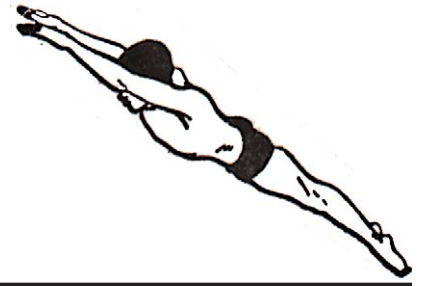


DECEMBER, 2003 - JANUARY, 2004



C.S.I. Newsletter

Registration Problems??

This fall we have had many registration problems at the swim meets, that is the reason meet results are not being posted. Many of the problems are that the information the club is sending in with meet entries are different than what is in the CSI database, like not using the middle initial or misspelling names.

Also, there are a lot of **unregistered** swimmers. Host teams will now be doing a registration check before the meet begins. Any clubs that have swimmers on the exception report will be notified about the problems. It is then up to the club with problems to correct them.

Any swimmers still on the exception report must come to the meet and either show a current registration card or they will need to register on deck before they will be allowed to swim.

If for some reason the swimmers are already registered, but can't prove it, then we will refund the monies collected.

Clubs can now download their Team Manager to check if

the information is the same or if swimmers are not registered before they send their entries to the host team. Also clubs can call the CSI office and I will send you a list of currently registered swimmers for your club. The information in the CSI database may be incorrect so clubs need to check the list for any mistakes and call or e-mail the office so the corrections can be made.

If you are not registered yet for 2004, please get your registration in so we will have time to get it in the database before the first meet of the new year.

☹ Swimmers **MUST** be in the database before they swim a meet.

☹ Swimmers **MUST** be entered with the correct name and I. D. number.

☹ Swimmers **MUST** be registered with the club they are representing.

☹ Swimmers within the 120-day rule **MUST** swim unattached.

Registration Verification From Meet Manager

This process is really the last resort for where the data needs to be corrected, but it is the most critical place for it to be correct. CSI no longer accepts meet results with incorrect athlete information. The process is straight forward.

1). Using your browser, go to <http://www.csi.org>

2). Go to the Downloads menu and select Registered Athletes For Verification Check(zip) or Registered Athletes For Verification Check (Hy-Tek Format).

3). Save this file to your disk. You will need to unzip it (we like Winzip to do this) if you downloaded the zip file, otherwise you are ready to go.

4). In Meet Manager, it is expected that you have started or completed entries. Go to the Reports Menu and select Exception Reports. Click on RegChk/Proof of Time tab. Select Check Athletes against External Registration File. Hit OK. Meet Manager will then ask you to browse to where you extracted or downloaded the .RE1 file. Select the file and the report will be generated.

5). Fix the obvious first (First Name, Last Name, Middle Initial) problems. Do not worry about the club mismatches. Make a note of them to tell the coach of that club that transfer paperwork may not have been filed with CSI and for them to get moving on getting that straightened out.

6). The hard part is fixing the ID's. The RE1 file is in a text format and you can search through it using notepad. You will often find it is because an (*) asterisk was used instead of the correct

middle initial or birth date does not match, or the entry used the athlete's nickname in the ID instead of the real first name. If you get through this you are doing great.

7). The remaining athletes that you do not find have probably not been registered and you will need to catch them before they enter the pool.

SEE "TEAM MANAGER" PAGE 2.

**CALL THE CSI OFFICE AT
1-800-242-SWIM**

**Colorado Swimming, Inc.
P.O. Box 4181
Pueblo, CO 81003**

**PRSR STD
U.S. POSTAGE PAID
PUEBLO, CO
Permit #35**

TEAM MANAGER AND WHAT YOU CAN DO!

FROM PAGE 1.

You have two choices here. Do it yourself or have us help. In either case you will need Team Manager 3.0F (11/06/2003).

Do It Yourself:

1). Follow the first three steps listed in the Meet Manager section on page one of this newsletter.

Go to Reports, select Administrative, select Athletes.

3). Click Registration ID Exception and hit Create Report.

4). Team Manager will have you browse to where you saved/unzipped the RE1 file that was downloaded. The report will then be created after you select the file.

5). Print the report.

6). Use the report to correct the information you have in Team Manager as well as find out which athlete's registrations may not have been sent to CSI yet. It is very important that you use the correct legal name (including middle initial) of your athletes and put their nicknames in the nickname field. Fix birth

dates and their ID's. Let the registration chairman know of any corrections needed for the registration database.

Have Us Help:

1). In Team Manager 3.0F go to File, then Export, then Registration Reconciliation.

2) Select where you want the file created and your club and hit OK.

3). E-mail the file as an attachment to either jlorimer@csi.org or jkralik@csi.org

4). We will then take the file and run it through USA Swimming's Swims program.

5). We will send a file back to you that may look like this.

6). Make the necessary corrections to your team database.

You are now ready to enter meets without the fear of the waiting entry chair as you enter the door wanting to hang you up to dry.

120-Day Rule

Section 203.3 of the USA Swimming Rules and Regulations is frequently referred to in the swimming community as the 120-day rule. Simply stated, the 120-day rule states that for a swimmer to represent a USA Swimming club in a competitive event, 120 consecutive days must have elapsed without the swimmer having represented any other USA Swimming club in competition.

Listed below are frequently asked questions and answers about section 203.3:

Question: Club ABC has folded and swimmers must join another USA Swimming club. Must the swimmer wait 120 days?

Answer: The USA Swimming Rules & Regulations specifies that 120 consecutive days must have elapsed before a swimmer can represent any other USA Swimming club in competition. Even though the club disbanded, the swimmers must still wait 120 days to represent another USA Swimming club in competition.

Question: A USA Swimming club is changing its club name from ABC to DEF. No other changes with exception of club name. Must swimmers wait 120 days?

Answer: In this instance, the 120-day rule does not apply.

The club has a name change only in essence. It is not a different club.

Question: Club ABC is merging with the DEF swim club and swimmers will swim as the DEF club. What swimmers must wait 120 days?

Answer: The swimmers coming from the ABC swim club must wait 120 consecutive days before representing the DEF swim club in competition.

Swimmers that are in the 120-day rule can still swim in competition, but they must swim unattached.

Watch for the next issue about the 120-day rule in closed competition!

2004 REGISTRATION REMINDER

DON'T FORGET ALL 2003 MEMBERSHIPS WILL EXPIRE DECEMBER, 31ST.

IF YOU HAVE NOT REGISTERED YET, TIME IS RUNNING OUT!

THANK YOU TO ALL THE CLUBS, COACHES, AND OFFICIALS THAT HAVE SENT IN YOUR REGISTRATIONS EARLY.

IT MAKES THINGS MUCH NICER AT THE END OF THE YEAR.

CAMP FUNDING DEADLINE

All requests for Camp funding must be in writing and received by January 3, 2004. Please call the CSI office if you have any questions. 1-800-242-SWIM

DUES INCREASES FOR 2004

| | |
|-------------------------|-----------------------------------|
| SEASONAL ATHLETE..... | \$24.50 (April 1 - Aug. 29) |
| YEAR ROUND ATHLETE.... | \$50.00 (Sept. 1 - Dec. 31, 2004) |
| INDIVID. NON-ATHLETE... | \$50.00 (Sept. 1 - Dec. 31, 2004) |
| NON-ATHLETE FAMILY..... | \$85.00 (Sept. 1 - Dec. 31, 2004) |

Please destroy all old forms from last year to avoid problems!

Colorado Swimming, Inc. Board of Directors Meeting

**Board of Directors Meeting - Backcountry Brewery, Frisco, CO
September 20, 2003**

Attending this meeting were: Larry Greene, Tom Pond, Linda Eaton, Julie Youngblood, Hale Adams, Andy Niemann, David Reeder, Joe Badaracco, Carl Diehl, Jim Densmore, Donna Siefkas, Greg Parsons, Janet Kralik, Michelle Badaracco, Kathy Krohn, Jim Richey, Julie O'Neill, Ken Ebuna, Jamie Badaracco, John Lorimer, Dale Leonhart.

Larry called the meeting to order at 10:00am. Minutes from the June meeting were reviewed and accepted by acclamation with no changes.

Doug Martin from the Rocky Mountain State Games gave a presentation and slide show. They would like to have swimming in the games and we may be able to have our LC State meet in conjunction with the games at the Air Force Academy.

Larry would like to appoint Julie O'Neill as the Adapted Chair for Colorado Swimming. A motion was made and seconded to accept the appointment. **Motion passed.**

Ken Ebuna - Technical planning chairman went through the recommendations from his committee.

Silver State Issues:

Most of the zones already have something in place. What if someone from outside the zone wanted to participate? That would be up to the zone if they would allow them in their zone meet.

Motion: *Eliminate the summer Silver State meet beginning in 2004, and charge each geographical zone within CSI to develop, schedule, and implement a relevant competition for the summer season that will meet their needs.* Seconded. **Motion passed.**

Individual High-Point Awards:

Much discussion, athletes like the high point, maybe we should give more than one place.

Motion: *Eliminate the awarding of individual high-point awards at all CSI sponsored championship meets (14 & U Championships and the summer LC Championships).* Seconded. **Motion failed.**

Entry Corrections@CSI sponsored meets:

Motion: *Move forward the existing entry deadline for CSI sponsored meets by two days, and allow corrections to individual/relay entries by the team coach and/or entries by the team coach and/or entry chairperson in the subsequent 48-hour period. All corrections will be assessed double the entry fee.* Seconded. **Motion passed.**

Pool surcharges:

Motion: *Hosts for CSI sponsored meets must work in conjunction with the CSI permanent office to establish reasonable pool surcharges, so that there will be no excessive surplus reverting to CSI; If, after due consideration and collaboration of the host and CSI, monies collected do not cover said facility related expenses then CSI, with board approval, will reimburse the host club the amounting difference.* Seconded. **Motion passed.**

Number of events:

Motion: *The maximum number of events for individual*

swims would change from nine (9) to seven (7) for the 14 & U and LC State meets. Seconded. **Motion passed.**

Number of relays per team:

Motion: *To limit the number of relays in each group to one per team.* Seconded. **Motion failed.**

Meet Format:

Motion: *To change the format on Thursday to the women's 1500 free and men's 800 free and on Sunday the women's 800 and men's 1500.* Seconded. **Motion failed.**

Ken announced the dates for the meets: Short Course; Silver February 27-29, 14 & U March 5-7, Long Course July 29-August 1. He said the time standard should be out soon. He also said that hard copies of results would be sent to clubs upon request only.

Ken made a motion to have Larry go forward with the State Games people about the Long Course State Meet. Seconded. **Motion passed.**

Greg Parsons - Finance Chair passed out a cash management and investment proposal. Ken made a motion to accept the proposal. Seconded. **Motion passed.**

Greg then went through to budget for next year and will present it to the House of Delegates. Ken made a motion to accept the proposed budget. Seconded. **Motion passed.**

The meeting adjusted at 1:52pm.

IS YOUR CLUB REGISTERED FOR 2004? 2004 Registered Clubs/Organizations (through 12/8/03)

| | |
|-----------------------------------|-----------------------------------|
| AAA - Aurora Aquatic Academy | MACS - Mission Aurora CO Swim |
| ACES - Aces Swim Club | MM - Montrose Marlins Swim Club |
| AFAF - Air Force Academy Falfins | NCS - Northern Colo. Swimming |
| AQUA-Aquawolves CO Swim Team | NJ - North Jeffco Swom Team |
| BB - Brighton Bullfrogs Swim Club | PAGO - Pagosa Lakes Porpoises |
| BLDR - Boulder Swimming | PARK - Parker Phenomena |
| BURE - Bure-Aqua | PCST - Pueblo County Swim Team |
| CSST - CO Springs Swim Team | PPSL - Pikes Peak Swim League |
| CSUR - Colo. State Univ. Rams | PSC - Pueblo Swim Club |
| CWB - Colorado Water Buffaloes | PWSC - Pueblo West Swim Team |
| DADS - Dad's Swimming Team | RACE - RallySport Aquatic Club |
| DD - Denver Dukes | RIP - Duncan YMCA Riptide |
| DGO - Durango Swim Team | ROCK - Castle Rock Swimming |
| EPSC - Estes Park Swim Club | SECA - Southeastern Colo Aquatics |
| EVER - Evergreen Swim Team | SOPR - Sopris Barracuda Swim |
| FAST - Ft. Collins Area Swim Team | STAR - Colorado Stars |
| FST - Foothills Swim Team | SUSL - Sunurban Swim League |
| GJD - Grand Junction Dolphins | TOPS - Univ. Den. Hilltoppers |
| GSC - Greeley Swim Club | TWA - Tidal Wave Aquatics |
| GTS - Greenwood Tiger Sharks | V-7 - Village Seven Swim Team |
| GVW - Grand Valley Wave | WASP - Windsor Area Swim Prog. |
| HRA - Highlands Ranch Aquatics | WOOD - Woodmoor Waves |
| LONG - Longmont Swim Club | Z-4 - Colorado Zone 4 |
| LOVE - Loveland Swim Club | |

2004 CSI STATE CHAMPIONSHIP TIME STANDARDS

| WOMEN | | | 10 & UNDER | MEN | | |
|---------|---------|---------|------------|---------|---------|---------|
| LCM | SCM | SCY | EVENT | LCM | SCM | SCY |
| :36.49 | :35.69 | :32.19 | 50 FREE | :37.49 | :36.69 | :33.09 |
| 1:19.39 | 1:17.79 | 1:10.09 | 100 FREE | 1:21.79 | 1:20.19 | 1:12.19 |
| 3:00.59 | 2:57.39 | 2:39.89 | 200 FREE | 3:09.19 | 3:05.99 | 2:47.49 |
| :43.59 | :42.99 | :38.79 | 50 BACK | :45.89 | :45.29 | :40.89 |
| 1:34.89 | 1:33.69 | 1:24.49 | 100 BACK | 1:38.69 | 1:37.49 | 1:27.89 |
| :49.49 | :48.49 | :43.69 | 50 BREAST | :52.29 | :51.29 | :46.29 |
| 1:47.19 | 1:45.19 | 1:34.79 | 100 BREAST | 1:52.89 | 1:50.89 | 1:39.89 |
| :42.69 | :41.99 | :37.89 | 50 FLY | :44.79 | :44.09 | :39.69 |
| 1:44.39 | 1:42.99 | 1:32.79 | 100 FLY | 1:59.09 | 1:57.69 | 1:46.09 |
| | 1:31.19 | 1:22.19 | 100 I.M. | | 1:36.29 | 1:26.69 |
| 3:23.39 | 3:20.19 | 3:00.39 | 200 I.M. | 3:32.99 | 3:29.79 | 3:08.99 |
| 3:00.59 | 2:57.39 | 2:39.89 | 200 F. R. | 3:11.29 | 3:08.09 | 2:49.49 |
| 3:23.39 | 3:20.19 | 3:00.39 | 200 M.R. | 3:37.99 | 3:34.79 | 3:13.59 |

| WOMEN | | | 13-14 | MEN | | |
|----------|----------|----------|----------------|----------|----------|----------|
| LCM | SCM | SCY | EVENT | LCM | SCM | SCY |
| :30.79 | :29.99 | :27.09 | 50 FREE | :29.69 | :28.89 | :26.09 |
| 1:06.99 | 1:05.39 | :58.99 | 100 FREE | 1:05.09 | 1:03.49 | :57.19 |
| 2:25.29 | 2:22.09 | 2:07.99 | 200 FREE | 2:23.79 | 2:20.59 | 2:06.69 |
| 5:08.99 | 5:02.59 | 5:46.19 | 400/500 FREE | 5:11.09 | 5:04.69 | 5:48.59 |
| 10:55.89 | 10:43.09 | 12:14.89 | 800/1000 FREE | 10:55.09 | 10:42.29 | 12:13.99 |
| 21:29.69 | 21:05.69 | 21:04.39 | 1500/1650 FREE | 21:46.09 | 21:22.09 | 21:20.49 |
| 1:16.99 | 1:15.79 | 1:08.29 | 100 BACK | 1:15.99 | 1:14.79 | 1:07.39 |
| 2:45.09 | 2:42.69 | 2:26.59 | 200 BACK | 2:44.19 | 2:41.79 | 2:25.79 |
| 1:27.29 | 1:25.29 | 1:16.79 | 100 BREAST | 1:27.29 | 1:25.29 | 1:16.89 |
| 3:09.09 | 3:05.09 | 2:46.79 | 200 BREAST | 3:11.39 | 3:07.39 | 2:48.89 |
| 1:17.09 | 1:15.69 | 1:08.19 | 100 FLY | 1:15.39 | 1:13.99 | 1:06.69 |
| 2:59.29 | 2:56.49 | 2:38.99 | 200 FLY | 3:11.09 | 3:08.29 | 2:49.69 |
| 2:44.99 | 2:41.79 | 2:25.69 | 200 I.M. | 2:42.19 | 2:38.99 | 2:23.29 |
| 5:57.09 | 5:50.69 | 5:15.99 | 400 I.M. | 6:08.59 | 6:02.19 | 5:26.29 |
| 5:11.89 | 5:05.49 | 4:35.29 | 400 F. R. | 5:11.09 | 5:04.69 | 4:34.49 |
| 6:04.99 | 5:58.59 | 5:23.09 | 400 M.R. | 6:08.59 | 6:02.19 | 5:26.29 |

| WOMEN | | | 11 & 12 | MEN | | |
|---------|---------|---------|--------------|---------|---------|---------|
| LCM | SCM | SCY | EVENT | LCM | SCM | SCY |
| :32.29 | :31.49 | :28.39 | 50 FREE | :33.39 | :32.59 | :29.39 |
| 1:10.79 | 1:09.19 | 1:02.39 | 100 FREE | 1:13.29 | 1:11.69 | 1:04.59 |
| 2:34.89 | 2:31.69 | 2:16.69 | 200 FREE | 2:41.19 | 2:37.99 | 2:22.29 |
| 5:34.69 | 5:28.29 | 6:14.99 | 400/500 FREE | 5:52.69 | 5:46.29 | 6:35.09 |
| :37.59 | :36.99 | :33.39 | 50 BACK | :39.59 | :38.99 | :35.09 |
| 1:21.29 | 1:20.09 | 1:12.19 | 100 BACK | 1:25.99 | 1:24.79 | 1:16.39 |
| 2:59.39 | 2:56.99 | 2:39.49 | 200 BACK | 3:11.79 | 3:09.39 | 2:50.69 |
| :42.69 | :41.69 | :37.59 | 50 BREAST | :44.29 | :43.29 | :38.99 |
| 1:33.29 | 1:31.29 | 1:22.19 | 100 BREAST | 1:37.89 | 1:35.89 | 1:26.39 |
| 3:27.39 | 3:23.39 | 3:03.29 | 200 BREAST | 3:39.79 | 3:35.79 | 3:14.49 |
| :35.89 | :35.19 | :31.69 | 50 FLY | :37.79 | :37.09 | :33.39 |
| 1:22.79 | 1:21.39 | 1:13.29 | 100 FLY | 1:29.39 | 1:27.99 | 1:19.29 |
| 3:10.59 | 3:07.79 | 2:49.19 | 200 FLY | 3:15.19 | 3:12.39 | 2:53.39 |
| | 1:19.69 | 1:11.79 | 100 I.M. | | 1:22.29 | 1:14.09 |
| 2:54.39 | 2:51.19 | 2:34.29 | 200 I.M. | 3:02.49 | 2:59.29 | 2:41.49 |
| 6:11.79 | 6:05.39 | 5:29.19 | 400 I.M. | 6:29.99 | 6:23.59 | 5:45.59 |
| 2:34.89 | 2:31.69 | 2:16.69 | 200 F. R. | 2:42.19 | 2:38.99 | 2:23.29 |
| 2:55.49 | 2:52.29 | 2:35.29 | 200 M.R. | 3:03.99 | 3:00.79 | 2:42.89 |

| WOMEN | | | SENIOR | MEN | | |
|----------|----------|----------|----------------|----------|----------|----------|
| LCM | SCM | SCY | EVENT | LCM | SCM | SCY |
| :29.79 | :28.99 | :26.09 | 50 FREE | :26.99 | :26.19 | :23.59 |
| 1:04.49 | 1:02.89 | :56.59 | 100 FREE | :59.09 | :57.49 | :51.79 |
| 2:20.09 | 2:16.89 | 2:03.29 | 200 FREE | 2:10.09 | 2:06.89 | 1:54.29 |
| 4:55.69 | 4:49.29 | 5:31.29 | 400/500 FREE | 4:42.29 | 4:35.89 | 5:16.29 |
| 10:21.19 | 10:08.39 | 11:36.09 | 800/1000 FREE | 10:12.69 | 9:59.89 | 11:26.49 |
| 20:41.59 | 20:17.59 | 20:17.29 | 1500/1650 FREE | 20:07.79 | 19:43.79 | 19:44.09 |
| 1:14.19 | 1:12.99 | 1:05.79 | 100 BACK | 1:08.79 | 1:07.59 | 1:00.89 |
| 2:42.69 | 2:40.29 | 2:24.39 | 200 BACK | 2:31.19 | 2:28.79 | 2:14.09 |
| 1:24.59 | 1:22.59 | 1:14.39 | 100 BREAST | 1:18.19 | 1:16.19 | 1:08.69 |
| 3:04.09 | 3:00.09 | 2:42.29 | 200 BREAST | 2:59.99 | 2:55.99 | 2:38.49 |
| 1:12.89 | 1:11.49 | 1:04.39 | 100 FLY | 1:06.09 | 1:04.69 | :58.29 |
| 2:50.59 | 2:47.79 | 2:31.09 | 200 FLY | 2:42.69 | 2:39.89 | 2:24.09 |
| 2:39.09 | 2:35.89 | 2:20.39 | 200 I.M. | 2:27.59 | 2:24.39 | 2:10.09 |
| 5:44.69 | 5:38.29 | 5:04.79 | 400 I.M. | 5:26.79 | 5:20.39 | 4:48.69 |
| 4:58.19 | 4:51.79 | 4:22.89 | 400 F. R. | 4:48.19 | 4:41.79 | 4:13.89 |
| 10:43.49 | 10:30.69 | 9:28.19 | 800 F.R. | 10:38.59 | 10:25.79 | 9:23.79 |
| 5:18.29 | 5:11.89 | 4:40.99 | 400 M.R. | 5:35.49 | 5:29.09 | 4:56.49 |

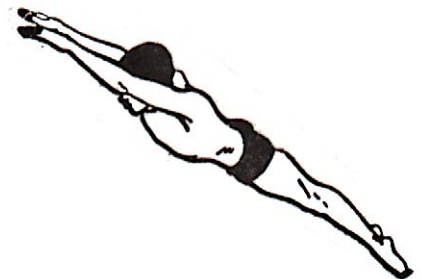
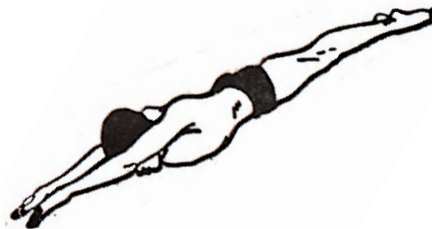
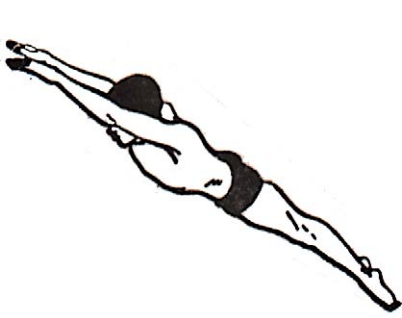
2004 COLORADO SILVER STATE TIME STANDARDS

10-UNDER GIRLS

| EVENT | MINIMUM | | | MAXIMUM | | |
|------------|---------|---------|---------|---------|---------|---------|
| | LCM | SCM | SCY | LCM | SCM | SCY |
| 50 FREE | :40.59 | :39.79 | :35.79 | :36.50 | :35.70 | :32.20 |
| 100 FREE | 1:31.19 | 1:29.59 | 1:20.69 | 1:19.40 | 1:17.80 | 1:10.10 |
| 200 FREE | 3:27.69 | 3:24.49 | 3:04.19 | 3:00.60 | 2:57.40 | 2:39.90 |
| 50 BACK | :47.39 | :46.79 | :42.09 | :43.60 | :43.00 | :38.80 |
| 100 BACK | 1:44.09 | 1:42.89 | 1:32.69 | 1:34.90 | 1:33.70 | 1:24.50 |
| 50 BREAST | :54.89 | :53.89 | :48.49 | :49.50 | :48.50 | :43.70 |
| 100 BREAST | 2:01.29 | 1:59.29 | 1:47.39 | 1:47.20 | 1:45.20 | 1:34.80 |
| 50 FLY | :49.19 | :48.49 | :43.69 | :42.70 | :42.00 | :37.90 |
| 100 FLY | 2:00.09 | 1:58.69 | 1:46.89 | 1:44.40 | 1:43.00 | 1:32.80 |
| 100 I.M. | | 1:40.99 | 1:30.99 | | 1:31.20 | 1:22.20 |
| 200 I.M. | 3:53.89 | 3:50.69 | 3:27.79 | 3:23.40 | 3:20.20 | 3:00.40 |

10-UNDER BOYS

| EVENT | MINIMUM | | | MAXIMUM | | |
|------------|---------|---------|---------|---------|---------|---------|
| | LCM | SCM | SCY | LCM | SCM | SCY |
| 50 FREE | :43.79 | :42.99 | :38.69 | :37.50 | :36.70 | :33.10 |
| 100 FREE | 1:39.29 | 1:37.69 | 1:27.99 | 1:21.80 | 1:20.20 | 1:12.20 |
| 200 FREE | 3:39.99 | 3:36.79 | 3:15.29 | 3:09.20 | 3:06.00 | 2:47.50 |
| 50 BACK | :52.79 | :52.19 | :46.99 | :45.90 | :45.30 | :40.90 |
| 100 BACK | 1:55.29 | 1:54.09 | 1:42.79 | 1:38.70 | 1:37.50 | 1:27.90 |
| 50 BREAST | 1:00.19 | :59.19 | :53.29 | :52.30 | :51.30 | :46.30 |
| 100 BREAST | 2:11.69 | 2:09.69 | 1:56.79 | 1:52.90 | 1:50.90 | 1:39.90 |
| 50 FLY | :53.39 | :52.69 | :47.39 | :44.80 | :44.10 | :39.70 |
| 100 FLY | 2:16.99 | 2:15.59 | 2:02.09 | 1:59.10 | 1:57.70 | 1:46.10 |
| 100 I.M. | | 1:53.99 | 1:42.69 | | 1:36.30 | 1:26.70 |
| 200 I.M. | 4:10.69 | 4:07.49 | 3:42.89 | 3:33.00 | 3:29.80 | 3:09.00 |



2004 COLORADO SILVER STATE TIME STANDARDS

11-12 GIRLS

| EVENT | MINIMUM | | | MAXIMUM | | |
|--------------|---------|---------|---------|---------|---------|---------|
| | LCM | SCM | SCY | LCM | SCM | SCY |
| 50 FREE | :34.79 | :33.99 | :30.59 | :32.30 | :31.50 | :28.40 |
| 100 FREE | 1:16.09 | 1:14.49 | 1:07.09 | 1:10.80 | 1:09.20 | 1:02.40 |
| 200 FREE | 2:49.19 | 2:45.99 | 2:29.49 | 2:34.90 | 2:31.70 | 2:16.70 |
| 400/500 FREE | 6:28.29 | 6:21.89 | 7:14.99 | 5:34.70 | 5:28.30 | 6:15.00 |
| 50 BACK | :41.19 | :40.59 | :36.49 | :37.60 | :37.00 | :33.40 |
| 100 BACK | 1:28.39 | 1:27.19 | 1:18.49 | 1:21.30 | 1:20.10 | 1:12.20 |
| 50 BREAST | :47.09 | :46.09 | :41.49 | :42.70 | :41.70 | :37.60 |
| 100 BREAST | 1:42.19 | 1:40.19 | 1:30.19 | 1:33.30 | 1:31.30 | 1:22.20 |
| 50 FLY | :39.79 | :39.09 | :35.19 | :35.90 | :35.20 | :31.70 |
| 100 FLY | 1:35.49 | 1:34.09 | 1:24.69 | 1:22.80 | 1:21.40 | 1:13.30 |
| 100 I.M. | | 1:26.49 | 1:17.89 | | 1:19.70 | 1:11.80 |
| 200 I.M. | 3:10.69 | 3:07.49 | 2:48.89 | 2:54.40 | 2:51.20 | 2:34.30 |

11-12 BOYS

| EVENT | MINIMUM | | | MAXIMUM | | |
|--------------|---------|---------|---------|---------|---------|---------|
| | LCM | SCM | SCY | LCM | SCM | SCY |
| 50 FREE | :38.49 | :37.69 | :33.89 | :33.40 | :32.60 | :29.40 |
| 100 FREE | 1:25.39 | 1:23.79 | 1:15.49 | 1:13.30 | 1:11.70 | 1:04.60 |
| 200 FREE | 3:06.59 | 3:03.39 | 2:45.19 | 2:41.20 | 2:38.00 | 2:22.30 |
| 400/500 FREE | 6:51.99 | 6:45.59 | 7:41.59 | 5:52.70 | 5:46.30 | 6:35.10 |
| 50 BACK | :45.89 | :45.29 | :40.79 | :39.60 | :39.00 | :35.10 |
| 100 BACK | 1:40.09 | 1:38.89 | 1:29.09 | 1:26.00 | 1:24.80 | 1:16.40 |
| 50 BREAST | :51.69 | :50.69 | :45.59 | :44.30 | :43.30 | :39.00 |
| 100 BREAST | 1:54.39 | 1:52.39 | 1:41.19 | 1:37.90 | 1:35.90 | 1:26.40 |
| 50 FLY | :44.29 | :43.59 | :39.19 | :37.80 | :37.10 | :33.40 |
| 100 FLY | 1:45.09 | 1:43.69 | 1:33.39 | 1:29.40 | 1:28.00 | 1:19.30 |
| 100 I.M. | | 1:35.79 | 1:26.29 | | 1:22.30 | 1:14.10 |
| 200 I.M. | 3:31.59 | 3:28.39 | 3:07.69 | 3:02.50 | 2:59.30 | 2:41.50 |

13-14 GIRLS

| EVENT | MINIMUM | | | MAXIMUM | | |
|--------------|---------|---------|---------|---------|---------|---------|
| | LCM | SCM | SCY | LCM | SCM | SCY |
| 50 FREE | :33.99 | :33.19 | :29.89 | :30.80 | :30.00 | :27.10 |
| 100 FREE | 1:14.09 | 1:12.49 | 1:05.29 | 1:07.00 | 1:05.40 | :59.00 |
| 200 FREE | 2:44.29 | 2:41.09 | 2:25.09 | 2:25.30 | 2:22.10 | 2:08.00 |
| 400/500 FREE | 5:58.69 | 5:52.29 | 6:41.89 | 5:09.00 | 5:02.60 | 5:46.20 |
| 100 BACK | 1:26.29 | 1:25.09 | 1:16.59 | 1:17.00 | 1:15.80 | 1:08.30 |
| 200 BACK | 3:09.89 | 3:07.49 | 2:48.89 | 2:45.10 | 2:42.70 | 2:26.60 |
| 100 BREAST | 1:38.19 | 1:36.19 | 1:26.59 | 1:27.30 | 1:25.30 | 1:16.80 |
| 200 BREAST | 3:39.89 | 3:35.89 | 3:14.49 | 3:09.10 | 3:05.10 | 2:46.80 |
| 100 FLY | 1:28.89 | 1:27.49 | 1:18.79 | 1:17.10 | 1:15.70 | 1:08.20 |
| 200 FLY | 3:28.69 | 3:25.89 | 3:05.49 | 2:59.30 | 2:56.50 | 2:39.00 |
| 200 I.M. | 3:03.49 | 3:00.29 | 2:42.39 | 2:45.00 | 2:41.80 | 2:25.70 |
| 400 I.M. | 6:59.79 | 6:53.39 | 6:12.39 | 5:57.10 | 5:50.70 | 5:16.00 |

13-14 BOYS

| EVENT | MINIMUM | | | MAXIMUM | | |
|--------------|---------|---------|---------|---------|---------|---------|
| | LCM | SCM | SCY | LCM | SCM | SCY |
| 50 FREE | :34.19 | :33.39 | :30.09 | :29.70 | :28.90 | :26.10 |
| 100 FREE | 1:14.89 | 1:13.29 | 1:05.99 | 1:05.10 | 1:03.50 | :57.20 |
| 200 FREE | 2:45.39 | 2:42.19 | 2:26.09 | 2:23.80 | 2:20.60 | 2:06.70 |
| 400/500 FREE | 5:57.79 | 5:51.39 | 6:40.89 | 5:11.10 | 5:04.70 | 5:48.60 |
| 100 BACK | 1:27.39 | 1:26.19 | 1:17.59 | 1:16.00 | 1:14.80 | 1:07.40 |
| 200 BACK | 3:08.89 | 3:06.49 | 2:47.99 | 2:44.20 | 2:41.80 | 2:25.80 |
| 100 BREAST | 1:40.39 | 1:38.39 | 1:28.59 | 1:27.30 | 1:25.30 | 1:16.90 |
| 200 BREAST | 3:40.19 | 3:36.19 | 3:14.69 | 3:11.40 | 3:07.40 | 2:48.90 |
| 100 FLY | 1:26.69 | 1:25.29 | 1:16.79 | 1:15.40 | 1:14.00 | 1:06.70 |
| 200 FLY | 3:39.79 | 3:36.99 | 3:15.49 | 3:11.10 | 3:08.30 | 2:49.70 |
| 200 I.M. | 3:06.59 | 3:03.39 | 2:45.19 | 2:42.20 | 2:39.00 | 2:23.30 |
| 400 I.M. | 7:03.89 | 6:57.49 | 6:16.09 | 6:08.60 | 6:02.20 | 5:26.30 |

15-18 GIRLS

| EVENT | MINIMUM | | | MAXIMUM | | |
|--------------|---------|---------|---------|---------|---------|---------|
| | LCM | SCM | SCY | LCM | SCM | SCY |
| 50 FREE | :34.69 | :33.89 | :30.49 | :29.80 | :29.00 | :26.10 |
| 100 FREE | 1:14.69 | 1:13.09 | 1:05.79 | 1:04.50 | 1:02.90 | :56.60 |
| 200 FREE | 2:43.09 | 2:39.89 | 2:23.99 | 2:20.10 | 2:16.90 | 2:03.30 |
| 400/500 FREE | 5:43.09 | 5:36.69 | 6:24.39 | 4:55.70 | 4:49.30 | 5:31.30 |
| 100 BACK | 1:27.19 | 1:25.99 | 1:17.39 | 1:14.20 | 1:13.00 | 1:05.80 |
| 200 BACK | 3:09.49 | 3:07.09 | 2:48.49 | 2:42.70 | 2:40.30 | 2:24.40 |
| 100 BREAST | 1:37.89 | 1:35.89 | 1:26.39 | 1:24.60 | 1:22.60 | 1:14.40 |
| 200 BREAST | 3:33.79 | 3:29.79 | 3:08.99 | 3:04.10 | 3:00.10 | 2:42.30 |
| 100 FLY | 1:25.39 | 1:23.99 | 1:15.59 | 1:12.90 | 1:11.50 | 1:04.40 |
| 200 FLY | 3:25.19 | 3:22.39 | 3:02.29 | 2:50.60 | 2:47.80 | 2:31.10 |
| 200 I.M. | 3:05.09 | 3:01.89 | 2:43.79 | 2:39.10 | 2:35.90 | 2:20.40 |
| 400 I.M. | 6:38.99 | 6:32.59 | 5:53.69 | 5:44.70 | 5:38.30 | 5:04.80 |

15-18 BOYS

| EVENT | MINIMUM | | | MAXIMUM | | |
|--------------|---------|---------|---------|---------|---------|---------|
| | LCM | SCM | SCY | LCM | SCM | SCY |
| 50 FREE | :31.29 | :30.49 | :27.39 | :27.00 | :26.20 | :23.60 |
| 100 FREE | 1:08.09 | 1:06.49 | :59.89 | :59.10 | :57.50 | :51.80 |
| 200 FREE | 2:32.09 | 2:28.89 | 2:14.09 | 2:10.10 | 2:06.90 | 1:54.30 |
| 400/500 FREE | 5:31.49 | 5:25.09 | 6:11.39 | 4:42.30 | 4:35.90 | 5:16.30 |
| 100 BACK | 1:19.19 | 1:17.99 | 1:10.19 | 1:08.80 | 1:07.60 | 1:00.90 |
| 200 BACK | 2:55.29 | 2:52.89 | 2:35.69 | 2:31.20 | 2:28.80 | 2:14.10 |
| 100 BREAST | 1:30.79 | 1:28.79 | 1:19.99 | 1:18.20 | 1:16.20 | 1:08.70 |
| 200 BREAST | 3:31.79 | 3:27.79 | 3:07.19 | 3:00.00 | 2:56.00 | 2:38.50 |
| 100 FLY | 1:16.79 | 1:15.39 | 1:07.89 | 1:06.10 | 1:04.70 | :58.30 |
| 200 FLY | 3:15.09 | 3:12.29 | 2:53.19 | 2:42.70 | 2:39.90 | 2:24.10 |
| 200 I.M. | 2:52.79 | 2:49.59 | 2:32.79 | 2:27.60 | 2:24.40 | 2:10.10 |
| 400 I.M. | 6:25.79 | 6:19.39 | 5:41.79 | 5:26.80 | 5:20.40 | 4:48.70 |

ARE YOU A.W.A.R.E.?

Taken from AWARE - USA Swimming's Doping Newsletter

Do you understand the rules, guidelines and logistics surrounding your compliance with Doping Control rules?

Do you realize that your actions can impact you and all swimmers in the USA?

In an effort to ensure that you can answer yes to each of these questions, USA Swimming has launched a new education program called A.W.A.R.E. This program is designed to educate athletes, coaches, parents and sports medicine professionals about the innocent mistakes that can occur in doping control, the information you need to consider each time you purchase an over-the-counter medicine or visit your doctor, and the rules that impact you every time you enter the pool.

Please read the following and all Doping Control educational materials you have very carefully. The rule you don't understand, or the information you didn't read, could impact your career and reputation.

U.S. Open Prep-Drug Testing will occur at this meet

Remember the following as you prepare for the U.S. Open:

Caffeine and Pseudoephedrine are still prohibited in-competition.

¥ All oral decongestants are still prohibited in-competition.

¥ Be careful of products such as energy drinks that contain high levels of caffeine.

SEE "A.W.A.R.E." PAGE 7.

**2004 USA Swimming/Speedo Champions Series
Western Region Section Long Course Championships
March 10-14, 2004
August 10-14, 2004
Qualifying Times**

| WOMEN | | | Event | MEN | | |
|----------|----------|----------|------------------|----------|----------|----------|
| SCY | SCM | LCM | | SCY | SCM | LCM |
| 25.29 | 28:09 | 28.89 | 50 FREE | 22.49 | 24.99 | 25.79 |
| 54.69 | 1:00.79 | 1:02.29 | 100 FREE | 49.09 | 54.49 | 56.59 |
| 1:57.39 | 2:10.39 | 2:13.79 | 200 FREE | 1:47.69 | 1:59.59 | 2:02.79 |
| 5:12.19 | 4:32.29 | 4:39.69 | 500/400 FREE | 4:51.69 | 4:13.99 | 4:22.79 |
| 10:52.09 | 9:29.19 | 9:42.19 | 1000/800 FREE | 10:14.69 | 8:55.89 | 9:12.79 |
| 18:23.99 | 18:22.09 | 18:44.59 | 1650/1500 FREE | 17:26.09 | 17:23.09 | 17:36.59 |
| 1:01.19 | 1:07.99 | 1:11.49 | 100 BACK | 56.09 | 1:02.29 | 1:05.69 |
| 2:12.09 | 2:26.69 | 2:32.39 | 200 BACK | 2:01.79 | 2:15.19 | 2:21.19 |
| 1:09.69 | 1:17.39 | 1:20.29 | 100 BREAST | 1:02.19 | 1:09.09 | 1:13.19 |
| 2:31.09 | 2:47.79 | 2:53.49 | 200 BREAST | 2:18.49 | 2:33.79 | 2:40.79 |
| 1:00.29 | 1:06.99 | 1:08.79 | 100 FLY | 54.09 | 1:00.09 | 1:02.09 |
| 2:14.29 | 2:29.09 | 2:31.79 | 200 FLY | 2:01.79 | 2:15.19 | 2:20.39 |
| 2:12.59 | 2:27.19 | 2:31.09 | 200 IND. MEDLEY | 2:00.69 | 2:13.99 | 2:18.69 |
| 4:42.79 | 5:13.99 | 5:20.49 | 400 IND. MEDLEY | 4:18.89 | 4:47.39 | 4:57.79 |
| 1:44.69 | 1:56.29 | 1:59.29 | 200 FREE RELAY | 1:32.99 | 1:43.29 | 1:46.89 |
| 3:49.09 | 4:14.29 | 4:17.29 | 400 FREE RELAY | 3:25.49 | 3:48.09 | 3:54.59 |
| 8:14.49 | 9:08.89 | 9:21.69 | 800 FREE RELAY | 7:38.69 | 8:29.19 | 8:43.99 |
| 1:56.29 | 2:09.09 | 2:13.39 | 200 MEDLEY RELAY | 1:44.69 | 1:56.29 | 1:59.69 |
| 4:13.79 | 4:41.79 | 4:48.39 | 400 MEDLEY RELAY | 3:47.49 | 4:12.59 | 4:23.39 |

Swimmers may enter a bonus event for each qualified event with a maximum of two bonus swims as follows:

| | | |
|----------------------------|----------------|----------------|
| One (1) Qualified Event | 1 Bonus Event | 2 Total Events |
| Two (2) Qualified Events | 2 Bonus Events | 4 Total Events |
| Three (3) Qualified Events | 2 Bonus Events | 5 Total Events |
| Four (4) Qualified Events | 2 Bonus Events | 6 Total Events |
| Five (5) Qualified Events | 1 Bonus Event | 6 Total Events |
| Six (6) Qualified Events | 0 Bonus Event | 6 Total Events |

2004 SEASONAL STATE TIME STANDARDS

| WOMEN | | | 8&UNDER | | | MEN | | |
|---------|---------|---------|------------------|---------|---------|---------|--|--|
| LCM | SCM | SCY | EVENT | LCM | SCM | SCY | | |
| | :24.41 | :21.99 | 25 FREE | | :25.85 | :23.29 | | |
| :56.29 | :55.49 | :49.99 | 50 FREE | :57.95 | :57.15 | :51.49 | | |
| 2:14.79 | 2:13.19 | 1:59.99 | 100 FREE | 2:12.57 | 2:10.97 | 1:57.99 | | |
| | :28.52 | :25.69 | 25 BACK | | :32.18 | :28.99 | | |
| | :35.51 | :31.99 | 25 BREAST | | :38.84 | :34.99 | | |
| | :35.51 | :31.99 | 25 FLY | | :36.62 | :32.99 | | |
| | 2:18.74 | 2:04.99 | 100 I.M. | | 2:24.29 | 2:09.99 | | |
| | NT | NT | 100 F.R. | | NT | NT | | |
| | NT | NT | 100 M.R. | | NT | NT | | |

| WOMEN | | | 9-10 | | | MEN | | |
|---------|---------|---------|-------------------|---------|---------|---------|--|--|
| LCM | SCM | SCY | EVENT | LCM | SCM | SCY | | |
| :42.64 | :41.84 | :37.69 | 50 FREE | :44.97 | :44.17 | :39.79 | | |
| 1:41.49 | 1:39.89 | 1:29.99 | 100 FREE | 1:44.49 | 1:42.89 | 1:32.69 | | |
| 3:44.08 | 3:40.88 | 3:18.99 | 200 FREE | 3:42.97 | 3:39.77 | 3:17.99 | | |
| :52.76 | :52.16 | :46.99 | 50 BACK | :55.42 | :54.82 | :49.39 | | |
| 2:00.62 | 1:59.42 | 1:47.59 | 100 BACK | 1:58.85 | 1:57.65 | 1:45.99 | | |
| :58.71 | :57.71 | :51.99 | 50 BREAST | :59.26 | :58.26 | :52.49 | | |
| 2:04.09 | 2:02.09 | 1:49.99 | 100 BREAST | 2:08.53 | 2:06.53 | 1:53.99 | | |
| :57.30 | :56.60 | :50.99 | 50 FLY | :59.52 | :58.82 | :52.99 | | |
| 2:17.92 | 2:16.52 | 2:02.99 | 100 FLY | 2:18.58 | 2:17.18 | 2:03.59 | | |
| | 1:52.10 | 1:40.99 | 100 I.M. | | 1:56.09 | 1:44.59 | | |
| 4:15.16 | 4:11.96 | 3:46.99 | 200 I.M. | 4:17.38 | 4:14.18 | 3:48.99 | | |
| NT | NT | NT | 200 F.R. | NT | NT | NT | | |
| NT | NT | NT | 200 M.R. | NT | NT | NT | | |

| WOMEN | | | 11-12 | | | MEN | | |
|---------|---------|---------|---------------------|---------|---------|---------|--|--|
| LCM | SCM | SCY | EVENT | LCM | SCM | SCY | | |
| :36.31 | :35.51 | :31.99 | 50 FREE | :37.42 | :36.62 | :32.99 | | |
| 1:21.17 | 1:19.58 | 1:11.69 | 100 FREE | 1:25.84 | 1:24.24 | 1:15.89 | | |
| 3:00.34 | 2:57.14 | 2:39.59 | 200 FREE | 3:16.22 | 3:13.02 | 2:53.89 | | |
| 6:31.80 | 6:25.40 | 7:18.99 | 500/400 FREE | 6:41.62 | 6:35.22 | 7:29.99 | | |
| :45.43 | :44.83 | :40.39 | 50 BACK | :46.43 | :45.83 | :41.29 | | |
| 1:41.20 | 1:40.00 | 1:30.09 | 100 BACK | 1:46.64 | 1:45.44 | 1:34.99 | | |
| :49.05 | :48.05 | :43.29 | 50 BREAST | :52.60 | :51.60 | :46.49 | | |
| 1:48.55 | 1:46.55 | 1:35.99 | 100 BREAST | 1:51.89 | 1:49.89 | 1:38.99 | | |
| :43.98 | :43.28 | :38.99 | 50 FLY | :48.20 | :47.50 | :42.79 | | |
| 1:52.83 | 1:51.43 | 1:40.39 | 100 FLY | 1:49.17 | 1:47.77 | 1:37.09 | | |
| | 1:32.34 | 1:23.19 | 100 I.M. | | 1:39.44 | 1:29.59 | | |
| 3:25.10 | 3:21.90 | 3:01.89 | 200 I.M. | 3:35.64 | 3:33.44 | 3:12.29 | | |
| NT | NT | NT | 200 F.R. | NT | NT | NT | | |
| NT | NT | NT | 200 M.R. | NT | NT | NT | | |

| WOMEN | | | 13-14 | | | MEN | | |
|----------|----------|----------|-----------------------|----------|----------|----------|--|--|
| LCM | SCM | SCY | EVENT | LCM | SCM | SCY | | |
| :35.09 | :34.09 | :30.89 | 50 FREE | :35.42 | :34.62 | :31.19 | | |
| 1:15.40 | 1:13.80 | 1:06.49 | 100 FREE | 1:18.07 | 1:16.47 | 1:08.89 | | |
| 2:51.69 | 2:48.49 | 2:31.79 | 200 FREE | 2:57.46 | 2:54.26 | 2:36.99 | | |
| 6:20.20 | 6:13.80 | 7:05.99 | 500/400 FREE | 6:05.92 | 5:59.52 | 6:49.99 | | |
| 24:21.65 | 23:57.65 | 23:52.99 | 1650/1500 FREE | 23:37.79 | 23:13.79 | 23:09.99 | | |
| 1:31.88 | 1:30.68 | 1:21.69 | 100 BACK | 1:37.87 | 1:36.67 | 1:27.09 | | |
| 3:13.31 | 3:10.91 | 2:51.99 | 200 BACK | 3:22.30 | 3:20.90 | 3:00.99 | | |
| 1:40.78 | 1:38.78 | 1:28.99 | 100 BREAST | 1:45.88 | 1:43.88 | 1:33.59 | | |
| 3:32.67 | 3:28.67 | 3:07.99 | 200 BREAST | 3:38.22 | 3:34.22 | 3:12.99 | | |
| 1:37.96 | 1:36.56 | 1:26.99 | 100 FLY | 1:39.07 | 1:37.67 | 1:27.99 | | |
| 3:50.34 | 3:47.54 | 3:24.99 | 200 FLY | 3:51.45 | 3:48.65 | 3:25.99 | | |
| 3:13.00 | 3:09.80 | 2:50.99 | 200 I.M. | 3:15.22 | 3:12.02 | 2:52.99 | | |
| 7:19.29 | 7:12.89 | 6:29.99 | 400 I.M. | 7:08.19 | 7:01.19 | 6:19.99 | | |
| NT | NT | NT | 400 F.R. | NT | NT | NT | | |
| NT | NT | NT | 400 M.R. | NT | NT | NT | | |

| WOMEN | | | 15-18 | | | MEN | | |
|----------|----------|----------|-----------------------|----------|----------|----------|--|--|
| LCM | SCM | SCY | EVENT | LCM | SCM | SCY | | |
| :33.76 | :32.96 | :29.69 | 50 FREE | :30.43 | :29.63 | :26.69 | | |
| 1:14.74 | 1:13.14 | 1:05.89 | 100 FREE | 1:07.74 | 1:06.14 | :59.59 | | |
| 2:48.13 | 2:44.93 | 2:28.59 | 200 FREE | 2:35.37 | 2:32.17 | 2:17.09 | | |
| 5:59.67 | 5:53.27 | 6:42.99 | 500/400 FREE | 5:40.03 | 5:33.63 | 6:20.99 | | |
| 24:09.41 | 23:45.41 | 23:40.99 | 1650/1500 FREE | 21:56.81 | 21:32.81 | 21:30.99 | | |
| 1:29.77 | 1:28.57 | 1:19.79 | 100 BACK | 1:24.77 | 1:23.57 | 1:15.29 | | |
| 3:14.42 | 3:12.02 | 2:52.99 | 200 BACK | 2:59.77 | 2:57.37 | 2:39.79 | | |
| 1:37.45 | 1:35.45 | 1:25.99 | 100 BREAST | 1:35.67 | 1:33.67 | 1:24.39 | | |
| 3:31.56 | 3:27.56 | 3:06.99 | 200 BREAST | 3:20.24 | 3:16.24 | 2:56.79 | | |
| 1:31.30 | 1:29.90 | 1:20.99 | 100 FLY | 1:23.20 | 1:21.80 | 1:13.69 | | |
| 3:32.03 | 3:29.22 | 3:08.49 | 200 FLY | 3:16.26 | 3:13.46 | 2:54.29 | | |
| 3:08.56 | 3:05.36 | 2:46.99 | 200 I.M. | 2:57.46 | 2:54.26 | 2:36.99 | | |
| 6:52.65 | 6:46.25 | 6:05.99 | 400 I.M. | 6:37.11 | 6:30.71 | 5:51.99 | | |
| NT | NT | NT | 400 F.R. | NT | NT | NT | | |
| NT | NT | NT | 400 M.R. | NT | NT | NT | | |

A.W.A.R.E.

FROM PAGE 5.

Declaration of Drug Use forms expire 12 months from the date they are signed by your doctor.

☒ If you aren't sure whether yours are current e-mail Stacy at smichael@usaswimming.org

☒ Be sure that you have a statement of medical necessity AND a declaration form on file.

☒ Did you check the status of eye drops, eardrops, nasal sprays and topical creams? Many of these are classified as restricted and require a statement and declaration form.

☒ Forms must be submitted ASAP via fax to 719-866-4257. Do not give them to Stacy at the meet!

Drug Testing Protocol Reminders

☒ Know the names of ALL medications/supplements you've taken the 3 days prior to testing.

☒ You are required to have a driver's license with you in drug testing at the U.S. Open.

☒ If you are under 16 bring a student identification card if possible.

Check your medications/substances with the Drug Line BEFORE you leave for the meet! Call 1-800-233-0393 to check each over-the-counter and prescription medication/substance.

Dietary Supplements... Take At Your Own Risk

Dietary Supplements are considered to be take-at-your-own-risk due to a lack of regulation by the FDA. The possibility of a supplement containing a prohibited substance that is not listed on the label increases your risk of a positive drug test and could have a negative impact on your health.

If something in the supplement has an adverse reaction with a medication you are taking (such as an asthma inhaler) it can have life-threatening results.

Prevent something like this from happening to you or your teammates and get involved in legislation on this issue.

All it takes is an e-mail!

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1ST COACH'S REPRESENTATIVE

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2ND COACH'S REPRESENTATIVE

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JUNIOR MALE ATHLETE REP

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SEASONAL ATHLETE REP

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SAFETY COORDINATOR

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EXEC. SECRETARY/TREASURER

Janet Kralik
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1-800-242-SWIM

STANDING COMMITTEES

RECORDS/TOP 16

/NTV CHAIRMAN

RECORDS/TOP 16/

NTV-CHAIRMAN

Linda Eaton
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CLUB DEVELOPMENT

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ADAPTED SWIMMING CHAIR

Julie O'Neill
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719-963-3980

COLORADO SWIMMING, INC. 2004 EVENT SCHEDULE

January

| | | | |
|---|---------------------------------------|----------------------------------|-------------------------------------|
| Jan 9 th 10 th & 11 th | FAST Winter Open | EPIC Fort Collins | Jan Turner 970-490-2188 |
| Jan 16 th - 18 th | Colorado All Stars | Lawrence, KS | CSI 1-800-242-SWIM |
| Jan 16 th 17 th & 18 th | High Altitude Classic | Estes Park Pool Estes Park | Russ Franklin 970-586-5534 |
| Jan 17 th & 18 th | GJD Snowflake None | Orchard Mesa Grand Junction | Jennifer Haffner 970-241-8859 |
| Jan 16 th 17 th & 18 th | CSST Winter Open | Colorado College Colo Springs | Mike Doane 719-579-9657 |
| Jan 18 th | North Jeffco Polar Bear 10 & Under | Meyers Pool Arvada | Cindy Pacheco 303-420-5770 |
| Jan 24 th & 25 th | Evergreen Championship Invite | Evergreen Rec. Center | Molly Bachrodt 303-674-1311 |
| Jan 30 th 31 st & Feb 1 st | Loveland Winter Open +4% below | Mt View Aquatic Center | Susan von der Lippe 970-203-1374 |
| Jan 30 th 31 st & Feb 1 st | TOPS Colorado Open +4% above | D U Pool | Karen Wyatt 303-871-4484 |

February

| | | | |
|--|-------------------------------------|------------------------------|-------------------------------------|
| Feb 8 th | FST 10 & Under Presidential Open | The Ridge Rec. Center | Tom Cox 303-979-6721 |
| Feb 11 th 12 th 13 th 14 th & 15 th | National Championships | Orlando, FL | |
| Feb 13 th & 14 th | Girls High School State | | |
| Feb 15 th | WASP 10 & Under | Mountain View HS Loveland | Linda Seckinger 970-454-3697 |
| Feb 20 th 21 st & 22 nd | ACES Open | Englewood High School | Kyle Griffin 303-694-3482 |
| Feb 20 th 21 st & 22 nd | Loveland Sweetheart | Mountain View HS Loveland | Susan von der Lippe 970-203-1374 |
| Feb 27 th 28 th & 29 th | Short Course Silver State | Meyers Pool Arvada | Cindy Pacheco 303-420-5770 |

March

| | | | |
|--|-------------------------------|------------------------------|-------------------------------------|
| Mar 5 th 6 th & 7 th | 14 & Under Age Group State | Mountain View HS Loveland | Susan von der Lippe 970-203-1374 |
| Mar 10 th 11 th 12 th 13 th & 14 th | Blue Sectional | Federal Way, WA | |

2004 CAMP FUNDING DEADLINE

All requests for Camp funding must be in writing and received by January 5, 2004. Please call the CSI Office if you have any questions.

MEMO TO LARRY GREENE

Dear Mr. Greene:

I would like to thank you and my coaching peers for the honor of being named (Senior Coach-of-the-Year) of 2003. This award motivates me to work harder for the good of swimming in Colorado.

Sincerely, Jorge P. Fernandez
Head Coach: Greenwood Tiger Sharks