

Colorado Swimming Long Course State Championships
(10&U/11-12/13-14/Senior)

- DATE:** July 23, 24, 25, & 26, 2009
- HOSTED BY:** Fort Collins Area Swim Team
- SANCTION:** Held under sanction of Colorado Swimming, Inc. of USA Swimming # 2009-074
- LOCATION:** EPIC Pool
1801 Riverside Ave
Fort Collins, CO
Located at Edora Park off Prospect Ave, between I-25 and Lemay Ave
- FACILITIES:** Indoor, ten lane, 50-meter, indoor competition pool, with movable bulkheads, non-turbulent lane lines.
- TIMING:** Colorado Timing System with touch pads. Each lane will have back-up timers.
- SCHEDULE:** *Preliminaries: General Warm-up: 6:30 - 7:30 am*
Specific: 7:30 – 7:50 am
Start: 8:00 am.
- Finals: (10 & Unders only) Warm-up: 3:15 – 3:45 pm*
All others Warm-up: 3:45 – 4:10 pm
Specific: 4:10 – 4:20 pm
Start: 4:30 p.m.
- Access to the pool & seating area opens at 6:00 am**
Only swimmers swimming the meet, registered coaches with current certification, working officials, and volunteers' are allowed on deck. Parents and spectators please remain in the stands or lobby area.
- ELIGIBILITY:** All athletes *must* hold a 2009 USA Swimming membership card issued by Colorado Swimming, Inc. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their current card or they will be deck registered before they can enter the water. A surcharge for deck registration will apply - \$27.00 for year round, \$14.00 for seasonal plus the normal registration fee. The meet will also be open to CSI physically impaired athletes with 2009 US Paralympics Swimming Trials qualifying times.

Exception report will be posted on the CSI web page after the entry deadline at www.csi.org

SCORING: Long Course Championships will score 16 places.

Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS: Individual: Medals 1-8 Ribbons 9-16
Relays: Medals 1-3 Ribbons 4-8
Team: Top 6

HIGH POINT: Top male & female in each age group.

SEEDING PROCEDURE & SCRATCH RULES:

Scratch procedures will be enforced as per **207.12.6** of the **USA Swimming Rules and Regulations**. All scratches for the first day must be turned in to the scratch box, faxed, or emailed by 2:00 p.m. Wednesday July 22, 2009 to the entry chairman, L.Seckinger@aol.com or FAX # 970-454-3697. The scratch deadline for all subsequent days shall be thirty minutes after the published starting time of the final session of each prior day's events. Please review **207.12.6C** which pertains to the missing of an event in which the swimmer has been seeded for prelims. Swimmers qualifying to swim in finals must declare their intent to scratch (if they might not swim that event in finals) within 30 minutes of the posting of results to the administrative referee. The final decision to scratch from an event in finals must be declared to administrative referee within 30 minutes after their last individual preliminary event. **A swimmer not reporting to an event, in which the results were posted for his/her swim, will be barred from the remainder of the meet, PLUS a \$50.00 fee will be assessed which must be paid before the swimmer can resume competition. 207.12.6D**

RELAYS: Relay events shall be seeded according to the times reflected on the entry sheet. **All swimmers must be listed on the master sheet 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 DECLARED 30 MINUTES AFTER THE START OF FINALS COMPETITION ON THE DAY PRIOR TO COMPETITION OR THEY WILL BE SCRATCHED. THE 800 FREE RELAY MUST BE DECLARED BY FAX OR EMAIL WEDNESDAY JULY 22 BEFORE 2:00 PM.** 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.
NOTE: 10&Under relays will swim in the finals session.

DISTANCE EVENTS:

1. The 800 freestyle will be deck seeded by positive check-in on the day the event will be swum. The swimmer or their coach must check-in at the clerk of course by 9:30 a.m. The 800 freestyle will swim fastest to slowest alternating women and men.

2. The 1500 freestyle will be deck seeded by positive check-in 30 minutes after the start of finals competition on the day prior to competition. The 1500 freestyle will swim fastest to slowest alternating women and men with the fastest heat of women and the fastest heat of men to be swum in finals.
3. 800/1500 SWIMMERS MUST PROVIDE THEIR OWN TIMERS (2) AND COUNTER. 400 SWIMMERS MUST PROVIDE A COUNTER.
4. At the Referee's discretion, individual events may be combined by age, sex, and/or distance.
5. All 12-U distance events heats (200 Back, 200 Breast, 200 Fly & 400 IM) will swim in prelims as a timed final, except for the fastest heat of women and fastest heat of men which will swim in finals.

RULES:

1. Current 2009 USA Swimming Rules will govern the meet, in conjunction with the following information from CSI.
2. Age as of the first day of the meet will determine the swimmer's age group for competition - July 23, 2009.
3. **Submit entry times according to the time swam – DO NOT SUBMIT CONVERTED TIMES, i.e. if the Q-time was done in short course yards submit the short course time. Seeding will be in accordance with USA Swimming Rules and Regulations 207.12.7B**
4. No exhibition swimming is allowed.
5. A maximum of two (2) relay teams per club per event will be permitted. No unattached swimmers on any relay or unattached relays. All entries must include times. 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.
6. This is a qualifying meet. All entry times will be verified with the CSI time's database before the swimmer will be allowed to swim that event. A no proof of times report will be posted on the CSI web page after the entry deadline at www.csi.org. Team Entry Chair or coaches will then have 48 hours to correct or provide proof of time. Times must have been achieved between July 24, 2008 and July 14, 2009. **EXCEPTION: Those swimmers achieving qualifying times at the League Meets and Last Chance meets the weekend after the entry deadline.**

NOTE: Submit entry times according to the time swam! NO CONVERSIONS.

7. All events except relays, timed finals, and 10-Under events will be swum during both preliminaries and finals. This includes situations in which there is less than a full heat of swimmers. The meet referee will conduct the finals competition in a timely fashion, while ensuring that athletes in

consecutively scheduled individual events will have a minimum of ten (10) minutes between swims.

8. Relays not meeting the qualifying time will not score points or receive awards.
9. The MEET REFEREE will have the final authority on all swimming procedures of the meet. All protests regarding disqualifications during the actual competition must be submitted in writing within 30 minutes of the time noted on the relevant disqualification slip.
10. Colorado Swimming, Inc. procedures for warm-up will be observed. Warm-up times will be posted on the CSI web page at www.csi.org.
11. It is mandatory that all finals and consolation final swimmers report to the Clerk of Course ready area at the announced time.
12. The National Start will be used. This meet will enforce timely reporting to the block area and responding promptly to signals and commands as follows: When the swimmers and officials are ready, the Referee shall signal with an out stretched arm to the starter that the swimmers are under the Starter control (102.14). Swimmers stepping up late after the Referee has signaled with an outstretch arm releasing the field to the Starter **may**, at the discretion of the referee, be barred from competing in that event. 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.
13. All 10-Under events will swim as a timed final in the final session.

COACHES/OFFICIALS:

The general meeting for coaches will be held 20 minutes before the start of warm-ups on the first day of competition. All coaches and uniformed officials MUST display their USA Swimming cards when on deck. Current certification is mandatory. Coaches that are in non-compliance and spectators will not be allowed on deck. In order to minimize congestion on the deck, all officials not participating in any ongoing session are asked to remain in the spectator viewing area.

A mandatory Officials meeting will be held at the **START** of warm-up for each session, each day of the meet. No trainees will be allowed on deck for this meet. This will be an OQM (Officials Qualifying Meet.) All officials seeking advancement or recertification at N2/N3 must request an evaluation. The application for evaluation will be posted on the CSI website, deadline to apply is July 10th.

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 by using the scratch box and rules 207.12.6. Swimmers may enter and swim one (1) relay event each day. **Swimmers may COMPETE in a maximum of 7 events for the entire meet and must pay for all events ENTERED, with no refund for any scratched events**

Teams may enter two (2) relays per event.

ENTRY FEES: \$10.00 for each relay event.
\$5.00 for each individual event. (60 cents of each individual event will go to the CSI Support Fund)
Athlete Surcharge: \$ 9.00 per swimmer (Includes all swimmers listed on the master sheet for relays).

Make one check payable to: COLORADO SWIMMING, INC
(All fees or past due fees owed to Colorado Swimming must be paid before a team will be allowed to participate in the meet)

ENTRY PROCEDURES:

Entries may be sent using HY-TEK MEET MANAGER DISK and/or COMMLINK FILE on a 3.5-inch disk or email in USA Swimming SDIFv3 complete with all required information (name, team, USA Swimming #, time, age, and event number). Relay only swimmers must also be listed on the master sheets. Also, be sure to include a hard copy printout of the team entry report and team roster report, in duplicate. CLUBS ARE RESPONSIBLE FOR THE INTEGRITY OF THEIR DISK!

IF YOU DO **NOT** USE THE HY-TEK ENTRY FORMAT: All entries must be on CSI master entry sheets. These sheets must include the swimmer's name, age, correct USA Swimming #, approved team code, event #, and entry time. Relay only swimmers must also be listed on the master sheets. "N.T." and incorrect entries will be rejected! A separate master sheet for EACH age group and sex is required with swimmers listed alphabetically. These sheets are to be sent in duplicate to the Entry Chairman, as listed below. All entries must include preparer's name and phone number. Coach's name, phone number, and address should be listed for questions and proper delivery of results. All entries must be sent to entry chairman - do not send to the pool.

N.T., INCORRECT ENTRIES, AND ENTRIES WITHOUT EXISTING PROOF OF TIME WILL BE REJECTED 48 HOURS AFTER THE ENTRY DEADLINE IF NO CORRECTION IS MADE. ALL SWIMMERS ENTERED FROM OUTSIDE COLORADO SWIMMING, INC. MUST HAVE THEIR ENTRY TIMES VERIFIABLE IN THE USA SWIMMING SWIMS DATABASE.

CSI MEET VERIFICATION FORMS MUST ACCOMPANY ENTRIES ALONG WITH A SIGNED CHECK LIST (enclosed)

ENTRY DEADLINE:

The entry chairman must receive emailed entries no later than 6:00 pm on **Tuesday July 14, 2009**, hand delivered or mailed entries with checks and hard copies included must be received by 6:00 pm July 15th.

Overnight mail or guaranteed next day delivery is acceptable if agent guarantees next day delivery to satisfy meet deadline.

Entries will be posted on the Colorado Swimming web page at www.csi.org. The team coach and/or entry chairperson will then have 48 hours from the time of posting to make corrections with the entry responsible individuals, as listed. Each correction will be subject to processing at double the entry fee.

Corrections should be made as follows:

Entry & Proof of time corrections should be sent to: Linda Seckinger LSeckinger@aol.com
Registration corrections should be sent to: Janet Kralik j.kralik@comcast.net

LATE ENTRY EXCEPTIONS:

Entries from times achieved at League Championship Meets and Last Chance Meets held the weekend prior to the meet. These meets must be approved by the CSI Sanctioning Committee as last chance meets by July 1st. This is only for swimmers who have not previously qualified in that event. No previous times will be adjusted. Each meet director will need to collect the entries and fees from their meet and forward them to the entry chairman by **Monday July 20th 10:00 am**

ENTRY CHAIRMAN & ADMINISTRATIVE REFEREE:

Linda Seckinger
5 Cherry Ave
Eaton, CO 80615
LSeckinger@aol.com
970-454-3697

MEET REFEREE:

Kathleen Morris
970-690-8162
kamorris@psdschools.org

MEET DIRECTOR:

Jim Malone
970-226-6586

SAFETY CHAIRMAN:

Randy Pritchard

Any questions regarding the conduct of this meet should be directed to the meet referee Kathleen Morris at 970-690-8162 or by email at kamorris@psdschools.org

SAFETY ISSUES:

With the exception of those lanes specifically identified as dive lanes, **all swimmers must enter warm-up lanes using a 3-point feet-first entry where both feet and one hand must be in contact with the deck or end wall immediately prior to entering the water.** Marshals/Officials/Meet Personnel/Staff who observe swimmers to be in non-compliance will make every effort to contact/warn said swimmer and/or their coach of the improper action. Consequences for non-compliance, if deemed to be repetitive, willful, or deliberately defiant by the observer, **MAY** include removal of the swimmer for the remainder of the session/competition **and/or** a \$500 fine to be paid by the athlete/coach/team/parent prior to said swimmer being allowed to compete in any future Colorado Swimming, Inc. sanctioned competition.

- ❑ 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, visiting 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.
- ❑ 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.

PROGRAMS AND RESULTS:

Psyche sheets will be available for \$10.00, which includes coupons for prelim and finals sheet for all sessions. (\$2.00 for individual heat sheets for each session) The meet program/heat sheet and the final results, in electronic form, will be provided for teams entered in the meet. Teams and individuals wanting paper copies of final results may place an order during the meet at the awards table for \$5.00. All paper copies of final results will be mailed within 14 days.

SPECIAL INFORMATION: NO SMOKING ON THE POOL DECK, IN THE BUILDING, OR ANY AREA FREQUENTED BY SWIMMERS.

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 by Monday July 20th. These assignments will be posted at the pool, as well. 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 of the law.

MOTELS:

- Holiday Inn Express Hotel & Suites Ft Collins (970) 225-2200 1426 Oak Ridge Dr
- Hampton Inn Ft Collins (970) 229-5927 1620 Oak Ridge Dr
- Comfort Suites Fort Collins (970) 206-4597 1415 Oak Ridge Dr
- Homewood Stes Fort Collins (970) 225-2400 1521 Oak Ridge Dr
- Quality Inn and Suites Ft Collins (970) 282-9047 4001 S Mason St
- Courtyard by Marriott Ft Collins (970) 282-1700 1200 Oak Ridge Dr
- Hilton Garden Inn (970) 225-2900 2821 E Harmony Rd
- Cambria Suites, 2921 East Harmony, Fort Collins (970) 267-9000

2009 C.S.I. STATE CHAMPIONSHIP LIST OF EVENTS

Thursday July 23, 2009

*Warm-up 6:30 am
Women*

Prelims

*Start 8:00 am
Men*

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
1 TFP	9:47.59	9:34.79	8:37.59	SR 800 Free Relay	9:06.59	8:53.76	8:00.99	2 TFP
3 * TFP	5:27.99	5:21.59	6:07.49	12-U 400 Free	5:40.79	5:34.39	6:21.89	4 * TFP
5	2:23.39	2:20.19	2:06.29	13-14 200 Free	2:22.09	2:18.89	2:05.19	6
7	2:17.19	2:13.99	2:00.69	SR 200 Free	2:06.69	2:03.49	1:51.29	8
9	:42.59	:41.59	:37.49	11-12 50 Breast	:44.29	:43.29	:38.99	10
11	1:26.39	1:24.39	1:16.09	13-14 100 Breast	1:26.09	1:24.09	1:15.79	12
13	1:22.09	1:20.09	1:12.09	SR 100 Breast	1:15.69	1:13.69	1:06.39	14
15	2:53.49	2:50.29	2:33.49	11-12 200 IM	3:01.29	2:58.09	2:40.49	16
17	2:42.39	2:39.19	2:23.49	13-14 200 IM	2:38.99	2:35.79	2:20.29	18
19	2:35.39	2:32.19	2:17.09	SR 200 IM	2:22.19	2:18.99	2:05.19	20
21* TFP	2:58.09	2:55.69	2:38.29	12-U 200 Back	3:08.39	3:05.99	2:47.59	22* TFP

Warm-up: 10&U 3:15 All others 3:45 pm Finals

Start 4:30 pm

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
3 * TFP				12-U 400 Free				4 * TFP
5				13-14 200 Free				6
7				SR 200 Free				8
9				11-12 50 Breast				10
11				13-14 100 Breast				12
13				SR 100 Breast				14
15				11-12 200 IM				16
17				13-14 200 IM				18
19				SR 200 IM				20
21* TFP				12-U 200 Back				22* TFP
23 TF				13&O 800 Free				24 TF
	10:59.89	10:47.09	12:19.39	13-14	10:51.49	10:38.69	12:09.89	
	10:16.39	10:03.59	11:30.69	Senior	10:04.39	9:51.59	11:17.19	

***TFP** = Fastest heat of men's and fastest heat of women's swim in finals (13-14 and senior age group will be scored separately)

TFP = Timed finals in prelims

TF = Timed finals in finals

*Access to the pool & seating area opens at 6:00 am
Only swimmers swimming the meet, registered coaches with current certification, working officials, and volunteer's are allowed on deck.
Parents and spectators please remain in the stands or lobby area.*

2009 C.S.I. STATE CHAMPIONSHIP LIST OF EVENTS

Friday July 24, 2009

Warm-up 6:30 am

Prelims

Start 8:00 am

Women

Men

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
25 TFP	2:37.49	2:32.59	2:17.19	12- U 200 Med Relay	2:43.59	2:40.49	2:23.59	26 TFP
27 TFP	5:19.69	5:13.29	4:42.29	14-U 400 Med Relay	5:18.99	5:12.99	4:42.49	28 TFP
29 TFP	5:09.16	5:02.99	4:32.89	SR 400 Med Relay	4:43.89	4:37.59	4:10.19	30 TFP
33	:37.59	:36.99	:33.29	11-12 50 Back	:39.19	:38.59	:34.69	34
35	1:15.49	1:14.29	1:06.89	13-14 100 Back	1:14.79	1:13.59	1:06.29	36
37	1:12.09	1:10.89	1:03.89	SR 100 Back	1:06.59	1:05.39	:58.89	38
41	1:22.79	1:21.39	1:13.29	11-12 100 Fly	1:27.19	1:25.79	1:17.29	42
43	2:53.29	2:50.49	2:33.59	13-14 200 Fly	3:04.29	3:01.49	2:43.49	44
45	2:42.59	2:39.79	2:23.99	SR 200 Fly	2:34.79	2:31.99	2:16.89	46
49	2:34.49	2:31.29	2:16.29	11-12 200 Free	2:38.59	2:35.39	2:19.99	50
51	5:02.49	4:56.09	5:38.99	13-14 400 Free	5:02.29	4:55.89	5:38.69	52
53	4:50.39	4:43.99	5:25.29	SR 400 Free	4:35.19	4:28.79	5:08.29	54
57* TFP	6:13.29	6:06.89	5:30.59	12-U 400 I.M.	6:31.99	6:25.59	5:47.39	58* TFP

Warm-up: 10&U 3:15 All others 3:45 pm Finals

Start 4:30 pm

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
31 TF	2:31.99	2:29.99	2:14.09	10-U 200 Free Relay	2:35.99	2:33.99	2:19.99	32 TF
33				11-12 50 Back				34
35				13-14 100 Back				36
37				SR 100 Back				38
39 TF	:43.19	:42.59	:38.39	10-U 50 Back	:45.19	:44.59	:40.19	40 TF
41				11-12 100 Fly				42
43				13-14 200 Fly				44
45				SR 200 Fly				46
47 TF	1:41.59	1:40.19	1:30.29	10-U 100 Fly	1:51.29	1:49.89	1:38.99	48 TF
49				11-12 200 Free				50
51				13-14 400 Free				52
53				SR 400 Free				54
55 TF	2:59.49	2:56.29	2:38.79	10-U 200 Free	3:03.29	3:00.09	2:42.29	56 TF
57* TFP				12-U 400 I.M.				58* TFP
59 TF	:49.39	:48.39	:43.59	10-U 50 Breast	:51.49	:50.49	:45.49	60 TF

*TFP = Fastest heat of men's and fastest heat of women's swim in finals (13-14 and senior age group will be scored separately)

TFP = Timed finals in prelims

TF = Timed finals in finals

*Access to the pool & seating area opens at 6:00 am
Only swimmers swimming the meet, registered coaches with current certification, working officials, and volunteer's are allowed on deck. Parents and spectators please remain in the stands or lobby area.*

2009 C.S.I. STATE CHAMPIONSHIP LIST OF EVENTS

Saturday July 25, 2009

Warm-up 6:30 am

Prelims

Start 8:00 am

Women

Men

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
61 TFP	2:14.09	2:10.89	1:58.09	12-U 200 Free Relay	2:19.29	2:15.99	2:01.99	62 TFP
63 TFP	4:36.89	4:30.49	4:01.99	14-U 400 Free Relay	4:32.49	4:24.99	3:59.99	64 TFP
65 TFP	4:29.99	4:23.59	3:57.29	SR 400 Free Relay	4:08.39	4:00.59	3:38.99	66 TFP
69	:32.29	:31.49	:28.39	11-12 50 Free	:32.89	:32.09	:28.99	70
71	:30.49	:29.69	:26.69	13-14 50 Free	:29.59	:28.79	:25.89	72
73	:29.29	:28.49	:25.59	SR 50 Free	:26.69	:25.89	:23.29	74
77	1:21.29	1:20.09	1:12.19	11-12 100 Back	1:24.39	1:23.19	1:14.99	78
79	2:42.49	2:40.09	2:24.19	13-14 200 Back	2:42.19	2:39.79	2:23.99	80
81	2:37.39	2:34.99	2:19.69	SR 200 Back	2:25.59	2:23.19	2:08.99	82
85* TFP	3:23.19	3:19.19	2:59.49	12-U 200 Breast	3:36.99	3:32.99	3:11.89	86* TFP
87	5:48.99	5:42.59	5:08.59	13-14 400 IM	5:50.09	5:43.69	5:09.69	88
89	5:33.79	5:27.39	4:54.99	SR 400 IM	5:15.69	5:09.29	4:38.69	90
93* TFP	3:11.09	3:08.29	2:49.69	12-U 200 Fly	3:15.69	3:12.89	2:53.79	94* TFP

Warm-up: 10&U 3:15 All others 3:45 pm

Finals

Start 4:30 pm

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
67 TF	2:58.89	2:56.89	2:38.69	10-U 200 Med Relay	3:09.79	3:07.29	2:48.59	68 TF
69				11-12 50 Free				70
71				13-14 50 Free				72
73				SR 50 Free				74
75 TF	:36.29	:35.49	:31.99	10-U 50 Free	:36.99	:36.19	:32.59	76 TF
77				11-12 100 Back				78
79				13-14 200 Back				80
81				SR 200 Back				82
83 TF	1:33.59	1:32.39	1:23.19	10-U 100 Back	1:37.19	1:35.99	1:26.49	84 TF
85				12-U 200 Breast				86
87				13-14 400 IM				88
89				SR 400 IM				90
91 TF	3:21.49	3:18.29	2:58.69	10-U 200 IM	3:28.59	3:25.39	3:04.99	92 TF
93* TFP				12-U 200 Fly				94* TFP

***TFP** = Fastest heat of men's and fastest heat of women's swim in finals (13-14 and senior age group will be scored separately)

TFP = Timed finals in prelims

TF = Timed finals in finals

Access to the pool & seating area opens at 6:00 am

Only swimmers swimming the meet, registered coaches with current certification, working officials, and volunteer's are allowed on deck. Parents and spectators please remain in the stands or lobby area.

2009 C.S.I. STATE CHAMPIONSHIP LIST OF EVENTS

Sunday, July 28, 2009

Warm-up 6:30 am

Prelim

Start 8:00 am

Women

Men

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
97	1:03.49	1:01.89	:55.79	SR 100 Free	:58.39	:56.79	:51.19	98
99	1:06.19	1:04.59	:58.19	13-14 100 Free	1:04.39	1:02.79	:56.59	100
101	1:10.69	1:09.09	1:02.19	11-12 100 Free	1:12.39	1:10.79	1:03.79	102
105	2:59.89	2:55.89	2:38.39	SR 200 Breast	2:50.89	2:46.89	2:30.29	106
107	3:04.69	3:00.69	2:42.79	13-14 200 Breast	3:07.49	3:03.49	2:45.29	108
109	1:33.19	1:31.19	1:22.09	11-12 100 Breast	1:37.59	1:35.59	1:26.19	110
113	1:11.19	1:10.79	1:02.89	SR 100 Fly	1:04.59	1:03.19	:56.89	114
115	1:15.39	1:13.99	1:06.59	13-14 100 Fly	1:14.69	1:13.29	1:05.99	116
117	:35.89	:35.19	:31.69	11-12 50 Fly	:37.09	:36.39	:32.79	118
119*TFP				13&O 1500 Free				120* TFP
	20:53.49	20:29.49	20:28.89	13-14	21:36.39	21:12.39	21:10.99	
	20:19.39	19:55.39	19:55.49	SENIOR	19:35.19	19:11.19	19:12.09	

Warm-up: 10&U 3:15 All others 3:45 pm Finals

Start 4:30 pm

	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	
119* TFP				13 & O 1500 Free				
95 TF	1:19.59	1:17.99	1:10.29	10-U 100 Free	1:21.89	1:20.29	1:12.39	96 TF
97				SR 100 Free				98
99				13-14 100 Free				100
101				11-12 100 Free				102
				13 & O 1500 Free				120* TFP
103 TF	1:46.99	1:44.99	1:34.59	10-U 100 Breast	1:51.99	1:49.99	1:39.09	104 TF
105				SR 200 Breast				106
107				13-14 200 Breast				108
109				11-12 100 Breast				110
111 TF	:41.89	:41.19	:37.09	10-U 50 Fly	:43.89	:43.19	:38.89	112 TF
113				SR 100 Fly				114
115				13-14 100 Fly				116
117				11-12 50 Fly				118

*TFP = Fastest heat of men's and fastest heat of women's swim in finals (13-14 and senior age group will be scored separately)

TFP = Timed finals in prelims

TF = Timed finals in finals

Access to the pool & seating area opens at 6:00 am

Only swimmers swimming the meet, registered coaches with current certification, working officials, and volunteer's are allowed on deck. Parents and spectators please remain in the stands or lobby area.

CHECK LIST FOR THE COLORADO LONG COURSE CHAMPIONSHIP MEET

This checklist is to hopefully help clubs with their entries. Have someone on your team double check for accuracy. This checklist must be signed by the coach and returned with the entries.

- _____ 1. All entries have been checked for accuracy. Swimmers name, team, USA Swimming number, time, age and event numbers are correct.
- _____ 2. All relay swimmers names are listed on the master entry sheet.
- _____ 3. All times are submitted according to the time swam;
NO CONVERSIONS.
- _____ 4. Entry fees have been sent with entries and checked for accuracy.
- _____ 5. The CSI Meet Verification Form has been sent with the entries.
- _____ 6. The coaches' name and a phone number where he/she may be reached is included with the entries.

Coaches signature

Date

Coaches name

Phone number

E-Mail

COLORADO SWIMMING, INC MEET VERIFICATION FORM



Club Name _____ Club Code _____

Coaches Name _____ Phone # _____

E-mail address _____

I hereby certify that all swimmers and coaches listed on the CSI Master Entry Sheet or hard copy with disk entries for _____ to be held

(Name of Meet)

on _____ are current registered members of Colorado

(Date)

Swimming/USA Swimming. All USA numbers are listed correctly and unless otherwise noted are not required to swim unattached due to the 120 day transfer rule.

Signature _____ Date _____

(Signature may not be photocopied)

Article 302.4 of the USA Swimming Rules and Regulations

False Registration – An LSC may impose a fine of up to \$100.00 per event against a member coach or a member club representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.