

March 28-29

2026

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 2026 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, 2026

TIME: The meet will start at 9:00am on Saturday and Sunday with warm-ups beginning at 8:00am. Afternoon warm-ups will start immediately following the conclusion of the morning sessions. The afternoon session will start following a 60 minute warm-up.

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 host will ensure required course dimension.

CORRESPONDENCE: All correspondence for the Midwest Regional Swim Meet should be directed to: swimming@myas.org
DO NOT call the University of Minnesota.

QUALIFICATION: Time standards meet USA Swimming "BB" level times

MEET TYPE: This is a two-day, short course yard meet for all swimmers. Any swimmer with at least one qualifying time is eligible to participate and may bonus up to six (6) more events.

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.
Sanction Approval Code: MN26W-01-134YA. In granting this approval, it is understood and agreed that USA Swimming, Inc. shall be free from any liabilities or claims or 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, restrooms, or locker rooms.

March 28-29

2026

MIDWEST REGIONAL SWIM MEET

REGISTRATION:

HY-TEK files must be emailed to tjmeece1974@gmail.com by Tuesday, March 17th @ 5:00pm CST. Please put **"MYAS MEET ENTRY"** in the subject line of the email.

Due to facility capacity limits, we will be capping the entire meet at 1,300 swimmers. This is based on a first come, first served basis of registration. We will accept entries until the deadline, or until we reach 1,300 swimmers.

ENTRY FEE:

\$85.00 per swimmer. All entries must be submitted via HY-TEK or HY-TEK readable file. If HY-TEK is not accessible, please contact Tracy Meece at tjmeece1974@gmail.com. There will no cost for admission.

REGISTRATION STEPS:

Put "MYAS MEET ENTRY" in the subject line of the email.

- A. Send HY-TEK file to Tracy Meece at tjmeece1974@gmail.com by Tuesday, March 17th @ 5:00pm CST.
- B. Payment will be collected on-site at the Midwest Regional Swim Meet
- C. Updates/Changes: Updates will be allowed until the entry deadline. Please resend the entire team's file (the initial file will be deleted).

SCRATCHES:

Please submit scratches by **Monday, March 23rd @ 5:00pm CST**. Any scratches after the 23rd will need to be reported to the Meet Referee at the meet and will be required to pay the entry fee.

QUALIFYING TIMES:

Every swimmer must submit a qualifying time that was achieved in a meet during the January 1, 2025-March 17, 2026. Times earned while participating at a younger age group can be used as a qualifying time as long as they are earned within the qualifying period. Qualifying times for individual events must come from an individual event, or the lead swimmer split from a relay. They may be converted time (meters to yards).

The warm-up schedule will be distributed to the head coach of each teams via email prior to the meet.

ATHLETE ELIGIBILITY & ENTRY LIMITATIONS

The age-up date for the Midwest Regional Swim Meet is March 28th, 2026.

- 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, to a maximum of seven individual events throughout the weekend and a maximum of six individual events in a single day. There are no substitutions for individual events once entries are final and relays don't count towards the daily max. Athletes may swim a maximum of two relays per day (must be different events).
 - Athletes that meet qualification for any event will have the option to register for other events that they do not qualify for.

March 28-29

2026

MIDWEST REGIONAL SWIM MEET

ATHLETE ELIGIBILITY & ENTRY LIMITATIONS (cont'd)

- Athletes may enter relay events and are permitted to “swim up” for relay events only. Athletes may swim a maximum of two relays 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 unless it is a mixed gender event. 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. All substitutions MUST be given to the Meet Admin PRIOR to the start of the heat.
- If necessary, events of the same distance will be seeded and swum as combined genders but scored separately.
- Unattached swimmers are welcome, as are all types of swim clubs.

POOL ASSIGNMENTS: All odd heats will be in the East/Diving Well pool. All even heats will be 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 during the coaches’ meeting (see below). The Meet Referee may combine partial heats across genders/ages.

RELAY STARTS: Choice of in-water or block start for the 100 relays.

MIXED RELAYS: Mixed gender relay teams must be comprised of at least one male swimmer and at least one female swimmer.

COACH MEETING: There will be a coaches’ meeting via Zoom on Tuesday, March 24th @ 7:00pm.

COACH CREDENTIALS: Coach credentials will be issued based upon the number of qualified swimmers as indicated on the entry form, according to the following formula. Additional coach passes may be purchased for \$20/pass; additional pass fees can be paid with the other meet registration fees.

Deck passes will be distributed on-site at the University of Minnesota Aquatic Center on Saturday, March 28th starting @ 7:00am.

• 1 swimmer =	1 deck pass	• 21-30 swimmers =	5 deck passes
• 2-10 swimmers =	2 deck passes	• 31-40 swimmers =	6 deck passes
• 11-20 swimmers =	4 deck passes	• 41+ swimmers =	8 deck passes

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 (swimmers and coaches). We will not issue free deck passes under any circumstance.**

March 28-29

2026

MIDWEST REGIONAL SWIM MEET

- 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.
- 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 after the meet.***
- PROOF OF TIME:** Proofs of time must come from meet results from January 1, 2025 - March 17, 2026.
- 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 the 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.
- DRONES/
FLYING OBJECTS:** Operation of drones or any other flyer apparatus is prohibited in the venue anytime athletes, coaches, officials, and/or spectators are present.
- ADMISSION:** FREE (included in swimmer entry fee)
- MEET APPAREL:** You Betcha Designs Inc will provide custom apparel on-site for purchase. No Pre-Order options.
- HEAT SHEETS:** Heat Sheets will be sold at the Apparel stand for \$5.
- MEDIA:** [We Got Game Sports Photography](#) is the official meet photographer. Information and order forms will be posted on the meet [web page](#). 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 Midwest Regional Swim Meet web page.
- PARKING:** Parking around the U of Minnesota is limited. Please see the [MAP](#) of the area and plan accordingly. You can also visit the U of Minnesota website's Parking and Transportation Services page [HERE](#).

EVENT LIST & TIME STANDARDS

SATURDAY AM				
QUAL	Girls	Event	Boys	QUAL
	1	8&U 100 Medley Relay	2	
	3	MIXED 8&U 100 Medley Relay	3	
	4	10&U 200 Medley Relay	5	
	6	MIXED 10&U 200 Medley Relay	6	
1:38.59	7	8&U 100 Freestyle	8	1:38.59
1:21.09	9	9-10 100 Freestyle	10	1:18.89
52.99	11	8&U 50 Backstroke	12	52.99
43.29	13	9-10 50 Backstroke	14	42.89
1:45.99	15	8&U 100 Individual Medley	16	1:45.99
1:33.19	17	9-10 100 Individual Medley	18	1:29.69
46.29	19	8&U 50 Freestyle	20	46.29
39.79	21	9-10 50 Freestyle	22	38.19
22.99	23	8&U 25 Fly	24	22.99
1:41.39	25	9-10 100 Fly	26	1:38.99
25.59	27	8&U 25 Breast	28	25.59
1:46.89	29	9-10 100 Breast	30	1:42.29
18.99	31	8&U 25 Freestyle	32	18.99
7:45.09	33	9-10 500 Freestyle	34	7:33.79



EVENT LIST & TIME STANDARDS

MIXED Relays can be any combination of girls/boys. MUST meet the age -group of event.

	SATURDAY PM			
QUAL	Girls	Event	Boys	QUAL
	35	14&U 200 Medley Relay	36	
	35	15-18 200 Medley Relay	36	
	37	MIXED 14&U 200 Medley Relay	37	
	37	MIXED 15-18 200 Medley Relay	37	
2:30.89	38	11-12 200 Freestyle	39	2:24.89
2:22.69	38	13-14 200 Freestyle	39	2:12.29
2:18.39	38	15-18 200 Freestyle	39	2:06.29
1:18.89	40	11-12 100 Fly	41	1:16.09
2:38.99	42	13-14 200 Fly	43	2:25.59
2:33.99	42	15-18 200 Fly	43	2:19.49
35.99	44	11-12 50 Back	45	35.59
1:11.39	46	13-14 100 Back	47	1:06.19
1:09.39	46	15-18 100 Back	47	1:02.69
1:29.29	48	11-12 100 Breast	49	1:25.49
2:57.39	50	13-14 200 Breast	51	2:42.39
2:52.69	50	15-18 200 Breast	51	2:35.19
33.69	52	11-12 50 Free	53	32.79
32.49	52	13-14 50 Free	53	29.89
31.79	52	15-18 50 Free	53	28.29
1:19.09	54	11-12 100 Individual Medley	55	1:15.89
2:39.49	56	13-14 200 Individual Medley	57	2:26.69
2:34.29	56	15-18 200 Individual Medley	57	2:20.19
	58	14&U 400 Free Relay	59	
	58	15-18 400 Free Relay	59	
	60	MIXED 14&U 400 Free Relay	60	
	60	MIXED 15-18 400 Free Relay	60	
6:45.69	61	11-12 500 Free	62	6:29.99
6:22.79	61	13-14 500 Free	62	5:58.19
6:12.39	61	15-18 500 Free	62	5:42.09

EVENT LIST & TIME STANDARDS

SUNDAY AM				
QUAL	Girls	Event	Boys	QUAL
	63	8&U 100 Free Relay	64	
	65	MIXED 8&U 100 Free Relay	65	
	66	10&U 200 Free Relay	67	
	68	MIXED 10&U 200 Free Relay	68	
3:42.79	69	8&U 200 Individual Medley	70	3:42.79
3:18.79	71	9-10 200 Individual Medley	72	3:15.99
57.59	73	8&U 50 Breast	74	57.59
48.69	75	9-10 50 Breast	76	47.69
23.79	77	8&U 25 Back	78	23.79
1:33.99	79	9-10 100 Back	80	1:30.09
55.29	81	8&U 50 Fly	82	55.29
42.69	83	9-10 50 Fly	84	41.29
3:00.59	85	9-10 200 Free	86	2:50.59

MIXED Relays can be any combination of girls/boys. MUST meet the age -group of event.

SUNDAY PM				
QUAL	Girls	Event	Boys	QUAL
	87	14&U 400 Medley Relay	88	
	87	15-18 400 Medley Relay	88	
	89	MIXED 14&U 400 Medley Relay	89	
	89	MIXED 15-18 400 Medley Relay	89	
1:19.79	90	11-12 100 Back	91	1:15.69
2:34.49	92	13-14 200 Back	93	2:23.69
2:30.59	92	15-18 200 Back	93	2:17.09
40.89	94	11-12 50 Breast	95	40.09
1:22.29	96	13-14 100 Breast	97	1:14.79
1:19.79	96	15-18 100 Breast	97	1:11.39
34.29	98	11-12 50 Fly	99	34.19
1:11.29	100	13-14 100 Fly	101	1:05.49
1:09.09	100	15-18 100 Fly	101	1:02.39
1:09.39	102	11-12 100 Free	103	1:06.39
1:05.89	102	13-14 100 Free	103	1:00.29
1:03.79	102	15-18 100 Free	103	57.59
	104	14&U 200 Free Relay	105	
	104	15-18 200 Free Relay	105	
	106	MIXED 14&U 200 Free Relay	106	
	106	MIXED 15-18 200 Free Relay	106	
2:50.69	107	11-12 200 Individual Medley	108	2:45.79
5:39.69	109	13-14 400 Individual Medley	110	5:13.59
5:29.69	109	15-18 400 Individual Medley	110	4:59.19