

2009 CMA Invite

November 13-15, 2009

Sanction: Held under the sanction of USA Swimming # 2009-107

Location: Cheyenne Mountain Aquatic Center
1200 Cresta Road
Colorado Springs, CO 80906

Timing: Colorado Timing System with display board.

Meet

Schedule: Friday Afternoon Saturday and Sunday Morning

Warm-up:	4:00 pm	Warm-up:	8:00 am
Meet Start:	5:30 pm	Meet Start:	9:30 am

Saturday Afternoon

Warm-up:	3:30 pm
Meet Start	4:30 pm

Finals: Finals will consist of top seven for 11-12, 13 & Over events
Consolation Finals top 8-14 in the 11-12 and 13 & Over events

Entry Limit: 10 & Under Swimmers may enter four (4) individual events per day plus one (1) relay.
11 & Over swimmers may enter three (3) individual events per day plus (1) relay.

Scoring: Score top 14 places.
Individual: 17-15-14-13-12-11-10-8-6-5-4-3-2-1
Relays: 34-30-28-26-24-22-20-16-12-10-8-6-4-2

Awards: Individual: Ribbons: 1-7
Team: Top 3 teams (total combined) will receive trophies

Entry

Deadline: Entries and entry fees must be received by Friday – 6 November, 2009

Mail entries to: CMA
P.O. Box 60177
Colorado Springs, CO 80960-0177
E-mail entries to: JosephBNovak@msn.com

CSI Exceptions

Report: Any CSI/USA Swimming registration errors must be corrected by Tuesday, November 10th with Joe Novak, Entry Chair. Teams will be notified via e-mail regarding registration errors. Swimmers who have not cleared registration exception problems prior to the start of the meet must re-register with USA/CSI swimming prior to the beginning of the meet.

Entry Fees: Individual Events: \$3.75 (.60 goes to the CSI Support Fund and .05 to the Mountain Swim League Support Fund)
Swimmer Surcharge: \$5.00
Relays: \$4.00 for each relay
Deck Entries \$6.00 per event (all deck entries must show proof of registration)

One check per team payable to "CMA."

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Rules: Current USA Rules will govern the procedure of the meet. The eight and under 25 yard events will be scored by hand-held watches. The meet referee will be the final authority for conduct of the meet.

Scratch Procedures: A swimmer not reporting to a final event, in which the results were posted for his/her swim, will be barred from further competition in the meet. The final decision to scratch a finals event must be declared to the administrative referee within 30 minutes after their last individual preliminary event. Swimmers that told their coach to scratch them and the coach failed to do so will not be penalized but the coach's team will be assessed a \$20.00 penalty.

Eligibility: Open to USA Swimming registered athletes holding 2009/2010 membership cards. Age as of November 13, 2009 will determine swimmer's age for the meet.

Entries: Submit by e-mail using Hy-Tek comlink file. Teams not submitting entries via e-mail will be assessed a \$25 fee per team. The meet will be limited in swimmers to adhere to the 4 hour rule. Entries will be accepted in the order they were received. **Meet verification form must accompany entries.** Deck entries will be permitted as long as they can be accommodated without creating additional heats.

The meet will be pre-seeded except for the 500 freestyle, 400 IM, 1,650 freestyle and relays. Positive check-in is required for the distance events (500 freestyle, 400 IM, and 1,650 freestyle). Swimmers in the 500 freestyle and 1,650 freestyle will need to provide their own counters and timers (2). Positive check-in for the 400 IM and 500 free on Saturday must be accomplished no later than 4:30 PM. Positive check-in for the 1650 free on Sunday must be accomplished no later than 10:00 am. Relays must be checked in 30 minutes prior to the beginning of each session. The 1,650 will be swum *slowest to fastest*.

Timing: Each team participating in this meet is expected to provide timers for one or more lanes for each session at which they have swimmers. Teams will be notified of their lane timing assignment's prior to the first day of the meet.

Pool: Eight Lane, 25 yard, with non-turbulent markers.
Continuous warm-up and warm-down will be available during prelims, timed finals, and finals.

The competition course has not been certified in accordance with 104.2.2C (4).

Meet Director: Joe Novak (719) 633-6184

Meet Referee: Tom Rhue (719) 229-6276

Safety: Tristan Cross (719) 227-7665

Entry Chair: Joe Novak (719) 633-6184

Programs: \$2.00 per session or \$4.00 for the entire meet.

Concessions: Available in pool lobby.

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Event #	Girls	Event	Boys	Event #
Friday Evening				
Prelims – 11 & Over				
11	Prelims (P)	11-12 50 Free	Prelims (P)	12
13	P	13 & Over 50 Free	P	14
19	P	11-12 50 Fly	P	20
21	Timed Finals	11 & Over 200 Fly	Timed Finals	22
27	P	11-12 100 Back	P	28
29	P	13 & Over 100 Back	P	30
33	P	11-12 50 Breaststroke	P	34
39	TF	11 & Over 200 Breaststroke	TF	40
41	P	11-12 200 Free	P	42
43	P	13 & Over 200 Free	P	44

Saturday Morning

Timed Finals – 10 & Under		Finals – 11 & Over		
1	TF	8 & Under 100 Free Relay	TF	2
3	TF	10 & Under 200 Free Relay	TF	4
5	TF	Open 200 Free Relay	TF	6
7	TF	8 & Under 25 Free	TF	8
9	TF	9-10 50 Free	TF	10
	Finals	11-12 50 Free	Finals	
	Finals	13 & Over 50 Free	Finals	
15	TF	8 & Under 25 Fly	TF	16
17	TF	10 & Under 50 Fly	TF	18
	Finals	11-12 50 Fly	Finals	
23	TF	8 & Under 100 IM	TF	24
25	TF	9-10 100 IM	TF	26
	Finals	11-12 100 Back	Finals	
	Finals	13 & Over 100 Back	Finals	
31	TF	10 & Under 100 Fly	TF	32
	Finals	11-12 50 Breaststroke	Finals	
35	TF	8 & Under 50 Free	TF	36
37	TF	10 & Under 100 Free	TF	38
	Finals	11-12 200 Free	Finals	
	Finals	13 & Over 200 Free	Finals	

Hotels:

Cheyenne Canon Inn (3.5 Stars)	1.18 miles	\$105 to \$225	(719) 633-0625
The Broadmoor (5 Stars)	1.27 miles	\$230 and up	(719) 634-7711
Travel Lodge (1 Star)	1.97 miles	\$45.99 and up	(719) 632-7077
Roadway Inn and Suites (1 Star)	1.98 miles	\$39.99 and up	(719) 632-6651
Howard Johnson Express (2 Stars)	2.05 miles	\$45.00 and up	(719) 634-1545
Cheyenne Mountain Resort (4 Stars)	2.38 miles	\$97.65 and up	1800 428-8886
Comfort Inn South (3 Stars)	3.30 miles	\$79.00 and up	719-579-6900
Crown Plaza Hotel (3.5 Stars)	4.22 miles	\$99.00 and up	719-576-5900
Double Tree Hotel (3.5 Stars)	4.22 miles	\$89.00 and up	719-576-8900
Days Inn Residence Inn (3 Stars)	4.22 miles	\$69.99 and up	719-527-0800
Residence Inn (3.5 Stars)	4.22 miles	\$109.00 and up	719-576-0101
Fairfield Inn (3 Stars)	4.22 miles	\$93.00 and up	719-576-1717

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Saturday Afternoon				
Prelims – 11 & Over				
55	P	11-12 100 Free	P	56
57	P	13 & Over 100 Free	P	58
61	P	11-12 100 Fly	P	62
63	P	13 & Over 100 Fly	P	64
69	P	11-12 50 Back	P	70
71	TF	11 & Over 200 Back	TF	72
75	P	11-12 100 Breaststroke	P	76
77	P	13 & Over 100 Breaststroke	P	78
83	TF	11 & Over 400 IM	TF	84
85	P	11-12 100 IM	P	86
87	P	11-12 200 IM	P	88
89	P	13 & Over 200 IM	P	90
91	TF	11 & Over 500 Free	TF	92
Sunday Morning				
Timed Finals – 10 & Under				
Finals – 11 & Over				
45	TF	8 & Under 100 Medley Relay	TF	46
47	TF	10 & Under 200 Medley Relay	TF	48
49	TF	Open 200 Medley Relay	TF	50
51	TF	8 & Under 25 Backstroke	TF	52
53	TF	10 & Under 50 Backstroke	TF	54
	Finals	11-12 100 Free	Finals	
	Finals	13 & Over 100 Free	Finals	
59	TF	10 & Under 100 Backstroke	TF	60
	Finals	11-12 100 Fly	Finals	
	Finals	13 & Over 100 Fly	Finals	
65	TF	8 & Under 25 Breaststroke	TF	66
67	TF	10 & Under 50 Breaststroke	TF	68
	Finals	11-12 50 Back	Finals	
73	TF	10 & Under 200 Free	TF	74
	Finals	11-12 100 Breaststroke	Finals	
	Finals	13 & Over 100 Breaststroke	Finals	
79	TF	10 & Under 100 Breaststroke	TF	80
81	TF	10 & Under 200 IM	TF	82
	Finals	11 & Over 100 IM	Finals	
	Finals	11-12 200 IM	Finals	
	Finals	13 & Over 200 IM	Finals	
93	TF	11 & Over Mixed 1650 Free		