

NJST Pineapple Open

November 6-8, 2009

- SANCTION:** Held under the sanction of USA Swimming # 2009-105
- LOCATION:** Meyers Pool
7900 Carr Drive
Arvada, Co 80006
- POOL:** 25 yard indoor pool, 10 lane, 25 yard course, 8 lane continuous warm-up/down in shallow end of the pool. Colorado Timing System with 10 lane scoreboard, electronic touch pads will be used. Elevation 5300'. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- RULES:** Current USA swimming and Colorado rules shall govern the conduct of the meet. Age of swimmer is determined as of November 6, 2009. Swimmers are limited to four (4) individual events per day. All events will be pre-seeded with the following exceptions: events 7-10, 33-34, 57-58, which will require a positive check-in. **There will be a \$20 penalty for any athlete who checks in for an event and then does not compete. Payment must be received before the athletes can resume competition.**
Events 7-10: Swimmers must provide their own timers and counters for the 500 and 1000 Free events. The Open 1000 Free, will be swum fastest to slowest alternating girls and boys. We reserve the right to limit the 12 & Under 500 Free and the Open 1000 Free to the fastest 40 girls and 40 boys, regardless of age. Psych Sheet with entry ranking will be posted on the website by Monday, Nov 2, 2009. No refunds will be given to swimmers who do not get to compete.
Events 33-34, 57-58: Open 500 Free and 400 IM will have a positive check-in and will be swum slowest to fastest. Swimmers must provide their own timers.
- Participating Teams may be asked to provide timers for the 12&U sessions on Saturday 7th and Sunday 8th.
- The National Start Procedures will be used. (102.14.4B).
- NT ENTRIES WILL NOT BE ACCEPTED. There are qual times for the Open 500 Free and 400 IM.** NJST swimmers will be exempt from qualification times.
- The meet referee will be the final authority for conduct of the meet.
- SCORING:** Ribbons will be awarded to 8&U, 9-10, 11-12 & 13-14 for places 1-8. Open events will be split to 13-14 and 15&O.
- ELIGIBILITY:** Open to all USA member athletes holding current registration. We will post any membership exceptions on our website by Mon Nov 2, 2009. If swimmers listed on exceptions report cannot provide a current USA membership card on arrival to the meet, they will be required to complete a USA membership registration, and pay the \$56 registration fee, plus a \$27 deck registration fee.
- ENTRY FEES:** Individual event fee is \$4.00 (\$.60 to CSI Support Fund). There is a \$5.00 surcharge per swimmer. All fees must accompany entries and are non-refundable. **Make check payable to North Jeffco Swim Team.**
- LATE ENTRIES:** Individual events will be \$5.00, and will be accepted only at meet director's discretion.

- ENTRIES: The meet will be limited in swimmers to adhere to the 4 hour rule. Entries will be accepted in the order they are received. However, no team will be split, unless they express that desire. **Meet verification form must accompany entries.**
- A. Computer disk entries for individual swimmers prepared using Hy-Tek software. **THIS IS THE ENTRY METHOD OF PREFERENCE.** Your team is responsible for the accuracy of the entries on the disk. Include a hard copy of your Hy-Tek Report of Individual Entries and Entry Fees.
- B. Master sheets for each age group must include name, age (as of the first day of the meet), USA number, and team code. Be sure to include the coaches' name, address, and phone number on the Master Entry sheets.
- C. The psych sheet will be posted on our website by Mon Nov 2, 2009. Please check for accuracy: www.northjeffcoswimteam.org

ENTRY DEADLINE: ***Entries and entry fees must be received by Thursday, October 22, 2009.***

Precedence will be given to hard copy entries. All mailed entries will be ordered and accepted according to the date they are postmarked. In the situation the meet entry limit is exceeded, all entries postmarked on that day will be sorted by date and time of e-mailed entry. Hand delivered entries will be dated the day they are received.

ENTRY CHAIRPERSON: Cindy Pacheco,
North Jeffco Swim Team
P.O. Box 746396, Arvada, CO 80006
Questions can be addressed to: kandc30@aol.com or 303-420-5770

CONCESSIONS: Will be available during all sessions of the meet

RESTRICTIONS: No smoking, chewing tobacco, drugs, or drinking of alcoholic beverages allowed in the building. Any damage to pool property will be grounds for dismissal from the meet. All coaches, parents and athletes are reminded that the swimming venue may have areas where additional care needs to be observed.

WARM UP

PROCEDURES: Warm up will be conducted in accordance with Colorado Swimming Inc. established procedures. Friday evening will be an open warm-up, Saturday and Sunday will be assigned lanes, divided into two 30 min sessions.

SAFETY CHAIRPERSON: Carmen Babcock
MEET REFEREE: Jean O'Kane or designee
MEET DIRECTOR: Cindy Pacheco

Schedule of Swimming Events, Friday, November 6, 2009

Warm Up: 4:00-5:00 PM Tentative Session Starts: 5:10 PM

<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>
1	Open	50 Free	2
3	12 & U	200 IM	4
5	13 & O	200 IM	6
7	12 & U	500 Free	8
9	Open	1000 Free	10

Schedule of Swimming Events, Saturday, November 7, 2009

Warm Up: 7:00 – 8:00 AM Tentative Session Starts: 8:10 AM

<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>
11	8 & U	25 Back	12
13	12 & U	50 Fly	14
15	12 & U	100 Free	16
17	12 & U	100 Back	18
19	12 & U	50 Breast	20
21	12 & U	100 IM	22
23	8 & U	25 Fly	24

Schedule of Swimming Events, Saturday, November 7, 2009

Tentative Warm Up: 12:30-1:30 PM Tentative Session Starts: 1:40 PM

<u>Qual</u>	<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>	<u>Qual</u>
	25	Open	100 Free	26	
	27	Open	200 Back	28	
	29	Open	100 Breast	30	
	31	Open	200 Fly	32	
6:09.99	33	Open	500 Free	34	6:00.99

Schedule of Swimming Events, Sunday, November 8, 2009

Warm Up: 7:00-8:00 AM Tentative Session Starts: 8:10 AM

<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>
35	8 & U	25 Free	36
37	12 & U	100 Fly	38
39	12 & U	50 Free	40
41	8 & U	25 Breast	42
43	12 & U	100 Breast	44
45	12 & U	50 Back	46
47	12 & U	200 Free	48

Schedule of Swimming Events, Sunday, November 8, 2009

Tentative Warm Up: 12:30-1:30 PM Tentative Session Starts: 1:40 PM

<u>Qual</u>	<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>	<u>Qual</u>
	49	Open	100 Fly	50	
	51	Open	200 Breast	52	
	53	Open	100 Back	54	
	55	Open	200 Free	56	
5:33.99	57	Open	400 IM	58	5:25.99