

**Foothills Swim Team**  
**Spring Long Course Open**  
**May 14-16, 2010**  
*Mike Urbanowicz, Meet Referee*

**Sanction:** Held under USA Swimming Sanction #2010-045

**Location:** Carmody Pool  
2200 South Old Kipling Street  
Lakewood, CO 80227  
303-985-2322

**Facilities:** Elevation 5320 ft; 7-lane, 50 meter pool with nonturbulent lane markers. A small warm-down pool will also be available. The competition course has not been certified in accordance with 104.2.2C(4). The water depth at the starting end is 12 feet 0 inches and the water depth at the turn end is 3 feet and 6 inches.

**Timing:** Colorado Timing Systems scoreboard, CTS 5000 timer and touch pads with back-up buttons will be used.

**Start Times:** **Confirmed start times along with warm-up lane assignments** and psych sheets will be posted by May 12th at [www.FoothillsSwimTeam.com](http://www.FoothillsSwimTeam.com) under the Meet Information tab.

Unattached swimmers must report to the Meet Referee and will be assigned a team to warm up with. All coaches must supervise their swimmers throughout the warm up session. **CSI warm-up procedures will be followed. Please use a three point entry to enter the warm up area.**

**Tentative start times**

Friday: warm-up 4:00 pm-4:50 pm; 5:00 pm start

Saturday morning: 12 and under: warm-up 7:00 am-8:00 am; 8:10 am start

Saturday afternoon: 13 and over: warm-up 12:30 pm-1:30 pm; 1:40 pm start

Sunday morning: 12 and under: warm-up 7:00 am-8:00 am; 8:10 am start

Sunday afternoon: 13 and over: warm-up 12:30 pm-1:30 pm; 1:40 pm start

**Eligibility:** All athletes must hold a 2010 USA Swimming membership card. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their current card or they will be deck registered before they can enter the water. Deck Registration will be \$56.00 plus a surcharge and will be refunded upon proof of prior registration.

**Entry Limit:** Swimmers are permitted to swim a maximum of four (4) individual events per day (maximum of 2 events on Friday), no more than 10 total events.

**Entry Procedure:** All meet entries should be submitted using Hy-Tek software, along with a Hy-Tek printout of swimmers, entries, and a contact for each team. Meet Verification forms and checks (make one check payable to Foothills Swim Team) must be sent to the FST entry chair no later than 5 days prior to the start of the meet. ***Any team that fails to pay entry fees prior to the start of the meet will not be allowed to participate until full payment is received. No exceptions.***

Emailed entries followed by mailed physical hard copies are preferred. Deck entries

will be accepted and seeded into open lanes. No extra heats will be added to accommodate deck entries. All deck entries must present proof of current registration—no exceptions will be made.

Entries will be accepted in the order they are received. The postmark on the entry packets or time stamp on the email will determine the order they are received. **FST reserves the right to limit entries to stay within the 4 hour rule.**

**Entry Fees:** \$3.60 per individual event, plus a \$6.00 pool surcharge per swimmer.  
\$.60 per individual swim goes to the CSI support fund.  
\$5.00 per deck entry (in open lanes only – deck entries close 30 minutes prior to the session start.

**Entry Deadline:** Meet entries must be received by the Entry Chair no later than Thursday, May 6, 2010. Entries received after May 6th will be accepted only if accompanied by a \$1.50 additional late fee per event. Late entries will be treated as deck entries and will be placed only in open lanes.

**Send Meet Entries To:** [entries@foothillsswimteam.com](mailto:entries@foothillsswimteam.com)

**Hard Copy Entries:** Foothills Swim Team  
PO Box 27007  
Denver, CO 80227

**Entry Chair:** Barb Stevens [entries@foothillsswimteam.com](mailto:entries@foothillsswimteam.com)

**Meet Director:** Barb Stevens [bbstevens27@msn.com](mailto:bbstevens27@msn.com)

**Safety Chair:** Ron Johns [johnsrswim@msn.com](mailto:johnsrswim@msn.com)

**Meet Referee:** Mike Urbanowicz (or his designee) [stevie\\_mu@msn.com](mailto:stevie_mu@msn.com) 303.619.2338

**Distance Events:** All events 400 meters or greater will require positive check-in and will be deck seeded prior to the session in which the event takes place. Swimmers who do not check in may not be allowed to swim positive check-in events. Positive check-in will close 30 minutes prior to the start of each session to allow time to seed the events. Swimmers who fail to swim an event for which they have positively checked in may not be allowed to swim the remainder of their events for that day, at the discretion of the Meet Referee.

The 800 Free will be limited to a total of 8 heats: the top 28 female and the top 28 male entries will swim. Entry fees paid for swimmers entering the 800 that are not in the top 28 will be refunded. Fees for swimmers who enter the 800 and are in the top 28 but do not positively check in or report for the race will not be refunded.

**All swimmers in the 400 free, 400 IM or 800 Free must provide their own timers and, if necessary, counters.** The 800 will be swum alternating girls and boys. All events will be swum fastest to slowest.

**Awards:** Ribbons for 1<sup>st</sup> – 6<sup>th</sup> place in individual events.  
(8 & Under, 9-10, 11-12, 13-14, Open)

**Rules:** Current USA Swimming rules will govern the procedure of the meet. Age as of the first day of the meet will determine the swimmer's age group. The meet will be pre-seeded, except for events 400 meters or greater, for which positive check-in will be required. The meet is a timed final and warm-up times and lanes will be assigned. Please use a three point entry to enter pool.

The USA Swimming National Start will be used. It is the responsibility of every swimmer and coach to ensure that they report to the starting area in a timely fashion and respond to all signals and commands of the meet officials promptly. If you miss your event for whatever reason, you may not be allowed to swim that event.

The MEET REFEREE will have the final authority on all swimming procedures of the meet.

All events are timed final events. All entries must be legible with name of swimmer, event and description. No refunds will be given for incorrect entries.

Coaches and officials must display current credentials at all times.

No exhibition swimming is allowed.

**Results:** Electronic results will be given to any team providing a disk or flash drive. Results will be emailed to any team that specifically requests emailed results. Hard copies of results will be mailed by request only.

**Hospitality:** Hospitality will be available to coaches and officials only.

**Meet Programs:** Meet programs will be available at the concession stand for \$5.00.

**Concessions:** Concessions will be available each day and will include bagels, breakfast burritos, coffee, and a variety of healthy snacks.

**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 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 [www.usaswimming.org](http://www.usaswimming.org).**

Girls

Boys

**Friday, May 14th****4:00 – 4:50 pm warm-up/ 5 pm start**

|   |                     |   |
|---|---------------------|---|
| 1 | 12 & Under 200 IM   | 2 |
| 3 | Open 200 IM         | 4 |
| 5 | 12 & Under 400 Free | 6 |
| 7 | Open 400 Free       | 8 |

**Saturday Morning, May 15th****7:00 – 8:00 am warm-up, 8:10 am start**

|    |                       |    |
|----|-----------------------|----|
| 9  | 10 & Under 100 Back   | 10 |
| 11 | 11-12 100 Back        | 12 |
| 13 | 10 & Under 50 Free    | 14 |
| 15 | 11-12 50 Free         | 16 |
| 17 | 10 & Under 100 Breast | 18 |
| 19 | 11-12 100 Breast      | 20 |
| 21 | 10 & Under 50 Fly     | 22 |
| 23 | 11-12 50 Fly          | 24 |
| 25 | 12 & Under 200 Free   | 26 |

**Saturday Afternoon, May 15th****12:30 – 1:30 pm warm-up, 1:40 pm start**

|    |                  |    |
|----|------------------|----|
| 27 | 13-14 100 Breast | 28 |
| 29 | Open 100 Breast  | 30 |
| 31 | 13-14 200 Back   | 32 |
| 33 | Open 200 Back    | 34 |
| 35 | 13-14 100 Free   | 36 |
| 37 | Open 100 Free    | 38 |
| 39 | 13-14 200 Fly    | 40 |
| 41 | Open 200 Fly     | 42 |
| 43 | Open 800 Free    | 44 |

**Sunday Morning, May 16th****7:00 – 8:00 am warm-up, 8:10 am start**

|    |                      |    |
|----|----------------------|----|
| 45 | 10 & Under 100 Fly   | 46 |
| 47 | 11-12 100 Fly        | 48 |
| 49 | 10 & Under 50 Breast | 50 |
| 51 | 11-12 50 Breast      | 52 |
| 53 | 10 & Under 100 Free  | 54 |
| 55 | 11-12 100 Free       | 56 |
| 57 | 10 & Under 50 Back   | 58 |
| 59 | 11-12 50 Back        | 60 |

**Sunday Afternoon, May 16th****12:30 – 1:30 pm warm-up, 1:40 pm start**

|    |                  |    |
|----|------------------|----|
| 61 | 13-14 50 Free    | 62 |
| 63 | Open 50 Free     | 64 |
| 65 | 13-14 200 Breast | 66 |
| 67 | Open 200 Breast  | 68 |
| 69 | 13-14 100 Fly    | 70 |
| 71 | Open 100 Fly     | 72 |
| 73 | 13-14 200 Free   | 74 |
| 75 | Open 200 Free    | 76 |
| 77 | 13-14 100 Back   | 78 |
| 79 | Open 100 Back    | 80 |
| 81 | Open 400 IM      | 82 |