

FIRST ANNUAL DEEP FREEZE INVITATIONAL SWIM MEET
DECEMBER 1st and 2nd 2007
SPONSORED BY THE SOPRIS BARRACUDAS

SANCTION: Held under Zone 4 Blanket Sanction Number _____ of Colorado Swimming Inc.

LOCATION: Glenwood Springs Community Center
100 Wulfsohn Road
Glenwood Springs, CO 81601
(970) 384-6315 Phone (970) 928-8418 Fax

FACILITIES: 25 yard pool, 6 lanes with continuous warm-up/cool down lanes

TIMING: Colorado Timing System 6 with touch pads, back-up buttons, and electronic scoreboard.

RULES: The Western Slope teams have committed to providing a series of low cost meets for our swimmers this winter by setting fees at a level to recover meet costs, but not make a profit. In an effort to honor this commitment we have decreased our meet fees and are limiting our awards to the youngest swimmers only. We will also be limiting our hospitality and concessions.

Current 2007 USA rules will govern the meet. The referee will be the final authority for the conduct of the meet. Age as of the first day of competition will determine the swimmer's age group. All events are timed finals.

Declaration of relays and scratches 30 minutes prior to each final session is required. **Individual Scratch rules will be enforced.**

ELIGIBILITY: Open to all Zone 4 swimmers holding a 2007/2008 USA Swimming membership card. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. A surcharge for deck registration will apply: \$27.00 year round and \$14.00 for seasonal in addition to the normal registration fees.

SCORING: Scoring will be to 7 places as follows:
Individual 7-6-5-4-3-2-1
Relays 14-12-10-8-6-4-2

All individual events will be scored according to age group through age 18. Team scores will be calculated. High point will be calculated by age group, 8 & under, 9-10, 11-12, 13-14, 15 & over, but no awards will be given

AWARDS: Participation and heat awards will be given to 8 and under swimmers only

ENTRY: **Swimmers may enter 4 Individual Events & 1 Relay per day.**

PROCEDURES: Entries must be received on a diskette, or the entry file from Team Manager must be emailed to Amanda Moore at aam4asc@yahoo.com before the entry deadline. Meet verification forms and a printer copy of Team Manager "Meet Entries" must accompany entries.

FEES: Individual events \$ 2.50 per event
Relays \$ 5.00 per event
Surcharge \$ 5.00 per swimmer

LATE ENTRIES: Individual events \$ 5.00 per event
Relays \$ 8.50 per event

Deck Adds will be manually seeded in open lanes on a first come, first serve basis only. No new heats will be created nor will events be reseeded.

Warm up Schedule

Session #1 - Saturday Afternoon

First Warm-up 10:45 - 11:15

Second Warm-up 11:15 - 11:45

Session #2 - Saturday Evening

15 minute warm-up Immediately following Session #1

Session #3 - Sunday Morning

First Warm-up 7:45-8:15

Second Warm-up 8:15 - 8:45

Events Schedule

Session #1 – Saturday, December 1 - Start Time 12:00 PM

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	10 & under	100 Freestyle	2
3	11& over	100 Freestyle	4
5	8 & under	25 Backstroke	6
7	9-10	50 Backstroke	8
9	11 & over	100 Backstroke	10
11	8 & under	50 Breaststroke	12
13	9-10	50 Breaststroke	14
15	11-12	50 Breaststroke	16
17	OPEN	200 IM	18
19	8 & under	25 Butterfly	20
21	9-10	100 Butterfly	22
23	11 & over	100 Butterfly	24
25	11 & over	200 Backstroke	26
27	8 & under	100 Freestyle Relay	28
29	12 & under	200 Freestyle Relay	30
31	OPEN	400 Freestyle Relay	32

Session #2 – Saturday December 1 - Immediately Following Session #1

33	OPEN	400 IM	34
35	OPEN	500 Freestyle	36

Session #3 – Sunday, December 2 - Start Time 9:00 AM

37	10 & under	50 Freestyle	38
39	11 & over	50 Freestyle	40
41	12 & under	50 Backstroke	42
43	11 & over	200 Breaststroke	44
45	12 & under	100 IM	46
47	8 & under	25 Breaststroke	48
49	9-10	100 Breaststroke	50
51	11 & over	100 Breaststroke	52
53	12 & under	50 Butterfly	54
55	11 & over	200 Butterfly	56
57	8 & under	25 Freestyle	58
59	OPEN	200 Freestyle	60
61	8 & under	100 Medley Relay	62
63	12 & under	200 Medley Relay	64
65	OPEN	400 Medley Relay	66