

2010 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 2010 Midwest Regional Swim Meet. Last year's event was the largest in the meet's history, with 1,384 athletes from across the Midwest Region. While the meet was a great success, the Meet Committee has decided that it is in the best interest of everyone involved to reinstate the participation cap and therefore we will not allow more than 1,200 athletes in the 2010 meet. If the last entered pushes the total over 1,200 they will be allowed, but no further entries will be accepted. Please take the time to read the enclosed information carefully and submit your entries in a timely manner.

Dates: Saturday, March 27 and Sunday, March 28, 2010

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 on a disk, along with your team registration form, signed code of conduct 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. If your entries are not submitted via HYTEK (if you register via the hard copy forms), there will be a \$15.00 surcharge per athlete.

Entry Deadline: All entries must be received by 11:59pm on Monday, February 22, 2010.

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 boys and girls in each age division and a team award to the team with the highest point total. New for 2010: the Meet Committee will present a Team Spirit Award. Also, all awards will be labeled with event information.

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 comply will not be allowed on the 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.

Updates/Changes: We encourage you to register **early** to ensure that we will have enough space in the meet for your team. If your team is already registered, the Midwest Regional Swim Meet will accept ONE set of updated times for your team but the new file must be received **prior to the entry deadline**. Additional swimmers will only be allowed if the meet is under capacity at the time of the request. New for 2010: The 8U division has been moved to the afternoon session in an attempt to balance the meet.

Confirmation: Meet entry confirmation will be emailed to the team coach or representative shortly after the entry deadline. 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.** All correspondence for the Midwest Regional Swim Meet should go to jessica@myas.org or 763-746-1733.

Qualifying Times: We have seen a large increase in swims (during the meet) that are slower than our qualifying times. For this reason, we have developed a new policy, effective for the 2010 meet. If an athlete does not achieve a qualifying time in an event, you (the coach) will be required to provide proof of the swimmer actually achieving the qualifying time in a meet competed **PRIOR TO** the original registration. There will be a \$25 fine assessed per occurrence of non-compliance.

Athlete Eligibility & Entry Limitations

- The age determining date for the Midwest Regional Swim Meet is December 1, 2009.
- The minimum age for competition is five years old and the athlete must be enrolled in regular school kindergarten in the current (2009-2010) 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 be achieved in an official meet, not a time trial.
- Athletes may only enter individual events for which they have qualified; athletes are also eligible for relays. Athletes must swim in the appropriate age group for **ALL EVENTS**.
- 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 standards for relays.
- If necessary, events of the same distance and gender will be seeded and swum combined, but scored separately.
- No add-on swimmers will be allowed on either day of the meet.

Souvenirs

There will be a **limited** supply of 2010 Midwest Regional Swim Meet apparel, souvenirs and programs available for sale. All sales are final. "We Got Game Sports Photography" is the official photographer of the Midwest Regional Swim Meet. 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.**

Hotel Information

****Ask for MYAS Midwest Regional Swim Meet Rate for best pricing****

Note: You are required to submit your hotel information (hotel and # of rooms for # of nights) to jessica@myas.org. This information is considered part of your registration and must be submitted by February 22, 2010.

Downtown Minneapolis / U of M Campus

Radisson University Hotel Mpls
615 Washington Avenue SE
Minneapolis, MN 55414
Contact: Jessica Dietel
Phone: 612-362-6629
jessica.dietel@radisson.com
Rates starting at \$112

Depot Minneapolis Hotel
225 Third Avenue South
Minneapolis, MN 55401
Contact: Kory Kingsbury
Phone: 612-758-7873
kkingsbury@thedepotminneapolis.com
Rates starting at \$109 (with water park pass)

Holiday Inn Metrodome
1500 Washington Avenue South
Minneapolis, MN 55454
Contact: J. Lynn March
Phone: 612-638-4674
j.lynn@metrodome.com
Rates starting at \$105

Days Inn University
2407 University Avenue SE
Minneapolis, MN 55414
Contact: Brianna Braun
Phone: 612-623-9303
dayshotelsalesoffice@gmail.com
Rates starting at \$69



North Metro

Roseville Visitors Association
2100 North Snelling Avenue #59
Roseville, MN 55113
Contact: Amy Englund
Phone: 651-633-3002
aenglund@visitroseville.com
***Click here** for rates and information on 8 hotels in the area.

Ramada Mpls. NW / Grand Rios
6900 Lakeland Avenue North
Brooklyn Park, MN 55428
Contact: Lori Gast
Phone: 763-367-5858
lgaste@ramadampls.com
Rates starting at \$65

Country Inn & Suites
155 Coon Rapids Boulevard
Coon Rapids, MN 55433
Contact: Andrea Andrajack
Phone: 763-780-3797
Andrea.andrajack@countryinns.com
Rates starting at \$79.95

Holiday Inn Express & Suites
1100 East County Road E
Vadnais Heights, MN 55110
Contact: Mary Simon
Phone: 651-484-2400
holidayinnexpresssales@tds.net
Rates starting at \$82

Visit Minneapolis North
6200 Shingle Creek Parkway
Brooklyn Center, MN 55430
Contact: Stephonie Wentz
Phone: 763-566-7722
Stephonie@visitminneapolisnorth.com
***Click here** for rates and information on 23 hotels in the area.

East Metro

Crowne Plaza St. Paul
11 East Kellogg Boulevard
St. Paul, MN 55101
Contact: Molly Boyne
Phone: 651-605-6950
mboyne@chrco.com
Rates starting at \$104

Holiday Inn St. Paul East
2201 Burns Avenue
St. Paul, MN 55119
Contact: Doug Karle
Phone: 612-396-6403
dkarle@holidaymn.com
Rates starting at \$79

West Metro

Sheraton Minneapolis West
12201 Ridgedale Drive
Minnetonka, MN 55305
Contact: Patrick Riley
Phone: 952-960-3538
patrickriley@remingtonhotels.com
Rates starting at \$59

Marriott Minneapolis West
9960 Wayzata Boulevard
Minneapolis, MN 55426
Contact: Lisa M. Widmark
Phone: 952-367-5082
lwfields@csmcorp.net
Rates starting at \$79

Bloomington / South Metro

Click here for rates and information for 17 hotels in the Bloomington / south metro Area.

Midwest Regional Swim Meet Team Registration Form

All fields 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 = _____

E-mail Entries: Send this form with payment and signed code of conduct form.
Number of qualifying swimmers entered via email file: _____ @ \$35 = _____

Hard Copy Entries: Send this form, athlete entry forms, payment and signed code of conduct form.
Number of qualifying swimmers entered via hard copy: _____ @ \$50 = _____

Your participation in the meet is not confirmed until your registration is complete. Each team is also required to provide their hotel information (hotel, number of rooms booked and how many nights). The hotel information should be e-mailed to jessica@myas.org no later than February 22, 2010.

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 and the substitution must be approved. 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
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 2009-2010 season.

2010 Event List and Time Standards

SESSION ONE—SATURDAY MORNING

<u>Event #</u>	<u>Girls Time Standards</u>		<u>Events</u>	<u>Boys Time Standards</u>	<u>Event #</u>
1	2:58.29	9-10	200 Freestyle	2:50.89	2
3	2:31.49	11-12	200 Freestyle	2:27.49	4
5	NT	9-10	200 Medley Relay	NT	6
7	NT	11-12	200 Medley Relay	NT	8
9	43.49	9-10	50 Backstroke	43.69	10
11	36.79	11-12	50 Backstroke	36.49	12
13	1:33.79	9-10	100 Individual Medley	1:31.19	14
15	1:20.09	11-12	100 Individual Medley	1:17.59	16
17	35.99	9-10	50 Freestyle	35.19	18
19	31.89	11-12	50 Freestyle	30.99	20
21	1:42.09	9-10	100 Butterfly	1:40.39	22
23	1:20.19	11-12	100 Butterfly	1:18.69	24
25	1:46.69	9-10	100 Breaststroke	1:43.69	26
27	1:29.29	11-12	100 Breaststroke	1:27.79	28
29	7:39.49	9-10	500 Freestyle	7:35.19	30
31	6:40.09	11-12	500 Freestyle	6:35.09	32

SESSION TWO—SATURDAY AFTERNOON

<u>Event #</u>	<u>Girls Time Standards</u>		<u>Events</u>	<u>Boys Time Standards</u>	<u>Event #</u>
33	21.00	8U	25 Butterfly	21.00	34
35	2:40.99	13-14	200 Butterfly	2:31.99	36
37	2:36.49	15-18	200 Butterfly	2:24.49	38
39	18.00	8U	25 Freestyle	18.00	40
41	2:24.99	13-14	200 Freestyle	2:15.69	42
43	2:21.19	15-18	200 Freestyle	2:10.09	44
45	NT	8U	100 Medley Relay	NT	46
47	NT	13-14	200 Medley Relay	NT	48
49	NT	15-18	200 Medley Relay	NT	50
51	52.00	8U	50 Backstroke	52.00	52
53	1:14.19	13-14	100 Backstroke	1:09.59	54
55	1:12.09	15-18	100 Backstroke	1:06.19	56
57	24.00	8U	25 Breaststroke	24.00	58
59	3:00.69	13-14	200 Breaststroke	2:49.39	60
61	2:56.39	15-18	200 Breaststroke	2:42.59	62
63	NT	13-14	400 Free Relay	NT	64
65	NT	15-18	400 Free Relay	NT	66
67	45.00	8U	50 Freestyle	45.00	68
69	30.99	13-14	50 Freestyle	28.49	70
71	30.39	15-18	50 Freestyle	27.39	72
73	1:45.00	8U	100 Individual Medley	1:45.00	74
75	2:42.99	13-14	200 Individual Medley	2:31.99	76
77	2:39.29	15-18	200 Individual Medley	2:26.39	78
79	6:22.39	13-14	500 Freestyle	6:03.19	80
81	6:16.29	15-18	500 Freestyle	5:51.29	82

2010 Event List and Time Standards

(continued)

SESSION THREE—SUNDAY MORNING

<u>Event #</u>	<u>Girls Time Standards</u>		<u>Events</u>	<u>Boys Time Standards</u>	<u>Event #</u>
83	NT	9-10	200 Free Relay	NT	84
85	NT	11-12	200 Free Relay	NT	86
87	3:19.39	9-10	200 Individual Medley	3:18.09	88
89	2:50.69	11-12	200 Individual Medley	2:49.39	90
91	47.79	9-10	50 Breaststroke	47.89	92
93	40.89	11-12	50 Breaststroke	40.79	94
95	1:33.99	9-10	100 Backstroke	1:32.09	96
97	1:21.09	11-12	100 Backstroke	1:19.09	98
99	42.99	9-10	50 Butterfly	41.99	100
101	35.09	11-12	50 Butterfly	35.19	102
103	1:21.59	9-10	100 Freestyle	1:19.99	104
105	1:08.29	11-12	100 Freestyle	1:07.89	106

SESSION FOUR—SUNDAY AFTERNOON

<u>Event #</u>	<u>Girls Time Standards</u>		<u>Events</u>	<u>Boys Time Standards</u>	<u>Event #</u>
107	NT	8U	100 Free Relay	NT	108
109	NT	13-14	200 Free Relay	NT	110
111	NT	15-18	200 Free Relay	NT	112
113	22.00	8U	25 Backstroke	22.00	114
115	2:39.59	13-14	200 Backstroke	2:29.79	116
117	2:35.89	15-18	200 Backstroke	2:23.39	118
119	55.00	8U	50 Butterfly	55.00	120
121	1:13.49	13-14	100 Butterfly	1:08.09	122
123	1:11.79	15-18	100 Butterfly	1:05.09	124
125	58.00	8U	50 Breaststroke	58.00	126
127	1:24.09	13-14	100 Breaststroke	1:18.09	128
129	1:21.99	15-18	100 Breaststroke	1:14.69	130
131	NT	13-14	400 Medley Relay	NT	132
133	NT	15-18	400 Medley Relay	NT	134
135	1:40.00	8U	100 Freestyle	1:40.00	136
137	1:07.39	13-14	100 Freestyle	1:02.19	138
139	1:05.79	15-18	100 Freestyle	59.79	140
141	3:40.00	8U	200 Individual Medley	3:40.00	142
143	5:44.29	13-14	400 Individual Medley	5:25.49	144
145	5:35.69	15-18	400 Individual Medley	5:11.79	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 this form is 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 sent a wristband prior to departure for the meet. Coaches will have orange 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 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.
 - 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, towels and shoes.
 - 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 no longer be utilized as a walkway to the other side of the pool.
 - F. No banners or signs 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

Team: _____
Print Name

Abbreviation: _____

Coach*: _____
Print Name

Signature

Coach*: _____
Print Name

Signature

Coach*: _____
Print Name

Signature

Coach*: _____
Print Name

Signature

Athlete: _____
Print Name

Signature

Athlete: _____
Print Name

Signature

Athlete: _____
Print Name

Signature

Athlete: _____
Print Name

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Athlete: _____
Print Name

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Athlete: _____
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Athlete: _____
Print Name

Signature

Athlete: _____
Print Name

Signature

Athlete: _____
Print Name

Signature

Athlete: _____
Print Name

Signature

Athlete: _____
Print Name

Signature

***In signing, I verify that the athletes on the above listed team are eligible to compete in the 2010 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 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.**