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**Altitude Speedo Thanksgiving Open  
November 23, 2019**

HOSTED BY ALTITUDE PERFORMANCE SWIM TEAM

**Approved Number:** 2019-133A  
Held under the approved of USA Swimming Sanction. “*In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”*

**Contacts:** Meet Director/Entry Chair: Mike Stromberg – (719) 505.2076 / [mkstromberg@gmail.com](mailto:mkstromberg@gmail.com)  
Meet Referee: Ben Ayotte - BAyotte86@gmail.com   
Safety: Karen Athen

**Meet Type:** This is a COMBINED MEET time final meet. All events will be mixed and swum fastest to slowest. All swimmers must have completed their USA Swimming Racing Start Certification to compete in this meet. **Although this may be the first SC meet of the year for your 12 & Under, it is not intended as a developmental meet.** Please make sure your swimmers are trained and ready for multiple whistle starts and flyovers. If your swimmer is not ready to go off the starting blocks, this is not the meet for them.

**Location:** Cadet Natatorium, United States Air Force Academy, CO 80840 Elevation is 7, 200 feet.

**Facility:** **Two - 8 lane by 25 yards indoor competition course**. The open events will be swum in the east course with the starting end at 15’ and the turning end of 7’. The 12&Under events will be swum in the west end with the starting end at 4’ and the turning end at 7’. The water polo pool will be used as continuous warm up and warm down after the meet begins.

**Timing:** Daktronics Timing System with display scoreboard, touchpads with backup button and watch will be used. Participating teams will be assigned lanes for timing and are expected to provide timer(s) for the duration of the assignment.

**Schedule:** **Doors Open:** 9:30 am / **Warm Up:** 10:00 am / **Meet Starts**: 11:00 am

**Rules:** \*Current USA Rules will govern the procedure of the meet. The meet referee will have the final authority for the conduct of the meet.  
\* The standard CSI warm-up procedures are in effect for this meet. This includes swimmers entering the warm up lanes with using a 3-point feet first entry where both feet and 1 hand must be in contact with the deck or end wall immediately prior to entering the water.   
\* At a sanction competitive event all USA Swimming athlete members must be under the supervision of USA Swimming member coach during warm-up, competition, and warm-down. Any swimmers at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision. 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 from within the water. It is the responsibility of the swimmer or swimmer’s legal guardian to ensure compliance with this requirement.  
\*The use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, restrooms, or locker rooms.  
\*Deck changing is prohibited. No deck photography from behind the starting platforms.  
\* 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.  
\* All coaches and uniformed Officials must display or show proof of USA Swimming membership when on deck. Coaches and Officials will be required to sign in before being allowed on deck in a Coach or Official capacity. Deck pass is an acceptable proof of membership.

**Eligibility:** This is an USA Swimming Approved meet so both USA Swimming registered and swimmers that are not USA Swimming registered swimmers are eligibility. Age as of November 23, 2019 determines age group for the event.

**Entry Fees:** Individual Events: $5.00 (.75 goes to the CSI Support Fund)   
Swimmer Surcharge: $7.00  
Deck Entries will be allowed in open lanes only. The fee is $6.00 per event along with proof of registration. The fee must be paid at time of entry.

**Meet Program:** $3.00

**Awards:** Each swimmer will receive a souvenir swim cap.

**Event Limit:** Six (6) individual events.

**Limited Events:**  The 400 IM and 500 Free will be limited to the top 24 mixed fastest swimmers ranked by time.

**Entry Deadline:** Entries must be received by **Thursday, November 14th**. Teams not having paid for their entries by the start of the meet will not be allowed to compete.  
Mail entries to: Altitude – 2451 Ledgewood Drive, Colorado Springs, CO 80921  
Email entries to: [mkstromberg@gmail.com](mailto:mkstromberg@gmail.com)   
Check payable to: Altitude Performance Swim Team

**CSI Exception:** This meet is sanction as an approved meet. For a swimmer’s time to be recognize by USA Swimming they must be a current USA Swimming registered swimmer. NCAA swimmers can entry the meet without an USA Swimming registration and their times will be allowed. Team’s will receive one meet recon email as a reminder to register the swimmer.

**Hospitality:** Limited hospitality since this is a one session meet.

**Concessions:** There will be no concessions for this meet.

**ORDER OF EVENTS**

**COMBINED 12 & Under EVENTS** **COMBINED OPEN EVENTS**

1 – 50 Butterfly 2 – 100 Butterfly  
3 – 500 Freestyle (Fastest 24 swimmers) 4 – 500 Freestyle (Fastest 24 swimmers)  
5 – 100 Breaststroke 6 – 200 Breaststroke  
7 – 50 Backstroke 8 – 100 Backstroke  
9 – 50 Freestyle 10 – 50 Freestyle  
11 – 100 IM 12 – 400 IM (Fastest 24 swimmers)  
**10 Minute Break – Only If Necessary 10 Minute Break – Only If Necessary**  
13 – 200 Freestyle 14 – 200 Freestyle  
15 – 100 Butterfly 16 – 200 Butterfly  
17 – 50 Breaststroke 18 – 100 Breaststroke  
19 – 100 Backstroke 20 - 200 Backstroke   
21 – 100 Freestyle 22 – 100 Freestyle  
23 – 200 IM 24 – 200 IM