

Jeffco May Open

May 17-19, 2019

Sanction: Held under the sanction of USA Swimming #2019-057

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: George Meyers Pool, 7900 Carr Drive, Arvada, CO 80005

Facilities: Elevation 5300'. The pool is an eight lane 50 meter facility with non-turbulent lane markers. The meet will be run in 7 lanes with 1 lane for warm-up & cool-down. An electronic Colorado Timing Systems with touch-pads, electronic scoreboard and back-up timing system will be used. Water depth at the start end for a distance of 3 feet 3 ½ inches is 13 Feet and at the turn end of the competition pool is 3 ½ Feet. The competitions course has not been certified in accordance with 104.2.2C (4).

Eligibility: Open to all swimmers holding a 2019 USA Swimming membership cards. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. 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

Event Limit: 3 individual events per day

Tentative Start Times:

Day	Session	Warmup	Start	Session	Warmup	Start
Fri, May 17	1	3:45-4:55pm	5:00pm			
Sat, May 18	2	7:00-8:00am	8:10am	3	12:30-1:30pm	1:40pm
Sun, May 19	4	7:00-8:00am	8:10am	5	12:30-1:30pm	1:40pm

Entry Procedures: The meet will be **LIMITED** to fit within the 4 hour rule. All of the JH entries will be accepted and others will be accepted in the order they are received, until the meet is full. No team will be split unless they express that desire. Once the 4 hour time line has been reached no further entries will be accepted. No team will be split unless they express that desire. **NT entries will not be accepted.** All meet entries should be submitted via email by the entry deadline.

Entry Fees: \$6.00 per individual event
\$6.00 late entry fee
\$7.00 pool surcharge per swimmer
\$0.75 of every individual event goes to the CSI Support Fund.
Make one check payable to the North Jeffco Swim Team.

Entry Deadline: Meet entries must be received by the entry chairman no later than **Thursday, April 25th, 2019**. Entries received after April 25th will be accepted only if accompanied by a \$7.00 late fee per event. Late entries accepted during the meet will be charged \$7.00 per event due at the time of entry and seeded only in open lanes if available. Late entries must be prepared to show proof of registration.

Final warm-up times and schedule will be emailed to teams and posted to <http://www.northjeffcoswimteam.org> by Monday, May 13, 2019

Entry Chair: NJST, P.O. Box 746396, Arvada, CO 80006
jeffcoentrychair@yahoo.com

Meet Director: Carmen Babcock; swimshady7@yahoo.com, 303-887-5467
Brett Stoyell; brewstoy@hotmail.com, 303-887-8495

Meet Referee: Heather Rooney, Rooneyclan2@gmail.com

Safety Chairman: Ashley Strickland; ashstrick@yahoo.com

Awards : Ribbons 1st-8th place 10&U, 11-12 in individual events, no awards for 13&O.

Programs/Results: Programs will be available online at our website: <http://www.northjeffcoswimteam.org>
Concessions: There will be concessions available during all sessions of the meet.

Special Information: No smoking, chewing tobacco, drugs, or drinking of alcoholic beverages allowed in the building. Any damage to pool property will be grounds for dismissal from the meet. Coaches, parents and athletes are reminded that the swimming venue may have areas where additional care needs to be observed.

Warm-up Procedures: CSI warm-up procedures will be followed. Coaches are responsible for monitoring their swimmers during warm-up. Starts will be in the two outside lanes at the time announced by the announcer. Swimmers must enter the pool feet first except during starts. Marshals will monitor the pool during warm-up and competition. Swimmers must enter the warm-up/warm-down lane from the seated position, no jumping.

Rules: Current 2019 USA Swimming and CSI rules and regulations shall apply.

1. The meet referee will be the final authority for the conduct of the meet.
2. **Participating teams may be assigned lanes for timing.**
3. 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.
4. 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.
5. Age of the swimmer is determined as of May 17, 2019. All events will be timed finals. Entries for the 12&Under session will be limited to fit within the four hour USA Swimming rule.
6. **Events will be preseeded running fast to slow and swimmers should report directly to the blocks with the exception of all 200 and longer, which will require a positive check in approximately 30 minutes after the start of warm up or 60 minutes prior to the start of the race. The 800 will be limited to the top 28 swimmers of each gender. The Open 800 Free, 13&O 400 Free and Open 400 IM will be run fastest to slowest alternating gender and swimmers must provide their own timers and counters.**
7. Use of audio or visual recording equipment, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
8. No smoking, chewing tobacco, drugs, or drinking alcoholic beverages allowed in the building.
9. Any damage to pool property will be grounds for dismissal from the meet.
10. No Deck Changing Allowed.
11. No on-deck photography from behind the starting blocks will be allowed during the start of any races. All photographers must identify themselves in advance to the meet referee.
12. No exhibition swimming will be allowed.
13. 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: Coaches and uniformed officials must display their USA/CSI cards when on deck, current certification is mandatory. Coaches and officials not in compliance will not be allowed on deck. Deck Pass is an acceptable proof of membership, and coaches will be required to sign in to receive a program. There will be a coaches meeting at 3:30PM on Friday afternoon.

Session 1 – Friday PM
Warm up 3:45-4:55 / Start 5:00pm

Qual	Girls	Event Description	Men	Qual
	1	Open 100 Free	2	
6:15.00	3	12&U 400 Free	4	6:30.00
	5	Open 200 IM	6	
5:30.00	7	13&O 400 Free	8	5:30.00

Session 2 – Saturday AM
Warm up 7:00-8:00 / Start 8:10am

9	12&U 100 Back	10
11	12&U 50 Free	12
13	12&U 100 Breast	14
15	12&U 50 Fly	16
17	12&U 200 Free	18
19	12&U 400 IM	20

Session 3 – Saturday PM
Tentative Warm up 12:30-1:30 / Start 1:40pm

	21	Open 100 Fly	22	
	23	Open 200 Breast	24	
	25	Open 50 Free	26	
	27	Open 200 Back	28	
6:20.00	29	Open 400 IM	30	6:20.00

Session 4 – Sunday AM
Warm up 7:00-8:00 / Start 8:10am

31	12&U 100 Free	32
33	12&U 200 Back	34
35	12&U 50 Breast	36
37	12&U 100 Fly	38
39	12&U 50 Back	40
41	12&U 200 IM	42

Session 5 – Sunday PM
Tentative Warm up 12:30-1:30pm / Start 1:40pm

	43	Open 100 Breast	44	
	45	Open 200 Free	46	
	47	Open 100 Back	48	
	49	Open 200 Fly	50	
11:00.00	51	Open 800 Free	52	11:00.00

Jeffco Hurricanes are going GREEN!

Please bring your reusable water bottle and/or coffee mug. There will be water refill stations available at the pool, and concessions will be happy to fill coffee in your own mug!

