

**SECOND ANNUAL DEEP FREEZE INVITATIONAL SWIM MEET  
DECEMBER 13 & 14, 2008  
SPONSORED BY THE SOPRIS BARRACUDAS**

**SANCTION:** Held under Zone 4 sanction number 2008-009N of Colorado Swimming Inc.

**LOCATION:** Glenwood Springs Community Center  
100 Wulfsohn Road  
Glenwood Springs, CO 81601  
(970) 384-6315 Phone (970) 928-8418 Fax

**FACILITY:** 25 yard pool, 6 lanes with continuous warm-up/cool down lanes

**TIMING:** Colorado Timing System 6 with touch pads, back-up buttons, and electronic scoreboard.

**RULES:** Current USA rules govern the meet. The referee will be the final authority for the conduct of the meet. Age as of the first day of competition will determine the swimmer's age group. All events are timed finals.

Declaration of relays and scratches 30 minutes prior to each final session is required. **Colorado Individual Scratch rules apply and will be strictly enforced.**

**ELIGIBILITY:** Open to all Zone 4 swimmers and invited teams holding a 2008 USA Swimming membership card. Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. Swimmers must be prepared to show current card. Coaches must be prepared to show their current 2008 or 2009 Coach's Registration card.

**SCORING:** Individual           7-6-5-4-3-2-1  
Relays                   14-12-10-8-6-4-2

All events will be scored according to age group through age 18. Senior events will be scored as senior events, and will not be broken down by age group. Team scores will be counted.

**AWARDS:** Participation award for first time competitors.

**ENTRY:** Swimmers may enter 4 Individual Events & 1 Relay per day.

**PROCEDURES:** Entries must be received on a diskette, or the entry file from Team Manager must be emailed to Damon Garrison at liquidcoach@gmail.com before the entry deadline. Meet verification forms and a printer copy of Team Manager "Meet Entries" must accompany entries.

**FEES:**

Individual events	\$ 2.50 per event
Relays	\$ 5.00 per event
Surcharge	\$ 5.00 per swimmer

**LATE ENTRIES:**

Individual	\$ 5.00 per event
Relays	\$ 8.50 per event

**DEADLINE:** **December 1, 2008** Mail to: Sopris Barracudas  
Entry Chairperson  
P.O. Box 1703  
Glenwood Springs, CO 81602  
Email: liquidcoach@gmail.com

**\* Scratches, adds & relay declarations must be submitted to the Clerk of the Course 30 minutes before start of the session each day, as meet will be program seeded.**

**MEET DIRECTOR:** Lori Pohm Day 970-945-6762 Evening 970-384 2520

**MEET REFEREE:** Elaine Gerson

**MEET MARSHAL:** Bob Thorsen Day 970-945-6762 Evening 970-384-2520

**PROGRAMS:** Programs will be available for \$5.00 in the gym beginning at 11:30 a.m. Saturday December 13<sup>th</sup>. Coach's packets, which include a list of your swimmers and their ID #s, relay declaration forms and add/scratch forms will be provided at the program sales desk. Please make use of these forms (using the swimmers ID #s, whenever possible) as this will aid in the speed of our data entry.

**RESULTS:** Results will be mailed within 14 days and will be provided to teams entered in the meet. Individuals wishing a copy of final results may request them at the Clerk of the Course Table for \$5.00 each. Teams providing a formatted disc and using Hy-Tek for the results will be accommodated.

**LODGING:** There are many wonderful hotels in Glenwood Springs. Please check with the Glenwood Springs Chamber of Commerce either by phone at 945-6589 or the website at [www.glenwoodchamber.com](http://www.glenwoodchamber.com). We strongly

encourage teams to make reservations early, as this is a busy weekend in Glenwood Springs.

**Please leave your pets at home. There will be no pets allowed at the Community Center.**

**PARKING:** There is ample parking at the Community Center.

**OFFICIALS:** Please remember to bring your “whites” and ID as we will need many officials to cut down on the deck time each official works over the two days.

**FOOD:** Limited food will be available for purchase at the meet.

**TIMERS:** **For the 500 and 1,000 yard freestyle events each swimmer will need to provide their own timers.** Also each team should be prepared to provide timers throughout all the sessions.

### **Warm up Schedule**

Session #1 - Saturday Afternoon

First Warm-up 10:45 - 11:15

Second Warm-up 11:15 - 11:45

Session #2 - Saturday Evening

15 minute warm-up immediately following Session #1

Session #3 - Sunday Morning

First Warm-up 7:45-8:15

Second Warm-up 8:15 - 8:45

Session #4 – Sunday Afternoon

15 minute warm-up immediately following Session #3

### **Events Schedule**

**Session #1 – Saturday, December 13 - Start Time 12:00 PM**

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	10 & under	100 Freestyle	2
3	11& over	100 Freestyle	4
5	8 & under	25 Backstroke	6
7	9-10	50 Backstroke	8
9	11 & over	100 Backstroke	10
11	8 & under	50 Breaststroke	12
13	9-10	50 Breaststroke	14
15	11-12	50 Breaststroke	16
17	OPEN	200 IM	18
19	8 & under	25 Butterfly	20
21	9-10	100 Butterfly	22
23	11 & over	100 Butterfly	24
25	11 & over	200 Backstroke	26
27	8 & under	100 Freestyle Relay	28
29	12 & under	200 Freestyle Relay	30
31	OPEN	400 Freestyle Relay	32

**Session #2 – Saturday December 13 - Immediately Following Session #1**

33\* OPEN 400 IM 34\*

35# OPEN 500 Freestyle 36#

*\*Swimmers must have qualified an 11-12 WSL winter standard in the 200 IM in order to enter.*

*#Swimmers must have qualified an 11-12 WSL winter standard in the 200 freestyle in order to enter.*

**Session #3 – Sunday, December 14 - Start Time 9:00 AM**

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
37	10 & under	50 Freestyle	38
39	11 & over	50 Freestyle	40
41	12 & under	50 Backstroke	42
43	11 & over	200 Breaststroke	44
45	12 & under	100 IM	46
47	8 & under	25 Breaststroke	48
49	9-10	100 Breaststroke	50
51	11 & over	100 Breaststroke	52
53	12 & under	50 Butterfly	54
55	11 & over	200 Butterfly	56
57	8 & under	25 Freestyle	58
59	OPEN	200 Freestyle	60
61	8 & under	100 Medley Relay	62
63	12 & under	200 Medley Relay	64
65	OPEN	400 Medley Relay	66

**Session #4 = Sunday, December 14 – Immediately Following Session #4**

67**	11 & over	1000 Freestyle	68**
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*\*\*Swimmers who do not have an official time in the 1000 (or 800M free) must have a time in the 500 yard (or 400M) freestyle in order to enter.*