

FAST WINTER OPEN

January 4-6, 2008

**Sanctioned by Colorado Swimming/United States Swimming
Hosted by Fort Collins Area Swim Team
Sanction # 2008-003**

LOCATION: EPIC Pool 1801 Riverside Avenue Fort Collins, Colorado
Located at Edora Park off Prospect Avenue, between I-25 and Lemay Avenue

www.fortcollinsareaswimteam.org **970-690-SWIM**

TIMES:

FRIDAY:	Warm-up 5:00-5:50pm	Start 6:00pm
SAT/SUN AM:	Warm-up 7:30-8:20am	Start 8:30am
SAT/SUN PM:	Warm-up 1:00-1:50pm	Start 2:00pm

FACILITY: Ten lane, 50 meter pool with two movable bulkheads set at 25 yards, with non-turbulent lane lines. 8 lanes will be used for competition, depending on volume of entries. One continuous warm-up/warm-down lane will be provided. **Warm-up/warm-down lanes are for serious warm-up/warm-down only. No team practice sessions will be allowed in the warm-up lane. This is for individual pre- and post-race use only. No horseplay. EPIC IS A NON-SMOKING FACILITY.**

TIMING: Colorado Timing System with touchpads. Each lane will have backup timers. Hy-Tek Meet Manager will be used to run this meet.

RULES: Current USA Swimming rules will govern the meet. The Referee will be the final authority for the conduct of the meet. At the Referee's discretion, individual events may be combined by age, gender and/or distance. All events are Timed Finals. The meet will be pre-seeded except for the 400IM, 500 Free and 1650 Free. Note Swimmers must provide their own timers and counter for the 500 and 1650 Free. 500 Free may be limited to three (3) heats of girls and three (3) heats of boys per age group. 1650 Free may be limited to 4 heats total. Positive check-in required for the 400IM, 500 Free and 1650 Free at least two hours prior to the event.

ELIGIBILITY: Open to all 2008 USA Swimming registered athletes. Age as of **January 4th, 2008** determines age group. Swimmers within the 120-day transfer period must swim Unattached. **No Qualification Times are required.** Any swimmer who 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 also apply: \$27.00 for year-round, \$14.00 for seasonal plus the normal registration fee.

ENTRY FEES:

Individual Events:	\$4.50 (\$0.50 of each individual event goes to the CSI Support Fund)
Pool Surcharge:	\$6.00
Deck Entries:	\$5.00

Please make one check payable to FAST for your entries. This check is due when entries are mailed.

ENTRIES: Swimmers are limited to four (4) individual events per day.

Entries submitted on disk in Hy-Tek form or using Meet Manager or Commlink files must include a hard copy printout of swimmers and entry times. Please check the integrity of your disk prior to submission. All other entries are to be on CSI master sheets, which lists the swimmer's name and age (as on the first day of the meet), team code, USA number, event number, and entry time. Teams with more than 20 swimmers that submit paper entries will be charged a \$10.00 processing fee.

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“NO TIME” entries **will** be accepted. Times must be entered in **YARDS**.

The Colorado Swimming Meet Verification Form must accompany all entries.

DECK ENTRIES: Deck entries will be accepted providing extra heats are not created. Deck entries must be approved by the Meet Director and will cost \$5.00. Deck entries must show proof of registration. The maximum number of events per day rule still applies.

DEADLINE: E-mail entries are to be received by the Entries Chair no later than **Dec. 26, 2007**. Hard copy confirmation, meet verification form and payment must be received no later than 6:00 p.m. **Wed. Dec. 26, 2007** for entries to be accepted.

Teams NOT submitting entries by E-mail must have their entries, meet verification form and payment received no later than **6:00 p.m., Wednesday, Dec. 26, 2007**.

Send entries to: Greg Tooley
1726 Feltleaf Ct.
Ft. Collins, CO 80528
970-226-4966
meet-entries@fortcollinsareaswimteam.org

MEET LIMIT: Maximum of 700 swimmers or **will be limited by the four hour per session rule**. Completed entries with payment will be processed on first come first serve basis. Late entries accepted at Meet Director’s discretion and will cost \$5.00.

Meet Management reserves the right to alter, revise, limit enrollment or otherwise modify the program to ensure the maximum number of swims in sessions of reasonable length, following receipt of entries. Coaches will be advised of changes.

AGE GROUPS: 8 & Under, 9-10, 11-12, 13-14, and 15 & Over.

AWARDS:

Individual:	Medals	1 st -3 rd	14 & under
	Ribbons	4 th - 10 th	
Participation Awards	Swimmers 15 & Over entered in at least 3 individual events		
High Point Trophies:	1st-3rd in all age groups, male & female		

SCORING: Individual events: 11-9-8-7-6-5-4-3-2-1

CONCESSIONS: Concession food items will be available for sale.
Swim wear and equipment will also be available for sale.

PROGRAMS: Meet programs will be available for \$5.00. Coaches programs are free and may be picked up at the Clerk of Course table.

MEET RESULTS: Disks will be returned to those teams who provided entries in Hy-Tek format. One copy of the meet results will be provided within two weeks to any team that requests this.

HOTELS: Please check our website for information (<http://www.fortcollinsareaswimteam.org>)

MEET DIRECTORS: Jan Hopkins 970-581-0556 famdocinf@aol.com
Lisa Hill 970-310-5772 lizamhill@hotmail.com

MEET REFEREE: Steve Wolley 970-221-0739 steve.wolley@avagotech.com

SAFETY DIRECTOR: Adam Hoffman

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Current USA/CSI procedures for warm-up will prevail and will be strictly enforced. Coaches are asked to make sure their swimmers understand and abide by these procedures. FAST will post warm-up times on our web site at <http://www.fortcollinsareaswimteam.org>.

Session Schedule

Session 1, Friday Jan 4		
Warm-up: 5:00 PM, Start 6:00 PM		
Girls Event	Description	Boys Event
1	11-12 200 IM	2
3	13-14 200 IM	4
5	15&O 200 IM	6
7	11&O 500 Freestyle	8

Session 2, Saturday Jan 5		
Warm-up: 7:30 AM, Start: 8:30 AM		
Girls Event	Description	Boys Event
9	9-10 200 IM	10
11	8 & Under 100 IM	12
13	11-12 100 Butterfly	
14	9-10 100 Butterfly	15
16	11-12 50 Freestyle	
17	9-10 50 Freestyle	18
19	8 & Under 50 Freestyle	20
21	11-12 100 Backstroke	
22	9-10 100 Backstroke	23
24	8 & Under 25 Backstroke	25
26	11-12 50 Breaststroke	
27	9-10 50 Breaststroke	28
29	8 & Under 25 Breaststroke	30
31	11-12 200 Freestyle	
32	9-10 200 Freestyle	33

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Session 3, Saturday Jan 5		
Warm-up: 1:00 PM, Start: 2:00 PM		
Girls Event	Description	Boys Event
	11-12 200 Freestyle	34
35	13-14 200 Freestyle	36
37	15&O 200 Freestyle	38
	11-12 100 Butterfly	39
40	13-14 200 Butterfly	41
42	15&O 200 Butterfly	43
	11-12 50 Freestyle	44
45	13-14 50 Freestyle	46
47	15&O 50 Freestyle	48
	11-12 100 Backstroke	49
50	13-14 200 Backstroke	51
52	15&O 200 Backstroke	53
	11-12 50 Breaststroke	54
55	13-14 100 Breaststroke	56
57	15&O 100 Breaststroke	58
59	11&O 400 IM	60

Session 4, Sunday Jan 6		
Warm-up: 7:30 AM, Start: 8:30 AM		
Girls Event	Description	Boys Event
61	11-12 50 Butterfly	
62	9-10 50 Butterfly	63
64	8 & Under 25 Butterfly	65
66	11-12 100 Freestyle	
67	9-10 100 Freestyle	68
69	8 & Under 25 Freestyle	70
71	11-12 50 Backstroke	
72	9-10 50 Backstroke	73
74	8 & Under 50 Backstroke	75
76	11-12 100 Breaststroke	
77	9-10 100 Breaststroke	78
79	8 & Under 100 Freestyle	80

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Session 5, Sunday Jan 6		
Warm-up: 1:00 PM, Start: 2:00 PM		
Girls Event	Description	Boys Event
	11-12 50 Butterfly	81
82	13-14 100 Butterfly	83
84	15&O 100 Butterfly	85
	11-12 100 Freestyle	86
87	13-14 100 Freestyle	88
89	15&O 100 Freestyle	90
	11-12 50 Backstroke	91
92	13-14 100 Backstroke	93
94	15&O 100 Backstroke	95
	11-12 100 Breaststroke	96
97	13-14 200 Breaststroke	98
99	15&O 200 Breaststroke	100
101	11&O 1650 Freestyle	102