



COLORADO SWIMMING AGE GROUP LONG COURSE STATE CHAMPIONSHIPS

JULY 26 – 28, 2019

SANCTION: Held under Sanction of USA Swimming and Colorado Swimming Sanction #2019-092. 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: Terry Kidd Email: tddd1@yahoo.com

ADMINISTRATIVE REFEREE: Elaine Gerson Email: Emgerson@yahoo.com

MEET DIRECTOR: Jacob Mull Email: jacobmull@ymail.com

ENTRY CHAIR: Colorado Swimming Email: csimeetentries@gmail.com
PO BOX 816 Frederick, CO 80530
970-454-3697 (Linda)
Charged to Team Account or Make checks payable to Colorado Swimming

SAFETY DIRECTOR: Ron Ellsberg

LOCATION: Colorado Mesa University 1100 North Ave, Grand Junction, CO

FACILITIES: Elevation 4,593 ft. The competition course has been certified in accordance with 104.2.2C (4). The copy of this certification is on file with USA Swimming. The pool is a 10-lane, 50-meter pool with non-turbulent lane markers. Water depth is 7 ½ feet at the shallow end and 13 feet deep at the end.

TIMING:

MANDATORY GENERAL MEETING:

Friday July 26, 2019 at 6:30 AM in **coach's/officials hospitality**. 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

Day	SESSION	WARM-UP	MEET START
Friday, Saturday, Sunday	Prelims	General 7:00 – 8:00 AM Specific 8:00 – 8:20 AM	8:30 AM
Friday, Saturday, Sunday	Finals (TENATIVE TIMES)	10 & U 3:15 – 3:40 PM 11-12 General 3:40-4:10 Specific 4:10 – 4:20 PM	4:30 PM

FINALS: The top three (3) heats of prelim final events for 12 & Under 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 POSTIVELY CHECKED IN 30 MINUTES AFTER THE PUBLISHED START OF FINALS ON THE PREVIOUS DAY.

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.
4. All relays will swim as a timed final event.

ENTRY FEES:

\$7.00 for each individual event. (\$1.00 of each individual event will go to the CSI Support Fund)

\$18.00 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 16, 2019. (entries will be verified on/or before July 17th).**
- **Payment will be processed via credit card at the meet or via QuickBooks Invoicing.**
- **NO LATE ENTRIES ACCEPTED AFTER ENTRY DEADLINE. NO DECK ENTRIES.**
- Final Psych sheet, warm-up and timer assignments will be posted at www.coloradoswimming.org by Monday, July 22, 2019.

LAST CHANCE ENTRY EXCEPTIONS:

- Times achieved at approved Colorado Last Chance meets and any additional meets requested 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 AG 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.

SCORING: Long Course Championships will score through 24 places. All events will be scored according to age definition of the event.

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: Individual: Medals - 1st – 8th Ribbons - 9th – 16th
Relays: Medals – 1st – 3rd Ribbons – 4th – 8th
Team: Top 3 teams.

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 first day must be turned in to the scratch box, or emailed by **2:00 PM Thursday, July 25, 2019** to the Entry Chair, csimeetentries@gmail.com. The scratch deadline for all subsequent days shall be thirty minutes after the published starting time of the final session of each day's events. Please review **207.11.6D**, as penalties will apply to swimmers who fail to compete in a preliminary event in which they did not scratch. Swimmers qualifying to swim in finals must declare to the Administrative Referee their intent to scratch within 30 minutes of the announcement of results. The final decision to scratch a finals event must be declared to the administrative referee within 30 minutes after their last individual preliminary event.

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

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 26, 2019 will determine the swimmer's age group for competition. **EXCEPTION:** Only the athletes who turn 13 between July 19-26, 2019 may participate in the Colorado Age Group State Meet if they meet the qualifying times. The athletes that fall in the exception will not be eligible for national, LSC or meet records.
4. No exhibition swimming is allowed.
5. Entry Times must have been achieved between July 27, 2018 and July 14, 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.
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: Current certification is mandatory. Coaches and officials that are in non-compliance will not be allowed on deck. Deck Pass and/or a membership card is an acceptable proof of membership. Coaches will be required to sign in to receive their 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 Deck Ref/Starter trainees on deck for the meet.
3. APPLICATION TO OFFICIATE can be found on www.coloradoswimming.org Under Officials Corner then forms or email tddd1@yahoo.com.

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 or in areas frequented by swimmers.

- 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.

**2019 CSI AGE GROUP LONG COURSE STATE CHAMPIONSHIPS
ORDER OF EVENTS**

Friday – Prelims		
#	Event	#
1	12 & U 100 Fly	2
5	12 & U 200 I M	6
9	12 & U 50 Free	10
11 TFP	12 & U 200 Back	12 TFP
15	12 & U 400 Free	16

Friday – Finals		
#	Event	#
1	12 & U 100 Fly	2
3 TFF	10 & U 200 I M	4 TFF
5	12& U 200 I M	6
7 TFF	10 & U 50 Free	8 TFF
9	12& U 50 Free	10
13 TFF	10 & U 100 Fly	14 TFF
15	12 & U 400 Free	16

Saturday – Prelims		
#	Event	#
17 TFP	12 & U 200 Med Relay	18 TFP
21	12&U 50 Breast	22
25	12&U 200 Free	26
29 TFP	12 & U 200 Fly	30 TFP
31	12& U 100 Back	32
35 TFP	12 & U 200 Breast	36 TFP

Saturday – Finals		
#	Event	#
19 TFF	10 & U 200 Med Relay	20 TFF
21	12& U 50 Breast	22
23 TFF	10 & U 200 Free	24 TFF
25	12& U 200 Free	26
27 TFF	10 & U 50 Breast	28 TFF
31	12& U 100 Back	32
33 TFF	10 & U 100 Back	34 TFF

Sunday – Prelims		
#	EVENTS	#
37 TFP	12 & U 200 Free Relay	38 TFP
41	12& U 100 Breast	42
45	12& U 50 Back	46
49	12& U 50 Fly	50
53	12& U 100 Free	54
57 TFP	12 & U 400 I M	58 TFP

Sunday – Finals		
#	EVENTS	#
39 TFF	10 & U 200 Free Relay	40 TFF
41	12& U 100 Breast	42
43 TFF	10 & U 100 Breast	44 TFF
45	12& U 50 Back	46
47 TFF	10 & U 50 Back	48 TFF
49	12& U 50 Fly	50
51 TFF	10 & U 50 Fly	52 TFF
53	12& U 100 Free	54
55 TFF	10 & U 100 Free	56 TFF

2019 CSI Long Course Age Group State Championship Time Standards
Colorado Mesa, Grand Junction
July 26-28, 2019

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:38.49	0:37.69	0:33.99	50 Free	0:39.69	0:38.89	0:34.99
1:26.39	1:24.79	1:16.39	100 Free	1:28.69	1:27.09	1:18.49
3:12.49	3:09.29	2:50.49	200 Free	3:23.99	3:20.79	3:00.89
0:45.19	0:44.59	0:40.19	50 Back	0:47.09	0:46.49	0:41.89
1:38.19	1:36.99	1:27.39	100 Back	1:42.89	1:41.69	1:31.59
0:52.69	0:51.69	0:46.49	50 Breast	0:55.49	0:54.49	0:49.09
1:54.89	1:52.89	1:41.69	100 Breast	2:02.89	2:00.89	1:48.89
0:44.69	0:43.99	0:39.69	50 Fly	0:47.49	0:46.79	0:42.19
1:52.69	1:51.29	1:40.19	100 Fly	2:07.89	2:06.49	1:53.89
3:36.89	3:33.69	3:12.49	200 IM	3:49.49	3:46.29	3:23.89
3:10.89	3:08.89	2:50.69	200 Med Rel	3:21.79	3:19.29	3:00.59
2:43.99	2:41.99	2:26.09	200 Fr Rel	2:47.99	2:45.99	2:31.99

12 & Under						
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.79	0:31.99	0:28.79	50 Free	0:34.19	0:33.39	0:30.09
1:12.69	1:11.09	1:03.99	100 Free	1:15.29	1:13.69	1:06.39
2:40.49	2:37.29	2:21.69	200 Free	2:46.89	2:43.69	2:27.39
5:37.49	5:31.09	6:18.19	400/500 Free	6:08.69	6:02.29	6:53.09
0:38.49	0:37.89	0:34.09	50 Back	0:40.29	0:39.69	0:35.69
1:23.49	1:22.29	1:14.09	100 Back	1:27.49	1:26.29	1:17.69
2:57.29	2:54.89	2:37.49	200 Back	3:06.29	3:03.89	2:45.69
0:43.89	0:42.89	0:38.59	50 Breast	0:46.89	0:45.89	0:41.29
1:36.09	1:34.09	1:24.69	100 Breast	1:41.89	1:39.89	1:29.99
3:24.69	3:20.69	3:00.79	200 Breast	3:31.09	3:27.09	3:06.49
0:36.59	0:35.89	0:32.39	50 Fly	0:38.99	0:38.29	0:34.49
1:25.49	1:24.09	1:15.79	100 Fly	1:33.89	1:32.49	1:23.29
3:15.79	3:12.99	2:53.79	200 Fly	3:25.29	3:22.49	3:02.39
3:01.69	2:58.49	2:40.79	200 IM	3:11.09	3:07.89	2:49.19
6:30.19	6:23.79	5:45.69	400 IM	6:47.69	6:41.29	6:01.49
2:45.49	2:40.59	2:25.19	200 Med Rel	2:51.59	2:48.49	2:31.59
2:22.09	2:18.89	2:06.09	200 Fr Rel	2:27.29	2:23.99	2:09.99