

2012 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 2012 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, March 31 & Sunday, April 1, 2012
- LOCATION:** University of Minnesota Aquatic Center
1910 University Avenue SE; Minneapolis, MN 55455
- REGISTRATION / DEADLINE:** Entries will be accepted via email, disk or hard copy and registration will close on Monday, February 27, 2012. NEW: Each event has a maximum number of participants allowed - if there are more kids registered than the cap, the top swimmers (based on qualifying time) will be accepted until the cap is reached. For example: event X has a cap of 64 swimmers. If 100 swimmers register, the top 64 qualifying times will be accepted.
- All coaches will be notified within one week of the deadline if they have swimmers that were not accepted for this reason.
- ENTRY FEE:** \$40.00 for qualified swimmers. If your entries are not submitted via HYTEK (if you register via the hard copy forms), there will be a \$10.00 surcharge per athlete.
- 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 division and a team award to the team with the highest point total in each category (1-30 athletes and 31+ athletes). The Meet Committee will also present the Team Spirit Award during the meet on Sunday. All awards will be labeled with event information.
- ADMISSION:** Athletes and approved coaches will be admitted free of charge ONLY if they show their designated wristband. Coaches MUST have their wristband attached to their wrist and athletes MUST have their wristband attached to their wrist, ankle, shoe or bag. NO EXCEPTIONS! Anyone refusing to comply must pay admission and will not be allowed on the deck.
- Admission for spectators will be charged at the rate of \$4.00 per day or \$7.00 for a weekend pass. Seating is limited.
- RULES:** The meet will be conducted under USA Swimming Rules and Regulations.
- SOUVENIRS:** There will be a limited supply of 2012 Midwest Regional Swim Meet apparel, souvenirs and programs available for sale.
- MEDIA:** "We Got Game Sports Photography" is the official photographer. 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.

Registration Guidelines

Entries should be mailed to:

MYAS
1011 Osborne Road
Spring Lake Park, MN 55432



Registration: Under the new system, your initial registration should include your entry file, your team entry form and the signed code of conduct. Once the deadline passes, you will be contacted for payment and hotel information.

Updates / Changes: With the new registration policies, no updates will be allowed. You need simply need to submit your entry file prior to the entry deadline.

Confirmation: Meet entry information will be emailed to the representative listed on the entry form shortly after the entry deadline. **PLEASE** make sure that your email address is correct and legible as this is the primary method of communication for any Midwest Regional Swim Meet information. All correspondence for the Midwest Regional Swim Meet should go to jessica@myas.org or 763-746-1733. **Please do not call the University of Minnesota.**

Qualifying Times: Every swimmer must submit a qualifying time that was achieved in a meet during the 2011-2012 season. If any swimmer does not meet the qualifying time standard during the Midwest Regional Swim Meet, their coach will be notified after the meet and their qualifying time must be proven. If no proof can be provided, there will be a **\$50** fine assessed per occurrence of non-compliance.

Pool assignments and the warm-up schedule will be distributed to each team via U.S. mail approximately two weeks prior to the meet. This is also when you will receive your wristbands and other important information.

Athlete Eligibility & Entry Limitations

- ° The age determining date for the Midwest Regional Swim Meet is December 1, 2011.
- ° The minimum age for competition is five years old and the athlete must be enrolled in regular school kindergarten for the current (2011-2012) academic year. 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 and for which they have qualified, to a maximum of seven events. There are no substitutions for individual events.
- ° Athletes may also enter relay events and are permitted to “swim up” for relay events only. Relay events do not count against the number of individual events allowed and there are no qualifying time standards for relays.
- ° Substitutes on relay teams will be allowed only if they are already entered in the meet. The substitution must be approved by the Meet Director in advance.
- ° 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.



Check out the “MYAS” on Facebook!

Team Registration Form

ALL FIELDS ARE REQUIRED! This is the information that will be used for meet correspondence.

Team Abbreviation _____ Team Name _____

Coach Name _____

Address _____ City/State/Zip _____

Email Address _____ Daytime Phone (____) _____

Payment not required at this time!

Email Entries: Send this form and signed code of conduct form.
Number of qualifying swimmers entered via email: _____ @ \$40 = _____

Disk Entries: Send this form with disk and signed code of conduct form.
Number of qualifying swimmers entered via disk: _____ @ \$40 = _____

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

Your participation in the meet is not confirmed until after the entry deadline. Coaches will be notified of their accepted roster within one week after the entry deadline. Payment and hotel information will be required at that time.

To the best of my knowledge, the information included in these entries is correct. All times submitted were achieved at a meet with electronic or multiple hand timers. All swimmers are members in good standing of our team. 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**
1011 Osborne Road
Spring Lake Park, MN 55432

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 2011-2012 season.

New! Midwest Regional Swim Meet Banquet
Friday, March 30, 2012 @ Mall of America
Details coming soon.

Event List & Time Standards

Red number in parenthesis is the athlete cap for that event.

SESSION ONE—SATURDAY MORNING

<u>Event #</u>	<u>Girls Time Standard</u>	<u>Event</u>	<u>Boys Time Standard</u>	<u>Event#</u>
1 (64)	2:58.29	9-10 200 Freestyle	2:50.89 (32)	
3 (48)	2:31.49	11-12 200 Freestyle	2:27.49 (32)	4
5 (40)	NT	10U 200 Medley Relay	NT (16)	6
7 (40)	NT	12U 200 Medley Relay	NT (16)	8
9 (96)	43.49	9-10 50 Backstroke	43.69 (64)	10
11 (88)	36.79	11-12 50 Backstroke	36.49 (48)	12
13 (96)	1:33.79	9-10 100 Individual Medley	1:31.19 (48)	14
15 (96)	1:20.09	11-12 100 Individual Medley	1:17.59 (48)	16
17 (96)	35.99	9-10 50 Freestyle	35.19 (72)	18
19 (96)	31.89	11-12 50 Freestyle	30.99 (64)	20
21 (24)	1:42.09	9-10 100 Butterfly	1:40.39 (16)	22
23 (24)	1:20.19	11-12 100 Butterfly	1:18.69 (16)	24
25 (72)	1:46.69	9-10 100 Breaststroke	1:43.69 (24)	26
27 (56)	1:29.29	11-12 100 Breaststroke	1:27.79 (24)	28
29 (24)	7:39.49	9-10 500 Freestyle	7:35.19 (16)	30
31 (24)	6:40.09	11-12 500 Freestyle	6:35.09 (16)	32

SESSION TWO—SATURDAY AFTERNOON

<u>Event #</u>	<u>Girls Time Standard</u>	<u>Event</u>	<u>Boys Time Standard</u>	<u>Event#</u>
33 (40)	21.00	8U 25 Butterfly	21.00 (24)	34
35 (8)	2:40.99	13-14 200 Butterfly	2:31.99 (8)	36
37 (8)	2:36.49	15-18 200 Butterfly	2:24.49 (8)	38
39 (56)	18.00	8U 25 Freestyle	18.00 (48)	40
41 (64)	2:24.99	13-14 200 Freestyle	2:15.69 (32)	42
43 (40)	2:21.19	15-18 200 Freestyle	2:10.09 (40)	44
45 (16)	NT	8U 100 Medley Relay	NT (16)	46
47 (16)	NT	14U 200 Medley Relay	NT (16)	48
49 (32)	NT	18U 200 Medley Relay	NT (24)	50
51 (64)	52.00	8U 50 Backstroke	52.00 (32)	52
53 (48)	1:14.19	13-14 100 Backstroke	1:09.59 (24)	54
55 (32)	1:12.09	15-18 100 Backstroke	1:06.19 (32)	56
57 (16)	24.00	8U 25 Breaststroke	24.00 (16)	58
59 (16)	3:00.69	13-14 200 Breaststroke	2:49.39 (16)	60
61 (16)	2:56.39	15-18 200 Breaststroke	2:42.59 (16)	62
63 (16)	NT	14U 400 Free Relay	NT (16)	64
65 (24)	NT	18U 400 Free Relay	NT (24)	66
67 (96)	45.00	8U 50 Freestyle	45.00 (80)	68
69 (96)	30.99	13-14 50 Freestyle	28.49 (80)	70
71 (88)	30.39	15-18 50 Freestyle	27.39 (80)	72
73 (24)	1:45.00	8U 100 Individual Medley	1:45.00 (24)	74
75 (40)	2:42.99	13-14 200 Individual Medley	2:31.99 (32)	76
77 (32)	2:39.29	15-18 200 Individual Medley	2:26.39 (32)	78
79 (24)	6:22.39	13-14 500 Freestyle	6:03.19 (24)	80
81 (24)	6:16.29	15-18 500 Freestyle	5:51.29 (24)	82

Event List & Time Standards

Red number in parenthesis is the athlete cap for that event.

SESSION THREE—SUNDAY MORNING

<u>Event #</u>	<u>Girls Time Standard</u>	<u>Event</u>	<u>Boys Time Standard</u>	<u>Event#</u>
83 (40)	NT	10U 200 Free Relay	NT (24)	84
85 (40)	NT	12U 200 Free Relay	NT (24)	86
87 (32)	3:19.39	9-10 200 Individual Medley	3:18.09 (24)	88
89 (32)	2:50.69	11-12 200 Individual Medley	2:49.39 (24)	90
91 (88)	47.79	9-10 50 Breaststroke	47.89 (48)	92
93 (88)	40.89	11-12 50 Breaststroke	40.79 (48)	94
95 (72)	1:33.99	9-10 100 Backstroke	1:32.09 (40)	96
97 (72)	1:21.09	11-12 100 Backstroke	1:19.09 (40)	98
99 (96)	42.99	9-10 50 Butterfly	41.99 (48)	100
101 (72)	35.09	11-12 50 Butterfly	35.19 (40)	102
103 (96)	1:21.59	9-10 100 Freestyle	1:19.99 (64)	104
105 (88)	1:08.29	11-12 100 Freestyle	1:07.89 (48)	106

SESSION FOUR—SUNDAY MORNING

<u>Event #</u>	<u>Girls Time Standard</u>	<u>Event</u>	<u>Boys Time Standard</u>	<u>Event#</u>
107 (16)	NT	8U 100 Free Relay	NT (16)	108
109 (24)	NT	14U 200 Free Relay	NT (16)	110
111 (24)	NT	18U 200 Free Relay	NT (24)	112
113 (48)	22.00	8U 25 Backstroke	22.00 (40)	114
115 (16)	2:39.59	13-14 200 Backstroke	2:29.79 (16)	116
117 (16)	2:35.89	15-18 200 Backstroke	2:23.39 (16)	118
119 (24)	55.00	8U 50 Butterfly	55.00 (24)	120
121 (24)	1:13.49	13-14 100 Butterfly	1:08.09 (24)	122
123 (24)	1:11.79	15-18 100 Butterfly	1:05.09 (24)	124
125 (32)	58.00	8U 50 Breaststroke	58.00 (24)	126
127 (32)	1:24.09	13-14 100 Breaststroke	1:18.09 (24)	128
129 (32)	1:21.99	15-18 100 Breaststroke	1:14.69 (32)	130
131 (16)	NT	14U 400 Medley Relay	NT (16)	132
133 (24)	NT	18U 400 Medley Relay	NT (24)	134
135 (40)	1:40.00	8U 100 Freestyle	1:40.00 (40)	136
137 (96)	1:07.39	13-14 100 Freestyle	1:02.19 (64)	138
139 (72)	1:05.79	15-18 100 Freestyle	59.79 (72)	140
141 (16)	3:40.00	8U 200 Individual Medley	3:40.00 (16)	142
143 (16)	5:44.29	13-14 400 Individual Medley	5:25.49 (16)	144
145 (16)	5:35.69	15-18 400 Individual Medley	5:11.79 (16)	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 all registration forms are completed and 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 red 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, ankle, 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, shoes and towels.
 - 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 not be used as a walkway to the other side of the pool.
 - F. No banners or signs (other than those approved for the meet) 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

Please make copies as needed.

	Print Name	Signature	Email
Coach			
Coach			
Coach			
Coach			
Coach			
Coach			

	Print	Signature	Email
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	
Athlete			
	Parent:	Parent:	

In signing, I verify that the athletes listed above are eligible to compete in the 2012 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, the Spring Lake Park High School Swim Team 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.