

Thanksgiving at the Rock

Sunday, November 29, 2009

- Sanction:** Held under sanction of USA Swimming # 2009-106
Altitude at 6202 ft.
- Location:** Castle Rock Recreation Center
2301 Woodlands Blvd.
Castle Rock, Colorado 80104
- Pool:** 6 lane, 25 yard pool, with non-turbulent markers. The competition course has been certified in accordance with 104.2.2C(4).
- Timing:** Colorado timing system 5 with touch pads and back-up watch timers
- Rules:** Current USA Rules apply. The meet referee will have final authority on all matters related to the meet.
- Eligibility:** Open to all 10 and under swimmers holding a 2009/2010 USA Swimming membership. Any swimmer that appears on the CSI Exception report without registration must come to the meet prepared to show their card. NO deck registrations will be accepted. Age group will be determined by the swimmer's age on November 29, 2009. All deck entries must present proof of current registration and will be put in open lanes. The meet will not be reseeded and a new heat will not be added. Deck entries will close at 0800, November 29, 2009.
- Fees:** Individual entries: \$3.25 per event (\$5.00 per deck entry)
\$.60 of each individual event goes to
the CSI Support Fund
Pool surcharge: \$5.00 pool surcharge per swimmer
- Entries:** All entries must be submitted on 3.5" disk using Hytek

software. Please include master sheets with name, age, USA number, team code and yard times. All teams must send a Colorado swimming meet verification form. Meet will be limited to 175 swimmers; however, no team will be split. Swimmers may enter up to 4 individual events. All payments must be received before swimmers will be allowed to participate in the meet

Entry deadline: Entries must be in the hands of the entry chairman by 6:00pm Sunday, November 22, 2009. All entries received after entry Deadline may be accepted at the discretion of the Meet Director and Meet Referee at \$5.00 per event plus pool surcharge.

Entry chair: Will Amos
c/o Castle Rock Swimming
PO Box 760
Castle Rock, CO 80104
rockentries@gmail.com
303-204-9862

Meet Director: DeAnne Kochevar
Meet Referee: Wayne Sherman
Safety Director: Mike Protz

Programs: Programs will be available for \$4.00

Awards: All swimmers will receive a participation ribbon. Individual ribbons for 1 through 6th place will be awarded in the following age groups: 6 and under, 7-8, 9-10.

Sunday morning warm-up: Session One 07:30- 07:55 AM
Session Two 07:55- 08:20 AM
Meet start: 08:30 AM

Miscellaneous: Colorado Swimming, Inc. does not support, recommend, endorse or take responsibility for the sale or marketing of any dietary supplements. It is the swimmers 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.

ORDER OF EVENTS

EVENT # Girls	EVENT	EVENT # Boys
1	8&UNDER 25 FREESTYLE	2
3	9-10 50 FREESTYLE	4
5	8&UNDER 100 IM	6
7	9-10 100 IM	8
9	8&UNDER 25 BREAST	10
11	9-10 50 BREAST	12
13	8&UNDER 50 FREESTYLE	14
15	9-10 100 FREESTYLE	16
17	8&UNDER 25 BACKSTROKE	18
19	9-10 50 BACKSTROKE	20
21	8&UNDER 25 FLY	22
23	9-10 50 FLY	24
25	8&UNDER 100 FREESTYLE	26
27	9-10 200 FREESTYLE	28