

- ✓ **Use of audio or visual recording devices** including a cell phone, is not permitted in changing areas, rest rooms, locker rooms nor behind the blocks at either the start of the race or as swimmers exit the pool.
- ✓ **Operations of a drone or any other flying apparatus** is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Distance Events:

Heats for distance events may be combined across gender at the Meet Referee’s discretion. Minnesota Scratch rules will be in effect. The 500 and 1000 Freestyle as well as the 400 IM will be positive check-in 90 minutes before the event and will be swum mixed age and gender, seeded fastest to slowest. The 1000 will be preceded by a 10-minute warm-up. Distance events will not be offered to the 11 and Under swimmers.

Time Trials:

Time trials will NOT be offered at this meet.

Open Lane Swims:

The MNSI “Open Lane Swim” procedure will not be available at this meet.

Time Standards:

No Senior time standards will be used for this meet.

ORDER OF EVENTS

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SATURDAY MORNING				SUNDAY MORNING			
Warm Up 7:40 AM / Meet Start 9:00 AM				Warm Up 7:40 AM / Meet Start 9:00 AM			
GIRLS	BOYS	MIXED	EVENT	GIRLS	BOYS	MIXED	EVENT
		1	11 & Unders 200 Free			29	11 & Unders 200 IM
2	3		11 & Unders 50 Back	30	31		11 & Unders 50 Free
4	5		11 & Unders 100 Fly	32	33		11 & Unders 100 Breast
6	7		11 & Unders 50 Breast			34	11 & Unders 200 Back
8	9		11 & Unders 100 IM	35	36		11 & Unders 50 Fly
10	11		11 & Unders 100 Back	37	38		11 & Unders 100 Free
12	13		11 & Unders 50 Free	39	40		11 & Unders 50 Back
		14	11 & Unders 200 Breast			41	11 & Unders 200 Fly

50 back and 50 free are offered both days to allow newer swimmers more events to choose from

SATURDAY AFTERNOON				SUNDAY AFTERNOON			
70 Minute Warm-Up starting 10 minutes after conclusion of morning				70 Minute Warm-Up starting 10 minutes after conclusion of morning			
GIRLS	BOYS	MIXED	EVENT	GIRLS	BOYS	MIXED	EVENT
15	16		12 & Over 200 Free	42	43		12 & Over 200 IM
17	18		12 & Over 100 Fly	44	45		12 & Over 50 Free
19	20		12 & Over 100 IM	46	47		12 & Over 200 Breast
21	22		12 & Over 100 Breast	48	49		12 & Over 100 Back
23	24		12 & Over 200 Back	50	51		12 & Over 100 Free
25	26		12 & Over 50 Free	52	53		12 & Over 200 Fly
			10 Min Break				10 Min Break
		27	12 & Over 400 IM			54	12 & Over 1000 Free
		28	12 & Over 500 Free				