

Colorado State Age Group Championships - (SC)

(Lower Division 10&U/11-12/13-14)

Team Meet

DATE: March 5, 6, & 7, 2010

SANCTION: Held under sanction of Colorado Swimming, Inc. of USA Swimming # 2010-026

LOCATION: **EPIC Pool**
1801 Riverside Ave
Fort Collins, CO
Located at Edora Park off Prospect Ave, between I-25 and Lemay Ave
Hosted by Fort Collins Area Swim Team

FACILITIES: Indoor, ten lane, 50 meter pool with movable bulkheads set at 25 yards, with non-turbulent lane lines. Continuous warm-up/cool-down. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
EPIC now has free wireless in the natatorium and lobby areas. Please enjoy internet access during the swim meet.

TIMING: Colorado Electronic Timing System with touch-pads. Each lane will have backup timers.

SCHEDULE:

<u>Preliminaries:</u>	General Warm-up:	7:00 - 8:00 a.m.
	Specific Warm-up:	8:00 - 8:20 a.m.
	Meet Start:	8:30 a.m.
<u>Finals:</u>	10 & Under General Warm-up:	3:15-3:40 pm
	ONE-WAY STARTS:	3:40-3:45
	11 & Over General Warm-up:	3:45-4:10 pm
	Specific Warm-Up:	4:10-4:20 pm
	Meet Start:	4:30 pm

Access to the pool & seating area opens at 6:30 am

Only swimmers swimming the meet, registered coaches with current certification, working officials, and volunteers' are allowed on deck. Parents and spectators please remain in the stands or lobby area.

ELIGIBILITY: All athletes *must* hold a 2010 USA Swimming membership card issued by Colorado Swimming, Inc. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their current card or they will be deck registered before they can enter the water. A surcharge for deck registration will also apply. The meet will also be open to CSI physically impaired athletes with 2009 US Paralympics Swimming Trails qualifying times. Exception report will be posted on the CSI web page after the entry deadline, at csi.org.

SCORING: Short Course State Championships will score 20 places.

Individual:	24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
Relays:	48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

AWARDS:	Individual:	Medals	1-10	Ribbons	11-20
	Relays:	Medals	1-3	Ribbons	4-10

HIGH POINT AWARD: Top male & female in each age group.

TEAM AWARDS: Top 6 teams.

SEEDING PROCEDURE & SCRATCH RULES:

Scratch procedures will be enforced as per 207.12.6 in the USA Swimming Rules and Regulations. All scratches for the first day must be turned into the scratch box, faxed, or e-mailed by 2:00 p.m. March 4th to the entry chairman, LSeckinger@aol.com or FAX # 970-454-3697. The scratch deadline for all subsequent days shall be thirty minutes after the published starting time of the final session of each day's events. Please review **207.12.6C**, as penalties will apply to swimmers who fail to compete in a preliminary event of which they did not scratch. Swimmers qualifying to swim in finals must declare their intent to scratch within 30 minutes of the posting of results - to the administrative referee. The final decision to scratch a finals event must be declared to the administrative referee within 30 minutes after their last individual preliminary event.

A swimmer not reporting to a final event, in which the results were posted for his/her swim, will be barred from further competition in the meet PLUS a \$50.00 fee will be assessed to swimmers not in compliance with the scratch rule. "Scratch rule for consolation finals and finals shall be in accordance with Section 207.12.6 D.1."

The general meeting will be held 20 minutes before the start of warm-ups on the first day of competition.

RULES:

1. Current 2010 USA Swimming Rules & Regulations will govern the meet.
2. Age as of the first day of the meet will determine the swimmer's age group for competition. March 5, 2010.
3. ***Submit entry times according to the time swam – DO NOT SUBMIT CONVERTED TIMES. Example: If the time was swum in long course meters submit the long course time. Non conforming times will be seeded last according to USA Swimming Rules and Regulations # 207.12.7B***
4. No exhibition swimming is allowed.
5. Times must have been achieved between March 6, 2009 and February 23, 2010. **EXCEPTION: Only** those swimmers achieving a qualifying time at the Silver State meet the weekend after the deadline. This is only for those swimmers that had not previously qualified in that event. No previous times will be adjusted. Entries will be collected at Silver State and forwarded to the entry chair.
6. All events except relays and 10-Under events will be swum in both prelims and finals. This includes situations in which there is less than a full heat of swimmers. Events in finals will be swum with a minimum of 10 minutes between swims. Events will swim 10 in consolations and 10 in finals.
7. All Timed Final Events will be seeded into 10 lanes.
8. **RELAYS-** All swimmers must be listed on the master sheet to be eligible to compete on a relay team. Declaration of the relay must include; (1) First and Last Names, (2) Ages, (3) Order declared, (4) Alternate Swimmers and (5) USA Swimming ID's. Relays will be swum as published in the program; no re-seeding will be done. **RELAYS MUST BE DECLARED 30 MINUTES AFTER THE START OF FINALS SESSION ON THE PREVIOUS DAY.** Any Relays that are not declared will be scratched from the next days events. The order of swimmers declared may be changed at any time prior to the start of the heat.
 - All 10 & under relays will swim in the finals session.
 - Relays not meeting the qualifying time will not score points or receive awards.
 - A maximum of two (2) relay teams per club per event will be permitted. No unattached swimmers on any relay or unattached relays. N.T. or "blank spaces" will be deemed an incorrect entry and will not be accepted. No money will be refunded to teams for an incorrect entry.

9. It is mandatory that all finals and consolation final swimmers check in at the Clerk of Course ready area at the announced time or two events prior to their event.

10. The USA Swimming National Start will be used. This meet will enforce timely reporting to the block area and responding promptly to signals and commands as follows: When the swimmers and officials are ready, the Referee shall signal with an out stretched arm to the starter that the swimmers are under the Starter control (101.1.2B). Swimmers stepping up late after the Referee has signaled with an outstretched arm releasing the field to the Starter "may," at the discretion of the referee, be barred from competing in that event. It is the responsibility of every swimmer and coach to ensure that they report to the starting area in a timely fashion and respond to all signals and commands of the meet officials promptly.

11. Colorado Swimming, Inc. procedures for warm-up will be observed.

12. Participating teams will be assigned lanes for timing and are expected to provide timer(s) for the duration of the assignment.

13. All 10-Under events will swim as a timed final in the final session. All timed final events will be seeded into 10 lanes.

14. The 1650 Free will require a positive check in. The swimmer or their coach must check in at the clerk of course within 30 minutes after the start of finals the night before the event will be contested. The 1650 freestyle will swim fastest to slowest alternating girls and boys. The fastest heat of girls and the fastest heat of boys will swim in the finals.

15. 1650 SWIMMERS MUST PROVIDE THEIR OWN TIMERS (2) AND COUNTER. 500 SWIMMERS MUST PROVIDE A COUNTER.

16. At the Referee's discretion, individual events may be combined by age, sex, and/or distance.

17. 12 & Under distance events (200 Back, 200 Breast, 200 Fly, & 400 I M) will swim in prelims as a timed final, the fastest heat of women and fastest heat of men will swim in finals.

The MEET REFEREE will have the final authority on all swimming procedures and conduct of the meet.

COACHES/OFFICIALS:

This will be an Officials Qualifying Meet for those officials wishing to be evaluated for N2 & N3 certification for referee and below. Officials wishing to be evaluated must submit an Application to Officiate, to applications@csi.org no later than February 23, 2010 for assigned positions, and March 2, 2010 for non-assigned positions. A mandatory Officials meeting will be held at the **START** of warm-up for each session, each day of the meet. No trainees will be allowed on deck for this meet.

All coaches and uniformed officials **MUST** display their USA Swimming/CSI cards when on deck. Current certification is mandatory. Coaches that are in non-compliance will not be allowed on deck.

ENTRIES:

Swimmers may enter up to five (5) individual events per day (maximum of 7 events for the meet), but must scratch down to and swim a maximum of three (3) individual events per day by using the scratch box and rules in 207.12.6. Swimmers may enter and swim one (1) relay event each day. **Swimmers must pay for all events entered after the entry deadline no refunds for changes or scratched events.**

Teams may enter two (2) relays per event.

ENTRY FEES: \$5.00 per event
\$7.00 pool surcharge
\$25.00 team surcharge

ENTRY PROCEDURES:

Through our website, no later than February 22nd, midnight! **NO EXCEPTIONS!!**

ENTRY DEADLINE:

NO later than February 22nd, midnight! NO EXCEPTIONS!!

Corrections should be made as follows:

Entry corrections & Proof of time correction should be sent to:

Linda Seckinger LSeckinger@aol.com

Registration corrections should be sent to:

Janet Kralik j.kralik@comcast.net

NO LATE ENTRIES ACCEPTED AFTER ENTRY DEADLINE!

EXCEPTION: Only those swimmers achieving a qualifying time at the Silver State meet the weekend after the deadline. This is only for those swimmers that had not previously qualified in that event. No previous times will be adjusted. Entries will be collected at Silver State and forwarded to the entry chair.

ENTRY CHAIRMAN & ADMINISTRATIVE REFEREE:

Linda Seckinger
5 Cherry Ave
Eaton, CO 80615
LSeckinger@aol.com
970-454-3697

MEET REFEREE:

Mike Dilli

mdilli@q.com

303-358-2197 Questions regarding the conduct of this meet should be directed to the meet referee.

MEET DIRECTOR:

Adam Hoffman

970-215-3850

hoffmanconsulting@comcast.net

SAFETY CHAIRMAN:

Randy Pritchard

SAFETY ISSUES:

With the exception of those lanes specifically identified as dive lanes, **all swimmers must enter warm-up lanes using a 3-point feet-first entry where both feet and one hand must be in contact with the deck or end wall immediately prior to entering the water.** Marshals/Officials/Meet Personnel/Staff who observe swimmers to be in non-compliance will make every effort to contact/warn said swimmer and/or their coach of the improper action. Consequences for non-compliance, if deemed to be repetitive, willful, or deliberately defiant by the observer, **MAY** include removal of the swimmer for the remainder of the session/competition **and/or** a \$500 fine to be paid by the athlete/coach/team/parent prior to said swimmer being allowed to compete in any future Colorado Swimming, Inc. sanctioned competition.

- ❑ All coaches, officials, parents and swimmers should act in a manner to reduce the risk of any accidents.
- ❑ Coaches are to monitor their swimmers during warm-up/meet and are responsible for their safety.
- ❑ No forward dives or backstroke starts into the water during warm-up unless there is one-way swimming & starts with coach supervision.
- ❑ All athletes, visiting coaches and officials are reminded that the swimming venue may have areas where additional care needs to be observed. This includes and is not limited to slippery deck, bleachers and hallways. Proper footwear and caution "may" help reduce these risks.
- ❑ No running or horseplay is allowed and it is the responsibility of the swimmer, coach, officials and parents to monitor these activities.
- ❑ Care should be given not to park in either handicapped or fire lanes as vehicles may be towed at the owner's expense.

PROGRAMS AND RESULTS:

Programs will be available for download from the FAST website www.fortcollinsareaswimteam.org prior to the start of the meet. Programs will also be sold for \$10.00 which includes the daily heat sheets. Heat sheets will be sold individually for each session for \$2.00 each. Heat sheets and the final results will be provided for teams entered in the meet. Individuals wanting final results may place an order during the meet at the awards table for \$8.00. Results will be sent back to the clubs via their entry disk, or email, hard copies will be sent upon request only.

SPECIAL INFORMATION:

NO SMOKING ON THE POOL DECK, IN THE BUILDING, OR ANY AREA FREQUENTED BY SWIMMERS.

Any damage to pool property will be grounds for dismissal from the remainder of the meet and the offenders will be held liable to the fullest extent, which the law allows.

MOTELS:

- Holiday Inn Express Hotel & Suites Ft Collins (970) 225-2200 1426 Oak Ridge Dr
- Hampton Inn Ft Collins (970) 229-5927 1620 Oak Ridge Dr
- Comfort Suites Fort Collins (970) 206-4597 1415 Oak Ridge Dr
- Homewood Stes Fort Collins (970) 225-2400 1521 Oak Ridge Dr
- Quality Inn and Suites Ft Collins (970) 282-9047 4001 S Mason St
- Courtyard by Marriott Ft Collins (970) 282-1700 1200 Oak Ridge Dr
- Hilton Garden Inn (970) 225-2900 2821 E Harmony Rd

2010 COLORADO SWIMMING AGE GROUP CHAMPIONSHIP EVENTS

Friday's Events

Warm-up 7:00 am

Prelims

Start 8:30 am

Women

Men

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
1* TFP	2:56.99	2:54.59	2:37.29	12-U 200 Back	3:06.09	3:03.69	2:45.49	2* TFP
3	1:26.49	1:24.49	1:16.09	13-14 100 Breast	1:26.09	1:24.09	1:15.79	4
5	:42.59	:41.59	:37.49	11-12 50 Breast	:44.29	:43.29	:38.99	6
9	2:37.29	2:34.09	2:18.89	13-14 200 I.M.	2:34.19	2:30.99	2:15.99	10
11	2:53.09	2:49.89	2:32.99	11-12 200 I.M.	3:00.29	2:57.09	2:39.59	12
15	1:15.09	1:13.69	1:06.39	13-14 100 Fly	1:14.19	1:12.79	1:05.59	16
17	:35.69	:34.99	:31.59	11-12 50 Fly	:36.89	:36.19	:32.59	18
21	5:00.99	4:54.59	5:37.19	13-14 500 Free	5:02.19	4:55.79	5:38.59	22
23	5:26.59	5:20.19	6:05.89	12-U 500 Free	5:41.09	5:34.69	6:22.19	24

Friday's Events

Warm-up 10&U 3:15 11&O 3:45 pm Finals & 10-U Timed Finals

Start 4:30 pm

Women

Men

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
1* TFP				*12& U 200 Back				2* TFP
3				13-14 100 Breast				4
5				11-12 50 Breast				6
7 TF	:49.39	:48.39	:43.69	10-U 50 Breast	:51.49	:50.49	:45.49	8 TF
9				13-14 200 I.M.				10
11				11-12 200 I.M.				12
13 TF	3:20.99	3:17.79	2:58.19	10-U 200 I.M.	3:28.39	3:25.19	3:04.79	14 TF
15				13-14 100 Fly				16
17				11-12 50 Fly				18
19 TF	:41.59	:40.89	:36.79	10-U 50 Fly	:43.69	:42.99	:38.69	20 TF
21				13-14 500 Free				22
23				12 & U 500 Free				24
25 TF	1:19.49	1:17.89	1:10.19	10-U 100 Free	1:21.89	1:20.29	1:12.39	26 TF

* TFP = FASTEST HEAT OF MENS AND FASTEST HEAT OF WOMENS SWIM IN FINALS.

TFP = TIMED FINALS IN PRELIMS

TF = TIMED FINALS IN FINALS

2010 COLORADO SWIMMING AGE GROUP CHAMPIONSHIP EVENTS

Saturday's Events Prelims

Warm-up 7:00 am
Women

Start 8:30 am
Men

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
27* TFP	6:13.59	6:07.19	5:30.89	*12-U 400 I.M.	6:32.39	6:25.99	5:47.69	28* TFP
29 TFP	5:19.69	5:13.29	4:42.29	14-U 400 Med Relay	5:18.99	5:12.99	4:42.49	30 TFP
31 TFP	2:37.49	2:32.59	2:17.19	12-U 200 Med Relay	2:43.59	2:40.49	2:23.59	32 TFP
35	:30.39	:29.59	:26.69	13-14 50 Free	:29.49	:28.69	:25.89	36
37	2:34.09	2:30.89	2:15.99	11-12 200 Free	2:38.29	2:35.09	2:19.69	38
39	5:48.89	5:42.49	5:08.49	13-14 400 I.M.	5:50.89	5:44.49	5:10.39	40
43	1:32.89	1:30.89	1:21.89	11-12 100 Breast	1:37.69	1:35.69	1:26.19	44
45	3:04.79	3:00.79	2:42.89	13-14 200 Breast	3:06.99	3:02.99	2:44.89	46
49	:37.59	:36.99	:33.29	11-12 50 Back	:38.99	:38.39	:34.59	50
51	1:15.49	1:14.29	1:06.99	13-14 100 Back	1:14.49	1:13.29	1:05.99	52
55	1:10.49	1:08.89	1:02.09	11-12 100 Free	1:12.19	1:10.59	1:03.59	56
57	2:23.19	2:19.99	2:06.09	13-14 200 Free	2:21.39	2:18.19	2:04.59	58
59* TFP	3:10.99	3:08.19	2:49.59	*12-U 200 Fly	3:15.79	3:12.99	2:53.89	60* TFP

Saturday's Events

Warm-up 10&U 3:15 11&O 3:45pm
Women

Finals & 10-U Timed Finals

Start 4:30 pm
Men

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
27* TFP				*12-U 400 I.M.				28* TFP
33 TF	2:58.89	2:56.89	2:38.69	10-U 200 Med Relay	3:09.79	3:07.29	2:48.59	34 TF
35				13-14 50 Free				36
37				11-12 200 Free				38
39				13-14 400 IM				40
41 TF	1:47.19	1:45.19	1:34.79	10-U 100 Breast	1:51.89	1:49.89	1:38.99	42 TF
43				11-12 100 Breast				44
45				13-14 200 Breast				46
47 TF	:43.19	:42.59	:38.39	10-U 50 Back	:45.09	:44.49	:40.09	48 TF
49				11-12 50 Back				50
51				13-14 100 Back				52
53 TF	2:58.89	2:55.69	2:38.29	10-U 200 Free	3:03.69	3:00.49	2:42.59	54 TF
55				11-12 100 Free				56
57				13-14 200 Free				58
59* TFP				*12-U 200 Fly				60* TFP

* TFP = FASTEST HEAT OF MENS AND FASTEST HEAT OF WOMENS SWIM IN FINALS.

TFP = TIMED FINALS IN PRELIMS

TF = TIMED FINALS IN FINALS

2010 COLORADO SWIMMING AGE GROUP CHAMPIONSHIP EVENTS

Sunday's Events
Prelims **Start 8:30 am**

Warm-up 7:00 am
Women **Men**

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
61 TFP	2:14.09	2:10.89	1:58.09	12-U 200 Free Relay	2:19.29	2:15.99	2:01.99	62 TFP
63 TFP	4:36.89	4:30.49	4:01.99	14-U 400 Free Relay	4:32.49	4:24.99	3:59.99	64 TFP
67		1:19.49	1:11.69	11-12 100 I.M.		1:22.09	1:13.99	68
71	2:41.99	2:39.59	2:23.79	13-14 200 Back	2:41.19	2:38.79	2:23.09	72
73	1:20.79	1:19.59	1:11.79	11-12 100 Back	1:23.79	1:22.59	1:14.39	74
77	1:05.89	1:04.29	:57.89	13-14 100 Free	1:04.09	1:02.49	:56.29	78
79	:32.29	:31.49	:28.39	11-12 50 Free	:32.89	:32.09	:28.89	80
83	2:53.39	2:50.59	2:33.69	13-14 200 Fly	3:03.49	3:00.69	2:42.79	84
85	1:22.19	1:20.79	1:12.79	11-12 100 Fly	1:26.89	1:25.49	1:17.09	86
				5 min break				
89* TFP	3:22.49	3:18.49	2:58.79	*12-U 200 Breast	3:36.49	3:32.49	3:11.49	90* TFP
91* TFP	20:49.09	20:25.09	20:24.59	*14-U 1650 Free	21:13.09	20:49.09	20:48.09	92* TFP

Sunday's Events **Start 4:30 pm**

Warm-up 10-U 3:15 11&O 3:45 pm
Women **Men**
Finals & 10-U Timed Finals

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
65 TF	2:31.99	2:29.99	2:14.09	10-U 200 Free Relay	2:35.99	2:33.99	2:19.99	66 TF
91* TFP				*14-U 1650 Free				92* TFP
67				11-12 100 I.M.				68
69 TF		1:30.99	1:21.99	10-U 100 I.M.		1:35.09	1:25.69	70 TF
71				13-14 200 Back				72
73				11-12 100 Back				74
75 TF	1:33.29	1:32.09	1:22.99	10-U 100 Back	1:36.59	1:35.39	1:25.99	76 TF
77				13-14 100 Free				78
79				11-12 50 Free				80
81 TF	:36.29	:35.49	:31.99	10-U 50 Free	:36.99	:36.19	:32.59	82 TF
83				13-14 200 Fly				84
85				11-12 100 Fly				86
87 TF	1:41.59	1:40.19	1:30.29	10-U 100 Fly	1:50.99	1:49.59	1:38.69	88 TF
89* TFP				12-U 200 Breast				90* TFP

* TFP = FASTEST HEAT OF MENS AND FASTEST HEAT OF WOMENS SWIM IN FINALS.
 TFP = TIMED FINALS IN PRELIMS
 TF = TIMED FINALS IN FINALS