

WESTERN SLOPE WINTER LEAGUE CHAMPIONSHIPS
February 20-21, 2010
Grand Junction, Colorado

SANCTION: Held under Zone 4 League Sanction of Colorado Swimming, Inc. of USA Swimming Sanction#: 2010-018B

HOST: Grand Junction Dolphins, Western Slope League, and Zone 4.

LOCATION: Mesa State College, Saunders Field Natatorium
Corner of 12th St. and Orchard Ave., Grand Junction, CO (970) 248-1058

FACILITIES: 8 lane, 25 yard pool, limited continuous warm up and cool down area. 500 bleacher on deck, 600 balcony. No smoking or glass containers.

MSC RULES: As guests of Mesa State College, **all** must adhere to the Mesa State College policies and rules.
DECK ACCESS: ONLY coaches, swimmers, officials and volunteers will be allowed on the pool deck.
Street shoes are NOT allowed on the pool deck. All attendees must be barefoot or bring suitable deck shoes that have not been previously worn outside. Parents must drop off their swimmers at the doors to the pool deck then proceed to the upstairs observation gallery. There will be deck passes available for coaches, officials and volunteers at the Grand Junction Dolphins Hospitality Room. Please return after the meet.

The only food and beverage allowed on the pool deck is bottled water. Attendees can leave the pool deck area to eat or drink. There will be a limited number of chairs provided for swimmer and coach use. Swimmers cannot bring in any of their own chairs, coolers or other "camping gear". Parents may set up their own chairs in the upstairs gallery but may not obstruct the view or block an aisle. Food and beverage is allowed in the gallery area but must be cleaned up before leaving each day. Coaches must supervise their swimmers. Locks may not be left on lockers overnight. Children must be supervised at all times.

Any individuals not respecting these policies and rules will be removed from that area or from the facility at the discretion of the meet director, Grand Junction Dolphins Board of Directors or Mesa State College staff. **ANY DAMAGE TO POOL PROPERTY WILL BE GROUNDS FOR DISMISSAL FROM THE REMAINDER OF THE MEET AND THE OFFENDERS WILL BE HELD LIABLE.**

TIMING: Colorado Timing System with touch pads and 8-lane display board will be used for all events with the exception of 25 yard events, which will use stopwatches for times. Back-up timing will consist of two buttons and one stopwatch. Hy-Tek Meet Manager software will be used.

SCHEDULE:

Saturday
Session 1: Warm up 10:00 a.m.; Session start 11:15 a.m.
Session 2: After Session 1, but no earlier than 1:30pm. Meet will start 90 minutes following the start of warm-up.
Session 3: Immediately following Session 2. There will be a 10 minute warmup before the start of the session.

Sunday
Session 4: Warm up 7:30 a.m.; Session start 8:45 a.m.
Session 5: After Session I, but no earlier than 11:00am. Meet will start 90 minutes following the start of warm-up.

PM warm-ups and start times may be adjusted after all entries are received and the WSL meeting schedule is set. We reserve the right to combine sessions should the number warrant it

ELIGIBILITY: Open to all Western Zone 4 League swimmers holding a 2010 USA Swimming membership card. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show their card. No deck registrations will be accepted. Swimmers within the 120-day transfer period must swim UNATTACHED. Swimmers must be prepared to show their current registration card if requested. The Colorado Swimming, Inc., Meet Verification Form must accompany all entries.

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QUALIFYING TIMES: There will only be qualifying time of 8:00.00 for the 500 freestyle. For all other events swimmers must have a verifiable time for each event they swim. 'No times (NT)' will not be accepted. Be prepared to show Proof of Times. Courtesy time for the 400 IM will be 7:00.

SCORING: Scoring will be given to 12 places as follows:
Individual: 16-13-12-11-10-9-7-5-4-3-2-1
Relays: 32-26-24-22-20-18-14-10-8-6-4-2
All events will be scored according to age groups and will count toward team point scores.

AWARDS: Ribbons will be awarded to 12 & under swimmers. Ribbons will be awarded for 1st through 12th place. 13 & over swimmers will receive a participation award.

Individual High Points: Will be awarded to the top individuals in each of the following categories: 8&under, 9-10, 11-12, 13-14 & Senior. Note: 8&Under High Point: All 8&under events plus the following 10&under events will count toward high point - 50 yard freestyle, 50 yard backstroke, 50 yard breaststroke, 50 yard butterfly, 100 yard IM, and 100 yard freestyle. Points scored by 10 & Under swimmers in Open events will not apply to 8&Under and 9-10 high point awards.

SEEDING: The meet will be pre-seeded, except for the 500 Freestyle (see Rules below). Coaches must provide scratches and relay declarations at least 45 minutes prior to each session.

RULES: Current 2010 USA rules will govern the format of the meet. Meet Marshals will be assigned. All the events are TIMED FINALS. Ages as of February 20, 2010 will determine the swimmer's age group. No exhibition swimming will be allowed. Colorado Swimming, Inc. warm-up procedures will be observed.

The 500 free has a qualifying time 8:00.00. Participants will be required to provide a counter and two (2) timers. This event will require a positive check-in to swim. The event will be swum fastest to slowest alternating girls then boys, with a combined heat possible at the discretion of the Meet Referee.

There will be a courtesy time standard of 7 minutes for the 400 IM.

The Meet Referee will have final authority on all procedures regarding the Conduct of the meet. The Referee may combine individual events by age, sex, and/or distance. All coaches and officials must display their USA/CSI cards when on deck. Current certification is mandatory. Coaches that are in non-compliance will not be allowed on deck.

Athletes achieving Silver State Championship time standards during this meet must complete and submit the applicable forms and payment to the Clerk of Course by the end of Session 5 on Sunday, February 21, 2010 if planning to swim the event at the Silver State meet.

There will be a time trial following Session Five on Sunday (sanction# 2010-18C) The only event available will be the 1650 Freestyle. This event is only available to swimmers whose coaches can prove to the Meet Referee that they have a potential to make a spring meet qualifying time in that event. This event is not available to swimmers who just want to gain experience swimming this event. The event will cost \$ 5.00 per swimmer, which must be paid to the Clerk of Course before the swimmer can swim.

ENTRIES: All swimmers may swim THREE (3) individual events plus ONE (1) relay per day.

ENTRY FEES: Individual Events: \$2.50

Relay Events: \$5.00

Pool Surcharge: \$7.50

Make one check payable to: **Grand Junction Dolphins**

(All swimmers' fees, except for the pool surcharge, to towards Western Slope League Swimming.)

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ENTRY PROCEDURE: E-mail entries are preferred.

Times for all events shall be in short course yards. A current Colorado Swimming Meet Verification Form must accompany all entries.

Email Entries: Email entries to Carrie Walton at CWalton41@yahoo.com. When you email the entries, also attach a Word document of the Hy-Tek Meet Entry Report by swimmer. If you don't receive an email confirmation, your entries were not received. Confirmed e-mailed entries will not need to send the diskette or Entry Reports. Checks and Meet Verification must be postmarked by Monday, February 15, 2010.

Mail Entries: Include a Team Manager report of meet entries by swimmer, along with the diskette/CD, Meet Verification Form and payment.

Other entries must be on CSI duplicate pink or blue master sheets (2 copies) with swimmer's name, USA number, age, event number and entry time in short course yards. AN ADDITIONAL FEE OF 25 CENTS PER INDIVIDUAL EVENT WILL BE CHARGED FOR ENTRIES SUBMITTED IN THIS MANNER

All entries must be sent to the entry chairman. If sending overnight mail, please waive the signature. DO NOT SEND ENTRIES TO THE POOL. Please waive signature on express mailed entries.

Send entries to:

Carrie Walton
532 Swan Lane
Grand Junction, CO 81507
970.241.2333
Cwalton41@yahoo.com

ENTRY DEADLINE: Entries must be received no later than 6:00 p.m. Monday, February 15, 2010.. No late entries will be accepted. Deck adds will be allowed only if there is an empty lane in the event. We will accept deck adds at the meet referee's discretion, and no new heats will be added.

PROGRAMS: There will be no programs at the meet. Heat sheets will be posted on the league's webpage, <http://www.westernslopeleague.org/> by Wednesday, February 17th. Meet information, including heat sheets, will also be available for sale at each session. The cost will be \$1.00 per session.

RESULTS: Results (Meet Manager backup and Team Manager results) will be emailed within 5 days to teams entered in the meet. If time and equipment permit, results may be available at the end of the meet on diskette (Bring your own formatted diskette). No paper copies of results will be generated unless asked for by a coach.

MEET The logistics of operating the WSC meet requires a group effort. Each team will play a part in **DUTIES:** lane timing and will be asked to assist in other areas: concessions and hospitality. Team assignments will be determined after entries are received and will be sent to team contacts via email and posted on <http://www.westernslopeleague.org/> .

MEET PERSONNEL:

REFEREE: Steve Winslow
MEET DIRECTOR: Michelle Bridwell
SAFETY DIRECTOR: Terry Kidd
ENTRY CHAIR: Carrie Walton

COACHES: There will a short coaches meeting immediately before the start of session 1. No other coaches meeting will take place unless a situation arises that would require one. Coaches and officials will be furnished lunch free of charge.

SPECIAL **MEET INFORMATION WILL BE UPDATED AT:** <http://www.westernslopeleague.org/>

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Session 1 - Saturday AM		
Warm up 10:00 a.m.; Session start 11:15 a.m.		
Girls	Event	Boys
1	10 & Under 100 Free Relay	2
3	10 & Under 100 IM	4
5	10 & Under 100 Back	6
7	8 & Under 25 Fly	8
9	10 & Under 50 Fly	10
11	8 & Under 25 Back	12
13	10 & Under 50 Back	14
15	10 & Under 200 Free	16
17	10 & Under 100 Breast	18

Session 4 - Sunday AM		
Warm up 7:30 a.m.; Session start 8:45 a.m.		
Girls	Event	Boys
37	10 & Under 100 Medley Relay	38
39	10 & Under 100 Free	40
41	8 & Under 25 Breast	42
43	10 & Under 50 Breast	44
45	10 & Under 100 Fly	46
47	8 & Under 25 Free	48
49	10 & Under 50 Free	50
51	10 & Under 200 IM	52

Session 2 - Saturday PM		
Warm-ups start immediately following Session 1 but not before 1:30pm; Session starts 90 minutes following start of warm-ups.		
Girls	Event	Boys
19	Open 200 Medley Relay	20
21	11-12 50 Fly	22
23	Open 200 Fly	24
25	Open 100 Free	26
27	Open 200 IM	28
29	Open 100 Breast	30
31	11-12 50 Back	32
33	Open 200 Back	34

Session 5 - Sunday PM		
Warm-ups start immediately following Session 3 but not before 11:00am; Session starts 90 minutes following start of warm-ups.		
Girls	Event	Boys
53	Open 200 Free Relay	54
55	11-12 100 IM	56
57	Open 400 IM	58
59	Open 50 Free	60
61	Open 100 Back	62
63	11-12 50 Breast	64
65	Open 200 Breast	66
67	Open 100 Fly	68
69	Open 200 Free	70

Session 3 - Saturday PM		
This session immediately follows Session 3. The session will start after a 10 minute warm-up.		
Girls	Event	Boys
35	Open 500 Free	36

Sunday PM
Time Trial for 1650 Free ***

We reserve the right to combine sessions should the splash numbers warrant it.

***There will be a time trial following Session Five on Sunday. The only event available will be the 1650 Freestyle. This event is only available to swimmers whose coaches can prove to the Meet Referee that they have a potential to make a spring meet qualifying time in that event. This event is not available to swimmers who just want to gain experience swimming this event. Please note that this events counts as an individual event for the meet