

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 December 11, 2009 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, Saturday AM and Sunday AM sessions. Entry times will not be adjusted after entry deadline.
- Meet will be pre-seeded slowest to fastest (Except the 1650 free). All times submitted must be entered in short course yards. NT entries will not be accepted for any events.
- All entries must be submitted on disk or via email in Hy-tek format using Meet Manager or Commlink 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 be accepted for non-qualifying events only, provided extra heats are not created. Deck entries will be accepted only if the swimmer is already entered in the meet. Deck entries must be approved by the Meet Referee and will cost \$6.00 per event. The maximum number of events per day rule still applies.

ENTRY FEES:

Individual Events: \$4.60
Pool Surcharge: \$7.00

Deck Entries: \$6.00 per
individual event

\$0.60 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 \$0.60 per event CSI fee.

Please make one check payable to FAST for your entries. **THIS CHECK IS DUE WHEN YOUR ENTRIES ARE MAILED.**

**ENTRY
DEADLINE:**

E-mail entries must be received by the Entry Chair by Thursday, December 3rd, 2009. Hardcopy confirmation, meet verification form and payment must be received for entries to be accepted.

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.

Updated times will be accepted through the Monday December 7th, for

swimmers already entered in the meet.

**ENTRY
SUBMISSION:**

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

RULES:

1. Current 2009 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.
2. The 1650 Free, 400 IM, 200IM and 500 Free events on Friday are timed finals. All Saturday and Sunday AM events will be swum as Prelims, Consolation Finals, and Finals. The fastest 20 Finalists per age group from these events will swim during the evening Finals Sessions: 1st-10th in the Finals and 11th-20th in the Consolation Finals.
3. All events in sessions 3 & 5 are timed finals.

**DISTANCE
EVENTS:**

Swimmers must provide timers and counters for 1650 freestyle races. This event will be seeded fastest to slowest and swum alternating girls and boys heats.

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 & Under, 9/10, 11/12, 13/14, 15&O

AWARDS:

Nonqualifier portion of meet:
8&U, 9/10, 11/12,13/14
Ribbons 1st-10th
High Point Awards: 1st-3rd

Qualifier Portion of meet:
12&U, 13/14
Ribbons 1st-10th
High Point Award: 1st-3rd

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, except 200 fly, 200 back, 200 breast, 500 free, and 400 IM which will not be scored for 8&Us.

14&U Events in the prelim/finals sessions will be broken out for 12&U and 13/14

The 12&U 200 IM on Friday night will be scored in both the prelim/final AND non-qual high point totals.

CHECK-IN:

Pre-Seeded Meet, 12&U Swimmers must report to Clerk of Course for heating on Saturday and Sunday afternoon. Please review the event pages for "Positive Check-in" requirements.

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 all sessions in the shallow end of the pool.
- No open swim or horseplay will be tolerated. Swimmers will not be permitted to gather or stop at the ends of the lanes.
- 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:

Coaches may pick up their programs/packets at the announcer's table. Meet Programs will be available for \$5.00 plus \$1.00 for finals heat sheets.

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 Mid Season Open Swim Meet
Friday, December 11, 2009
Session 1

Warm up: 4:15PM Start: 5:00 PM

| Female | Q-Time | AGE | EVENT | Q-Time | Male |
|---------------|---------------|------------|--------------|---------------|-------------|
| 1 | 22:39.59 | OPEN | 1650 FREE* | 22:39.59 | 2 |
| 3 | None | 12&U | 200 IM | None | 4 |
| 5 | 5:41.90 | OPEN | 400 I.M. | 5:35.85 | 6 |
| 7 | 6:55.99 | OPEN | 500 FREE | 7:05.99 | 8 |

***Positive Check-in required by 4:30pm for 1650 Free**

The 1650 free may be limited to the fastest 30 male and the fastest 30 female entrants.
Event will be swum Fastest to Slowest alternating Girls and Boys
Swimmers must supply timers and counter.

Positive check-in required for the 400 IM & 500 free. The 400 IM check-in will be closed at the start of the final women's 1650 heat. The 500 Free check-in will be closed at the completion of the final 1650 heat.

All 400 IM and the 500 Free may be limited to the fastest 2 or 3 heats.

The 12&U 200 IM may be limited to the 2 or 3 fastest heats.

FAST Mid Season Open Swim Meet
Saturday, December 12, 2009

Session 2 - Prelims: Warm-up: 7:00 AM Start: 8:00 AM

Session 4 - Finals: Warm-up: 6:00 PM Start: 7:00 PM

| Female | Q-TIME | AGE | EVENT | Q-TIME | Male |
|--------|---------|-------|------------|---------|------|
| 9 | 39.79 | 12&U | 50 FLY | 41.39 | 10 |
| 11 | 2:45.59 | 15&O | 200 FLY | 2:37.59 | 12 |
| 13 | 2:58.59 | 14&U | 200 FLY | 2:48.97 | 14 |
| 15 | 1:26.29 | 12&U | 100 I.M. | 1:25.02 | 16 |
| 17 | 2:37.22 | 15&O | 200 I.M. | 2:26.59 | 18 |
| 19 | 2:45.49 | 13/14 | 200 I.M. | 2:38.69 | 20 |
| 21 | 1:24.99 | 12&U | 100 BACK | 1:26.79 | 22 |
| 23 | 1:16.69 | 15&O | 100 BACK | 1:10.29 | 24 |
| 25 | 1:18.89 | 13/14 | 100 BACK | 1:14.89 | 26 |
| 27 | 44.19 | 12&U | 50 BREAST | 45.29 | 28 |
| 29 | 3:03.99 | 15&O | 200 BREAST | 2:53.09 | 30 |
| 31 | 3:14.59 | 14&U | 200 BREAST | 3:05.39 | 32 |
| 33 | 1:05.79 | 15&O | 100 FREE | 1:02.39 | 34 |
| 35 | 1:07.39 | 13/14 | 100 FREE | 1:04.99 | 36 |
| 37 | 1:14.59 | 12&U | 100 FREE | 1:15.59 | 38 |

Saturday, December 12, 2009

Session 3 - Timed Finals

There are no qualifying times for the afternoon events

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

| Female | | AGE | EVENT | | Male |
|--------|--|------|------------|--|------|
| 39 | | OPEN | 200 FLY | | 40 |
| 41 | | 12&U | 50 FLY | | 42 |
| 43 | | 8&U | 25 FLY | | 44 |
| 45 | | OPEN | 200 I.M. | | 46 |
| 47 | | 8&U | 25 BACK | | 48 |
| 49 | | 14&U | 100 BACK | | 50 |
| 51 | | 15&O | 100 BACK | | 52 |
| 53 | | 14&U | 100 FREE | | 54 |
| 55 | | 15&O | 100 FREE | | 56 |
| 57 | | 12&U | 50 BREAST | | 58 |
| 59 | | OPEN | 200 BREAST | | 60 |
| 61 | | OPEN | 500 FREE* | | 62 |

The Open 500 Free may be limited to the fastest 3, 4, or 5 heats.

Positive Check-in is REQUIRED for the 500 Free.

FAST Mid Season Open Swim Meet
Sunday, December 13, 2009

Session 5 - Prelim: Warm-up: 7:00 AM Start: 8:00 AM

Session 7 - Finals: Warm-up: 5:00 PM Start: 6:00 PM*

* If possible, based on the number of swimmers, the Sunday final session may be moved up one hour to 4:00PM Warm-up and 5:00PM meet start.

| Female | Q TIME | AGE | EVENT | Q TIME | Male |
|--------|---------|-------|------------|---------|------|
| 63 | 40.59 | 12&U | 50 BACK | 40.49 | 64 |
| 65 | 2:37.89 | 15&O | 200 BACK | 2:25.39 | 66 |
| 67 | 2:41.79 | 14&U | 200 BACK | 2:35.29 | 68 |
| 69 | 29.69 | 15&O | 50 FREE | 28.49 | 70 |
| 71 | 30.39 | 13/14 | 50 FREE | 30.69 | 72 |
| 73 | 32.29 | 12&U | 50 FREE | 33.29 | 74 |
| 75 | 1:24.29 | 15&O | 100 BREAST | 1:20.39 | 76 |
| 77 | 1:30.59 | 13/14 | 100 BREAST | 1:22.09 | 78 |
| 79 | 1:34.39 | 12&U | 100 BREAST | 1:37.39 | 80 |
| 81 | 2:28.23 | 15&O | 200 FREE | 2:18.27 | 82 |
| 83 | 2:32.38 | 13/14 | 200 FREE | 2:27.82 | 84 |
| 85 | 2:36.48 | 12&U | 200 FREE | 2:37.49 | 86 |
| 87 | 1:15.04 | 15&O | 100 FLY | 1:05.09 | 88 |
| 89 | 1:18.21 | 13/14 | 100 FLY | 1:12.36 | 90 |
| 91 | 1:27.99 | 12&U | 100 FLY | 1:30.99 | 92 |

Sunday, December 13, 2009

Session 6 - Timed Finals

There are no qualifying times for the afternoon events

Warm-up: 12:30 PM

Start: 1:30 PM

| Female | | AGE | EVENT | | Male |
|--------|--|------|------------|--|------|
| 93 | | 12&U | 50 BACK | | 94 |
| 95 | | 14&U | 50 FREE | | 96 |
| 97 | | 15&O | 50 FREE | | 98 |
| 99 | | 8&U | 25 BREAST | | 100 |
| 101 | | 14&U | 100 BREAST | | 102 |
| 103 | | 15&O | 100 BREAST | | 104 |
| 105 | | 8&U | 25 FREE | | 106 |
| 107 | | 14&U | 200 FREE | | 108 |
| 109 | | 15&O | 200 FREE | | 110 |
| 111 | | 14&U | 100 FLY | | 112 |
| 113 | | 15&O | 100 FLY | | 114 |
| 115 | | 12&U | 100 I.M. | | 116 |
| 117 | | OPEN | 200 BACK | | 118 |