

# Lake Superior Swim Club

## January 24-25, 2015

### ABC Open

**Sponsored By:** Lake Superior Swim Club

**Sanctioned By:** Minnesota Swimming, Inc. and USA Swimming, Inc.

**Sanction Number:** MN15W-12-04Y

**Meet Director:** Howie Leathers, [hleathers@lsscaquatics.com](mailto:hleathers@lsscaquatics.com).

**Meet Marshal:** Tony Yung

**Inquiries:** Howie Leathers, 4420 Gilliat St, Duluth, MN 55804. [hleathers@lsscaquatics.com](mailto:hleathers@lsscaquatics.com). 218-310-8124

**Entries:** Howie Leathers, 4420 Gilliat St, Duluth, MN 55804. [hleathers@lsscaquatics.com](mailto:hleathers@lsscaquatics.com). 218-310-8124

**Safety Coordinator:** Howie Leathers

**Team Coaches:** Sally Sundeen

**Club Officials:** Jane Rudd

**Officials:** MSI Qualified Officials

**Team President:** Tony Yung

**Registration Chair:** Cassy Shapley, 1001 Highway # 7, Hopkins, MN 55305 (952) 988-4184

**Purpose:** To encourage and promote competitive swimming among age group swimmers.

**Meet Type:** This is a 2 day meet with three awards categories: 1)"A" and faster; 2)"B"; and 3)"C/pre-C". The A category will accept times at A and faster, the B category will accept only B times, the C category will accept C and pre-C times. Awards will be distributed according to the category of swimmers' entry. Any non-zoned teams and out of state swimmers can attend this meet.

**Pool Location:** Ordean East Middle School: 2900 East 4<sup>th</sup> Street, Duluth, MN 55803

**Directions:** From South: I-35 to 26<sup>th</sup> ave East exit. Continue to East Superior Street, turn Right to Hawthorne Ave. Turn Left, Ordean East is three blocks up on the left. Parking is allowed in the lot. Pool entrance is located in at the south end of the lot.

**Time Schedule:** Morning Session - Warm-ups start at 7:20 am and end at 8:20 am. The meet will start at 8:30 am. Afternoon Session: Will not start before 11:30 am preceded by a 60-minute warm up plus 10 minutes for a coaches meeting.

**Facility:** 8 Lane, 25 Yard Indoor pool with lane lines and backstroke pennants. Slanted starting blocks are 30 inches above the water surface. The minimum water depth, measured in accordance with Article 103.2.3 is 12 feet, 0 inches at the start end and 3 feet, 6 inches at the turn end.

**Course Certification:** The competition course has not been certified in accordance with 104.2.2C(4).

**Timing:** Electronic timing system with backup buttons and/or watches, horn start and touchpads at the start end of the pool.

**Meet Lane Timing Needs:** A motion was passed on 10/20/1998 that states: "During all MSI regularly bid, sanctioned events, visiting clubs will provide timers as necessary for the duration of the competition. The meet will not begin until the timing needs have been met. The host club may not place requirements on any individual team to participate at any specific level."

If your club would like to help out on a specific time or day, please contact the Meet Director.

**Entry Limitations:** Age of a swimmer is determined by their age on the first day of the meet. A swimmer may compete in a maximum of 4 individual events per day, not including relays. All seed times must be in yards.

**Date to Start Accepting Entries: 8:00 pm, December 17, 2014**

**Last Date Entries will be accepted:** 7:00 pm, Wednesday, January 14, 2015. Entries will be accepted for new events achieved between the entry deadline and 2:00 pm on the Monday before the meet. No entries will be accepted after the 2 pm deadline. This is not to add new swimmers or events for those who missed the January 14, 2015 entry deadline.

Host teams must use Hy-Tek or SDIF compatible software to run swim meets. Those teams using disk entry must use Hy-Tek or SDIF compatible software (Team Manager) to enter this meet. There will be no disks sent out to clubs. Please include a PRINTED AND PROOFED copy of your COMMLINK REPORT, along with your disk as well as the fee calculation form. Minnesota clubs entering this meet must use Hy-Tek or SDIF compatible entry unless your club is on record with MSI that you cannot comply with the disk entry requirements.

**EMAILED entries are preferred. Please follow these guidelines when submitting EMAILED ENTRIES:**

1. Use Hy-Tek Team Manager or compatible software to send entries.
2. Email a TEXT FILE of your entries along with the TEAM MANAGER or TEAM UNIFY FILE – this allows the Entries Chair to double check that the number of swimmers and entries on TM matches the number of swimmers and entries in your Text File. If they match, everything is ok, if they do NOT match, we can trouble shoot BEFORE the meet is seeded to **make sure no swimmers are left out of the meet. This is extremely IMPORTANT!**
3. Please include coach's name, phone numbers and email address so we may contact you if there is any problem with your entry data.
4. Any REVISIONS to entries must be a COMPLETE REPLACEMENT of the previous entries file. The previous entries will be deleted! A REVISED TEXT FILE must accompany the REVISED TEAM MANAGER or TEAM UNIFY file.
5. Bring the Fee Calculation Form and your payment to the meet and see the Meet Director or Entries Chair before you write your check.
6. Meet Results will be EMAILED unless otherwise arranged. Please indicate your email address on the Fee Calculation Form.
7. If you email your entries, you will receive an email reply as confirmation. If you DO NOT receive an email reply from the Entries Chair that means that the entry person has NOT ENTERED YOUR SWIMMERS! **Call or email the entry person until you receive confirmation that your entries were received.**

**Awards:** No awards will be given for 13 and over events. Individual Events ~ A Events: Medals, 1st -8th. B Events: Rosette Ribbon, 1st -8<sup>th</sup>. C Events: Strip Ribbons, 1st -8<sup>th</sup> "Best Time Achievement Awards" will be given to swimmers accomplishing an individual personal best time. Certificates will be issued for new Champ, A and B times. Relay Events: 1st - 3rd place medals. Awards will be given out to athletes 30 minutes after the posting of the final results, barring complications with the results.

**Scoring:** None

**Distance Events:** A positive check-in will be required for the 400 IM and 500 Free. Check-in will be required at the timing table by the time or event # stated at the coach's meeting. Heats will be swum fastest to slowest, all age groups (within the session) combined, women alternating with men, separated for score/awards by age group offered at the meet (per legislation dated June 17, 2008). Minnesota Scratch rules will be in effect. A 10-minute warm-up will be held prior to the 500 Free and 400 IM events.

**Fees:** \$2.50 per entrant listed on the entry sheet, \$4.00 per individual splash, \$16.00 per relay entered. Summary cost per calculation sheet. Swimmers listed as relay alternates only do not have a fee. Checks must accompany entries and made payable to: LSSC

**Concessions:** Will be provided.

**Open Lane Swims:** The MSI "Open Lane Swim" procedure will be available at the meet. The splash fee is \$10.00. 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 event limit of four events including 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.

**Four-Hour Rule for Age Group Sessions:** The USA Swimming four-hour rule will be followed. If the meet becomes too large, MSI 4-Hour Rule Policy (#244) will be followed.

**Meet Information, Rules and Regulations:** All information rules and regulations, including time standards, schedules, orders of events, meet operations and requirements will be conducted in accordance with Minnesota Swimming, Inc. competitive rules and regulations and USA Swimming Rules and Regulations current editions.

**USA Swimming Membership:** All swimmers must be current 2015 registered athlete members of USA Swimming. All coaches must be current 2015 registered non-athlete members of USA Swimming and have certification required to be a USA Swimming Coach. Any club or individual entering a non-USA Swimming registered swimmer will be subject to a \$25.00 fine per event per swimmer.

**Warm-Up:** Current MSI and USA Swimming Rules will govern all aspects of the warm-ups and competition. Swimmers and coaches are expected to be acquainted with all rules and obligations. Failure to follow will result in disqualification of swimmer(s) or coach(s) from next individual event or expulsion from the meet. The NO Diving and Slip-In Entry rules will be strictly enforced.

**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.

**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.

**Entries:** All entries must be completed by the entering club or individual who will be solely responsible for the accuracy of the entry. Please call the entries person for directions if you need to hand deliver.

**Timed Finals:** This meet is pre-seeded. All swimmers must report to their blocks for the start of their heat.

**Time Standards:** MN Swimming Time Standards – the most current edition published on the MSI website will be used. Senior girls events will use the 15-16 age group time standards to qualify. Senior boys events will use the 13-14 age group time standards to qualify.

**Timelines:** Any timelines provided, whether the Internet, email or in the meet program, are for information purposes only. Session start times are only approximations, be aware that sessions may start earlier than published.

**Changes To The Meet Information:** 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.

**Meet Committee:** A meet committee will be formed by the meet referee. It will consist of at least one official (excluding the meet referee), one coach (not from the host club) and one athlete (not from the host club). Judgment decisions cannot be protested.

**Coach's Meetings:** Will take place on a regular basis at the discretion of the referee.

**Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.**

**Deck changing:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

## LSSC ABC Open January 24-25, 2015

G	SATURDAY AM		B
1	10&U	200 Medley Relay	2
	12&U	200 Medley Relay	3
4	9-10	100 FR	5
6	8&U	100 FR	7
	11-12	100 FR	8
9	9-10	50 BK	10
11	8&U	50 BK	12
	11-12	50 FL	13
14	9-10	100 IM	15
16	8&U	100 IM	17
	11-12	100 IM	18
19	9-10	50 FL	20
	11-12	100 BR	21
	11-12	50 BK	22
23	10&U	100 BR	24
	11-12	200 BK	25

G	SUNDAY AM		B
57	10&U	200 Free Relay	58
	12&U	200 Free Relay	59
60	9-10	50 BR	61
62	8&U	50 BR	63
	11-12	50 BR	64
65	9-10	50 FR	66
67	8&U	50 FR	68
	11-12	50 FR	69
70	10&U	100 FL	71
72	8&U	50 FL	73
	11-12	200 FR	74
	11-12	100 FL	75
76	10&U	100 BK	77
	11-12	100 BK	78
79	10&U	200 FR	80
	10 Min. Break		
	11-12	500 FR	81

	SATURDAY PM		
26	Senior	200 Medley Relay	27
28	14&U	200 Medley Relay	
29	12&U	200 Medley Relay	
30	Senior	100 BR	31
32	13-14	100 BR	
33	11-12	100 FR	
34	Senior	200 FR	35
36	13-14	200 FR	
37	11-12	50 FL	
38	Senior	100 FL	39
40	13-14	100 FL	
41	11-12	100 IM	
42	Senior	100 IM	43
44	13-14	100 IM	
45	11-12	100 BR	
46	Senior	200 BK	47
48	13-14	200 BK	
49	11-12	50 BK	
50	Senior	50 FR	51
52	13-14	50 FR	
53	11-12	200 BK	
	10 Min. Break		
54	Senior	400 IM	55
56	13-14	400 IM	

	SUNDAY PM		
82	Senior	200 Free Relay	83
84	14&U	200 Free Relay	
85	12&U	200 Free Relay	
86	Senior	100 FR	87
88	13-14	100 FR	
89	11-12	50 BR	
90	Senior	200 FL	91
92	13-14	200 FL	
93	11-12	50 FR	
94	Senior	200 IM	95
96	13-14	200 IM	
97	11-12	200 FR	
98	Senior	200 BR	99
100	13-14	200 BR	
101	11-12	100 FL	
102	Senior	100 BK	103
104	13-14	100 BK	
105	11-12	100 BK	
	10 Min. Break		
106	11-12	500 FR	
107	Senior	500 FR	108
109	13-14	500 FR	

**Lake Superior Swim Club**  
**January 24-25, 2015**  
**ABC Open**

Sanction Number: MN15W-12-04Y

Entering Club's Name: \_\_\_\_\_ Club Code \_\_\_\_\_

Coach: \_\_\_\_\_ Phone # \_\_\_\_\_

Entries Person: \_\_\_\_\_ Phone# \_\_\_\_\_

**Entry Data Costs:**

\_\_\_\_\_ Total Swimmers x \$2.50 = \$\_\_\_\_\_ # of boys \_\_\_\_\_ # of girls \_\_\_\_\_

\_\_\_\_\_ Total Splashes x \$4.00 = \$\_\_\_\_\_ # of boys \_\_\_\_\_ # of girls \_\_\_\_\_

\_\_\_\_\_ Total Relays x \$16.00 = \$\_\_\_\_\_

Total Due = \$\_\_\_\_\_

Make checks payable to: LSSC - All fees are due with your entry.

Mail summaries to: Name \_\_\_\_\_

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 under signed 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 disk?

Name: \_\_\_\_\_

Phone: Day \_\_\_\_\_ Night \_\_\_\_\_

# OFFICAL ENTRY FORM – MINNESOTA – USA SWIMMING, INC.

Sanctioned by Minnesota Swimming & USA Swimming  
Sheet \_\_\_\_\_ of \_\_\_\_\_

Sanction Number: MN15W-12-04Y

Club \_\_\_\_\_ Club Code \_\_\_\_\_

Entering Person \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

## INDIVIDUAL ENTRIES

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB \_\_\_\_\_ USA# \_\_\_\_\_

Event No.								
Seed Time								

## RELAY ENTRIES

Event No.							
Team(A/B..							
Seed Time							
Event No.							
Team(A/B..							
Seed Time							