

# *NJST Pineapple Open*

November 6-8, 2009

**SANCTION:** Held under the sanction of USA Swimming # 2009-

**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'

**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 7<sup>th</sup> and Sunday 8<sup>th</sup>.

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 \$55 registration fee, plus a \$27 deck registration fee.

**ENTRY FEES:** Individual event fee is \$4.00  
Meet Surcharge = \$5.00  
Team Surcharge = \$11.50

**ENTRIES:** Online [www.boulderswimteam.org](http://www.boulderswimteam.org)

**ENTRY DEADLINE:** Entries and entry fees must be received by Thursday, October 8<sup>th</sup>

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

**PICK 4 EVENTS PER DAY**

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