



## ***Colorado Senior Meet – LONG COURSE METERS Session February 21, 2016***

**SANCTION:** Held under approval of USA Swimming #2016-015A. Time Trial #2016-016A. In granting this sanction (approval) it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.

**MEET REFEREE:** Bryan Carr

Email: [csicarr@gmail.com](mailto:csicarr@gmail.com)

**MEET DIRECTOR:** Bob Jenkyns

Email: [robert.jenkyns@gmail.com](mailto:robert.jenkyns@gmail.com)

**ENTRY CHAIR:** Diana Hall

Email: [guessd@sbcglobal.net](mailto:guessd@sbcglobal.net)

**MAIL PAYMENT & HARDCOPIES TO:** (Make checks payable to Colorado Swimming, Inc.)

Cheyenne Mountain Aquatics  
P.O. Box 60177  
Colorado Springs, CO 80960

**SAFETY DIRECTOR:** Bob Jenkyns

Email: [robert.jenkyns@gmail.com](mailto:robert.jenkyns@gmail.com)

**LOCATION:** U.S. Olympic Training Center 1 Olympic Plaza Colorado Springs, CO 80909

**FACILITY:** The Aquatic Center is 45,000 square feet and contains a 50- by 25-meter swimming pool, which is two meters deep at both ends and three meters deep in the center. The pool has two moveable bulkheads, 10 50-meter lanes, 20 25-meter lanes

**Only swimmers swimming the meet, registered coaches with current certification, working officials, and volunteers are allowed on deck. Parents and spectators please remain in the viewing or seating areas.**

**TIMING:** Colorado Timing System with touch pads and display board

**GENERAL MEETING - MANDATORY** Sunday, Feb. 21 at 8:30 AM. Meet Referee will answer any questions about the Meet format as well as any last minute changes/reminders from the Administrative Referee.

### **SCHEDULE:**

Session	Warm-Up	Meet Start
Sun., Feb. 21	General Warm-up: 9:00am Specific Warm-up: 9:40-10 am	10:10am

**ELIGIBILITY:** NCAA Collegiate athletes may swim without USA registration. All other athletes **must** hold a 2016 USA Swimming membership. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. No deck registrations will be taken.

**SCORING:** There will be no scoring.

**AWARDS:** Individual: Medals 1-8 Ribbons 9-16

**SEEDING PROCEDURE & SCRATCH RULES:**

With the exception of the 400 IM, 400 Free, and 800 Free the meet shall be pre-seeded. Swimmers must report to the assigned heat and lane if they intend to swim the event.

This is a qualifying meet. Times must have been achieved after January 1, 2015.

**NOTE: Submit entry times according to the time swum - NO CONVERSIONS Non-conforming times will be seeded last per article 207.11.7 of the USA Swimming Rules and Regulations.**

**DISTANCE EVENTS:**

1. The distance events 400 IM/400 Free/800 Free will be deck seeded by positive check-in on the day the event will be swum. Check-in will close 30 minutes after the start of the session on the day of the event. The 800 freestyle will be swum fastest to slowest alternating women and men.
2. 800 SWIMMERS MUST PROVIDE TWO (2) OF THEIR OWN TIMERS AND MAY APPOINT A COUNTER TO CALL LENGTHS OR INDICATE LENGTHS BY VISUAL SIGN. 400 IM SWIMMERS MUST PROVIDE THEIR OWN TIMERS.

**RULES:**

1. The MEET REFEREE will have the final authority on all conduct of the meet.
2. Current 2016 USA Swimming Rules & Regulations will govern the meet, in conjunction with the following information from Colorado Swimming Inc.
3. Age as of the first day of the meet will determine the swimmer's age group for competition, Feb. 19, 2016
4. No exhibition swimming is allowed.
5. All events are timed final events. All entries must be legible with name of swimmer, event and description with the entry time. A "blank space" or NT will not be accepted. No refunds will be given for incorrect entries.
6. Colorado Swimming, Inc. procedures for warm-up will be observed.
7. The USA Swimming National Start will be used. Please refer to 101.1.2B.
8. All coaches and uniformed officials must display their CURRENT USA Swimming /CSI cards when on deck. **Coaches/Officials in non-compliance will not be allowed on deck.**
9. **Participating teams will be required to provide timers.** Notification of lane assignments for timing will be sent to each club and posted on the Colorado Swimming website. These assignments will be posted at the pool as well.
10. Unattached/Unaccompanied swimmers -Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

11. At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet."
12. All swimwear must conform to USA Swimming Rule and Regulations article 102.8 effective October 1, 2009. If you have any question on older suits check the 2012 FINA Approved swim suit list.
13. All team photographers must check-in with the Meet Referee prior to taking any photographs. No photography allowed from behind the starting platforms. No unaffiliated photographers allowed, unless otherwise approved by the Meet Referee.
14. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
15. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. USA Swimming Rule 202.4.9I.
16. Any damage to pool property will be grounds for dismissal from the remainder of the meet and offenders will be held liable to the fullest extent allowed by law.

#### **TIME TRIALS:**

**Pending facility availability.** Time trials will be held at the end of the session ONLY IF TIME WILL ALLOW IT, swimmers planning to swim a time trial event must sign up 60 minutes before the start of the time trial session. The cost is \$10.00 per event, swimmers must be entered in the Sr. Meet to compete in time trials. Time trial events will count as one of the four events per day limit. Time trials will follow the same rules as the Senior Meet.

#### **OFFICIALS: Officials Meeting will begin at the beginning of each session's warm-up.**

- Officials Uniforms: white polo shirts over blue shorts, long pants or skirts or skorts, and white socks, with deck friendly white shoes.

**ENTRIES:** Swimmers may enter up to four (4) individual events.

**ENTRY FEES:** \$5.00 for each individual event. (\$1.00 of each individual event will go to the CSI Support Fund)  
Pool Surcharge: \$ 10.00 per swimmer  
See short course 2015-2016 athlete reimbursement form for funding guidelines.

**Make one check payable to: COLORADO SWIMMING, INC.**

#### **ELECTRONIC ENTRY PROCEDURES AND DEADLINES:**

- Entries must be emailed to the Entry Chair, using either Hy-Tek Team Manager File and/or Team Unify Export. Please attach a PDF or Word Document of the team entry report.
- The entry chair must receive **all** entries no later than 6:00 pm on Tuesday, **February 9, 2016.**
- **Payment and hard copies of entries must be** hand delivered or mailed and received by Thursday, February 11, 2016 at 6:00pm.
- **NO LATE ENTRIES ACCEPTED AFTER ENTRY DEADLINE. NO DECK ENTRIES.**
- Overnight mail or guaranteed next day delivery is acceptable if agent guarantees next day delivery to satisfy meet deadline.
- Psych sheet, warm-up and timer assignments will be posted at [www.coloradoswimming.org](http://www.coloradoswimming.org) by Monday, February 15, 2016.

#### **LAST CHANCE ENTRY EXCEPTIONS:**

Entries from times achieved at Last Chance Meets held the weekend prior to the meet. Approved Last Chance meets are CMA Valentines, Jeffco February Finale, Loveland February Challenger. This is only for swimmers who have not previously qualified in that event. No previous times will be adjusted.

**Corrections should be made as follows:**

Entry corrections should be sent the Entry Chair:  
Registration corrections should be sent to:

Diana Hall  
Jackie Stiff

[guessd@sbcglobal.net](mailto:guessd@sbcglobal.net)  
[csiswimoffice@gmail.com](mailto:csiswimoffice@gmail.com)

**SAFETY ISSUES:**

The conduct of warm-up and competition will adhere to Colorado Swimming, Inc. policies and procedures.

- All coaches, officials, parents and swimmers should act in a manner to reduce the risk of any accidents.
- Coaches are to monitor their swimmers during warm-up/meet and are responsible for their safety.
- No forward dives or backstroke starts into the water during warm-up unless there is one-way swimming & starts with coach supervision.
- All athletes, parents, spectators, coaches and officials are reminded that the swimming venue may have areas where additional care needs to be observed. This includes and is not limited to slippery deck, bleachers and hallways. Proper footwear and caution “may” help reduce these risks.
- No running or horseplay is allowed and it is the responsibility of the swimmer, coach, officials and parents to monitor these activities.
- Care should be given not to park in either handicapped or fire lanes as vehicles may be towed at the owner’s expense.

**PROGRAMS AND RESULTS:**

Programs will be available for \$5.00 meet program/heat sheet and the final results will be provided for teams entered in the meet. Results will be sent back to the clubs via email and posted on the web site.

**SPECIAL INFORMATION: NO SMOKING ON OTC PROPERTY. NO ALCOHOL IN THE POOL AREA.**

**LONG COURSE SENIOR MEET @ Olympic Training Center  
SUNDAY FEBRUARY 21, 2016**

Women’s	LCM	SCY	Event	LCM	SCY	Men’s
1	1:03.29	:55.29	Open 100 Free	:57.99	:50.39	2
3	2:34.29	2:10.99	Open 200 Back	2:24.09	2:01.59	4
5	2:58.99	2:32.99	Open 200 Breast	2:44.99	2:18.99	6
7	2:36.49	2:15.49	Open 200 Fly	2:24.49	2:03.99	8
9	:29.49	:25.99	Open 50 Free	:26.99	:23.59	10
11	2:35.99	2:14.99	Open 200 IM	2:23.59	2:02.49	12
13	1:11.59	1:00.99	Open 100 Back	1:06.49	:55.99	14
15	4:49.99	5:21.99	Open 400 Free	4:30.79	4:57.69	16
17	1:22.99	1:10.09	Open 100 Breast	1:15.99	1:03.19	18
19	1:08.99	1:00.39	Open 100 Fly	1:03.09	55.19	20
21	2:16.99	1:59.49	Open 200 Free	2:06.59	1:49.99	22
23*	5:29.99	4:46.99	Open 400 IM	5:08.29	4:26.99	24*
25*	10:02.19	11:06.09	Open 800 Free			
			Open 1500 Free	18:20.59	17:54.99	26*

**\*Distance Events will be combined at the discretion of the meet referee**



### CHECKLIST FOR THE COLORADO SENIOR MEET

This checklist is to help you with your entries. Have someone on your team double check for accuracy. This checklist must be signed by the coach and returned with the entries.

- \_\_\_\_\_ 1. All entries have been checked for accuracy. All swimmers are currently registered, and swimmers' names, team, USA number, time, age and event numbers are correct.
- \_\_\_\_\_ 2. Entry fees have been sent with entries and checked for accuracy.
- \_\_\_\_\_ 3. The coach's name and a phone number where he/she may be reached are included with the entries.

\_\_\_\_\_  
Coach's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach's printed name

\_\_\_\_\_  
Phone number

\_\_\_\_\_  
E-Mail

