Alexandria USA Swim Club
37th Annual Alexandria Lake Swim and Pool Sprints
A/B/C Invitational Meet (with Lake Swim)
June 22, 23, 24 2012

SPONSORED BY: Alexandria USA Swim Club
SANCTIONED BY: Minnesota Swimming, Inc. & USA Swimming, Inc.

MEET SANCTION NUMBER (POOL): MN12S – 06 – 156Y
MEET SANCTION NUMBER (LAKE): MN12S – 06 – 157OW

MEET DIRECTOR: David Molesworth **MEET MARSHAL:** Holly Walerich
320-763-3023
E-mail: coach@alexswimclub.org
INQUIRES: David Molesorth 320-763-3023 **ENTRIES:** E-mail coach@alexswimclub.org
P.O. Box 43
Alexandria, MN 56308

SAFETY OFFICER: David Molesworth **TEAM COACHES:** Dawn Coulette
Brian Storhaug
TEAM PRESIDENT: Chad Coulette

MEET REFEREE: Scott Mengelkoch **CLUB OFFICIALS:** Mary Lou Erickson
smengelkoch@msn.com marylouerickson@hotmail.com

REGISTRATION CHAIR: Cassy Shapley, 1001 Hwy #7, Hopkins, MN 55305 (952.988.4184)

MEET TYPE: This is a 2 ½ day meet for all swimmers with CH, A, B and C times from all zones including any outstate swimmers that wish to attend. Swimmers with C times will swim in the B events. If the C swimmer does not achieve a B time in that event, the swimmer may still swim that event in C level meets.

POOL LOCATION: Discovery Middle School, 520 Mckay Avenue North, Alexandria, MN 56308, Telephone number for emergency use only 320-762-7900 ext. 2300. Directions to the pool, Exit 103 North off I-94 onto MN Highway 29, turn right on 34th Avenue West follow for 4.6 miles Discovery Middle school will be on your left or west side of Mckay Avenue. Pool is located on the north side of the building. Use front parking lot and enter front doors.

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

LAKE LOCATION: Alexandria City Park Lake Agnes/Lake Henry. Telephone number for emergency use only 605-670-0537. Directions: Exit Discovery Middle School parking lot by turning left (north) on N McKay Ave NE - Take a Left onto MN-29 - Turn Right onto CR-42 - Turn Left onto City Park Road

POOL TIME SCHEDULE: Friday afternoon session – Warm-ups at 4:20 PM to 5:20 PM meet starts at 5:30 PM. Saturday and Sunday Morning sessions: Warm-ups start at 7:20 AM to 8:20 AM, meet starts at 8:30 AM.

	Friday June, 24th PM	Saturday June, 25th AM	Sunday June, 26st AM
Warm Up	4:20 – 5:20	7:20 – 8:20	7:20 – 8:20
Start	5:30	8:30	8:30

LAKE TIME SCHEDULE: Saturday - The two-mile swim will not begin before 12:00 pm Sunday – The four-mile will not begin before 11:00 am. All other Lake events will not start before 1:00 pm on either day.

ACCOMMODATIONS AND LODGING: Please visit ***http://www.alexandriamn.org/*** for Alexandria's lodging, dining, shopping and entertainment. Other options; http://glenwoodlakesarea.org/, http://www.visitsaukcentre.com/. We do have some blocks of rooms reserved around the Alexandria area ask when looking for rooms they are saved under the Alex club.

POOL FACILITY: (8) Lane, 25-yard pool with lane lines and Backstroke pennants. Slanted starting blocks that 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.
(Pool spectator capacity is 800)

LAKE FACILITY: Roped course with white buoys, standing starts, emergency boats, one-half mile and one-quarter mile course.

TIMING: A Colorado Electronic timing system with backup buttons and/or watches, start horn and touch pads will be used at the pool facility only.

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*.*

LAKE ENTRIES FOR NON-REGISTERED ATHLETES: Anyone wishing to swim lake events may do an on-site registration for $15 that will be valid only for the lake portion of this meet, and a cost of $5 per lake event entered in.

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.

Minnesota 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.

E-MAIL ENTRIES: Please follow these guidelines when submitting e-mail entries.
      1. Use Hy-Tek Team Manager to send entries.
      2. E-mail a text file of your entries along with the team manager 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 e-mail address so we may contact you if there is any problem with the entry.
      4. Any revisions to entries must be complete replacement of the previous entries file. The previous entries will be deleted. A revised text file must accompany the revised team manager file.
      5. Bring the fee calculation form and your payment to the meet and see the Meet Director before you write your check.
      6. Meet results will be emailed unless otherwise arranged. Please indicate your e-mail address on the fee calculation form.
      7. If you e-mail your entries, you will receive an e-mail reply as confirmation. If you DO NOT receive a reply, please call the entries chair.

ENTRY DUE DATE: Wednesday, June 13, 2012, by 6:00 PM . All email entries must include a completed Calculation Form with payment confirmation. Telephone and/or email entries will be accepted. No entries will be accepted after the 6:00 PM deadline.

AWARDS: Pool events will be seeded and swum together (12 and under age groups and 13 and over age groups). Scoring and awards will be broken down into CH-A, B, and C-preC events (according to seed times) with awards given for each age group for boys and girls (8 and under, 9-10, 11-12, 13-14 and Senior (15 – 16)). Please note that awards will be handed out to a team representative after each swimming session and will not be handed out to individual swimmers. Please include your team representative's name and phone number on the Calculation Form and have them identify themselves in the Awards area. **Awards will not be available until approximately ½ hour after the end of each day's afternoon session.** The awards area is located in the cafeteria.

Pool:	Medals for 1st place in CH-A division and ribbons for 2nd - 8th place in CH-A
	Ribbons for 1st through 8th place in B/C-preC divisions
	No awards will be given for "A" events for Seniors
Lake:	Individual – 1st place medals, 2nd - 8th place ribbons
	Team – medals 1st ribbons 2nd & 3rd place
	No awards will be given for senior events
High Point:	Trophies will be awarded to the top individual in each age group (8 & under, 9-10, 11-12, 13-14 and Senior) for boys and girls.

SCORING:	Pool individual events points:	9-7-6-5-4-3-2-1 (only for A portion of the meet)
	Lake Individual points	9-7-6-5-4-3-2-1
	Lake Team points	18-14-12-10-8-6-4-2

FEES: $1.50 per entrant listed on the entry sheet, $3.50 per individual splash (pool and lake events), $3.50 per team member of Lake Teams ($14.00 per team). Summary cost per calculation sheet. Email entries will be accepted with confirmation of payment based on an attached Meet Calculation Form. Checks must accompany entries and made payable to: Alexandria Swim Club
Entry fees must accompany your entry or your entries will not be accepted.

CONCESSIONS: Will be provided at both the pool and lake. Glass containers of any kind are not permitted within the pool area, spectator seating or locker rooms.

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, order of events, meet operations and requirements will be 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 2012 registered members of USA Swimming. All coaches must be current 2012 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-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 familiar with all rules and obligations. Failure to follow will result in disqualification of swimmer(s) or coach(es) from next individual event or expulsion from the meet. The **NO DIVING** and **SLIP-IN-ENTRY** rules will be strictly enforced. Swimmer(s) without a coach present are to report to the Meet Referee prior to warm-ups for lane assignment.

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.

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

ENTRIES: All entries must be completed by the entering club or individual that will be solely responsible for the accuracy of the entry. A fine of $25.00 per event will be charged for falsifying any entry. Please call the entries person for directions if you need to hand deliver.

TIMED FINALS: The meet is pre-seeded. All swimmers must report to their blocks for the start of their heat.

TIME STANDARDS: 2009-2012 MN Swimming Time Standards – the most current edition published on the MSI website will be used. All athletes swimming in the CH – A and B-C categories will swim together in their age group category seeded by times and will be separated by CH – A and B - C for awards. Senior events will use the 15-16 time standards to enter.

TIMELINES: Any timeline provided, whether through MSI phone line or in the meet program, is for information purpose only.

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 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.

Friday evening pool order of events:

BOYS	EVENT NAME	AGE GROUP	GIRLS
1	200 Free	(13&Over)	2
3	100 Back	(13&Over)	4
5	200 Breast	(13&Over)	6
7	200 Fly	(13&Over)	8
9	100 IM	(13&Over)	10
11	400 Free Relay	(13&Over)	12

Saturday morning pool order of events:

BOYS	EVENT NAME	AGE GROUP	GIRLS
13	50 Free	(13&Over)	14
15	50 Free	(12&Under)	16
17	100 Fly	(9-10, 11-12)	18
19	50 Back	(12&Under)	20
21	100 Breast	(13&Over)	22
23	100 Breast	(12&Under)	24
25	200 Free	(9-10, 11-12)	26
27	200 IM	(13&Over)	28
29	200 Free Relay	(8 & Under ,9-10,11-12,13&Over)	30

Distance Swim at Lake Henry on Saturday Afternoon

INDIVIDUAL EVENTS	EVENT NAME	AGE GROUPS	RELAY EVENTS
250	2 (Two) Mile	Senior Men	300
251	2 (Two) Mile	Senior Women	301
252	½ Mile	13-14 Boys	302
253	½ Mile	13-14 Girls	303
254	1 (One) Mile	15-18 Boys	304
255	1 (One) Mile	15-18 Girls	305
256	1 (One) Mile	Senior Men	306
257	1 (One) Mile	Senior Women	307
258	¼ Mile	9-10 Boys	308
259	¼ Mile	9-10 Girls	309
260	¼ Mile	11-12 Boys	310
261	¼ Mile	11-12 Girls	311
262	¼ Mile	Senior Men	312
263	¼ Mile	Senior Women	313

Sunday morning pool order of events:

BOYS	EVENT NAME	AGE GROUP	GIRLS
31	100 IM	(12&Under)	32
33	100 Free	(13&Over)	34
35	100 Free	(12&Under)	36
37	200 Back	(13&Over)	38
39	100 Back	(9-10, 11-12)	40
41	50 Breast	(12&Under)	42
43	100 Fly	(13&Over)	44
45	50 Fly	(12&Under)	46
47	200 Medley Relay	(8 & Under,9-10,11-12,13&Over)	48

Distance Swim at Lake Henry on Sunday Afternoon

INDIVIDUAL EVENTS	EVENT NAME	AGE GROUPS	RELAY EVENTS
275	4 (Four) Mile	Senior Men	325
276	4 (Four) Mile	Senior Women	226
277	½ Mile	11-12 Boys	327
278	½ Mile	11-12 Girls	328
279	1 (One) Mile	13-14 Boys	329
280	1 (One) Mile	13-14 Girls	330
281	½ Mile	15-18 Boys	331
282	½ Mile	15-18 Girls	332
283	½ Mile	Senior Men	333
284	½ Mile	Senior Women	334

Alexandria Pool Sprint / Open Water Meet Calculation Form
37th Annual Alexandria Long Distance Lake Swim and Sprints
Alexandria U.S.A. Swim Club
June 22 – 24 2012

MEET SANCTION NUMBER (POOL): MN12S – 06 – 156Y
MEET SANCTION NUMBER (LAKE): MN12S – 06 – 157OW

Entering Club's Name:_____Club Code_____

Coach:_____Phone #_____

Entries Person:_____Phone #_____

Pool Entry Data Costs:
_____ total swimmers x $1.50 = $_____   # of boys_____ # of girls_____

_____ total splashes   x $3.50 = $_____   # of boys_____ # of girls_____

_____ Total Relay splashes $3.50 x 4 = $14.00 $_____   # of boys_____ # of girls_____

Lake Entry Data Costs:
_____Lake Swim team members x $3.50x 4 = $14.00 = $_____

TOTAL DUE   = $_____

Make checks payable to : **Alexandria Swim Club.** 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(___)_____

ENTRY DATA AND COSTS:
_____ Total Swimmers   X $1.50 =_____
_____ Total Splashes (Pool & Ind. Lake) X $3.50 =_____
_____ Total Lake Swim (Team)   X $3.50 =_____

TOTAL DUE :

$_____

Make All Check Payable to : **ALEXANDRIA SWIM CLUB**
ALL FEES DUE: Wednesday June 13, 2012