

**2012 MN SEMS 14-U Extra Chance Invitational  
Saturday & Sunday, February 11-12, 2012  
Invitational**

**Sponsored By:** South East Metro Sharks Swim Club  
**Sanctioned By:** Minnesota Swimming, Inc. and USA Swimming, Inc.  
**Sanction Number:** MN12W – 01 – 117Y

**Meet Director:** Deb Rizzo, [dlrizzo@comcast.net](mailto:dlrizzo@comcast.net), 651-739-0299

**Meet Marshal:** Pat Underhill

**Inquiries:** Eric Seversen, [seversen@comcast.net](mailto:seversen@comcast.net), 651-295-2806

**Entries:** Eric Seversen, [seversen@comcast.net](mailto:seversen@comcast.net), 651-295-2806

**Team Coaches:** Eric Seversen, Charlie Cauthorn, Luke Money, Sharon Simpson, Pat Underhill

**Club Officials:** Dave Davidson, Miles Burd, Leigh Lewis, Mike Westfall

**Officials:** MSI Qualified Officials

**Team President:** Mike Westfall

**Registration Chair:** Cassy Shapley, 1001 Highway # 7, Hopkins, MN 55305 (952)988-4184

**Meet Type:** This is a 14-Under Invitational Meet for all swimmers with any time standard

**Teams Attending:** SEMS, ROC, MAAC, others based on their inquiries

**Pool Location:** Woodbury High School, 2665 Woodlane Drive, Woodbury, MN 55125. Take 494 to Valley Creek Road exit, east on Valley Creek to Woodlane, turn south (right), go one mile on Woodlane. The High School will be on your left. Park in the lots to the north of the school and enter through the doors east of the Athletics Activity Center entrance on the north side of the building. Emergency Use Only: 768-4418 and your message will be given to the person at Woodbury High School.

**Time Schedule:** Morning Session - Warm-up 9:15am-10:00am Meet Start 10:00. Afternoon Session: Will not start before 12:30pm following a 45 minute warm up.

**Facility:** 6 Lane, 25 yard indoor pool pool with lanelines and backstroke pennants. Slanted starting blocks are 30 inches above the water surface. The pool depth at the starting end is 10 feet deep. The minimum water depth, measured in accordance with Article 103.2.3 is 10 feet, 0 inches at the start end and 3 feet, 6 inches at the turn end.

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

**Timing:** Electronic timing system with backup buttons and/or watches, horn start and touchpads at the start end of the pool.

**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.

**Entry Due Date:** 11:59.59pm, Wednesday, February 1, 2012. Email entries are preferred.

**Awards:** Heat winners plus Top 6 in each individual event and Top 3 relays in each relay event.

**Scoring:** None

**Fees:** \$1.50 MSI entry fee and \$3.50 per individual swim, \$14.00 per relay team.

**Checks must be received before swimmers begin warm-ups and made payable to:** SEMS Swim Club.

**Concessions:** Will be provided.

**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, 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 2012 registered athlete 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 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.

**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 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 – the most current edition published on the MSI website will be used. Senior events are not offered at this meet.

**TIMELINES:** Any timelines provided, whether through the MSI phone line, on the MSI web site, or in the meet program, are for information purposes only. Session start times are only approximations, be aware that sessions may start earlier than published.

**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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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<b>Saturday Morning</b>			<b>Sunday Morning</b>				
<b>G</b>			<b>B</b>	<b>G</b>		<b>B</b>	
1	10 & Under	200 Free Relay	2	51	10 & Under	200 Medley Relay	52
3	8 & Under	200 Free Relay	4	53	8 & Under	200 Medley Relay	54
5	10 & Under	100 Breast	6	55	10 & Under	100 Fly	56
7	8 & Under	25 Breast	8	57	8 & Under	25 Fly	58
9	9-10	50 Back	10	59	9-10	50 Breast	60
11	8 & Under	50 Back	12	61	8 & Under	50 Breast	62
13	9-10	50 Fly	14	63	8 & Under	50 Free	64
15	8 & Under	50 Fly	16	65	9-10	50 Free	66
17	9-10	100 Free	18	67	10 & Under	100 Back	68
19	8 & Under	100 Free	20	69	8 & Under	100 IM	70
21	10 & Under	200 IM	22	71	9-10	100 IM	72
				73	10 & Under	200 Free	74
<b>Saturday Afternoon</b>			<b>Sunday Afternoon</b>				
<b>G</b>			<b>B</b>	<b>G</b>		<b>B</b>	
23	11-12	200 Free Relay	24	75	11-12	200 Medley Relay	76
25	14 & U	200 Free Relay	26	77	14 & U	200 Medley Relay	78
27	11-12	100 IM	28	79	11-12	200 Free	80
29	13-14	100 IM	30	81	13-14	200 Free	82
31	11-12	100 Free	32	83	11-12	50 Fly	84
33	13-14	100 Free	34	85	13-14	200 Fly	86
35	11-12	50 Breast	36	87	11-12	100 Back	88
37	13-14	200 Breast	38	89	13-14	100 Back	90
39	11-12	50 Back	40	91	11-12	50 Free	92
41	13-14	200 Back	42	93	13-14	50 Free	94
43	11-12	100 Fly	44	95	11-12	100 Breast	96
45	13-14	100 Fly	46	97	13-14	100 Breast	98
47	11-12	500 Free	48	99	11-12	200 IM	100
49	13-14	500 Free	50	101	13-14	200 IM	102

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Entering Club's Name: \_\_\_\_\_ Club Code \_\_\_\_\_

Coach: \_\_\_\_\_ Phone # \_\_\_\_\_

Entries Person: \_\_\_\_\_ Phone# \_\_\_\_\_

**Entry Data Costs:**

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

\_\_\_\_\_ Total Splashes x 3.50 = \$ \_\_\_\_\_ # of boys \_\_\_\_\_ # of girls \_\_\_\_\_

\_\_\_\_\_ Total Relays x 14.00 = \$ \_\_\_\_\_

Total Due = \$ \_\_\_\_\_

**Make checks payable to: SEMS 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 \_\_\_\_\_