

The Minnesota LMSC would like to welcome you to the 2010 Breadbasket Zone Meet.

We are pleased to be able to host this meet in one of the fastest pools in the nation, the University of Minnesota Aquatic Center.

This is also one of the last meets where the high tech suits may be used for competition.

Fast suits + fast pool = Fast swimming

General Information:

The diving well will be available for warm up/ warm down on Saturday and on Sunday until noon. Starting at noon on Sunday warm up /warm down lanes will be in the west end of the pool. Feet first entries only.

Awards: 1st, 2nd, 3rd place medals will be awarded for individual events and 1st place for relays. Please pick up your medals. No awards will be mailed.

This meet will be open to pre registered swimmers only. There are no deck entries.

If you are a relay only swimmer, you must pre register.

All pre- registered swimmers will receive a participation award. You must be present and check in to receive your award.

POLICY FOR TEAM BANNERS AND SIGNS

PER UNIVERSITY OF MINNESOTA POLICY, TEAMS AND SPECTATORS ARE NOT ALLOWED TO HANG BANNERS/SIGNS IN THE AQUATIC CENTER. THIS INCLUDES HANGING BANNERS AND/OR SIGNS AROUND THE POOL. ANY SIGNS OR BANNERS IN THE FACILITY WILL BE REMOVED.

NO GLASS

No glass is allowed anywhere inside the Aquatic Center.

WARM UP PROCEDURES

Saturday, April 17

12:30 pm	Check In		
1:00 – 1:30 pm	General Warm Up		
1:30 – 1:55 pm	Sprint Lanes	2,7	one way only
	Pace Lanes	1,8	
	General Warm Up	3,4,5,6,	
1:55 pm	Competition pool closed		
2:00 pm	Competition begins		

Sunday, April 18

8:00 – 8:30 am	General Warm Up		
8:30 – 8:55 am	Sprint Lanes	2,7	one way only
	Pace Lanes	1, 8	
	General Warm Up	3,4,5,6	
8:55 pm	Competition pool closed		
9:00 am	Competition begins		

RESULTS

Results will be posted around the pool area. They will also be posted at www.minnestoamasters.com within a couple of days of the conclusion of the meet.

If you wish to record your personal times, please bring along a notepad and pen.

HEAT AND LANE ASSIGNMENTS

Heat and lane assignments will be posted before each event.

AWARDS

Awards are available for 1st, 2nd 3rd place in each individual event and for 1st place for all relays.

Please pick up your awards from the awards table. No awards will be mailed.

POSTIVE CHECK IN

Positive check in is required for all event 400 yards or more. Please pay special attention to announcements.

LOCKER ROOMS

Lockers will be available in the auxiliary Locker Rooms for daily use only. Locks should not be places on lockers overnight.

Please do not leave valuable in or around the pool area.

MEDICAL SERVICES

The local hospital is Fairview Hospital located at 500 Harvard Street Minneapolis, MN 55455 – just 2 blocks from the University Aquatic Center

DECK SPACE

Meet officials and lifeguards only are allowed on the bulkhead and inside the ropes along the sides of the pool.

WARM UP / WARM DOWN

On Saturday, 2 lanes in the diving well will be open for warm up and warm down.

On Sunday, 2 lanes in the diving well will be open for warm up and warm down until 12:00 noon. After noon, lanes will be available in the west end of the pool.

Feet first entries only.

SEATING

Please use the bleachers for seating. Please do not put your personal items on University of Minnesota equipment or on equipment around the diving well.

Please abide by posted signage as to any warm up and seating restrictions around the pool area.

Below is some information on local hotels, shopping and restaurants. This information is as current as we have. Please also note when making hotel reservations, many hotel chains offer better rates as an online reservation.

LODGING

Radisson Hotel University
615 Washington Avenue SE
Minneapolis, MN 55414
612-362-6629 612-379-8888

Holiday Inn Metrodome
1500 Washington Ave South
Minneapolis, MN 55454
612-333-4646

Days Hotel on University
2407 University Ave SE
Minneapolis, MN 55414
612-623-4741

Days Inn Roseville
2550 Cleveland Ave. South
Roseville, MN 55113
651-636-7939

Radisson Hotel Roseville
2540 Cleveland Ave. South
Roseville, MN 55113
651-636-4567

For additional lodging and tourist information, please go to:
www.minneapolis.com

LOCAL SHOPPING

Rosedale Mall
W. Highway 36 and Fairview Ave
Roseville
651-633-0872

City Center
40 south 7th St
Downtown Minneapolis
612-372-1200

Southdale Mall
6601 France Ave South
Edina
952-925-7885

Mall of America
60 East Broadway
Bloomington
952-883-8800

RESTAURANTS

Stadium Village area

Applebee's Radisson
615 Washington Ave SE
Minneapolis, MN 55414
612-378-3740

Big 10
606 Washington Ave SE
Minneapolis, MN 55414
612-378-0467

Bruegger's Bagels
720 Washington Ave SE
Minneapolis, MN 55414
612-378-2145

Campus Pizza
818 Washington Ave SE
Minneapolis, MN 55414
612-378-2417

Caribou Coffee
917 Washington Ave SE
Minneapolis, MN 55414
612-331-4121

Chipotle
800 Washington Ave SE
Minneapolis, MN 55414
612-378-7078

Dairy Queen/Orange Julius
716 Washington Ave SE 55414
Minneapolis, MN 55414
612-331-3093

Domino's Pizza
213 Oak St Se
Minneapolis, MN 55414
612-331-3030

Erbert and Gerbert's
720 Washington Ave SE
Minneapolis, MN 55414
612-623-9485

Leaning Tower of Pizza
2505 University Ave. SE
Minneapolis, MN 55414
612-331-7827

Milio's
219 Oak St SE
Minneapolis, MN 55414
612-331-7827

Noodle's and Company
618 Washington Ave SE
Minneapolis, MN 55414
612-617-0002

Papa John's Pizza
817 Washington Ave SE
Minneapolis, MN 55414
612-379-8890

Sally's
712 Washington Ave SE
Minneapolis, MN 55414
612-331-3231

Starbuck's Coffee
615 Washington Ave SE
Minneapolis, MN 55414
612-378-3740

Stub and Herb's
227 Oak St SE
Minneapolis, MN 55414
612-379-1880

Subway
825 Washington Ave SE
Minneapolis, MN 55414
612-379-8461

Dinkytown Area

Al's Breakfast
413 14th Ave SE
Minneapolis, MN 55414
612-331-9991

Annie's Parlor
315 14th Ave SE
Minneapolis, MN 55414
612-379-9744

Bangkok Thai
425 13th Ave SE
Minneapolis, MN 55414
612-331-6830

Burrito Loco
1316 4th Ave SE
Minneapolis, MN 55414
612-746-5626

Caribou Coffee
1500 4th Ave SE
Minneapolis, MN 55414
612-378-7524

Espresso Royale Café
411 14th Ave SE
Minneapolis, MN 55414
612-623-8127

Loring Pasta Bar
327 14th Ave SE
Minneapolis, MN 55414
612-378-4849

Pizza Hut
1402 5th St SE
Minneapolis, MN 55414
612-623-0775

Vescio's
406 14th Ave SE
Minneapolis, MN 55414
612-378-174

Minneapolis

Buca Di Beppo
11 S 12th St
Minneapolis, MN 55403
612-638-2225

Bullwinkles Saloon
1429 Washington Ave S
Minneapolis, MN 55414
612-338-8520

Rock Bottom Brewery
800 La Salle Plaza
Minneapolis, MN 55403
612-332-2739

Kieran's Irish Pub
330 2nd Ave S
Minneapolis, MN 55401
612-339-4499

Old Spaghetti Factory
233 Park Ave
Minneapolis, MN 55415
612-341-0949

Panera Bread Company
233 Hennepin Ave E
Minneapolis, MN 55415
612-825-3201

Rosen's Bar and Grill
430 1st Ave N
Minneapolis, MN 55401
612-338-1926

Sawatdee
607 Washington Ave S
Minneapolis, MN 55414
612-338-6451

The Local
913 Nicollet Mall
Minneapolis, MN 55104
612-904-1000

Tuggs River Station
219 Main St SE
Minneapolis, MN 55414
612-379-4404

Roseville Area

Byerlys American Harvest
160 County Road C
Roseville, MN 55113
651-633-6949

Chianti Grill
1611 Larpenteur Ave
Roseville, MN 55109
651-892-7555

Chili's
1840 County Road B2
Roseville, MN 55113
651-633-7718

Fuddruckers
2740 Snelling Ave N
Roseville, MN 55113
651-636-3833

Khan's Mongolian Barbeque
2720 Snelling Ave N
Roseville, MN 55113
651-631-3398

Olive Garden
1525 West County Road C
Roseville, MN 55109

TGI Friday's
2480 Fairview
Roseville, MN 55113
651-631-1101

PARKING AROUND THE UNIVERSITY OF MINNESOTA

<http://www1.umn.edu/pts/parking/parking.html>

<http://www1.umn.edu/pts/maps/directions.html>

