COLORADO SWIMMING SENIOR LONG COURSE STATE CHAMPIONSHIPS
JULY 18 – 21, 2019

SANCTION: Held under Sanction of USA Swimming and Colorado Swimming Sanction #2019-091. 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.

MEET REFEREE: Scott Powell Email: Spowell11@comcast.net

ADMINISTRATIVE REFEREE: Linda Seckinger Email: lseckinger@aol.com

MEET DIRECTOR: Andrew Brand Email: Coachandrew@teamcudas.com

ENTRY CHAIR: Colorado Swimming Email: csimeetentries@gmail.com
PO BOX 816 Frederick, CO 80530
970-454-3697 (Linda) 720-616-7937 (Jackie)
Charged to Team Account

SAFETY DIRECTOR: Damon Garrison

LOCATION: **Veterans Memorial Aquatic Center, 5310 E. 136th Ave., Thornton, CO 80026**

FACILITY: Elevation: 5340 ft. Indoor, 25 yard, 10 lane pool. The competition course has been certified in accordance with 104.2.2C(4), and a copy of such is on file with USA Swimming. Continuous warm-up/warm-down lanes will be available during the meet. The competition course depth is a continuous 7 feet at start and turn ends and in the middle.
Only USA Swimming member swimmers swimming the meet, registered coaches with current certification, working officials, facility staff, and volunteers are allowed on deck. Parents and spectators please remain in the stands or lobby area.

TIMING: Colorado Timing System with touchpads, button back-up, 10-lane scoreboard, and electronic horn start.

MANDATORY GENERAL MEETING:
Thursday July 18, 2019 at 9:00 AM in Coaches/Officials hospitality room. All coaches will be emailed prior to the meeting as to the location. Meet Referee will answer any questions about the meet format as well as any last minute changes or reminders from the Administrative Referee.

SCHEDULE

Days	SESSION	WARM-UP	MEET START
Thursday	Relays	General 9:30 -10:10 AM Specific 10:10 -10:30 AM	10:40 AM
Thursday	1500 (Tentative Times)	General 2:00 -2:40 PM Specific 2:40 -2:50 PM	3:00 PM
Friday, Saturday, Sunday	Prelims	General 7:00 – 8:00 AM Specific 8:00 – 8:20 AM	8:30 AM
Friday, Saturday, Sunday	Finals (Tentative Times)	General 4:30 – 5:05 PM Specific 5:05 – 5:20 PM	5:30 PM

FINALS: The top three (3) heats of prelim final events for 14 & Under and 15 & over will compete in finals. Places, 17-24 will compete in the "C" final, 9-16 will compete in the "B" Final and places 1-8 will compete in the "A" Final. C/B finalists are to report behind the blocks and will be announced in the pool. A finalist, if you would like to march please report to the ready area, if not please report behind the block.

1. **Finals Reporting: It is the responsibility of all athletes in finals to report behind the blocks in time to swim their event. If an athlete fails to report in time and the Deck Referee has inserted an alternate, or has determined they are not present to swim, then the athlete will be barred from further competition. Alternates for finals are to report to the Deck Referee 2 events prior to their race. Per USA Swimming rules finals alternates will only be used in the C heats of any event.**
2. **A $50.00 fine will be assessed for this failure to appear which must be paid before the swimmer can resume competition in any sanctioned event in Colorado.**

ENTRIES: Swimmers may enter up to five (5) individual events per day, but must scratch down to and swim a maximum of three (3) individual events per day, a maximum of 7 total events for the meet. Swimmers may enter and swim one (1) relay event each day. **Swimmers must pay for all events entered no refunds for changes or scratched events.**

RELAYS: **All relay only swimmers and relay alternates must be included in the entry file to be eligible to compete on a relay team.**

Declaration of the relay must include: (1) First and Last Names, (2) Ages, (3) Order of Swimming, (4) Alternate swimmers and USA Swimming ID's.

RELAYS MUST BE POSTIVIELY CHECKED IN BY THE COACHES MEETING 9am.

Relays will be seeded after the established declarations deadline has passed, but the order of swimmers declared on the cards may be changed at any time prior to the start of the heat.

1. Relays not meeting the qualifying time will not score points or receive awards.
2. A maximum of two (2) relay teams per club per event will be permitted.
3. No unattached swimmer may swim on a relay.

All relays will swim as a timed final event.

ENTRY FEES:

$6.00 for each individual event. ($1.00 of each individual event will go to the CSI Support Fund)
$15.00 per swimmer pool charge (Includes all swimmers listed on the master sheet for relays).
$16.00 for each relay event.
Any outstanding fees and/or past due fees owed to Colorado Swimming must be paid in full in order to participate in the meet.

ELECTRONIC ENTRY PROCEDURES AND DEADLINE:

- 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 11:59 pm on Tuesday, **July 9, 2019. (entries will be verified on/or before July 10th).**
- **Payment will be processed via credit card at the meet or via QuickBooks Invoicing**.
- **NO LATE ENTRIES ACCEPTED AFTER ENTRY DEADLINE. NO DECK ENTRIES.**
- Psych sheet, warm-up and timer assignments will be posted at www.coloradoswimming.org by Friday, July 12, 2019.

LAST CHANCE ENTRY EXCEPTIONS:

- Times achieved at approved Colorado Last Chance meets and any additional meets requested MUST BE SENT to lseckinger@aol.com before July 1, 2019. Last Chance exception only applies to swimmers who have not previously qualified in that event. No previous times will be adjusted.
- **Last Chance entry procedure:** New qualifications and payment must be submitted to the meet director at the last chance meets. The Meet director will then forward all last chance qualifications to the State meet entry chair. **Entries will not be accepted from individuals or teams, only from last chance host.**

Corrections should be made as follows:

Entry corrections & Proof of time correction should be sent to:	Linda Seckinger	csimeetentries@gmail.com
Registration corrections should be sent to:	Jackie Stiff	csiswimoffice@gmail.com

ELIGIBILITY: All athletes **must** hold a 2019 USA Swimming membership card issued by Colorado Swimming, Inc. Swimmers who are within the 120-day transfer rule must swim **UNATTACHED.** No deck registrations will be allowed. The meet will also be open to CSI physically impaired, visually impaired or intellectually impaired athletes who have met a motivational Time Standard for their respective sport class. 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.

CSI Senior Circuit: Events swum will count toward CSI Senior Circuit event total. Please see CSI funding policy for details.

SCORING: Long Course Championships will score through 24th place and award through 16th place. All events will be scored according to age definition of the event. No split age group event scoring, except 800 and 1500 free which will be seeded by time and divided by 14 & under and 15 & Over for scoring.

Individual:	32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays:	64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS:

14 & Under		
Individual:	Medals - 1st – 8th	Ribbons - 9th – 16th
Relays:	Medals – 1st – 3rd	Ribbons – 4th – 8th
15 & Over		
Individual:	Medals - 1st – 8th	
Relays:	Medals – 1st – 3rd	

Team: *Top 3 team for Senior Meet.*

HIGH POINT: Top Male and Female in each age group.

SEEDING PROCEDURE & SCRATCH RULES:

Scratch procedures will be enforced as per **207.11.6** of the USA Swimming Rules and Regulations. All scratches for the Friday individuals events must be turned in to the scratch box, or emailed by **2:00 PM Thursday, July 18, 2019** to the Entry Chair, csimeetentries@gmail.com. The scratch deadline for all subsequent days shall be 30 minutes after the published starting time of the final session of each prior day's events.
Swimmers who No-Show a prelim event will be barred from the meet for the rest of the day and must report to the Meet/Administrative Referee for subsequent days' events.
Swimmers who No-Show a final event will be barred from any further competition for the remainder of the meet.

Relay swimmers need to be declared at the time of the Coaches Meeting Thursday, July 18, 2019 at 9am.

400 Freestyle will be swum Fastest to Slowest. The 2 fastest heats (circle seeded) of Women's 15 & over followed by Men's 15 & over then the same for 14 & Under. After those heats it will alternate non-circle seeded heats 1 women's (15 & Over), 1 men's (15 & over), 1 women's (14 & under), and 1 men's (14 & under) until all heats are completed.

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

POSITIVE CHECK-IN EVENTS (DISTANCE):

800 & 1500 FREESTYLE

1. The 800 Freestyle will be deck seeded by positive check-in. Positive Check in will close 30 minutes after the published start of finals the day before. 800 Finals heat sheet will be available at the end of finals the night before.
2. The 1500 Freestyle will be deck seeded by positive check in. Positive Check in will close 60 minutes after the published start of the morning relay session. 1500 Finals heat sheet will be available at the end of the relay session.
3. Any swimmer not checked in for the 800/1500 Freestyle will not be seeded in the event.
4. The 800/1500 Freestyle will swim fastest to slowest alternating women and men.
5. The 800/1500 Freestyle may need to be swum two (2) per lane except for the fastest heat. The 800 fastest heat of men and women will swim in finals.
6. Positive check in cannot be used as a substitute event for any swimmer waiting for the positioning into a finals event.
7. **A $50.00 fine will be assessed for this failure to appear which must be paid before the swimmer can resume competition in any sanctioned event in Colorado.**
8. A Declared False Start (DFS) will not be accepted from any swimmer that has positively checked in for the 800/1500 Freestyle.
9. **800/1500 FREESTYLE SWIMMERS MUST PROVIDE THEIR OWN TWO (2) TIMERS AND MAY APPOINT ONE (1) COUNTER TO CALL LENGTHS OR INDICATE LENGTHS BY VISUAL SIGN.**

RULES:

1. The MEET REFEREE will have the final authority on all swimming procedures of the meet.
2. Current 2019 USA Swimming and Colorado Swimming Rules & Regulations will govern the meet.
3. Age as of the first day of the meet, July 18, 2019 will determine the swimmer's age group for competition.
4. No exhibition swimming is allowed.
5. Times must have been achieved between July 20, 2018 and July 7, 2019. See Last Chance Meet exceptions above.
6. A maximum of two (2) relay teams per club per event will be permitted. No unattached swimmers on any relay or unattached relays. N.T. or "blank spaces" will be deemed an incorrect entry and will not be accepted. No money will be refunded to teams for an incorrect entry. If relays do not meet the qualifying time they will be scratched.
7. Colorado Swimming, Inc. procedures for warm-up will be observed.
8. The USA Swimming National Start will be used. Please refer to 101.1.2
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. Teams that have at least 6 swimmers in a session may be given a timing assignment.
10. 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 without the use of the backstroke ledge. 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.
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 current FINA Approved swim suit list.
13. Any team or unaffiliated photographers must check-in with the Meet Referee prior to taking any photographs. No photography allowed from behind the starting platforms, during any starts.
14. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

15. Deck Changing 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.
17. 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.

Coaches/Officials: All coaches and persons acting in any coaching capacity and uniformed officials must display their current USA/CSI cards when on deck. Deck Pass is an acceptable proof of USA Swimming membership. Current certification is mandatory. Coaches and officials that are in non-compliance will not be allowed on deck. Coaches will be required to sign in to receive a heat sheet.

1. A mandatory Officials meeting will be held one hour prior to the start of each session each day of the meet.
2. No trainees will be allowed on deck for the prelim/final portion of this meet
3. Application to Officiate is available on the CSI website or by CLICKING HERE

Officials uniforms: **Prelims**: White polo shirts over blue shorts, long pants or skirts/skorts.
Officials uniforms: **Finals**: White polo shirts over blue long pants or skirts/skorts. No short pants at finals please. White socks and shoes at both sessions.

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. Colorado swimming will not be held responsible for injuries incurred by athletes, parents, spectators, coaches and officials.
- 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.

SEPCIAL INFORMATION:

- There will be "NO SMOKING" anywhere in the facility.
- Spectators are asked to refrain from standing along the rail in front of the viewing area.
- **NO spectators** will be permitted on deck or in swimmer locker rooms at any time during the meet.
- Deck space is reserved for swimmers, officials, participating team affiliated coaches and working volunteers.

Local Hotel: Courtyard Marriott 14355 Orchard Pkwy, Westminster, CO 80023

CSI SENIOR LONG COURSE STATE CHAMPIONSHIPS
ORDER OF EVENTS

TF **Timed finals**

Thursday– Relays		
#	Event	#
1 TF	15 & Over 400 Med Relay	2
3	14 & U 400 Med Relay	4
5	15 & Over 400 Free Relay	6
7	14 & U 400 Free Relay	8

Thursday – Mile		
#	Event	#
9	13 & Over 1500	10

Friday – Prelims		
#	Event	#
11	14 & U 400 I M	12
13	15 & Over 400 IM	14
15	14&U 100 Breast	16
17	15 & Over 100 Breast	18
19	14&U 200 Free	20
21	15 & Over 200 Free	22
23	14&U 100 Fly	24
25	15 & Over 100 Fly	26

Friday – Finals		
#	Event	#
11	14&U 400 I M	12
13	15 & Over 400 I M	14
15	14&U 100 Breast	16
17	15 & Over 100 Breast	18
19	14&U 200 Free	20
21	15 & Over 200 Free	22
23	14&U 100 Fly	24
25	15 & Over 100 Fly	26

Saturday Prelims		
#	EVENT	#
27	15 & Over 100 Free	28
29	14&U 100 Free	30
31	15 & Over 200 Breast	32
33	14&U 200 Breast	34
35	15 & Over 100 Back	36
37	14&U 100 Back	38
39	15 & Over 400 Free	40
41	14&U 400 Free	42

Saturday Finals		
#	Event	#
27	15 & Over 100 Free	28
29	14 & U 100 Free	30
31	15 & Over 200 Breast	32
33	14 & U 200 Breast	34
35	15 & Over 100 Back	36
37	14 & U 100 Back	38
39	15 & Over 400 Free	40
41	14 & U 400 Free	42

CSI SENIOR LONG COURSE STATE CHAMPIONSHIPS
ORDER OF EVENTS (Continued)

***TFP/**TFF** **800 Free will be swum fastest to slowest at the conclusion of prelims with exception the fastest heat will swim in finals.**

Sunday Prelims		
#	EVENTS	#
43	14&U 200 I M	44
45	15 & Over 200 I M	46
47	14&U 200 Back	48
49	15 & Over 200 Back	50
51	14&U 50 Free	52
53	15 & Over 50 Free	54
55	14&U 200 Fly	56
57	15 & Over 200 Fly	58
	10 Min Break	
59 * TFP	800 Free	60 *TFP
	14 & U	
	15 & Over	

Sunday Finals		
#	EVENTS	#
59 ** TFF	800 Free	60 **TFF
43	14 & U 200 I M	44
45	15 & Over 200 I M	46
47	14 & U 200 Back	48
49	15 & Over 200 Back	50
51	14 & U 50 Free	52
53	15 & Over 50 Free	54
55	14 & U 200 Fly	56
57	15 & Over 200 Fly	58

2019 CSI Long Course Senior State Championship Time Standards
VMAC
July 18-21, 2019

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.49	0:28.69	0:25.89	**50 Free**	0:29.39	0:27.39	0:24.69
1:05.89	1:02.29	0:56.09	**100 Free**	1:03.89	0:59.39	0:53.49
2:23.29	2:16.49	2:02.89	**200 Free**	2:19.89	2:10.89	1:57.89
4:57.79	4:49.19	5:31.19	**400/500 Free**	4:51.39	4:39.09	5:19.79
10:21.49	10:08.69	11:36.39	**800/1000 Free**	10:16.49	10:03.69	11:30.79
20:45.09	20:21.09	19:40.29	**1500/1650 Free**	20:33.89	20:09.89	19:37.39
1:14.59	1:10.49	1:03.49	**100 Back**	1:13.59	1:08.99	1:02.09
2:39.49	2:30.59	2:15.69	**200 Back**	2:38.79	2:28.79	2:13.99
1:26.39	1:20.09	1:12.09	**100 Breast**	1:23.99	1:17.99	1:10.19
3:06.29	2:55.49	2:38.09	**200 Breast**	3:01.79	2:51.79	2:34.69
1:13.89	1:09.29	1:02.49	**100 Fly**	1:11.99	1:08.19	1:01.39
2:50.69	2:39.99	2:24.19	**200 Fly**	2:46.79	2:36.79	2:21.19
2:41.89	2:32.59	2:17.39	**200 IM**	2:36.99	2:28.89	2:14.09
5:40.09	5:28.69	4:56.09	**400 IM**	5:33.19	5:23.49	4:51.39
5:23.69	5:13.29	4:42.29	**400 Med Relay**	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	**400 Free Relay**	4:36.49	4:24.99	3:59.99

Open

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.79	28.09	25.69	**50 Free**	0:27.59	25.99	23.39
1:03.69	1:01.09	55.89	**100 Free**	0:58.79	55.99	50.09
2:20.19	2:12.39	1:59.99	**200 Free**	2:11.39	2:00.19	1:50.09
4:52.89	4:44.19	5:25.09	**400/500 Free**	4:40.99	4:31.59	5:09.99
10:11.39	9:58.59	11:25.09	**800/1000 Free**	9:59.39	9:46.59	11:11.59
20:09.39	19:45.39	19:10.69	**1500/1650 Free**	19:25.19	19:01.19	18:29.39
1:12.19	1:08.09	1:01.09	**100 Back**	1:08.29	1:04.99	57.59
2:37.49	2:29.59	2:14.49	**200 Back**	2:31.79	2:22.69	2:06.99
1:24.79	1:19.39	1:11.39	**100 Breast**	1:18.59	1:11.99	1:05.19
3:02.59	2:53.49	2:36.09	**200 Breast**	2:52.39	2:42.49	2:24.89
1:12.59	1:07.89	1:01.19	**100 Fly**	1:06.19	1:00.29	54.99
2:48.69	2:39.09	2:23.19	**200 Fly**	2:41.29	2:30.09	2:14.69
2:38.89	2:30.89	2:15.19	**200 IM**	2:27.99	2:19.99	2:05.99
5:37.69	5:27.39	4:54.69	**400 IM**	5:26.29	5:18.49	4:46.39
5:23.69	5:13.29	4:42.29	**400 Med Relay**	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	**400 Free Relay**	4:36.49	4:24.99	3:59.99

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