



JAN 12, 2019
JEFFCO
10&U SERIES #3
WARM UP 10:30AM
START 11:10AM

\$20 per swimmer, 4 events + 1 relay

Ribbons Individual 1st-8th, 8&U, 9yo & 10yo. Relays 8&U, 10&U.

Top 3 overall 8&U, 9yo & 10yo girls & boys will be awarded a trophy at the conclusion of Grand Prix #4.



www.northjeffcoswimteam.org

**10&U
GRAND PRIX
SERIES**

10&U GRAND PRIX
SERIES
PARTICIPATION
AWARD

FREE COFFEE FOR
PARENTS

HEAT WINNER
AWARDS

FREE MEET
PROGRAM

**GEORGE MEYERS
POOL**

7900 Carr Drive,
Arvada, CO 80005

SW corner of 80th &
Wadsworth

Sponsor: Event hosted by Jeffco Hurricanes. Held under the sanction of USA Swimming # 2019-012. 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.

Eligibility: 10&U swimmers holding a 2019 USA Swimming membership card. Swimmers within the 120 day transfer rule must swim unattached.

Facility: 25yd indoor pool, 10 lane, 25 yard course with continuous warm-up/down. Elevation 5300'. Competition water depth measured in accordance with Article 103.2.3 ranges from 4 feet in lane 10 at the start end and the turn end to 12 feet in lane 1 at the start end and turn end. The competition course has not been certified in accordance with 104.2.2C (4).

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. Events will be pre-seeded and swimmers should report directly to the blocks.
3. Use of audio/visual equipment, including a cell phone, is NOT permitted in locker rooms or restrooms.
4. No smoking, chewing tobacco, drugs, or drinking alcoholic beverages allowed in the building.
5. **Age up date will be October 27, 2018, the date of the first 10&U series meet.**
6. No on-deck photography from behind the starting blocks will be allowed during the starts of any races.
7. 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.
8. 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.
9. Deck Changing is prohibited.
10. 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.
11. Deck entries will be accepted into open lanes only.
12. Exhibition swimming will not be allowed.

Entry Procedure: Preferred method of submitting entries is electronically along with a report of swimmers (to include events, USA ID, team code and age as of the first day of the meet) and entry fees. Meet entries will be limited to complete the session within 4hrs & 200ish swimmers. All JH entries will be accepted and others accepted in the order received.

Entry Fees: \$20 per swimmer

Entry Deadline: Entries are to be received by the meet director by 7:30pm on January 2, 2019. Teams to make one check payable to the NJST. Late entries taken at meet to be added to open lanes only.

Warm-Up Procedure: CSI warm-up procedures will be followed. Each coach will be responsible for the monitoring of their swimmers during warm up/warm-down.

Meet Director / Entry Chair: NJST-Carmen Babcock, PO Box 746396, Arvada, CO 80006
swimshady7@yahoo.com, 303-887-5467

Safety Chair: Troy Buglio, bugliotroy@gmail.com

Meet Referee: Heather Rooney or designee rooneyclan2@gmail.com

Concessions & Programs: No concessions. Programs emailed to coaches for distribution & posted to website, meet mobile.

Coaches & Officials: Coaches and uniformed officials must display their USA/CSI cards when on deck, certification is mandatory. Officials will have a meeting 45 minutes prior to the start of each session.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
*1	10&U 200 Mixed Free Relay	*1
*2	8&U 100 Mixed Free Relay	*2
	<i>5 minute break</i>	
3	10&U 50 Free	4
5	9-10 100 Back	6
7	8&U 25 Fly	8
9	10&U 50 Fly	10
11	8&U 25 Back	12
13	10&U 50 Back	14
15	9-10 100 IM	16
17	8&U 25 Breast	18
19	10&U 50 Breast	20
21	8&U 25 Free	22
23	10&U 100 Free	24

*Mixed relays to include 2 girls and 2 boys in any order.