

COLORADO Zone 2 Summer District Meet
10&U, 11-12, 13-14

Hosted by : Foothills Swim Team
July 10th – 12th, 2009

- Date:** July 10th – 12th, 2009
- Sanction:** Held under the sanction of Colorado Swimming, Inc., USA Sanction # 2009-081
- Location:** Carmody Pool
2200 South Kipling Street
Lakewood, CO
303-985-2322
- Facilities:** Elevation 5320 ft; 7 Lane 50 meter pool with continuous warm-up/down available.
- Hospitality:** Hospitality will be available to coaches and officials only.
- Meet Programs:**
Meet programs will be available at the concession stand for \$5.00
- TIMING:** Colorado Timing System with double ended touch pads and display board
- Schedule:** **Friday, Saturday & Sunday Timed Finals**
Morning Sessions(11-12 Boys, 10&U All) Warm Up: 7:00AM Start: 8:10AM
Afternoon Sessions (11-12 Girls, 13-14 All) Warm UP: 12:30PM Start: 1:40PM
- 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 also apply. Exception report will be posted on the CSI web page after the entry deadline, at csi.org.
- Scoring:** There will be no scoring.
- Awards:** Individual: Medals 1-3 Ribbons 4-8 Age Groups: 10&U, 11-12, 13-14
- Concessions:**
Concessions will be provided each day and will include: Bagels, breakfast burritos, Copper Door Coffee, Walking tacos, Italian Meatballs, Nachos, and healthy snacks.
- Seeding Procedures & Scratch Rules:**
The meet shall be pre-seeded. Swimmers must report to the assigned heat and lane if they intend to swim the event.
- Rules:**
1. Current 2009 USA Swimming Rules & Regulation will govern the meet.
 2. Age as of the first day of the meet will determine the swimmer's age group for competition. July 10th, 2009.
 3. Submit entry times according to the time swam – DO NOT SUBMIT

CONVERTED TIMES.

4. No exhibition swimming is allowed.
5. All events are timed final events. All entries must be legible with name of swimmer, event and description with entry time. No refunds will be given for incorrect entries.
6. The 50's and 100's are pre-seeded; please notify the Clerk of Course of scratches only. Swimmers shall report promptly to the blocks prior to the start of each race in which they are entered. Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.
7. The MEET REFEREE will have the final authority on all swimming procedures of the meet.
8. Colorado Swimming, Inc. procedures for warm up will be observed.
9. At the Referee's discretion, individual events may be combined by age, sex and/or distance.
10. The USA Swimming 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 (101.1.2B). 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. If you miss your event for whatever reason you may not be allowed to swim that event.
11. All coaches and uniformed officials must display their USA Swimming / CSI cards while on deck. Current certification is mandatory. Coaches/Officials that are in non-compliance will not be allowed on deck.
12. Participating teams will be assigned lanes for timing and are expected to provide timer(s) for the duration of the assignment.
13. There will be positive check-in required for all events 200 distance and longer.

Distance Events:

1. The distance events, including all 200's / 400IM / 400 Free / 1500 Free will be deck seeded by positive check in on the day the event will be swam. The swimmer or their coach must check in at the clerk of course by the close of warm up on the day of the event. The distance events, 400m distance and up only, will be swum fastest to slowest alternating girls and boys.
2. 400 and longer event swimmers must provide their own timers and, if necessary, counters.

Entries: 4 Individual events per day.

Entry Fees: \$5.00 per event. \$0.60 of every individual event goes to the CSI Support Fund.
\$5.00 pool surcharge per swimmer.

Make Check payable to: Foothills Swim Team.

Entry Procedures:

All meet entries should be submitted on disk using Hy-Tek software, along with a Hy-tek printout of swimmers, entries, and a contact for each team. Meet Verification Forms must be sent to the host team along with check. Emailed entries along with mailed physical hard copies are preferred. Deck entries will be accepted and seeded into open lanes. No extra heats will be added to accommodate deck entries. Make one check payable to Foothills Swim Team. **All deck entries must present proof of current registration—no exceptions will be made.**

Submit times in long course meter times only.

Entry Deadline:

Meet entries must be received by the Entry Chairman no later than Wednesday, July 1st, 2009. Entries received after July 1st, will be accepted only if accompanied by a \$5.00 additional late fee per event. Late entries accepted during the meet will be charged \$5.00 additional fee per event and only placed in open lanes. E-mail entries will be accepted. ALL HARD COPIES MUST BE POSTMARKED BY Tuesday, July 1st, 2009. E-Mail entries to: Coach4Ever@gmail.com Hard copy entries should be sent to "Foothills Swim Team, PO Box 27007, Denver, CO, 80227"

Send Meet Entries To:

Heather Hemphill

Coach4Ever@gmail.com

Meet Director:

Barb Stevens

bbstevens27@msn.com

Safety Chairman:

Ron Johns

Johnsrswim@msn.com

Meet Referee:

Mike Dilli (or his designee) mdilli@q.com

Girls	Session 1 Friday 8:10am Start	Boys
Event #	Events	Event #
	11-12 50 Free	1
2	10&U 100 Fly	3
	11-12 100 Fly	4
5	10&U 200 Free	6
	11-12 200 Free	7
8	10&U 50 Back	9
	11-12 50 Back	10
11	10&U 50 Breast	12
	12&U 200 Breast	13
Girls	Session 2 Friday 1:40 pm Start	Boys
Event #	Events	Event #
14	11-12 50 Free	
15	13-14 200 Fly	16
17	11-12 100 Fly	
18	13-14 100 Free	19
20	11-12 200 Free	
21	13-14 200 Breast	22
23	12&U 200 Breast	
24	13-14 100 Back	25
26	11-12 50 Back	
27	13-14 400 Free	28

Girls	Session 3 Saturday 8:10 am Start	Boys
Event #	Events	Event #
	11-12 200 IM	29
30	10&U 200 IM	31
	11-12 100 Free	32
33	10&U 100 Free	34
	11-12 100 Breast	35
36	10&U 100 Breast	37
	12&U 200 Back	38
39	11-12 50 Fly	40
Girls	Session 4 Saturday 1:40 pm Start	Boys
Event #	Events	Event #
41	13-14 200 IM	42
43	11-12 200 IM	
44	13-14 50 Free	45
46	11-12 100 Free	
47	13-14 100 Fly	48
49	11-12 50 Fly	
50	13-14 200 Back	51
52	12&U 200 Back	
53	13-14 100 Breast	54
55	11-12 100 Breast	
56	13-14 200 Free	57

Girls	Session 5 Sunday 8:10 am Start	Boys
Event #	Events	Event #
	12&U 200 Fly	58
59	10&U 50 Fly	60
	11-12 50 Breast	61
62	10&U 50 Free	63
	11-12 100 Back	64
65	10&U 100 Back	66
	12&U 400 Free	67

Girls	Session 6 Sunday 1:40 pm Start	Boys
Event #	Events	Event #
68	12&U 200 Fly	
69	11-12 50 Breast	
70	14&U 400 IM	71
72	11-12 100 Back	
73	12&U 400 Free	
74	14&U 1500 Free	75