

**Minnesota Long Course State Championships (All Zones)
with Time Trials
University of Minnesota Aquatic Center
July 30th, 31st & August 1st, 2nd 2009**

MEET TYPE: This is a 4-day meet for all swimmers with CH events from Minnesota Club Teams or Minnesota unattached swimmers.

PURPOSE: To provide a Long Course Championship Meet for Minnesota Swimmers (MSI LSC).

Pool Location: University of Minnesota Aquatic Center
1912 University Ave. SE
Minneapolis, MN.
Telephone # for emergency use only: (612) 626-1352

TIME SCHEDULE:

Prelims (13/14, 15/16 & Senior)

Thursday, Friday, Saturday & Sunday: Warm-up: 6:45 AM, Meet Start: 8:00 AM.

Finals (13/14, 15/16, & Seniors)

Thursday, Friday, Saturday and Sunday: Warm-up: 4:45 PM, Meet Start: 6:00 PM

Time finals- (8&U, 9-10 & 11-12) - Afternoon session

Friday, Saturday & Sunday: Warm-up: 12:15 am, Meet Start 1:30 PM.

Entry Limitations: Age of a swimmer is determined by their age on the first day of the meet July 30th 2009. Timed finals swimmers (12 & Under) may compete in a maximum of 5 individual events per day, not including relays. A prelim/finals swimmer may not exceed 3 individual events per day and no more than 7 individual events in the meet, not including relays. If a timed final (12 & Under) swimmer swims a prelim/final event they are limited to 3 events THAT DAY and 7 total for the meet. Prelim/final swimmers may swim up to 9 events in the meet but two of those additional events must be Time Trials. Total individual events for 12/Unders (not including Time Trials): 11-12 year olds ~ 9 individual events; 9-10 year olds ~ 8 individual events; and 8 & Under ~ 5 individual events. 12/Under swimmers may also participate in Time Trials (limit of 2).

Meet Format: This is a Prelim-Final Meet for 13 & Olders - the top 8 swimmers in all 13 & older events, except those listed under "timed finals events" will advance from Prelims to Finals. Places 9-16 will still score points (see *scoring* below). All swimmers must report to their blocks for the start of their heat.

Timed Final events - 13/14, 15/16 and Senior: The following events are timed final events: 800 Free, 1500 Free and all Relays.

Timed Finals for 12 and Unders: All 12 & under events are timed finals, so swimmers must report to their blocks for the start of their heat. A positive check-in will be required for the 400 Free at the timing table by the time/event announced at the coach's meeting.

Distance Events: A positive check-in will be required for the 11-12 year old 400 Free. The 800 and 1500 Frees will be timed final events, deck seeded with a positive check-in required. Check-in will be at the timing table by the time/event announced at the coaches' meeting. All age groups will be combined swimming fastest to slowest alternating Women and Men with the fastest seeded heats (one women, one men) swimming with the Finals session on that day. All other heats will be swum as the last event in prelims on the day of that event. Awards and points will be given by age group. MSI/USA Swimming Scratch Rules will be in effect.

Meet Entry DEADLINE: All entries are due to Chuck Gannon **NO LATER THAN Friday, July 17th, 2009.**

Meet Fees: \$7.50 per swimmer, plus \$5.00 per event. **Meet fees are NON-REFUNDABLE.** Checks can be mailed to

Mach 3 Flyers
P.O. Box 297
Hamel, MN 55340

REMINDER: Meet fees can now be paid **ONLINE**, by accessing your account from the **Blue** button on the right sidebar of the team website homepage.