

2017 Full Armour Open Relay Challenge

January 28th, 2017

Held under the sanction of USA Swimming Inc. Approval number # 2017-025
In granting this sanction 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.

Location: Fountain/Ft. Carson High School

8 lane, 25 yard competition pool. Depending on number of participants, the meet will be swum in 6-8 lanes, leaving up to 2 lanes available for warm up/ warm down during the meet. Pool altitude is 5550 Ft. The start end has a depth of 12 feet and the turn end has a depth of 3 feet 6 inches. The competition course has not been certified in accordance with USA swimming regulation 104.2.2C(4).

Timing System: Dolphin Wireless Stopwatch System and back up watches.

Eligibility: Open to all swimmers holding a 2016 or 2017 USA Swimming membership. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show proof of current membership. NO deck registrations will be accepted.

Meet Referee: Troy Brovold (719) 332-4514

Meet Director: Jason Lupo (719) 502-0610

Safety Chair: Jackie Griffith (720) 353-2632

Rules: Current USA and Colorado Swimming rules will govern the meet. The Meet Referee will have final authority for all swimming procedures of the meet. All events will be timed finals and will be run slowest to fastest. Deck entries for relay events will be allowed at the discretion of the Meet Director. Events will not be reseeded and no additional heats will be created to accommodate deck entries. Deck entries must be submitted to the Clerk of Course no later than 30 minutes prior to the scheduled start of the session in which the event is to be swum. Relays must be declared 30 minutes

prior to the start of the session in which the relay is to be swum.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. On deck changing is not allowed. Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. According to Safe Sport best practices, photography will not be allowed behind the starting blocks. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Entry Fees:

Relays: \$12 per relay

Athlete Surcharge: \$6

Please make one check payable to **Out of the Box Performance** (\$.75 of each individual entry will go to CSI).

Entries: Swimmers may enter up to five (5) relays.

Entry Chair: Jason Lupo (719) 502-0610 outoftheboxperformance@gmail.com

Emailed entries prepared using Hy-Tek or Team Unify required. Email entries must be received by entry chair by **January 20th**.

Awards: **Relays:** Relay event winners will be awarded with silicone bracelets.

Team Awards: 1st-5th

Scoring: Only one A relay for each team will be scored. Place 1-16 will be scored (20-17-16-15-14-13-12-11-8-7-6-5-4-3-2-1).

Timing: Teams may be asked to provide timers for one or more lanes in which they have swimmers and will be based on team size. Teams

will be notified of their lane timing assignments by Wednesday, January 25th.

Warm-up Procedures:

Current USA/CSI procedures will be followed. Designated safety marshals will supervise the warm-up sessions. There will be two 25 minute general warm-up sessions for each session of the meet. Each team will be given lane assignments commensurate to team size, and can use the 25 minutes warm up as they see fit, in keeping with USA Swimming and CSI rules for general warm up. USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmers without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision. Warm-up lane assignments and warm-up times will be emailed to teams by Wednesday, January 25th.

Schedule: Saturday, January 28th, 2017

Warm-up 8:00-8:50am

Warm-up 9:00am

Doors will open 1/2 hour prior to the morning session warm up. Warm-up and meet start time is subject to change.

**Teams will be notified by Wednesday, July 25th with any changes to the warm-up and start time.

Supplement note:

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 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 usa-swimming.org.

Special Notes:

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 2010 FINA Approved swim suit list.

http://www.usaswimming.org/_Rainbow/Documents/cf879c52-2543-4af2-9446-96768c993b29/FINA%20Approved%20Suit%20List%204-1-10.pdf

Order of Events

Mixed	Girls	Event	Boys
	1	10 & Un 200 FR Relay	2
	3	11-12 200 FR Relay	4
	5	13-14 400 FR Relay	6
	7	Open 400 FR Relay	8
	9	10 & Un 100 FR Relay	10
11		12 & Un Mixed 200 FR Relay	
12		13 & Ov Mixed 200 FR Relay	
	13	10 & Un 200 Med Relay	14
	15	11-12 200 Med Relay	16
	17	13-14 400 Med Relay	18
	19	Open 400 Med Relay	20
	21	10 & Un 100 Med Relay	22
23		12 & Un Mixed 200 Med Relay	
24		13 & Ov Mixed 200 Med Relay	
	25	Open 200 FR Relay	26
	27	11-12 400 FR Relay	28
	29	13-14 200 FR Relay	30
	31	Open 800 FR Relay	32
	33	11-12 400 Med Relay	34
	35	13-14 200 Med Relay	36
	37	Open 200 Med Relay	38
	39	10 & Un Crescendo Relay (25-50-75-100)	40
	41	11-12 Crescendo Relay (50-100-150-200)	42
	43	13-14 Crescendo Relay (50-100-150-200)	44
	45	Open Crescendo Relay (50-100-200-400)	46

