**2019 CUDA-STARS LONG COURSE OPEN**

**MAY 31, 2019 - JUNE 2, 2019**

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| **Sanction:** | Held under USA Swimming sanction # 2019-058. In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. |
| **Meet Referee:** | Jeremy Cooper email: Jeremy@cooperstreet.org |
| **Entry Chair:** | Todd Schmitz email: starstodd@aol.com |
| **Meet Director:** | Andrew Brand email: coachandrew@teamcudas.com |
| **Safety Director:** | Damon Garrison email: coachdamon@teamcudas.com |
| **Location:** | Veterans Memorial Aquatic Center (“VMAC”)5310 East 136th Ave.Thornton, CO 80602 |
| **Elevation:** | 5,320 feet |
| **Facility:** | Indoor, 50 meter, 10 lane pool. We reserve the right to run the meet in 9 lanes with no buffer lane and one warm-down lane or 10 lanes with no warn-down lane depending upon entries received. The competition course has been certified in accordance with 104.2.2C(4). The water depth at the start end is 12ft and 4ft at the turn end. |
| **Parking:** | IN the event the parking lot at VMAC fills, there is additional parking across the street at Horizon High School. Cars parked in the dirt lot immediately adjacent to VMAC face possible ticketing and towing at vehicle owner’s expense. |
| **Timing:** | Colorado Timing System with touch pads, back-up buttons, and electronic scoreboard. Hy-Tek Meet Manager Software. |
| **Start Times:** | We reserve the right to adjust session start times depending upon the number of entries we receive. Start times will be e-mailed out to teams no later than Tuesday May 28, 2019. |
| **Timing Assignments:** | CUDA and STARS will provide the majority of timing volunteers; however we reserve the right to ask visiting teams for help. Timing assignments will be emailed no later than Tuesday May 28, 2019. |
| **Warm-ups:** | * Warm-up will be conducted in accordance with Colorado Swimming Inc. procedures.
* No equipment may be used during the warm-up periods including but not limited to: fins, paddles, kick boards, pull buoys, cords for assisted or resisted swimming.
* Coaches will be responsible for the conduct and safety of their swimmers.
* The warm up schedule will be emailed out no later than Tuesday, May 28, 2019.
* Starts may only be practiced with one-way swimming – Coach monitored.
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| **Rules:** | * Current USA and Colorado Swimming rules shall govern the conduct of the meet.
* Age of swimmer is determined as of ***May 31, 2019***.
* **Swimmers are limited to 4 individual events on Friday and 3 individual events per day Saturday and Sunday.**
* 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.
* 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.
* 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.
* The meet will be pre-seeded except for the positive check-in events, which will be deck seeded.
* **FAILURE TO SWIM AFTER A POSITIVE CHECK-IN**: Teams whose swimmers check in for events requiring a positive check-in may be fined $25.00 at the discretion of the Meet Referee for each swimmer who fails to swim in those events. The swimmer may be barred from further competition.
* There will be no refunds if a session is cut short.
* No exhibition swimming is allowed.
* Team photographers must report to the Meet Referee **PRIOR** to taking any pictures.
* The Meet Referee will be the final authority for conduct of the meet.
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| **Restrictions:** | * USA SWIMMING RULES 103.11 AND 103.12 REGARDING TOBACCO AND ALCOHOL USE WILL BE STRICTLY ENFORCED.
* Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. No Photography will be allowed from behind the starting blocks. Any Team Photographers or Media must report to the Meet Director or Meet Referee prior to being allowed access to the pool deck.
* The use of visual recording devices is allowed on the deck, but is specifically PROHIBITED in the area directly behind and adjacent to the starting blocks. All photographers must identify themselves in advance to the Meet Referee. A picture ID with current address must be presented in order to obtain media credentials, which must be displayed at all times while photographing or videoing anyone attending the meet.
* Deck Changes are prohibited.
* All swimmers entered in the competition must comply with the USA Swimming Rulebook Section 102.8 Swimwear except as provided in Rule 205.10.1.
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| **Eligibility:** | * Open to all swimmers holding a 2019 USA Swimming membership. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show current proof of membership, either with a coach’s roster of currently registered athletes from the team’s Club Portal or via a mobile device and the athlete’s Deck Pass account, or they will be deck registered before they can enter the water. A surcharge for deck registration will apply, $28.00 year round and $15.00 for seasonal plus the normal registration fee.
* Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of $100 per swimmer who shows up on the post meet registration check charged to the team account. Teams will receive one Meet Recon email as a reminder to register the swimmers. As soon as the post meet registration check is run the team will be charged.
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| **Entry Fees:** | Individual event fee is $6.00 per event; $0.75 of each individual event will go to the CSI Support Fund. Pool surcharge will be $11.00 per swimmer. **MAKE CHECKS PAYABLE TO *COLORADO STARS*.** |
| **Entries:** | * Entries must be emailed to the Entry Chair, using wither Hy-Tek Team Manager File and/or Team Unify Export. Please attach a PDF or Word Document on the team entry report.
* Please include the coaches’’ name, address, email, and phone number with all entries.
* We will limit the meet to comply with the four hour rule for 12 & under swimmers.
* Entries will be accepted in the order they are received. The time stamp on the e-mail will determine the order they are received.
* Deck entries will depend upon lane space. No new heats will be created to accommodate deck entries. Deck entries will only be allowed from athletes with a current USA Swimming membership on teams already in the meet. Deck entries are $6.00 per event. On-deck registration will not be allowed.
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| **Entry Opening/Deadline:** | Entries will be accepted beginning Monday May 13, 2019 at 10:00am. Entries received prior to the opening will not be accepted. Timestamp on entry chairperson’s inbox will be used. The entry deadline is Sunday May 19, 2019 at 5:00pm; entries must be in the inbox of the entry chairperson by 5pm. |
| **Entry Chairperson:** | Todd Schmitz19600 E Greenwood DrAurora, CO 80013starstodd@aol.com |
| **Seeding:** | Meet (all events) will be seeded fastest to slowest |
| **Psych Sheets:** | Will be emailed out by Tuesday May 21, 2019, please review and e-mail any changes or concerns to the Entry Chairperson by Saturday May 25, 2019 at 5:00pm. |
| **Meet Programs:** | Will be available for free via Meet Mobile and PDF copies will be emailed to teams, heat sheets for positive check-in events will be provided, posted to Meet Mobile, and posted around the pool once the event has been seeded. Limited copies of the heat sheets will be available to purchase for $10.00 |
| **Concessions:** | Full Concessions will be available |
| **Positive Check-in:** | * Positive check-in will be for ***ALL*** events for 13 & Overs, except the first event of the session
* Positive check-in will close approximately 1 hour before the event swims. Seeding procedures will comply with the current USA Swimming Rulebook.
* **400IM** - swimmers must provide their own timers.
* **400 & 1500 Free** - positive check-in will close 10 minutes after the start of the distance session warm-ups on Friday.
	+ The 400 & 1500 will alternate Women and Men, swimmers must provide their own timers, 1500 swimmers must also provide their own counters.
	+ We reserve the right to limit the 400 Free to the top 3 heats each for Women and Men 12 & under and top 4 heats for 13 & up.
	+ We reserve the right to limit the 1500 Free to the top 3 heats each for Women and Men swimmers and may be required to swim 2 per lane, if deemed necessary by the Meet Referee.
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| **Awards:** | * Top 3 high point awards will be awarded for 12 & under swimmers. Trophies will be awarded for 8 & Under, 9-10 and 11-12 age groups for each gender. Points will be awarded for top 10 finishes per event and break down accordingly: 12-9-8-7-6-5-4-3-2-1.
* ***Friday's Open 50 and 1500 events will not count towards high point.***
* The 400 freestyle will be counted towards high point for 11-12 age group **ONLY**.
* Every 13 & Over swimmer will receive a custom bag tag.
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| **Results:** | Results will be e-mailed to participating teams once the meet has concluded |
| **Coaches/Officials:** | * All coaches and uniformed officials must display their USA Swimming Credentials Card or have their Deck Pass credentials readily available, that will include a current background check date and a current Safe Sport Program training date.
* Current certification is mandatory. Coaches/Officials not in compliance will not be allowed on deck.
* A Coaches meeting will be held at 10:45 AM on Friday.
* Coaches will be required to sign-in to receive a heat sheet.
* Officials’ briefings: roughly 1 hour prior to the start of each session.
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| **Officials Uniform:** | White polo shirt over blue shorts, long pants, skirt or skort, and white socks with deck friendly white shoes. |
| **Officiating Trainee:** | Are welcome at this meet, please check in with Meet Referee at the designated officials meeting for the session(s) in which you plan to participate. |

**Schedule of Swimming Events, Friday Morning Session, May 31, 2019**

Warm Up: 11:00 – 11:50AM Session Starts: 12:00PM

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| **Women** | **Age Group** | **Event** | **Age Group** | **Men** |
| 1\* | Open | 50 Free | Open | 2\* |
| 3\* | Open | 50 Breast | Open | 4\* |
| 5\* | Open | 50 Back | Open | 6\* |
| 7\* | Open | 50 Fly | Open | 8\* |

\*Swimmers must provide their own timers/counters

**Schedule of Events, Friday Afternoon Session, May 31, 2019**

Warm Up: 4:00 – 4:30PM Session Starts: 4:40PM

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| --- | --- | --- | --- | --- |
| **Women** | **Age Group** | **Event** | **Age Group** | **Men** |
| 9\* | 12 & Under | 400 Free | 12 & Under | 10\* |
| 11\* | 13 & Over | 400 Free | 13 & Over | 12\* |
| 13\* | Open | 1500 Free | Open | 14\* |

\*Swimmers must provide their own timers/counters

**Schedule of Events, Saturday Morning Session, June 1, 2019**

Warm Up: 7:15 – 7:40AM Session Starts: 7:50AM

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| --- | --- | --- | --- | --- |
| **Women** | **Age Group** | **Event** | **Age Group** | **Men** |
| 15 | 10 & Under | 100 Back | 10 & Under | 16 |
| 17 | 10 & Under | 50 Fly | 10 & Under | 18 |
| 19 | 10 & Under | 50 Free | 10 & Under | 20 |
| 21 | 10 & Under | 100 Breast | 10 & Under | 22 |
| 23 | 10 & Under | 200 Free | 10 & Under | 24 |

**Schedule of Events, Saturday Mid-Day Session, June 1, 2019**

Warm Up: 10:35 – 11:00AM Session Starts: 11:10AM

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| **Women** | **Age Group** | **Event** | **Age Group** | **Men** |
| 25 | 11 – 12 | 100 Back | 11 – 12 | 26 |
| 27 | 11 – 12 | 200 Fly | 11 – 12 | 28 |
| 29 | 11 – 12 | 50 Free | 11 – 12 | 30 |
| 31 | 11 – 12 | 100 Breast | 11 – 12 | 32 |
| 33 | 11 – 12 | 50 Fly | 11 – 12 | 34 |
| 35 | 11 – 12 | 200 Free | 11 – 12 | 36 |
| 37\* | 11 – 12 | 400 IM | 11 – 12 | 38\* |

\*Swimmers must provide their own timers/counters

**Schedule of Events, Saturday Afternoon Session, June 1, 2019**

Warm Up: 2:30 – 3:20PM Session Starts: 3:30PM

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| **Women** | **Age Group** | **Event** | **Age Group** | **Men** |
| 39 | 13 & Over | 100 Free | 13 & Over | 40 |
| 41 | 13 & Over | 200 Fly | 13 & Over | 42 |
| 43 | 13 & Over | 100 Back | 13 & Over | 44 |
| 45 | 13 & Over | 200 Breast | 13 & Over | 46 |
| 47 | 13 & Over | 200 IM | 13 & Over | 48 |

**Schedule of Events, Sunday Morning Session, June 2, 2019**

Warm Up: 7:15 – 7:40AM Session Starts: 7:50AM

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| **Women** | **Age Group** | **Event** | **Age Group** | **Men** |
| 49 | 10 & Under | 100 Free | 10 & Under | 50 |
| 51 | 10 & Under | 50 Breast | 10 & Under | 52 |
| 53 | 10 & Under | 50 Back | 10 & Under | 54 |
| 55 | 10 & Under | 100 Fly | 10 & Under | 56 |
| 57 | 10 & Under | 200 IM | 10 & Under | 58 |

**Schedule of Events, Sunday Mid-Day Session, June 2, 2019**

Warm Up: 10:35 – 11:00AM Session Starts: 11:10AM

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| Women | Age Group | Event | Age Group | Men |
| 59 | 11 – 12 | 100 Free | 11 – 12 | 60 |
| 61 | 11 – 12 | 200 Breast | 11 – 12 | 62 |
| 63 | 11 – 12 | 50 Back | 11 – 12 | 64 |
| 65 | 11 – 12 | 100 Fly | 11 – 12 | 66 |
| 67 | 11 – 12 | 50 Breast | 11 – 12 | 68 |
| 69 | 11 – 12 | 200 Back | 11 – 12 | 70 |
| 71 | 11 – 12 | 200 IM | 11 – 12 | 72 |

**Schedule of Events, Sunday Afternoon Session, June 2, 2019**

Warm Up: 2:30 – 3:20PM Session Starts: 3:20PM

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| --- | --- | --- | --- | --- |
| Women | Age Group | Event | Age Group | Men |
| 73 | 13 & Over | 100 Fly | 13 & Over | 74 |
| 75 | 13 & Over | 200 Free | 13 & Over | 76 |
| 77 | 13 & Over | 100 Breast | 13 & Over | 78 |
| 79 | 13 & Over | 200 Back | 13 & Over | 80 |
| 81\* | 13 & Over | 400 IM | 13 & Over | 81\* |

\*Swimmers must provide their own timers/counters