

THIRD ANNUAL DEEP FREEZE INVITATIONAL SWIM MEET
NOVEMBER 21 & 22, 2009
SPONSORED BY THE SOPRIS BARRACUDAS

- SANCTION:** Held under the sanction of USA Swimming 2009-110.
- LOCATION:** Glenwood Springs Community Center
100 Wulfsohn Road
Glenwood Springs, CO 81601
(970) 384-6315 Phone (970) 928-8418 Fax
- FACILITY:** 25 yard pool, 7 lanes with continuous warm-up/cool down lane. The competition course has not been certified in accordance with 104.2.2C (4).
- TIMING:** Colorado Timing System 6 with touch pads, back-up buttons, and electronic scoreboard.
- RULES:** Current USA and/or CSI rules govern the meet, whichever is stricter. 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. **Colorado Individual Scratch rules apply and will be strictly enforced.**
- ELIGIBILITY:** Open to all Zone 4 swimmers and invited teams holding a 2009 or 2010 USA Swimming membership card. Interested teams should contact Damon Garrison at liquidcoach@gmail.com. Any swimmer that appears on the CSI exception 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. Swimmers must be prepared to show current card. Coaches must be prepared to show their current 2009 or 2010 Coach's Registration card.
- SCORING:** Team and individual scores will not be kept.
- AWARDS:** Awards given to 12 & under swimmers. Participation awards given to 13 & over.
Individual: Medals for places 1-3. Ribbons for places 4-12
Relays: Ribbons for places 1-3.
- ENTRIES:** **Swimmers may enter 4 Individual Events & 1 Relay per session with no more than 5 individual events per day.** Entries will be limited in accordance with the 4-hour rule. The Meet Director reserves the right to alter sessions in order to conform to this rule.
- PROCEDURES:** Entries must be received on a diskette, or the entry file from Team Manager must be emailed to Damon Garrison at liquidcoach@gmail.com before the entry deadline. Meet verification forms and a printer copy of Team Manager "Meet Entries" must accompany entries.
- FEES:**
- | | |
|-------------------|---|
| Individual events | \$ 3.00 per event (\$.60 of each ind. event goes to the CSI Support Fund.) |
| Relays | \$ 5.00 per event |
| Surcharge | \$ 5.00 per swimmer |
- LATE ENTRIES:**
- | | |
|------------|-------------------|
| Individual | \$ 5.00 per event |
| Relays | \$ 8.50 per event |

DEADLINE: November 14, 2009 Mail to: Sopris Barracudas
Damon Garrison
2701 Midland Ave. #227
Glenwood Springs, CO 81601
Email: liquidcoach@gmail.com

*** Scratches, adds & relay declarations must be submitted to the Clerk of the Course 30 minutes before start of the session each day, as meet will be program seeded.**

MEET DIRECTOR: Amy Cassidy 970-390-5612 (cell) cassidy@vail.net

MEET REFEREE: Elaine Gerson

MEET MARSHAL: Bob Thorsen Day 970-945-6762 Evening 970-384-2520

PROGRAMS: Programs will be available on the Sopris Barracudas website at www.soprisbarracudas.com prior to the meet. Coach's packets, which include a list of your swimmers and their ID #s, relay declaration forms and add/scratch forms will be provided at the program sales desk. Please make use of these forms (using the swimmers ID #s, whenever possible) as this will aid in the speed of our data entry.

RESULTS: TM results will be posted on the Team Sopris Barracudas website at www.soprisbarracudas.com within 24 hours. Individuals wishing a copy of final results may request them at the Clerk of the Course Table for \$5.00 each. Teams providing a formatted disc or thumb-drive and using Hy-Tek for the results will be accommodated. Results will be emailed upon request.

LODGING: There are many wonderful hotels in Glenwood Springs. Please check with the Glenwood Springs Chamber of Commerce either by phone at 945-6589 or the website at www.glenwoodchamber.com.

Please leave your pets at home. There will be no pets allowed at the Community Center.

PARKING: There is ample parking at the Community Center. Please limit your parking to the front lot. Unauthorized cars parked on the east side of the pool are subject to towing.

OFFICIALS: Please remember to bring your "whites" and ID as we will need many officials to cut down on the deck time each official works over the two days. Please contact Elaine Gerson at emgerson@yahoo.com if you are interested in working this meet.

TIMERS: **For the 400 IM and the 500 and 1,650 yard freestyle events each swimmer will need to provide their own timers and counters.** Also each team should be prepared to provide timers throughout all the sessions.

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

Session #4 – Sunday Afternoon

15 minute warm-up immediately following Session #3

Events Schedule

Session #1 – Saturday, November 21 - 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	10 & under	50 Backstroke	6
7	11 & over	100 Backstroke	8
9	8 & under	25 Breaststroke	10
11	10 & under	50 Breaststroke	12
13	11-12	50 Breaststroke	14
15	OPEN	200 IM	16
17	8 & under	25 Butterfly	18
19	9-10	100 Butterfly	20
21	11 & over	100 Butterfly	22
23	11 & over	200 Backstroke	24
25	8 & under	100 Medley Relay	26
27	12 & under	200 Medley Relay	28
29	OPEN	400 Medley Relay	30

Session #2 – Saturday November 21 - Immediately following a 10-minute break after Session #1

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
31*	OPEN	400 IM	32*
33#	OPEN	500 Freestyle	34#

**Swimmers must have qualified an 11-12 WSL 2009 summer standard in the 200 IM in order to enter.*

#Swimmers must have qualified an 11-12 WSL 2009 summer standard in the 200 freestyle in order to enter.

Session #3 – Sunday, November 22 - Start Time 9:00 AM

Girls	Age	Event	Boys
35	9-10	100 Breaststroke	36
37	11 & over	100 Breaststroke	38
39	8 & under	25 Backstroke	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	10 & under	50 Free	50
51	11 & over	50 Free	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 Free Relay	62
63	12 & under	200 Free Relay	64
65	OPEN	400 Free Relay	66

Session #4 - Sunday, December 14 – Immediately following a 10-minute break after Session #3

Girls	Age	Event	Boys
67**	11 & over	1650 Freestyle	68**

***Swimmers who do not have an official time in the 1650 (or 1500M free) must have an 11-12 WSL 2009 summer standard in the 500-yard (or 400M) freestyle in order to enter.*