

# 2018 CO Age Group Zone 2 Meet

## July 6 - 8, 2018

### Meet Referee: David Brown

#### Sanction:

Held under the sanction of USA Swimming 2018-089

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.

**Entry Chair:** Nicky Adams [nicky@foothillsswimteam.com](mailto:nicky@foothillsswimteam.com)  
**Meet Director:** Vinny Pryor [vinny@foothillsswimteam.com](mailto:vinny@foothillsswimteam.com)  
**Safety Chair:** Cheryl Hampton [cheryl@foothillsswimteam.com](mailto:cheryl@foothillsswimteam.com)  
**Meet Referee:** David Brown [david-a-brown@comcast.net](mailto:david-a-brown@comcast.net)

#### Location:

Veterans Memorial Aquatic Center, 5310 East 136th Ave, Thornton, CO 80026

#### Facilities:

Indoor, 50 meter, 10 lane pool water depth measured for a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end wall. We reserve the right to run the meet in 9 lanes with no buffer lane and a warm-down lane or 10 lanes depending upon entries received. The competition course has been certified in accordance with 104.2.2C (4)

#### Start Time:

We reserve the right to adjust session start times depending upon the number of entries we receive. The start times will be emailed out to teams no later than July 3 and will be posted on <http://www.foothillsswimteam.com/> under the Events tab.

#### Tentative Warm Up & Start Times:

Day	Session	Warm Up	Start	Session	Warm Up	Start
Fri, July 7	1	10:30 – 11:00am	11:10am			
Sat, July 8	2	10:00 – 10:30am	10:40am	3	Conclusion of Session 2	TBA
Sun, July 9	4	8:30 -9:00am	9:10am	5	Conclusion of Session 4	TBA

#### Timing:

Colorado Timing Systems scoreboard, CTS 6000 timer and touch pads with back-up buttons will be used. Colorado Timing System with touch pads at one end and buttons on the far end. There is an electronic scoreboard with a 10 lane read out.

#### Timing Assignments:

All teams will be asked to provide timers. The Meet Director will determine the number of timers per team, per session based upon the number of swimmers entered. Timing assignments will be e-mailed no later than Monday, July 2.

#### Seeding:

Meet will be seeded fastest to slowest.

#### Eligibility:

Open to all swimmers holding a 2018 USA swimming membership card and belongs to a Zone 2 team. No swimmer shall be permitted to compete unless the swimmer is a member as provided in Article 302. Swimmers who are within the 120-day transfer rule must swim UNATTACHED.

Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$150 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.

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, is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

**Entry Limit:**

Swimmers are permitted to swim a maximum of **four (4) individual events per day**.

**Entries:**

All meet entries should be submitted using Hy-Tek software, along with a Hy-Tek printout of swimmers, entries, and a contact for each team. Checks (make one check payable to Foothills Swim Team) must be turned in to the Meet Director.

**No-Time(NT) Entries Will Not Be Accepted!** No time entries will be rejected, be prepared to show proof of time.

Emailed entries are preferred. Deck Entries will be accepted, based on available lane space. No NEW heats will be created to accommodate deck entries. Deck entries are \$15.00 per event, plus \$10.00 surcharge if the swimmer is not entered in the meet. Deck Registrations will not be accepted. FST reserves the right to limit entries to stay within the 4 hour rule.

Any team entering must enter on HY-TEK or pay a \$25 fee.

**Entry Fees:**

\$7.00 per individual event, plus and \$10.00 pool surcharge per swimmer.

\$12.00 per relay

\$.75 per individual swim goes to the CSI support fund.

\$15.00 per late entry (in open lanes only).

\$25.00 penalty fee for missed positive check-in events

**Entry Opening/Deadline:**

Entries will be accepted beginning on Tuesday, June 12th at 3:00pm. Meet entries must be received by the Entry Chair no later than Thursday, June 28th at 5:00 pm, due to the Holiday weekend. Late entries will be treated as deck entries and will be placed only in open lanes if available.

**Entry Chairperson:**

Nicky Adams

Email: [nicky@foothillsswimteam.com](mailto:nicky@foothillsswimteam.com)

Foothills Swim Team

PO Box 27007

Denver, CO 80227

**Do not mail payments. Please bring payments to the meet.**

**Warm up:**

- Warm-up will be conducted in accordance with Colorado Swimming Inc. procedures. No equipment may be used during the warm-up periods including but not limited to: fins, paddles, kick boards, pull buoys, cords for assisted or resisted swimming.
- Coaches will be responsible for the conduct and safety of their swimmers.
- The warm up schedule will be emailed out no later than Monday, July 2, 2018.
- Starts may only be practiced with one way swimming – Coach monitored.

**Relays:**

**Teams can only enter 1 relay team per relay event, events are the following 21,22,33,34,45,46,57 and 58.** To insure we stay within USA swimming 4 hour rule. We reserve the right to cut relays if we exceed the swim meet timeline.

**Officials:**

All USA certified officials with current background and athlete protection are welcome and encouraged to work sessions at this meet. Officials must display current credentials at all times while on deck USA Official trainees are allowed on deck for training and will be assigned a mentor while working any session of the meet. All officials wishing to participate should report to

the Officials meeting at the start of Warm-up for each session you wish to work. The uniform for this meet will be a white polo shirt, navy blue pants/skirts/shorts, white deck friendly shoes and white socks. Teams are encouraged to provide officials to work this meet. Please have all officials contact David Brown: [david-a-brown@comcast.net](mailto:david-a-brown@comcast.net)

**Positive Check-in:**

- Positive check-in will close 30 minutes prior to the start of each session to allow time to seed the events.
- All events 200 meters or greater will require positive check-in and will be deck seeded prior to the session in which the event takes place.
- Swimmers who do not check in may not be allowed to swim positive check-in events.
- **Swimmers in the 400 IM must provide their own timers.**

**Awards:**

Medals for 1st –3rd and ribbons 4th - 8th place in individual events.

**Safety:**

All coaches, swimmers, officials and spectators should act in a safe manner. Please be reminded that swimming venues have areas where additional care is needed. This includes, but is not limited to slippery decks and hallways. Proper footwear and caution is recommended. No running or horseplay is allowed; it is the responsibility of the swimmer, coach, officials, and parents to monitor these activities. Remember safety first!

**Rules:**

Current USA Swimming rules will govern the procedure of the meet. Age as of the first day of the meet will determine the swimmer's age group. The meet will be pre seeded, except for events 200 meters or greater, for which positive check-in will be required. The meet is a timed final and warm-up times and lanes will be assigned.

The USA Swimming National Start will be used. It is the responsibility of every swimmer and coach to ensure that they report to the starting area in a timely fashion and respond to all signals and commands of the meet officials promptly. If a swimmer is late to, or misses the start of their heat for any reason, that swimmer may not be allowed to swim that event.

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.

The MEET REFEREE will have the final authority on all swimming procedures.

All events are timed final events. All entries must be legible with name of swimmer, event and description. No refunds will be given for incorrect entries.

Coaches and officials must display current credentials at all times. Deck Pass is an acceptable proof of USA Swimming membership. No exhibition swimming is allowed.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

No on deck photography from behind the starting platforms.

Deck changes are prohibited, changing into or out of swimsuits other than in locker rooms or other designated areas are not appropriate and is prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, an/or spectators are present.

**Results:**

Electronic results will be given to any team providing a disk or flash drive. Results will be emailed to any team that specifically requests emailed results.

**Hospitality:**

Hospitality will be available to coaches and officials only.

**Meet Programs:**

Meet programs will be available for \$5.00.

**Concessions:**

Concessions will be available each day.

*Colorado Swimming, Inc. does not support, recommend, endorse, or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's responsibility to know the contents of any food or drink he/she ingests. For more specific information on supplements please refer to the drug information on the USA Swimming website at [www.usaswimming.org](http://www.usaswimming.org).*

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**Schedule of Swimming Events Session #1 Friday**

**Warm up: 10:30am – 11:00am    Session Starts: 11:10am**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
1	12U 200 Back	2
3	11-12 100 Fly	4
5	12U 200 Breast	6
7	11-12 50 Free	8
9	12U 400 IM	10

**Schedule of Swimming Events Session #2 Saturday**

**Warm up: 10:00am – 10:30am    Session Starts: 10:40am**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
11	11-12 50 Fly	12
13	11-12 200 Free	14
15	11-12 100 Back	16
17	11-12 100 Breast	18
19	12U 400 Free	20
21	11-12 400 Medley Relay	22

**Schedule of Swimming Events Session #3 Saturday**

**Warm up: 30 minute session, Start at conclusion of session 2 Session Starts: TBA**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
23	10U 50 Free	24
25	10U 50 Fly	26
27	10U 100 Back	28
29	10U 100 Breast	30
31	10U 200 Free	32
33	10U 200 Medley Relay	34

**Schedule of Swimming Events Session #4 Sunday**

**Warm up: 8:30am – 9:00am    Session Starts: 9:10am**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
35	11-12 50 Breast	36
37	12U 200 Fly	38
39	11-12 50 Back	40
41	11-12 100 Free	42
43	11-12 200IM	44
45	11-12 400 Free Relay	46

**Schedule of Swimming Events Session #5 Sunday**

**Warm up: 30 minute session, Start at conclusion of session 4 Session Starts: TBA**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
47	10U 50 Back	48
49	10U 100 Fly	50
51	10U 100 Free	52
53	10U 50 Breast	54
55	10U 200 IM	56
57	10U 200 Free Relay	58