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Spring Lake Park High School
Swim Team

2009 MIDWEST REGIONAL SWIM MEET

On behalf of the Minnesota Youth Athletic Services, the Spring Lake Park Swim Team and the University of Minnesota, we welcome you to the 2009 Midwest Regional Swim Meet. Last year's event was the largest in the meet's history, with 1,076 athletes from across the Midwest Region. As this event continues to increase in popularity, we must remind you that we have a 1,000 swimmer registration cap. Once we have reached that number, more swimmers may be added ONLY if time and safety restrictions allow. Please take the time to read the enclosed information carefully and submit your entries in a timely manner. NEW for 2009: We have completely revised the event list to accommodate all age groups and alleviate some of the scoring concerns we have had in past meets. We hope you like the changes!

Dates: Saturday, March 28 and Sunday, March 29, 2009

Location: The University of Minnesota Aquatic Center
1910 University Avenue SE, Minneapolis, MN 55455

Mode of Entry: There are three ways to register:

1. Email your entries via HYTEK to jessica@myas.org. Your team registration form, signed code of conduct and payment must then be received in the MYAS office prior to the entry deadline.
2. Send your HYTEK entries to the MYAS office on a disk, along with your team registration form, signed code of conduct form and payment.
3. Send your hard copy entry forms, signed code of conduct and payment to the MYAS office.

Entry Fee: \$35.00 for qualified swimmers only. If your entries are not submitted via HYTEK (if you register via the hard copy), there will be a \$5.00 surcharge per athlete.

Entry Deadline: All entries must be received by Monday, March 2, 2009.

Awards: Medals will be awarded to 1st-4th place finishers and ribbons to the 5th-16th place finishers in each gender/event. There will also be individual high point awards presented to one boy and one girl in each age division and a team award to the team with the highest point total. NOTE: There are no longer any open events and the age groups are uniform across the event list. This should alleviate the need to swim "up" and any other scoring issues we have had in the past.

Admissions: Athletes and coaches will be admitted free of charge ONLY if they have their wristband. Coaches MUST have their wristband attached to their wrist and athletes MUST have their wristband attached to their wrist, shoe or bag. NO EXCEPTIONS! Anyone not willing to follow this policy will not be allowed on the pool deck.

Format: The meet will be conducted under USA Swimming Rules and Regulations.

REGISTRATION GUIDELINES

Entries should be mailed to: MYAS
4111 Central Avenue NE, Suite 208
Columbia Heights, MN 55421

Remember, if you submit your HYTEK entries via email, your registration is not complete until your team registration form, signed code of conduct and payment have been received at the MYAS office.

Confirmation: Meet entry confirmation will be emailed to the team coach or representative shortly after the entries have been received. PLEASE make sure your email address is correct and legible on the team registration form as this is the main method of communication for your team. **It is mandatory that the team representative verify the confirmation report for their team.** This eliminates problems on competition day and will allow time to complete heat sheets and have all information downloaded into the timing system at the University of Minnesota. All correspondence should go to jessica@myas.org or 763-746-1733.

The 2009 Midwest Regional Swim Meet will be an observed meet (USA Swimming). Any athlete who would like their times loaded into the national SWIMS database should supply their USA Swimming ID with their registration.

ATHLETE ELIGIBILITY & ENTRY LIMITATIONS

- The age determining date for the Midwest Regional Swim Meet is December 1, 2008.
- The minimum age for competition is five years old and the athlete must be enrolled in regular school kindergarten in the current (2008-2009) academic year. The maximum age for competition is 18 years old and the athlete must still be enrolled in high school.
- All qualifying times must have been achieved in an official meet, not a time trial. Time standards for ages 8U-14U are USS "BB" times in yards. Time standards for 15U-18U are "BB" times in yards.
- Athletes may only enter individual events for which they have qualified; athletes are also eligible for relays.
- Athletes may compete in all individual events for which they have qualified, to a maximum of **seven** individual events. Relay events do not count against the number of individual events allowed and there are **no qualifying time standards for relays**.
- If necessary, events of the same distance and gender will be seeded and swum combined, but scored separately.
- Teams may not realign themselves for the meet.
- No add-on swimmers will be allowed on either day of the meet.
- SWIMMERS MAY NOT SWIM UP! Each swimmer must be registered in the appropriate age category.

APPAREL & SOUVENIRS

There will be a *limited* supply of 2009 Midwest Regional Swim Meet apparel and souvenirs available for sale beginning Saturday morning when the doors open. All sales are final. Official meet programs will also be available for sale. We have added several new items for the 2009 meet!

MIDWEST REGIONAL SWIM MEET TEAM REGISTRATION FORM

All fields are required! This is the information that will be used for important meet correspondence.

Team Abbreviation _____ Team Name _____

Head Coach Name _____

Address _____ City/State/Zip _____

Daytime Phone_(_____) _____ Alternate Phone_(_____) _____

E-mail Address _____

Disk Entries: Send this form with disk, payment and signed Code of Conduct form.
Number of qualifying swimmers entered via disk _____ @ \$35.00 = _____

E-mail Entries: Send this form with payment and signed Code of Conduct form.
Number of qualifying swimmers entered via email file _____ @ \$35.00 = _____

Non-Disk Entries: Send this form, athlete entry forms, payment and signed Code of Conduct form.
Number of qualifying swimmers entered via hard copy _____ @ \$40.00 = _____

To the best of my knowledge, the information included in these entries is correct. All times submitted were achieved at a meet that was timed with electronic or multiple hand timers. All swimmers are members in good standing of our team. I agree not to substitute swimmers for those listed in individual events. Substitutes on relay teams will be allowed only if they are already entered in the meet. Our team agrees to abide by the rules and procedures of the meet, the building policies of the facility and any decisions 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
c/o Midwest Regional Swim Meet
4111 Central Avenue NE, Suite 208
Columbia Heights, MN 55421

The MYAS uses CheckMate verification and recovery services. 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 2008-2009 season (MYAS and non-MYAS events).

2009 EVENT LIST

SESSION ONE—SATURDAY MORNING revised 10/8/08

<u>Event #</u>	<u>Girls Time Standards</u>	<u>Events</u>	<u>Boys Time Standards</u>	<u>Event #</u>
1	18.00	8U 25 Freestyle	18.00	2
3	2:58.39	9-10 200 Freestyle	2:50.89	4
5	2:31.79	11-12 200 Freestyle	2:27.99	6
7	NT	8U 100 Medley Relay	NT	8
9	NT	9-10 200 Medley Relay	NT	10
11	NT	11-12 200 Medley Relay	NT	12
13	52.00	8U 50 Backstroke	52.00	14
15	43.49	9-10 50 Backstroke	43.89	16
17	37.09	11-12 50 Backstroke	36.79	18
19	1:45.00	8U 100 Individual Medley	1:45.00	20
21	1:34.39	9-10 100 Individual Medley	1:31.39	22
23	1:20.19	11-12 100 Individual Medley	1:18.29	24
25	45.00	8U 50 Freestyle	45.00	26
27	36.19	9-10 50 Freestyle	35.59	28
29	32.19	11-12 50 Freestyle	30.99	30
31	21.00	8U 25 Butterfly	21.00	32
33	1:42.09	9-10 100 Butterfly	1:40.58	34
35	1:20.59	11-12 100 Butterfly	1:19.29	36
37	24.00	8U 25 Breaststroke	24.00	38
39	1:46.69	9-10 100 Breaststroke	1:44.79	40
41	1:29.29	11-12 100 Breaststroke	1:28.39	42
43	7:39.49	9-10 500 Freestyle	7:35.19	44
45	6:40.09	11-12 500 Freestyle	6:35.09	46

SESSION TWO—SATURDAY AFTERNOON

<u>Event #</u>	<u>Girls Time Standards</u>	<u>Events</u>	<u>Boys Time Standards</u>	<u>Event #</u>
47	2:40.99	13-14 200 Butterfly	2:32.59	48
49	2:38.79	15-18 200 Butterfly	2:25.59	50
51	2:25.39	13-14 200 Freestyle	2:16.29	52
53	2:22.39	15-18 200 Freestyle	2:10.89	54
55	NT	13-14 200 Medley Relay	NT	56
57	NT	15-18 200 Medley Relay	NT	58
59	1:14.39	13-14 100 Backstroke	1:10.29	60
61	1:13.29	15-18 100 Backstroke	1:06.39	62
63	3:01.99	13-14 200 Breaststroke	2:49.39	64
65	2:58.39	15-18 200 Breaststroke	2:42.59	66
67	NT	13-14 400 Free Relay	NT	68
69	NT	15-18 400 Free Relay	NT	70
71	30.99	13-14 50 Freestyle	28.79	72
73	30.49	15-18 50 Freestyle	27.49	74
75	2:43.89	13-14 200 Individual Medley	2:33.69	76
77	2:40.69	15-18 200 Individual Medley	2:26.99	78
79	6:22.39	13-14 500 Freestyle	6:07.69	80
81	6:17.39	15-18 500 Freestyle	5:52.29	82

2009 EVENT LIST CONTINUED

SESSION THREE—SUNDAY MORNING revised 10/8/08

<u>Event #</u>	<u>Girls Time Standards</u>	<u>Events</u>	<u>Boys Time Standards</u>	<u>Event #</u>
83	NT	8U 100 Free Relay	NT	84
85	NT	9-10 200 Free Relay	NT	86
87	NT	11-12 200 Free Relay	NT	88
89	3:40.00	8U 200 Individual Medley	3:40.00	90
91	3:19.39	9-10 200 Individual Medley	3:18.09	92
93	2:51.79	11-12 200 Individual Medley	2:49.69	94
95	58.00	8U 50 Breaststroke	58.00	96
97	47.79	9-10 50 Breaststroke	48.19	98
99	41.09	11-12 50 Breaststroke	41.09	100
101	22.00	8U 25 Backstroke	22.00	102
103	1:33.99	9-10 100 Backstroke	1:32.49	104
105	1:21.89	11-12 100 Backstroke	1:19.09	106
107	55.00	8U 50 Butterfly	55.00	108
109	42.99	9-10 50 Butterfly	41.99	110
111	35.39	11-12 50 Butterfly	35.49	112
113	1:40.00	8U 100 Freestyle	1:40.00	114
115	1:22.19	9-10 100 Freestyle	1:19.99	116
117	1:08.29	11-12 100 Freestyle	1:08.19	118

SESSION FOUR—SUNDAY AFTERNOON

<u>Event #</u>	<u>Girls Time Standards</u>	<u>Events</u>	<u>Boys Time Standards</u>	<u>Event #</u>
119	NT	13-14 200 Free Relay	NT	120
121	NT	15-18 200 Free Relay	NT	122
123	2:39.59	13-14 200 Backstroke	2:31.09	124
125	2:37.99	15-18 200 Backstroke	2:23.69	126
127	1:13.79	13-14 100 Butterfly	1:08.69	128
129	1:12.39	15-18 100 Butterfly	1:05.59	130
131	1:24.49	13-14 100 Breaststroke	1:18.39	132
133	1:22.69	15-18 100 Breaststroke	1:14.99	134
135	NT	13-14 400 Medley Relay	NT	136
137	NT	15-18 400 Medley Relay	NT	138
139	1:07.39	13-14 100 Freestyle	1:02.89	140
141	1:06.19	15-18 100 Freestyle	59.99	142
143	5:46.19	13-14 400 Individual Medley	5:27.59	144
145	5:40.29	15-18 400 Individual Medley	5:13.59	146



CODE OF CONDUCT

Due to the "glass incident" at the 2008 meet, the Minnesota Youth Athletic Services has implemented several new policies for the Midwest Regional Swim Meet. It is critical that these policies are followed—it is a privilege to be able to utilize this facility and we are not willing to risk the safety of our participants, staff and fans. All coaches and athletes must read and sign this Code of Conduct. Please make copies of the signature sheet 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:
 - * All eligible (determined by the MYAS) athletes and coaches will be sent a wristband prior to departure for the meet. Coaches will have yellow wristbands and they must be secured around the wrist at all times. Athletes will be issued blue wristbands and they must be secured around the wrist, shoe or bag at all times. Under no circumstances will anyone be allowed on the deck without their wristband. Anyone who cannot follow this policy will be asked to leave immediately and not allowed re-entry.
 - * All bags will be checked by meet staff at the door to the pool deck.
 - * Any person (including spectators, swimmers and coaches) caught handing anything over the railing (spectator seating) will be asked to leave immediately.
 - * Nothing may be brought or carried behind the blocks. This includes bags, towels and shoes.
 - * 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 no longer be used as a walkway to the other side of the pool.
 - * No banners are allowed to be hung in the Aquatic Center.
 - * Any coach, swimmer, spectator, 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 team. PLEASE BEHAVE OR BE GONE. Thank you!

2009 MIDWEST REGIONAL SWIM MEET CODE OF CONDUCT

Team: _____

Abbreviation: _____

Coach*: _____
Print Name

Signature

Coach*: _____
Print Name

Signature

Coach*: _____
Print Name

Signature

Coach*: _____
Print Name

Signature

Athlete: _____
Print Name

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Athlete: _____
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Athlete: _____
Print Name

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Athlete: _____
Print Name

Signature

***In signing, I verify that the athletes on the above listed team are eligible to compete in the 2009 Midwest Regional Swim Meet. Upon your acceptance of this 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 and, or the University of Minnesota and their representatives from any and all injuries suffered by the coaches and/or athletes at the specified event.**

WARM-UP SCHEDULE

**Subject to change—final schedule, including start times, will be sent with team packets 2-3 weeks prior to the meet*

Start of warm-up

Lanes 1, 2, 3, 4, 5, 6, 7, 8—General

20 minutes after start of warm-up

Lanes 4, 5, 6—General

Lanes 1, 8—Pace

Lanes 2, 3, 7—Sprint

(sprinters one way only)

30 minutes after start of warm-up

Lanes 4, 5—General

Lanes 1, 8—Pace

Lanes 2, 3, 6, 7—Sprint

(sprinters one way only)

50 minutes after start of warm-up

Clear competition course

- **NO EQUIPMENT** (Hand Paddles, Kickboards, Zoomers) is allowed in the pool when the touchpads are in.
- Entry into the pool during any warm-up/cool-down must be feet first. The only exception to this is when sprint lanes are being used. Any swimmer violating this policy will be removed from his/her next individual event. A second violation could cause the swimmer to be removed from the meet.
- All swimmers must be observed by a coach during warm-ups.

THANK YOU FOR YOUR COOPERATION!

In an attempt to balance the pool usage during competition, the following schedule will be followed:

	<u>East Pool (near diving well)</u>	<u>West Pool (near scoreboard)</u>
Saturday AM	Girls 12U and younger	Boys 12U and younger
Saturday PM	Boys 13U and older	Girls 13U and older
Sunday AM	Boys 12U and younger	Girls 12U and younger
Sunday PM	Girls 13U and older	Boys 13U and older