

FAST Long Course Open Swim Meet - June 25 - 27, 2010

SANCTION: Held under the sanction of USA Swimming #2010-017

LOCATION: EPIC POOL
1801 Riverside Ave, Fort Collins, CO (970) 221-6683 - located off Prospect Ave.
between I-25 and Lemay Ave.

TIMES:	Session 1, Friday AM	Warm-up:	10:00AM
		Start:	11:00AM
	Session 2, Friday PM	Warm-up:	2:00PM
		Start:	3:00PM
	Session 3, Saturday AM	Warm-up:	6:30AM
	Prelims	Start:	7:30AM
	Session 4, Saturday PM	Warm-up:	12:30PM
	Non-qualifiers	Start:	1:30PM
	Session 5, Saturday AM	Warm-up:	6:00PM
	Finals	Start:	7:00PM
	Session 6, Sunday AM	Warm-up:	6:30AM
	Prelims	Start:	7:30AM
	Session 7, Sunday PM	Warm-up:	12:30PM
	Non-qualifiers	Start:	1:30PM
	Session 8, Sunday AM	Warm-up:	5:30PM
	Finals	Start:	6:30PM

- FACILITY**
- The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
 - 10-lane, 50-meter pool, 3.5-12-foot depth range non-turbulent lane markers.
 - Colorado Timing System with touchpads, button back-up, 10-lane scoreboard, and electronic horn start.
 - 9 lanes used during the 1500 with one lane for warm-up/warm down.
 - Based on the number of entries, 8 or 9 lanes may be used for competition during prelim and non-qual. sessions, with one lane for warm-up/warm down.
 - Finals sessions conducted in 9 lanes.

MEET REFEREE:	Linda Seckinger	lseckinger@aol.com
MEET DIRECTORS:	Walter Dauksher	970-217-4501 dauksher@comcast.net
	Megan Tooley	970-988-0765 chlorineheads@msn.com
ENTRY CHAIR:	Renee Haynes	970-420-1605 renee.haynes@comcast.net
SAFETY DIRECTOR:	Randy Pritchard	

ELIGIBILITY: Meet is open to all swimmers holding a 2010 USA Swimming membership. 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 entering the water. Cost for deck registration is \$100. Age on June 25, 2010 determines age group.

ENTRIES:

- Swimmers swimming in any prelim events are limited to 3 events per day. Swimmers swimming in Timed finals only on Saturday and Sunday may swim 4 events per day.
- Time standards must be met for events held Friday afternoon, Saturday AM and Sunday AM prelim sessions.
- Meet will be pre-seeded slowest to fastest (Except the 1500 free). All times submitted must be entered in long course meters. NT entries will not be accepted for any events.
- All entries must be submitted by email in Hy-tek format using Meet Manager compatible files. Hard copies of entries must be submitted by the deadline. All 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, and entry time.
- **Meet verification forms must accompany all entries for all Colorado teams.**

DECK ENTRIES:

Deck entries will only be accepted for non-qualifying events, provided extra heats are not created and only if the swimmer is already entered in the meet. Deck entries must be approved by the Meet Referee. The maximum number of events per day rule still applies.

ENTRY FEES:

Individual Events: \$5.00
Pool Surcharge: \$8.00
Deck Entries: \$6.00 per individual event
NOTE \$1 of each individual event goes to the CSI support fund. Any team entering 5 or more swimmers not using HY-Tek must add \$30.00 surcharge for handling entries. All USA Swimming officials who volunteer to work three complete sessions will have fees reimbursed for one swimmer, except for the \$1 per event CSI fee.

ENTRY DEADLINE:

E-mail entries must be received by the Entry Chair by Monday, June 14, 2010. Hardcopy confirmation with payment and meet verification form must be received no later than 6:00 PM Wednesday, June 16, 2010 for entries to be accepted. Teams NOT submitting entries by E-mail must have their entries, meet verification forms and payment received no later than 6:00 PM Wednesday, June 16, 2010.

Updated times will be accepted through Monday, June 21, for swimmers already entered in the meet.

Because this meet is expected to fill, entries that do not accompany payment will be placed at the back of the registration line until payment is received. Preference may also be afforded to teams who register swimmers for events on multiple days. Teams that only register swimmers for one day reduce the total number of swimmers that can participate in the meet.

ENTRY SUBMISSION: Send Entries to: Renee Haynes
1620 Fantail Ct.
Fort Collins, 80528 970-420-1605
renee.haynes@comcast.net

- RULES:**
- Current 2010 USA rules shall apply. The rules and procedures of Colorado Swimming also apply. The Meet Referee will be the final authority for the conduct of the meet.
 - Except for events denoted with a ♠ or a ♠ in the tables of events, all Qualifier events will be swum as Prelims, Consolation Finals, and Finals. The fastest 18 Finalists from these events will swim during the evening Finals Sessions: 1st-9th in the Finals and 10th-18th in the Consolation Finals.
 - Any prelim event having 9 or fewer swimmers entered will be swum in the morning as a Prelim and as a Timed Final at night.
 - Swimsuits worn for all 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 the appropriate. The Referee shall have the authority to bar offenders from the competition until they comply with the rule.
 - **ALL TEAMS will be asked to provide timers for Saturday and Sunday evening finals sessions. The Meet Director will determine the number of timers per team based on the expected number of swimmers likely to be in finals sessions. The team timer schedule will be posted the week preceding the meet.**

DISTANCE EVENTS: Swimmers must provide timers and counters for 1500 freestyle races. This event will be seeded fastest to slowest and swum alternating girls and boys heats. Positive Check-in required for:
- 1500 Free (Events 1 and 2 - check-in required at the coaches meeting)
- 12&U 400 Free (Events 17 and 18)

MEET LIMIT: Maximum of 650 swimmers or limited by session length. Completed entries will be processed on a first-come/first-serve basis. Late entries will NOT be accepted.

AGE GROUPS: 8&U, 9/10, 11/12, 13/14, 15&O

AWARDS:	Nonqualifier portion 8&U, 9/10, 11/12, 13/14 Medals 1 st -5 th , Ribbons 6 th -10 th High Point Awards: 1 st -3 rd	Qualifier portion 12&U, 13/14 Medals 1 st -9 th , Ribbons 10 th -18 th High Point Awards: 1 st -3 rd
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SCORING: Individual events: 20-18-17-16-15-14-13-12-11-9-8-7-6-5-4-3-2-1
12&U and 14&U events in non-qual sessions will be broken out for 8&Us, 9/10s, 11/12s and 13/14s. However, 8&Us in the non-qual sessions will not be scored for 200 fly, 200 back and 200 breast. No points will be awarded for Open events to any age group in either the qualifier or the non-qual sessions.

CHECK-IN: Pre-Seeded Meet, 12&U Swimmers must report to Clerk of Course for heating on Saturday and Sunday afternoon. Coaches be advised: Open 1500 free

declaration will take place by end of coaches meeting on Friday. Positive Check-in 1 hour prior required for the 12&U 400 Free with the Admin. Ref.

Report no-shows/scratches for preliminary events to the Admin Ref and payment to the Clerk of Course. There will be no penalty for failure to swim a preliminary event. USA Swimming scratch rules for finals will be in effect.

WARM-UPS: Current USA/CSI procedures for warm-up will be used and will be strictly enforced. Coaches are asked to make sure their swimmers understand and abide by these procedures.

SPECIAL INFORMATION

- There will be "NO SMOKING" anywhere in the facility.
- There will be continuous warm-up/swim-down during evening Finals Session only.
- No open swim or horseplay will be tolerated. Swimmers will not be permitted to gather or stop at the ends of the lanes.
- Tents and sunshades may be set up in the grassy area immediately adjacent to the pool. They may be kept over night but neither EPIC nor FAST are responsible for any losses. Stakes in the ground are not permitted. We do ask that you police your area and remove all trash before departing.
- Spectators are asked to refrain from standing along the rail in front of the grandstand.
- NO spectators will be permitted on deck at any time during the meet.
- Deck space is reserved for swimmers, officials, coaches, and working volunteers.

CONCESSIONS: Concession items will be available for sale. Colorado Swimming, Inc., does not support, recommend, endorse, or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's responsibility to know the content of any food or drink he/she ingests. For more specific information on supplements, please refer to the USA Swimming site www.usaswimming.org

PROGRAMS: Heat sheets for each session will be available for \$1.00. Heat sheets will be provided to the coaches.

MEET RESULTS: All meet results will be emailed.

FAST-PREFERRED HOTELS	Comfort Suites	1415 Oakridge Dr.	970-206-4597
	Hampton Inn	1620 Oakridge Dr.	970-229-5927
	Holiday Inn Express	1426 Oakridge Dr.	970-225-2200
	Best Western University Inn	914 South College	970-484-1984

FAST Long Course Open Swim Meet
Friday, June 25, 2010

Session 1

Warm up: 10:00AM Start: 11:00 AM

Female		AGE	EVENT		Male
1 ◇▽		OPEN	1500 FREE ◇▽		2 ◇▽

The 1500 free may be limited to the fastest 36 male and the fastest 36 female entrants.
Event will be swum Fastest to Slowest alternating Girls and Boys
Positive check-in required for the 1500 at coaches meeting,
Swimmers must supply timers and counter.
◇ - Timed Final
▽ - No points earned in open events

Session 2

Warm up: 2:00PM Start: 3:00PM

Female	Q-Time	AGE	EVENT	Q-Time	Male
3	47.49	12&U	50 BREAST	48.99	4
5	30.19	15&O	50 FREE	28.19	6
7	33.19	13/14	50 FREE	32.99	8
9	35.49	12&U	50 FREE	35.69	10
11 ◇*	6:09.99	15&O	400 I.M. ◇*	5:44.99	12 ◇*
13 ◇*	6:15.79	13/14	400 I.M. ◇*	6:09.29	14 ◇*
15 ◇*	6:52.49	12&U	400 I.M. ◇*	6:55.09	16 ◇*
17 ◇*	5:59.99	12&U	400 FREE ◇*	5:59.99	18 ◇*
10 Minute Break / Warmup					
CONSOLATION & FINAL		12&U	50 BREAST	CONSOLATION & FINAL	
CONSOLATION & FINAL		15&O	50 FREE	CONSOLATION & FINAL	
CONSOLATION & FINAL		13/14	50 FREE	CONSOLATION & FINAL	
CONSOLATION & FINAL		12&U	50 FREE	CONSOLATION & FINAL	

◇ - Timed Final
* - May be limited to the fastest 2 or 3 heats
Positive check-in required for the 12&U 400 free

FAST Long Course Open Swim Meet
Saturday, June 26, 2010

Session 3 - Prelims: Warm-up: 6:30 AM Start: 7:30 AM
Session 5 - Finals: Warm-up: 6:00 PM Start: 7:00 PM

Female	Q-TIME	AGE	EVENT	Q-TIME	Male
19	39.19	12&U	50 FLY	40.09	20
21	1:14.50	15&O	100 BACK	1:11.50	22
23	1:23.39	13/14	100 BACK	1:19.99	24
25	1:29.89	12&U	100 BACK	1:31.99	26
27	1:05.05	15&O	100 FREE	1:02.19	28
29	1:12.09	13/14	100 FREE	1:08.89	30
31	1:16.69	12&U	100 FREE	1:21.49	32
33	2:51.09	15&O	200 FLY	2:38.49	34
35	2:59.99	13/14	200 FLY	2:54.59	36
37 ◇	3:17.79	12&U	200 FLY ◇	3:22.89	38 ◇
39	3:11.99	15&O	200 BREAST	3:01.99	40
41	3:19.99	13/14	200 BREAST	3:17.99	42
43 ◇	3:40.59	12&U	200 BREAST ◇	3:43.99	44 ◇
45 ◇*	5:03.39	15&O	400 FREE ◇*	4:59.99	46 ◇*
47 ◇*	5:28.19	13/14	400 FREE ◇*	5:18.99	48 ◇*
49	2:52.39	12&U	200 FREE	2:54.99	50

◇ - Timed Finals Event - The fastest heat will be swum with Finals in the evening
* - May be limited to fastest 4, 5, or 6 heats

Session 4 - Timed Finals
There are no qualifying times for the afternoon events

Warm-up: 12:30PM Start: 1:30 PM

Female		AGE	EVENT		Male
51		12&U	50 FLY		52
53 □		14&U	200 FLY □		54 □
55		15&O	200 FLY		56
57		14&U	100 BACK		58
59		15&O	100 BACK		60
61		14&U	100 FREE		62
63		15&O	100 FREE		64
65		12&U	50 BREAST		66
67 □		14&U	200 BREAST □		68 □
69		15&O	200 BREAST		70
71 ▽		OPEN	200 I.M. ▽		72 ▽
73 ▽*		OPEN	400 FREE ▽*		74 ▽*

□ - Not scored for 8&U
▽ - No points earned in open events
* - May be limited to the fastest 3, 4 or 5 heats

FAST Long Course Open Swim Meet
Sunday, June 27, 2010

Session 6 - Prelim: Warm-up: 6:30 AM Start: 7:30 AM
Session 8 - Finals: Warm-up: 5:30 PM Start: 6:30 PM

Female	Q TIME	AGE	EVENT	Q TIME	Male
75	42.49	12&U	50 BACK	45.59	76
77	1:30.09	15&O	100 BREAST	1:23.89	78
79	1:37.99	13/14	100 BREAST	1:32.99	80
81	1:42.79	12&U	100 BREAST	1:44.99	82
83	2:21.19	15&O	200 FREE	2:18.99	84
85	2:35.99	13/14	200 FREE	2:30.89	86
87	1:14.99	15&O	100 FLY	1:11.39	88
89	1:20.99	13/14	100 FLY	1:26.99	90
91	1:33.99	12&U	100 FLY	1:40.99	92
93	2:43.99	15&O	200 BACK	2:40.69	94
95	2:58.49	13/14	200 BACK	2:54.99	96
97 <input checked="" type="checkbox"/>	3:15.79	12&U	200 BACK <input checked="" type="checkbox"/>	3:15.29	98 <input checked="" type="checkbox"/>
99	2:39.69	15&O	200 I.M.	2:30.49	100
101	2:54.29	13/14	200 I.M.	2:52.99	102
103	3:29.99	12&U	200 I.M.	3:31.99	104

- Timed Final Event – The fastest heat will be swum with Finals in the evening

Session 7 - Timed Finals
There are no qualifying times for the afternoon events

Warm-up: 12:30 PM
Start: 1:30 PM

Female		AGE	EVENT		Male
105		14&U	50 FREE		106
107		15&O	50 FREE		108
109		12&U	50 BACK		110
111		14&U	100 BREAST		112
113		15&O	100 BREAST		114
115		14&U	200 FREE		116
117		15&O	200 FREE		118
119		14&U	100 FLY		120
121		15&O	100 FLY		122
123 <input type="checkbox"/>		14&U	200 BACK <input type="checkbox"/>		124 <input type="checkbox"/>
125		15&O	200 BACK		126

- Not scored for 8&U