

Aspen Swim Club
2010 Dual Meet Invitational
Sunday – January 10, 2010

- SANCTION:** This is a closed dual meet only. Held under the sanction of USA Swimming, Colorado Swimming, Western Slope League Blanket Sanction # _____
- FACILITY:** Aspen Recreation Center Pool, Maroon Creek Road, Aspen, CO. Indoor 25 yard, 6 lane pool.
- TIMING:** Colorado Timing System 6, with 6 lane scoreboard, pad and backup timing. All events are timed finals.
- FORMAT:** A one day meet with a full schedule of events. Each swimmer may enter up to 4 individual events.
- SCHEDULE:** 8:30 warmup 9:00am start

RULES: Current USA Swimming and Colorado Swimming rules will govern meet procedure. The meet referee will be final authority. The meet is pre-seeded. Age will be determined as of January 10, 2010. Open to all swimmers of Aspen and Sopris Swim Teams holding a 2010 USA Swimming membership card. Any swimmer who appears on the CSI exceptions report without registration must come to the meet prepared to show their card or they **WILL NOT BE ALLOWED TO SWIM. NO DECK REGISTRATIONS WILL BE ACCEPTED.**

Colorado Swimming warm-up procedures will be followed.

Meet Referee: Elaine Gerson (970) 925-4638 emgerson@yahoo.com
Meet Director: Gordon Gerson (970) 925-4638 gmgerson@comcast.net
Safety Chair: Brooks Bryant (970) 319-9999 yeti1014@gmail.com

Coaches and Officials: All coaches and uniformed officials must display their USA/CSI cards while on deck. Current certification for all coaches is mandatory. Coaches that are not in compliance will not be allowed on deck.

Entry Fees: There are no entry fees for this meet.

ENTRIES: Must be received by the entry chair in HY-TEK MEET MANAGER format by 6:00 PM, Wednesday, January 6, 2010. Entries will be accepted by e-mail prior to this deadline, but we must receive your hard copy by the entry deadline. Please include hard copies of the data, including name, age, USA #, team code, and entry times in yards. NT will be accepted, but will be seeded into the slowest heats. **The Colorado Swimming Meet Verification Form must accompany all entries.** Please include coach's name, address & phone number.

Entry Chair: Elaine Gerson (970) 925-4638
emgerson@yahoo.com

The Team Manager template will be available after December 10, 2009. Deck entries will be accepted at the discretion of the Meet Director. All deck entries must present proof of current USA Swimming registration.

WARM-UPS: A twenty (20) minute warm up will be conducted in accordance with Colorado Swimming, Inc. established procedures. Assigned lanes will be provided.

SCORING & AWARDS: Events will be scored by the following age groups - 8 & under, 9-10, 11-12, 13-14, 15 & over. Event scoring will be to the top 5 places (7,5,3,2,1).

Scoring is for team totals only. There will be no high point awards. The traveling "shamrock" wooden bear will be presented to the winning team.

RESULTS: Results will be e-mailed to each team.

PROGRAMS: Heat sheets will be available at no charge

ADDITIONAL INFO:

1. Each team will be asked to provide timers for the duration of the session.
2. No smoking is allowed on deck, in the building or any area frequented by swimmers. No glass bottles on deck or in the restrooms.
3. A snack bar will be open through the meet.
4. A courtesy time of 8:00.00 for the 500 Freestyle is requested.
5. All 8 & under events will start from the starting blocks.
6. Colorado Swimming, Inc. does not support, recommend, endorse or take responsibility for the sale or marketing of any dietary supplements. It is the swimmers' responsibility to know the contents of any food or drink he/she ingests. For more specific information on supplements, please refer to the drug information on the USA Swimming website at usa-swimming.org.
7. The competition course has not been certified in accordance with 104.2.2C(4).
8. Swimsuits worn for all 14&under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate and current USA/Colorado Swimming Rules. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.

Schedule of Events

Aspen – Sopris Dual Meet

Sunday, January 10, 2010

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	OPEN	200 Freestyle	2
3	8 & under	25 Breaststroke	4
5	9-12	50 Breaststroke	6
7	11 & over	200 Breaststroke	8
9	8 & under	25 Butterfly	10
11	9-12	50 Butterfly	12
13	11 & over	200 Butterfly	14
15	9 & over	100 Backstroke	16
17	12 & under	100 IM	18
19	11 & over	200 IM	20
21	8 & under	25 Freestyle	22
23	9-10	100 Butterfly	24
25	OPEN	100 Freestyle	26
27	8 & under	25 Backstroke	28
29	9-12	50 Backstroke	30
31	11 & over	200 Backstroke	32
33	9 & over	100 Breaststroke	34
35	OPEN	50 Freestyle	36
37	11 & over	500 Freestyle**	38

** Courtesy Time: 8:00.00