

## 4<sup>th</sup> Annual Twin Cities Invite



Jean K. Freeman Aquatic Center – Minneapolis, MN  
*Saturday, October 26<sup>th</sup>, 2019*

- Host: Minnesota Swim Club
- Contact: Minnesota Swim Club Officer Board  
[swimclub@umn.edu](mailto:swimclub@umn.edu)
- Eligibility: Athletes are eligible to compete if they are members of the club they are registered with. All swimmers in good standing within their respective teams and schools are eligible to compete. Each team will define the rules of membership and ensure that each participating athlete is a member in good standing with their respective team.
- Location: Jean K. Freeman Aquatic Center  
1910 University Avenue Southeast  
Minneapolis, MN 55455
- Facility: A beautiful Olympic size pool set-up in short course configuration with eight 25-yard competition lanes, adjustable blocks, and a full-sized eight lane cooldown pool. The Jean K. Freeman Aquatic Center was also the site of the 2018 Big Ten Championship meet and the 2018 Men's NCAA Division I National Championship meet.
- Parking: The University Avenue Ramp is located at 1926 University Avenue Southeast and is connected to the aquatic center. If your team plans to arrive in a bus, please contact us and we can help arrange parking options.
- Deck Area: All swimmers are permitted on the deck; however, it is recommended that all spectators remain in the ample amount of spectator seating above. There is plenty of deck space for all teams.
- Timing: Colorado timing system.
- Warmup: 12:00 pm CST
- Meet Start: 1:00 pm CST
- Entry Limit: Four individual events per swimmer, no cap on relays.
- Fees: \$10/swimmer, capped at \$200 per team.  
Please pay in cash or a check made out to **Minnesota Swim Club**.
- Deadlines: Please submit all entries via Team Manager by **October 18<sup>th</sup>, 2019 at 11:59 pm**. There is an additional \$10 processing fee for entries not in Team Manager.
- Late Entries: Changes to existing line up will be accepted until October 23<sup>rd</sup>, 2019 at 11:59 pm.

Meeting: There will be a team representative meeting 15 minutes before the start of competition (12:45 pm). Checks will be accepted at this meeting.

Scoring: Scoring will be based on results from timed finals.  
Only the top 4 individual places, and top 2 relay places from each team will be scored.  
Individual events: 20-18-17-15-14-13-12-11-9-8-7-5-4-3-2-1  
Relay events: 40-36-32-26-20-14-8-4

Awards: Awards will be given to the winner of each individual event. Please come to the announcers table after the end of your event to pick up your award.

Food: Athletes and coaches are allowed to bring snacks and refreshments, but NO GLASS or ALCOHOL is allowed within the facility.

Events: Events will run in the order of women, then men.

200 Free Relay

100 Breast

200 Fly

100 Free

200 IM

50 Back

-----10-minute Break-----

200 Free

100 Fly

200 Back

50 Free

\*500 Free\*

50 Breast

400 Free Relay

-----10-minute Break-----

\*400 IM\*

200 Breast

50 Fly

100 Back

100 IM

200 Mixed-Gender Medley Relay

The Mixed-Gender Relay requires 2 men and 2 women in any order.

\* Let us know if you have swimmers who are interested in the 500 Free or 400 IM and we will add the events if we have a full heat of swimmers. \*