

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 3 individual events per day, not including relays. All seed times must be in meters (Add the following if you are using computer disk entry.) Computer disk entry will be accepted. The disk and a printed copy from the disk must be sent to the host team. Email entries are preferred to tcswim@umn.edu

Entry Due Date: Thursday, 4/29/2010, 10:00pm

Awards: None – special award for heat winners

Scoring: None

Fees: \$1.50 entry fee (new MSI non-scheduled meet fee) and \$28.50 = \$30.00

Checks must accompany entries and made payable to: Twin Cities Swim Team

Concessions: Will be provided.

OVERSIZE MEET PROCEDURE: The MSI/USA Swimming four hour rule will be followed. If the meet becomes too large, MSI Legislative procedure 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 found in the Minnesota Competitive Rules and Regulations and United States Swimming Rules and Regulations current editions.

USA SWIMMING MEMBERSHIP: All swimmers must be current 2010 registered athlete members of USA Swimming. All coaches must be current 2010 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(es) from next individual event or expulsion from the meet. The NO Diving and Slip-In Entry rules will be strictly enforced.

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 who will be solely responsible for the accuracy of the entry. A fine of \$25.00 per event will be charged for falsifying an 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: 2009 – 2012 MN Swimming Time Standards effective – the most current edition published on the MSI website will be used.

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

Twinvite III May 8-9th, 2010

Saturday 12:00pm warmup, 1:00pm start

	SESSION 1	
1	50 Back	2
3	200 Free	4
5	100 Fly	6
7	100 Back	8
9	100 Breast	10
	SESSION 2	
11	200 IM	12
13	200 Fly	14
15	50 Free	16
	Break	
17*	1500 Free	18*

*Fastest to slowest, alternating women and men

Sunday 7:30am warmup, 8:30am start

	SESSION 3	
19	100 Free	20
21	50 Breaststroke	22
23	200 Backstroke	24
25	50 Fly	26
27	200 Breast	28
	Break	
29*	400 Free	30*

*Fastest to slowest, alternating women and men

Twin III
Saturday May 8th, and Sunday May 9th, 2010
Invitational

Sanction Number: MN10S-04-128M

Entering Club's Name: _____ **Club Code** _____

Coach: _____ **Phone #** _____

Entries Person: _____ **Phone#** _____

Entry Data Costs:

MSI Entry Fee: _____ **# of Swimmers entered x \$1.50 = \$** _____.

_____ **Total Swimmers x \$28.50 = \$** _____ **# of boys** _____ **# of girls** _____

Total Due = \$ _____

Make checks payable to: Twin Cities Swim Team. 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** _____