

Colorado Senior Meet

DATE: February 22, 23, & 24, 2008

SANCTION: Held under approved sanction of Colorado Swimming, Inc. of USA Swimming # 2008-0A1

LOCATION: University of Denver, Coors Fitness Center
I-25 and University Blvd.,
2201 E. Asbury, Denver, CO 80208

FACILITIES: Elevation 5320 ft; Seventeen lane 25 yard by eight lane 50-meter indoor pool. Competition will be conducted in either an 8 or 10 lane SCY course on Friday and Saturday. Additional lanes will be available for continuous warm-up/down. On Sunday, competition will be conducted in a 7 lane LCM course, with no buffer lane, and one lane available for warm-up/down.

TIMING: Colorado Timing System with touch pads and display board.

SCHEDULE: Friday:
General Warm-up: 3:00 - 3:35 pm, Specific Warm-Up 3:35 - 3:50. Meet Start: 4:00 pm
Saturday:
General Warm-up: 3:00 - 3:35 pm, Specific Warm-Up 3:35 - 3:50. Meet Start: 4:00 pm
Sunday:
General Warm-up: 3:00-3:35 pm, Specific Warm-Up 3:35 - 3:50. Meet Start: 4:00 pm

ELIGIBILITY:

College athletes not attached to a CSI member team may swim with out USA Swimming registration. All other athletes **must** hold a 2008 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, \$27.00 plus the normal \$54 registration fee. Exception report will be posted on the CSI web page after the entry deadline, at csi.org.

AWARDS: Awards will be given only to qualified swimmers who's entry times do not exceed the maximum Silver State qualifying time standard for the Friday and Saturday session. (Refer to silver state time standards) No awards will be given for the Sunday LC session.
Individual: Medals 1-8 Ribbons 9-16

SEEDING PROCEDURE & SCRATCH RULES:

The meet shall be pre-seeded. Swimmers must report to the assigned heat and lane if they intend to swim the event.

- RULES:**
1. Current 2008 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. February 22, 2008. Swimmers must be 15 or older as of February 29, 2008.
 3. No exhibition swimming is allowed.

4. All events are timed final events. All entries must be legible with name of swimmer, event and description with the entry time. A "blank space" or NT will not be accepted. No refunds will be given for incorrect entries.
5. The meet is pre-seeded; please notify the Clerk of Course of scratches only. Swimmers shall report promptly to the blocks prior to the start of each race in which they are entered. Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.
6. This is a qualifying meet. Times must have been achieved between February 23, 2007 and February 12, 2008.
7. The MEET REFEREE will have the final authority on all swimming procedures of the meet.
8. Colorado Swimming, Inc. procedures for warm-up will be observed.
9. At the Referee's discretion, individual events may be combined by age, sex and/or distance.
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 outstretch 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. 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.
12. Participating teams will be assigned lanes for timing and are expected to provide timer(s) for the duration of the assignment.

DISTANCE EVENTS:

1. The distance events 400 IM/400-500 Free/1500 Free will be deck seeded by positive check in on the day the event will be swum. Check-in will close 30 minutes after the start of the session on the day of the event. The 1650 freestyle will be swum fastest to slowest alternating women and men.
2. 400-500/1500 SWIMMERS MUST PROVIDE THEIR OWN TIMERS (2) AND COUNTER. 400 IM SWIMMERS MUST PROVIDE THEIR OWN TIMER.

TIME TRIALS:

Time trials will be held at the end of each session, swimmers that plan to swim a time trial event must sign up 30 minutes before the start of the time trail session. The cost is \$5.00 per event and if not entered into the Senior meet will need to pay the pool surcharge fee. Time trials events will count as one of the three events per day limit.

ENTRIES: Swimmers may enter up to three (3) individual events per day.

ENTRY FEES:

\$ 5.00 for each individual event. Pool Surcharge: \$ 5.00 per swimmer
\$1.00 of each individual event will go to the Senior Circuit Travel Fund
To receive re-imbusement for Sectionals or NCSA Junior Nationals. Athletes must swim a minimum of 5 events.

Make one check payable to: COLORADO SWIMMING, INC.

ENTRY PROCEDURES:

Entries may be sent using HY-TEK MEET MANAGER DISK and/or COMMLINK FILE on a 3.5-inch disk or email in USA Swimming SDIFv3 complete with all required information (name, team, USA number, time, age, and event number). Also be sure to include a hard copy printout of the team entry report and team roster report in duplicate. CLUBS ARE RESPONSIBLE FOR THE INTEGRITY OF THEIR DISK!

IF YOU DO **NOT** USE THE HY-TEK ENTRY FORMAT all entries must be on pink and/or blue CSI master entry sheets. These sheets must include the swimmer's name, age, correct USA#, approved team code, event #, and entry time. "N.T." and incorrect entries will be rejected! A separate master sheet for EACH age group and sex is required with swimmers listed alphabetically. These sheets are to be sent in duplicate to the Entry Chairman, as listed below. All entries must include preparer's name, phone number; coach's name, phone number, and address for results. All entries must be sent to entry chairman, do not send to the pool.

N.T. and INCORRECT ENTRIES will be rejected

CSI MEET VERIFICATION FORMS MUST ACCOMPANY ENTRIES ALONG WITH A SIGNED CHECK LIST (enclosed)

ENTRY DEADLINE:

The entry chairman must receive hand delivered or mailed entries no later than 6:00 pm on **February 12, 2008**, checks and hard copies must be included.

Overnight mail or guaranteed next day delivery is acceptable if agent guarantees next day delivery to satisfy meet deadline.

Corrections should be made as follows:

Entry corrections should be sent the entry chair: Shawn Smith shawsmmit@du.edu
Registration corrections should be sent to: Janet Kralik j.kralik@comcast.net

ENTRY CHAIRMAN:

Shawn Smith
DU Recreation: Aquatics, Room 1923
Denver, CO 80208
shawsmmit@du.edu
303-871-4484

SAFETY CHAIRMAN:

Carin Orr

MEET DIRECTORS:

Shawn Smith
303-871-4484

MEET REFEREE:

Robert Eddy or his designee
robmeddy1973@comcast.net
720-249-2648

Any questions regarding the conduct of this meet should be directed to the meet referee.

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.

SPECIAL INFORMATION:

NO SMOKING OR ALCOHOL 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.

Lawns chairs are not permitted in the bleachers

Spectator seating in pre-designated areas only.

SHORT COURSE SENIOR MEET SESSION 1

Warm-up 3:00 pm

FRIDAY FEBRUARY 22, 2008

Start 4:00 pm

Women's	SCY	Event	SCY	Men's
1	:28.99	15 & Over 50 Free	:25.49	2
3	2:39.99	15 & Over 200 Fly	2:34.99	4
5	1:15.69	15 & Over 100 Breast	1:08.99	6
7	2:09.99	15 & Over 200 Free	2:04.99	8
9	1:08.99	15 & Over 100 Back	1:04.99	10
11	5:24.99	15 & Over 400 IM	5:19.99	12

SHORT COURSE SENIOR MEET SESSION 2

Warm-up 3:00 pm

SATURDAY FEBRUARY 23, 2008

Start 4:00 pm

Women's	SCY	Event	SCY	Men's
13	2:28.99	15 & Over 200 I.M.	2:19.99	14
15	2:32.99	15 & Over 200 Back	2:24.99	16
17	1:00.99	15 & Over 100 Free	:57.59	18
19	1:08.99	15 & Over 100 Fly	1:01.99	20
21	2:51.99	15 & Over 200 Breast	2:47.99	22
23	5:59.99	15 & Over 500 Free	5:44.99	24

LONG COURSE SENIOR MEET SESSION 3

Warm-up 3:00 pm

SUNDAY FEBRUARY 24, 2008

Start 4:00 pm

Women's	LCM	SCY	Event	LCM	SCY	Men's
1	1:02.99	:55.99	Open 100 Free	:57.99	:50.99	2
3	2:35.99	2:15.99	Open 200 Back	2:25.99	2:05.99	4
5	2:57.99	2:35.99	Open 200 Breast	2:44.79	2:22.99	6
7	2:35.99	2:16.99	Open 200 Fly	2:24.99	2:05.99	8
9	:29.99	:25.99	Open 50 Free	:26.99	:23.49	10
11	2:35.99	2:16.49	Open 200 IM	2:22.99	2:04.99	12
13	1:12.99	1:02.99	Open 100 Back	1:07.99	:58.09	14
15	1:22.99	1:11.99	Open 100 Breast	1:15.49	1:04.99	16
17	4:49.00	5:22.99	Open 400 Free	4:32.79	5:01.69	18
19	1:09.99	1:01.99	Open 100 Fly	1:03.99	56.09	20
21	2:17.99	2:00.99	Open 200 Free	2:06.99	1:51.49	22
23	5:28.99	4:49.99	Open 400 IM	5:07.79	4:28.99	24
25			Open 800/1500 Free			26

CHECK LIST FOR THE COLORADO SENIOR MEET

This checklist is to help you with your entries. Have someone on your team double check for accuracy. This checklist must be signed by the coach and returned with the entries.

- _____ 1. All entries have been checked for accuracy. Swimmers name, team, USA Swimming number, time, age and event numbers are correct.

- _____ 2. All times are submitted in time swam. NO CONVERSIONS.

- _____ 3. Entry fees have been sent with entries and checked for accuracy.

- _____ 4. The CSI Meet Verification Form has been sent with the entries.

- _____ 5. The coaches' name and a phone number where he/she may be reached is included with the entries.

Coaches signature

Date

Coaches Name

Phone number

E-Mail