

# Minnesota for Masters Nationals

Fast swimming coming to the Twin Cities

Dan Anderson, Courtesy of Meet Minneapolis



**G**et ready for some fast competition with the 2017 U.S. Masters Swimming Summer National Championship in Minneapolis on Aug. 2–6. Just 3 miles from downtown Minneapolis, the University of Minnesota’s Jean K. Freeman Aquatic Center is close to many great tourist spots. The city’s light rail system provides a cheap, efficient way to travel from the airport and swimming venue to the downtown areas of the Twin Cities of Minneapolis and St. Paul.

## THE VENUE

Since opening in 1990, the Jean K. Freeman Aquatic Center has hosted multiple Big Ten and NCAA Men’s and Women’s Swimming and Diving Championships, two Phillips 66 U.S. National Championships, and three U.S. Open Championships (2003, 2008, 2016).

The eight-lane, 50-meter competition pool ranges in depth from 7 to nearly 8 feet, and the diving well, adjacent to the competition pool and within visual range of the digital scoreboard, will have six 25-yard lanes for warm-up.

Bleacher seating on both sides of the pool can accommodate about 2,500 swimmers and guests.

## SHOPPING, DINING, AND ENTERTAINMENT

The Mall of America, 30 minutes by car or light rail from downtown Minneapolis, is one of the top tourist destinations in the country. There are more than 400 stores, and the 50-plus restaurants will satisfy the appetites of hungry swimmers. The Nickelodeon Universe indoor amusement park, SEA LIFE Minnesota Aquarium, and Minnesota Children’s Museum are entertaining places for the whole family.

## FLOAT OR PADDLE THE MISSISSIPPI

Swimmers can check out the impressive Minneapolis skyline from a kayak or paddle wheeler on the Mississippi River. Above the Falls Sports (reservations: 612-825-8983) leads daily kayak tours of the city. You can also cruise the Mississippi River aboard the 125-passenger Minneapolis Queen paddle wheeler (reservations: 888-559-8058).

## MUSIC IN THE PARK

Free concerts and local entertainment in the lush green Minneapolis parks have been a summertime tradition. A variety of music is performed at Lake Harriet Band Shell, Minnehaha Park Bandstand, Father Hennepin Bluff Park, Nicollet Island Pavilion, Bryant Square Park, and Theodore Wirth Park. A schedule of musical performances, as well as the Movies in the Park series and many other activities, can be found on the Minneapolis Park & Recreation Board’s website, [minneapolisparcs.org](http://minneapolisparcs.org).



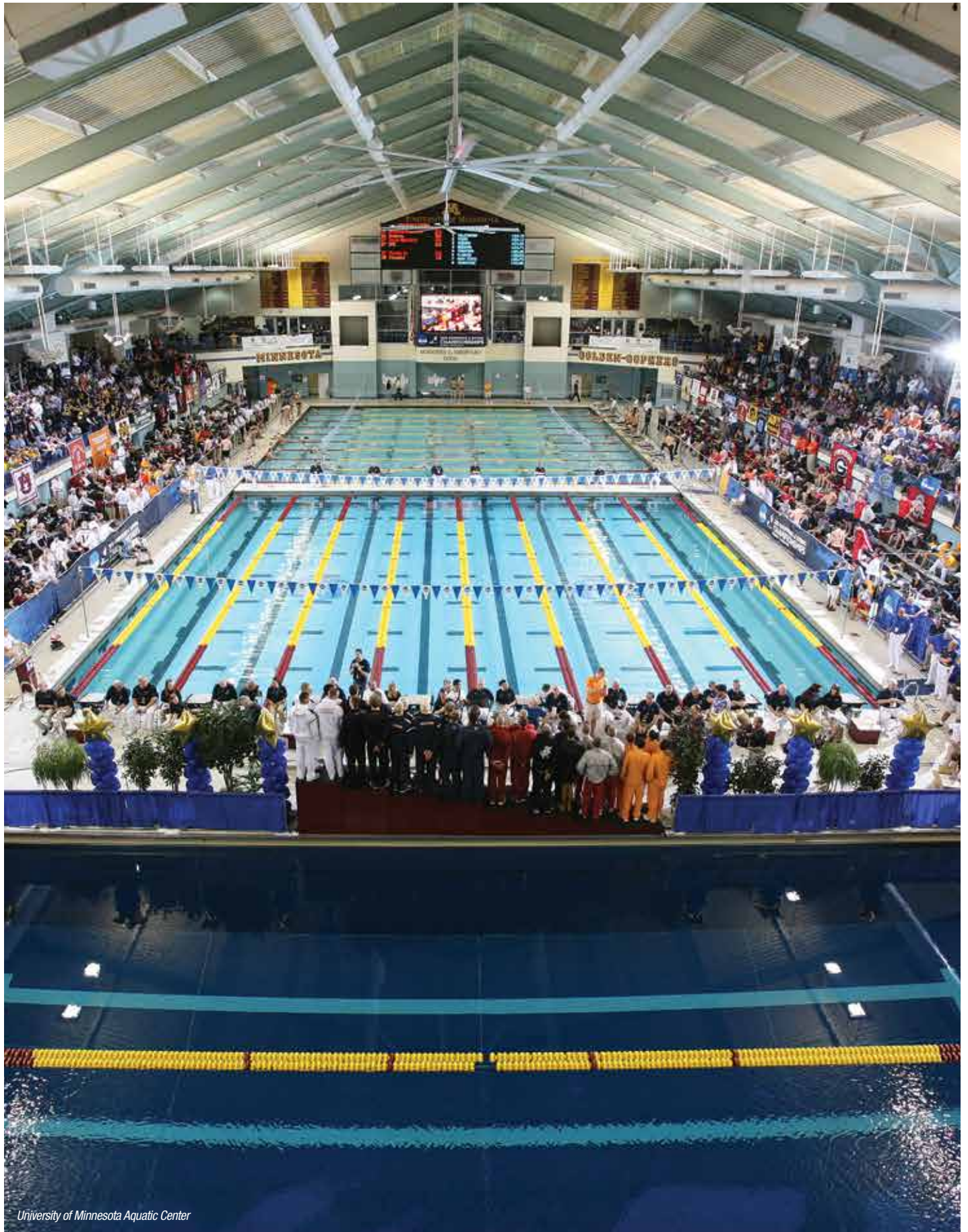
### ONLINE ENTRY

Visit [usms.org/comp/lcnats2017](http://usms.org/comp/lcnats2017)

### PAPER ENTRY FORMS

Available by calling  
1-800-550-SWIM (7946)





University of Minnesota Aquatic Center





Explore Minnesota Tourism,  
Courtesy of Meet Minneapolis



Courtesy of Meet Minneapolis

### UNIVERSITY AREA HOT SPOTS

The University of Minnesota and the aquatic center are located between the Twin Cities. Swimmers too busy to venture far from the pool can visit the nearby Weisman Art Museum or other arts, shopping, and dining locales in Dinkytown, Stadium Village, and the Mississippi's West Bank (Cedar-Riverside).

### INTERCONNECTED DOWNTOWN

Swimmers wanting to see the downtown area on a rainy day can do so sans umbrella. The Minneapolis Skyway System, the largest continuous system in the world, connects the second and third floors of banks, hotels, and corporate and government offices over an 8-mile stretch of downtown. These climate-controlled, enclosed walkways intersect with major locales of interest, including the Nicollet Mall, the Block E Entertainment District, and the sports facilities at Target Center, Target Field, and U.S. Bank Stadium.

### MAJOR LEAGUE SOCCER SWIMMER SOCIAL

Watch Minnesota United FC take on defending MLS champion Seattle Sounders FC at TCF Bank Stadium on Aug. 5. After a meal, swimmers can head to the stadium, just two blocks from the pool, for the game. Masters swimmers will be recognized on the videoboard at half-time. (The Minnesota Twins also have a four-game homestand against the Texas Rangers on Aug. 3–6. Target Field is just 20 minutes from the pool via light rail.)

### MARK YOUR CALENDARS

The 2017 USMS Summer National Championship offers swimmers with a competitive spirit a unique opportunity to race the top swimmers in a pool with a history of fast swimming. The Twin Cities, bountiful with cultural and sporting events, fine dining, and much more, will set the stage for a memorable travel and competitive experience.

## ORDER OF EVENTS

### Wednesday, August 2

1500 freestyle\*

### Thursday, August 3

800 freestyle\*

400 IM

200 medley relay

### Friday, August 4

400 freestyle (men)

50 backstroke

200 butterfly

100 freestyle

200 breaststroke

200 freestyle relay

### Saturday, August 5

400 freestyle (women)

50 butterfly

100 breaststroke

50 freestyle

200 backstroke

200 medley relay (mixed)

### Sunday, August 6

200 freestyle

100 backstroke

50 breaststroke

200 freestyle relay (mixed)

200 IM

100 butterfly

\*Swimmers can only enter the 800 freestyle or the 1500 freestyle, not both. Swimmers entering the 1500 freestyle must meet the NQT.

### CONTACT INFORMATION

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