

2015 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 2015 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, March 28 & Sunday, March 29, 2015
- TIME:** The meet will start at 8:30am on both days with warm-ups at 7:30am. 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
- MEET DIRECTOR:** All correspondence for the Midwest Regional Swim Meet should go to Lindsey Lewitzke, lindsey@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: MN15W-10-101A.
- MEET TYPE:** This is a 2-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 1,300 swimmers. All entries must be via HYTEK or a HYTEK readable file. If this is not possible, please contact Lindsey Lewitzke.
- 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 9, 2015. IF needed, we will be capping the entire meet at 1,300 swimmers. We will cut to the cap by using the event caps starting with the longest events until we get to 1,300 swimmers.
- ENTRY FEE:** \$40.00 for qualified swimmers. 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 do that, please contact Lindsey.
- 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 to come.
- 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. Weekend pass presale will be posted on the website. We encourage you to utilize this opportunity. Ages 4 and under are allowed in for FREE. Ages 5+ must pay the entry fee.
- PROGRAMS:** Spectators can buy programs for \$8 which will include heat sheets. **NEW: Parent Shout-Out in program.** Parents can submit a Shout-Out to their athlete for \$10 to be included in the program! Shout-Out information can be found on the webpage and must be 30 words or less. The deadline for Shout-Out submission is Wednesday, March 11.

2015 Midwest Regional Swim Meet

- DATES:** Saturday, March 28 & Sunday, March 29, 2015.
- SOUVENIRS:** There will be a limited supply of 2015 Midwest Regional Swim Meet apparel, souvenirs and programs available for sale. **NEW:** 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. This apparel will be available online soon.
- MEDIA:** “We Got Game Sports Photography” is the official 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.
- COVER CONTEST:** Swimmers can design the Meet Program cover with the specifications provided. The covers will be judged and the winning design will be the program cover! Additional details will be posted online.
- 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. We thank you for being a part of the meet and your work with the swimmers. There will be a coaches meeting at 8:00am on Saturday in the hospitality room.
- 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.
- POST-EVENT:** Results will be emailed to all teams the week following the event. Teams will have one month to dispute results. After that, no disputes will be considered. The meet will be on Meet Mobile.
- HOTELS:** A link to hotels can be found on the MYAS website at 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.
- HEAT SHEETS:** **NEW:** Coaches will receive heat sheets NOT programs. They will first be available in the coach’s hospitality room. Programs will be available to buy near the souvenir stand for spectators and will have the heat sheets in them.
- PROOF OF TIME:** Proofs must come from meet results since August 2014. Failure to provide times will result in elimination of that swimmer from that event. After the meet all times not achieving the time standard must be proved or a \$50 fine per occurrence will be assessed. The deadline to prove is 2 weeks after the meet.
- POOL ASSIGNMENTS:** Girls will swim odd number events and sessions. Boys will swim even number events and sessions. Girls will swim in the East Pool Sessions 1 and 7. Girls will swim in the West Pool Sessions 3 and 5. Boys will swim in the East Pool Sessions 4 and 6 and the West Pool Sessions 2 and 8. **NO ONE IS ALLOWED ON THE CATWALK BETWEEN POOLS.**

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 reach the 1,300 swimmer mark.

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

Confirmation: Within 24 hours you will receive confirmation of receipt of entries. If you do not receive this, please contact Lindsey again. **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 lindsey@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 2014-2015 season, beginning in August 2014. 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.

The warm-up schedule will be distributed to each team via email and mail approximately two weeks prior to the meet. This is also when you will receive other important information.

Athlete Eligibility & Entry Limitations

- ◇ **The age determining date for the Midwest Regional Swim Meet is December 1, 2014.**
- ◇ The minimum age for competition is five years old and the athlete must be enrolled in regular school kindergarten for the current (2014-2015) 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 5 individual events in a single day. There are no substitutions for individual events. **Athletes may swim 1 relay per day.**
- ◇ Athletes may enter relay events and are permitted to "swim up" for relay events only. Athletes may swim in 1 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 can swim on boy relay teams and only girls on girl relay teams. Athletes may swim relays only 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 well as 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 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 coach hospitality room on Saturday morning.

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. If you have athletes that do not qualify, we will issue a full refund for those athletes.

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 building policies of the facility and any decision of the Midwest Regional Swim Meet Committee (Meet Director, Meet Manager and Meet Referee).

Coach's Signature _____ Date _____

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 2013-2014 season.

Event List & Time Standards

Event Caps will ONLY be used if the meet reaches over 1,300 swimmers.

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 | (NA) | NT | 8U | 100 Medley Relay | NT | (NA) | 6 |
| 7 | (NA) | NT | 10U | 200 Medley Relay | NT | (NA) | 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) | 1:16.57 | 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 | (NA) | NT | 12U | 200 Medley Relay | NT | (NA) | 46 |
| 47 | (NA) | NT | 14U | 200 Medley Relay | NT | (NA) | 48 |
| 49 | (NA) | NT | 18U | 200 Medley Relay | NT | (NA) | 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 | (NA) | NT | 14U | 400 Free Relay | NT | (NA) | 64 |
| 65 | (NA) | NT | 18U | 400 Free Relay | NT | (NA) | 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

Event Caps will ONLY be used if the meet reaches over 1,300 swimmers.

SESSIONS FIVE & SIX—SUNDAY MORNING

| <u>Event #</u> | <u>Cap</u> | <u>Girls Time Standard</u> | <u>Event</u> | <u>Boys Time Standard</u> | <u>Cap</u> | <u>Event#</u> |
|----------------|------------|----------------------------|----------------------------|---------------------------|------------|---------------|
| 85 | (NA) | NT | 8U 100 Free Relay | NT | (NA) | 86 |
| 87 | (NA) | NT | 10U 200 Free Relay | NT | (NA) | 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) | 1:31.81 | 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

| <u>Event #</u> | <u>Cap</u> | <u>Girls Time Standard</u> | <u>Event</u> | <u>Boys Time Standard</u> | <u>Cap</u> | <u>Event#</u> |
|----------------|------------|----------------------------|-----------------------------|---------------------------|------------|---------------|
| 107 | (NA) | NT | 12U 200 Free Relay | NT | (NA) | 108 |
| 109 | (NA) | NT | 14U 200 Free Relay | NT | (NA) | 110 |
| 111 | (NA) | NT | 18U 200 Free Relay | NT | (NA) | 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 | (NA) | NT | 14U 400 Medley Relay | NT | (NA) | 126 |
| 127 | (NA) | NT | 18U 400 Medley Relay | NT | (NA) | 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 turned in. 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: | |
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| Athlete | | | |
| | Parent: | Parent: | |

In signing, I verify that the athletes listed above are eligible to compete in the 2013 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.*