

FAST Mid Season Open – December 11 - 13, 2009

SANCTION: Held under the sanction of USA Swimming **2009-117**

LOCATION: EPIC POOL
1801 Riverside Ave, Fort Collins, CO (970) 221-6683
Located off Prospect Ave. between I-25 and Lemay Ave.

TIMES:	Session 1, Friday PM	Warm-up:	4:15PM
	Finals	Start:	5:00PM
	Session 2, Saturday AM	Warm-up:	7:00AM
	Prelims	Start:	8:00AM
	Session 3, Saturday PM	Warm-up:	12:30PM
	Non-qualifiers	Start:	1:30PM
	Session 4, Saturday PM	Warm-up:	6:00PM
	Finals	Start:	7:00PM
	Session 5, Sunday AM	Warm-up:	7:00AM
	Prelims	Start:	8:00AM
	Session 6, Sunday PM	Warm-up:	12:30PM
	Non-qualifiers	Start:	1:30PM
	Session 7, Sunday PM	Warm-up:	6:00PM
	Finals	Start:	7:00PM

FAST will post the exact warm-up, and meet start times for each day on their team website AFTER the meet entry deadline.

- FACILITY**
- 10-lane, 50-meter pool, 3.5-12-foot depth range non-turbulent lane markers.
 - Colorado Timing System with touchpads, button back-up, 10-lane scoreboard, and electronic horn start.
 - The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
 - 10 lanes used during the course of the meet in the deep-end 25 yard section of the pool.
 - There will be warm-up/warm-down lanes swimming length wise in the shallow area of the pool at all times during the meet.

MEET REFEREE:	Brad Cochran	bcochran@cppwind.com
MEET DIRECTORS:	Lance Holter	970-229-9339 or 970-372-8691 (cell) Email: lholler@q.com
	Randy Pritchard	970-229-1461 or 970-217-3098 (cell) Email: r4pritchard@gmail.net
ENTRY CHAIR:	Renee Haynes	970-420-1605 renee.haynes@comcast.net
SAFETY DIRECTOR:	Jan Hopkins	
ELIGIBILITY:	Meet is open to all 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 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 Entries to: Renee Haynes
1620 Fantail Ct.
Fort Collins, 80528 970-420-1605
Renee.Haynes@comcast.net

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