

**Mountain Swim League**  
**2009 Summer Champs**  
**July 17-19, 2009**

**Sanction:** MSL sanction 2009-

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

**Facility:** 8 lane, 25 yard pool. **Altitude:** 6,210 feet.

**Directions:** Take I-25 to Exit 141 (Hwy 24). Head West to 21<sup>st</sup> St and turn left (South). 21<sup>st</sup> St will turn into Cresta Rd. Once you have reached Cheyenne Mountain H.S., turn into the lower parking lot. Follow road around the field. The Aquatic Center will be on the right, parking on the left.

**Timing:** Colorado Timing System with touch pads and back-up buttons. All teams will be responsible for timing. Timing assignments will be distributed by Monday, July 13.

**Rules:** Current U.S.A. Swimming and CSI rules will govern the meet. The Meet Referee will have final authority for the conduct of the meet. Deck entries will be allowed at the discretion of the Meet Director and approval of the Meet Referee. All events will be timed finals and be seeded fastest to slowest. Use SCY times on all entries. All events 200 yards and above will have a Qualifying time that is in accordance with the U.S.A. Swimming's National Age Group Motivational "B" standard. "NT's" will be accepted only in events without Qualifying times.

Swimmers in the 12 & under sessions (One, Three and Five) will be limited to four individual events per session and a total of nine for the meet. 12 & Under swimmers in their session will be allowed to enter one relay per session. Swimmers in the 13 & Over sessions (Two and Four) will be limited to four individual events per session and a total of eight for the meet.

Based on the number of entries and the timeline for each session, we reserve the right to swim any session in 7 or 8 lanes. If a 7 lane session is permitted, we will use lane 8 as a continuous warm-up/warm-down lane.

Time Trials- Session Six will be run as a time trial to include the events not included in the regular meet format. These events will include the 500 Free, 400 IM and 1650 Free. A general warm-up period for the time trial will begin at the conclusion of Session Five and last for 40 minutes. The time trial session will be limited to 2 hours. If time permits, we will allow other swims after the conclusion of the 500 Free, 400 IM and 1650 Free.

**Eligibility:** Open to 2009 USA Swimming registered athletes who are members of a Mountain Swim League team. Age as of the meet date determines age group for this meet.

**Entries:** Please email entries using HyTek TM to: [wavescoach@gmail.com](mailto:wavescoach@gmail.com)  
Mail hard copies to: Ross Hedrick  
4784 Shadowglen Drive  
Colorado Springs, CO 80918

Entry Deadline is **Friday, July 10**. Please have hard copies and a check for your entries postmarked by this date as well.

Athletes in the 12&U sessions may swim up to **9 events, not to exceed 4 in one day; swimmers will be allowed to enter one relay per session.**

Athletes in the 13&O sessions may swim up to **8 events, not to exceed 4 events in one day. Teams will be limited to two relays per event.**

**Entry Fees:** \$4.00 per swimmer surcharge  
\$4.00 per individual event  
\$4.00 per relay entry  
Please make one check per team payable to **MSL**.

<b>Entry Chair:</b>	Ross Hedrick	720-252-7797
<b>Meet Director:</b>	Ross Hedrick	720-252-7797
<b>Meet Ref:</b>	Mike Bossert	

**Warm-ups:** CSI warm-up procedures will govern this meet. Warm-up assignments will be distributed by Monday, July 13. Warm-ups for Sessions One, Three and Five will begin at 7:30 a.m.; Sessions Two and Four will begin at 1:00 p.m. For the Sunday Time Trials, a general warm-up session will begin at the conclusion of Session Five and run for 40 minutes.

**Awards:** 12 & under individual events- medals will be awarded for 1<sup>st</sup>-3<sup>rd</sup> place, ribbons for 4<sup>th</sup>-16<sup>th</sup> place. Relays events- ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place.  
13 & over individual events- ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place with each event being separated into 13-14 and 15&O age groups.

**Scoring:** There will be no scoring for any individual or relay events for this meet.

**Concessions:** Concessions will be available in the lobby.

**Programs:** Will be available for \$5.00 in the concession area of the lobby.  
\*Teams wishing to include advertising must have their copy-ready pages submitted with their entries by the Entry Deadline. These pages will be collated into the meet program. Advertising fees will run \$20 per quarter page. ***NO TEAM ADVERTISING!***

**Meet Info:** Swimmers achieving a “new” CSI State Qualifying time at the MSL “Summer Champs” will be able to enter the Long Course State Championships. An entry table will be available. Meet fees will be collected at the time of entry. Swimmers with previous qualifying times will not have their times adjusted.

### Friday, July 17- Session One AM (12 & under)

<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>
1	3:42.69	10&U 200 IM	3:40.89	2
3	3:03.79	11-12 200 IM	3:03.09	4
5		10&U 100 Back		6
7		11-12 100 Back		8
9		10&U 50 Fly		10
11		11-12 50 Fly		12
13		10&U 100 Free		14
15		11-12 100 Free		16
17		10&U 50 Breast		18
19	3:26.39	12&U 200 Breast	3:21.69	20

### Friday, July 17- Session Two PM (13 & over)

<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>
21		13&O 100 IM		22
23	2:36.09	13&O 200 Free	2:26.09	24
25		13&O 50 Breast		26
27		13&O 100 Fly		28
29	3:14.59	13&O 200 Breast	3:02.39	30
31		13&O 50 Free		32
33		13&O 100 Back		34

### Saturday, July 18- Session Three AM (12& under)

<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>
35		8&U 100 Medley Relay		36
37		10&U 200 Medley Relay		38
39		12&U 200 Medley Relay		40
41		8&U 25 Free		42
43	3:20.19	10&U 200 Free	3:09.89	44
45	2:43.19	11-12 200 Free	2:38.89	46
47		10&U 50 Back		48
49		11-12 50 Back		50
51		10&U 100 IM		52
53		11-12 100 IM		54
55		8&U 25 Breast		56
57		11-12 50 Breast		58
59	3:04.99	12&U 200 Fly	3:01.19	60

**Saturday, July 18- Session Four PM (13 & over)**

<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>
61	2:53.39	13&O 200 Fly	2:43.69	62
63		13&O 100 Breast		64
65		13&O 50 Back		66
67	2:55.49	13&O 200 IM	2:43.69	68
69		13&O 100 Free		70
71		13&O 50 Fly		72
73	2:51.79	13&O 200 Back	2:41.29	74

**Sunday, July 19- Session Five AM (12 & under)**

<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>
75		8&U 100 Free Relay		76
77		10&U 200 Free Relay		78
79		12&U 200 Free Relay		80
81		8&U 25 Fly		82
83		10&U 100 Fly		84
85		11-12 100 Fly		86
87		10&U 50 Free		88
89		11-12 50 Free		90
91	3:01.89	12&U 200 Back	2:58.39	92
93		8&U 25 Back		94
95		10&U 100 Breast		96
97		11-12 100 Breast		98
99	7:10.79	12&U 500 Free	7:05.49	100

**Sunday, July 19- Session Six PM (Time Trials)**

Open 500 Free  
Open 400 IM  
Open 1650 Free