29, 2020

TIME: The meet will start at 9:00 a.m. on Saturday and Sunday with warm-ups beginning at 8:00 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 be directed to: Angela Walczak; angela@myas.org or 763-746-1733 or Bobby Strickland; bobby@myas.org or 763-746-1735. Please **DO NOT** call the University of Minnesota.

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.

MEET FORMAT: All events are timed finals and will be swum slowest to fastest.

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: MN20W-10-100YA.** 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.

REGISTRATION & DEADLINE Hy-tek files need to be emailed to angela@myas.org and hard copy registration forms need to be mailed with payment and received by **Monday, March 9, 2019 at 11:59 p.m.** We will give a full refund to any swimmers that drop out prior to the registration deadline. Due to facility capacity limits, we will be capping the entire meet at 1,300 swimmers. This is based on first come-first served basis of registration. We will accept entries until the deadline, or until we reach 1,300 swimmers.

ENTRY FEE: **\$40.00 per swimmer.** All entries must be submitted via HYTEK or HYTEK readable file. If Hy-Tek is not accessible, please contact the Meet Director.



- POOL ASSIGNMENTS:** All odd heats will be swam in the East/Diving Well pool. All even heats will be swam in the West/Scoreboard pool. **NO ONE IS ALLOWED ON THE CATWALK BETWEEN POOLS.**
- POSITIVE CHECK-IN:** 400 IM and 500 Free: These events will be deck seeded upon completion of the positive check-in. Positive check-in is required by the time stated at the coaches meeting Saturday morning. The Meet Referee may combine partial heats across genders/ages.
- RELAY STARTS:** Choice of in-water or block start for the 100 relays.
- COACHES:** We would like to know of any scratches by Thursday, March 26th. Any scratches after the 26th will need to be reported to the Meet Referee at the meet. We will have a Hospitality Room located by the diving well. **ONLY COACHES** may enter and eat/drink there. There will be a coaches' meeting at 8:15am on Saturday in the Hospitality Room. We thank you for being a part of the meet and for your work with the swimmers!
- COACH CREDENTIALS:** Coach credentials shall be issued based on the number indicated on the entry form, according to the following formula, based upon the total size of the team. Additional coach passes may be purchased for \$20/pass and can be combined into one payment with the other swim fees.

1-10 swimmers = 2 deck passes	31-40 swimmers = 6 deck passes
11-20 swimmers = 4 deck passes	41-50 swimmers = 8 deck passes
21-30 swimmers = 5 deck passes	50 or more = 10 deck passes

- HEAT SHEETS:** Coaches will receive heat sheets at the meet. They will be available in the coaches' Hospitality Room. Psych sheets and the timeline will be emailed to coaches two days prior to the meet.
- DECK PASS:** Deck passes will be distributed prior to the meet. We will mail the coach and swimmer passes the week prior to the meet. Deck passes must be shown prior to deck access. **If you don't have your deck pass, there will be a \$20 fee to purchase a new one for swimmers and coaches. We will not give any deck passes out for free under any circumstances.**
- 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). All awards will be labeled with event information. **Swimmers are responsible for picking up their awards immediately after their event. Remaining awards will not be mailed out after the meet.**
- PROOF OF TIME:** Proofs of time must come from meet results after August of 2019. 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 2021 Midwest Regional Swim Meet if their fine(s) are not paid within two weeks after the deadline.

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- POST-EVENT:** Results will be emailed to all teams the week following the event. Teams will have one (1) month to dispute results. After that time, no disputes will be considered. The meet will be available on Meet Mobile.
- DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimwear other than in locker rooms or other designated areas is not appropriate and is prohibited.
PLEASE change in the **LOCKER ROOMS ONLY**.
- CAMPING:** Due to building/fire codes, no camping is permitted anywhere in the venue. Blankets, personal chairs, etc. are not permitted.
- DRONE/
FLYING OBJECTS:** **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.
- 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! The winner will and receive a free program at the meet and a \$50 gift card to Dick's Sporting Goods. Additional details and design specifications will be posted on the meet web page.
- ADMISSION:** Athletes and coaches with the designated credentials will be allowed free entry. All spectators will be required to pay admission fees of \$5 per day or \$8 for a weekend pass. You can pre-purchase your admission passes online on the [meet web page](#). We encourage you to utilize this opportunity. Ages 4 and under are admitted FREE of charge. Ages 5+ must pay the entry fee.
- PROGRAMS:** Spectators may purchase programs for \$8 (programs include heat sheets).

Parent Shout-Out in program: For ONLY \$10, 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 [Friday, March 6, 2020](#).
- SOUVENIRS:** There will be a limited supply of 2020 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. No cameras, with the exception of approved sponsors and media, will be allowed on the pool deck.
- HOTELS:** A link to hotels can be found on the MYAS website at www.myas.org under the swimming tab.
- 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.

REGISTRATION GUIDELINES

- Registration** Your initial registration should include your Hy-Tek entry file and your team registration packet. 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.
- Updates/Changes** Updates will be allowed until the entry deadline. Please resend the entire team's file (the initial file will be deleted). Please submit scratches by Thursday, March 26th. Any scratches after the 26th will need to be reported to the Meet Referee at the meet.
- 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 or 763-746-1733 or bobby@myas.org or 763-746-1735. 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 2019-2020 season, season ending August 2019. 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 a couple of weeks prior to the meet. You will receive additional important meet information at that time.

ATHLETE ELIGIBILITY & ENTRY LIMITATIONS

- **The age-up date for the Midwest Regional Swim Meet is March 28, 2020.**
- The minimum age for competition is five years old and the athlete must be enrolled in regular school kindergarten for the current (2019-2020) 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 in 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. Please refer to the Unattached Swimmer Registration Form on the website.



TEAM REGISTRATION FORM

ALL FIELDS ARE REQUIRED! This information will be used for meet correspondence. Please type or print neatly.

Team Information

Team Code

Team Name

Coach Name

Address

City/State/Zip

Email Address

Daytime Phone

Entry Fees

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

Number of qualifying swimmers:

@ \$40 = \$

NOTE: Payment (to "MYAS") IS required upon submission!

Coach Credentials

Coach credentials shall be issued based on the number indicated on the entry form, according to the formula on page 3 of the brochure (based upon the total size of the team). Additional coach passes may be purchased for \$20/pass.

Number of Coach Passes:

Number of Additional Coach Passes:

X \$20 =

Confirmation and Waiver

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"). Please combine all above fees into one total payment.

Total payment enclosed: \$

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 2018-2019 season.

EVENT LIST & TIME STANDARDS

SESSIONS ONE & TWO — SATURDAY MORNING

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

SESSIONS THREE & FOUR — SATURDAY AFTERNOON

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

EVENT LIST & TIME STANDARDS

SESSIONS FIVE & SIX — SUNDAY MORNING

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

SESSIONS SEVEN & EIGHT — SUNDAY AFTERNOON

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