

**DELTA COUNTY BARRACUDA**  
**Short Distance Mixed Swim Meet**  
**Season Opener Invitation**  
**May 2<sup>nd</sup> 2009**

- Sponsor:** The Delta County Barracuda Swim Team
- Sanction:** Held under the sanction of Colorado Swimming, Inc. of USA Sanction Number # 2009-042
- Facilities:** Bill Heddles Recreation Center  
530 Gunnison River Road  
Delta, CO 81416  
(970) 874-0923
- Pool:** The Recreation Center pool is an indoor, 6 lane, 25 yard pool with non-turbulent lane dividers. Continuous warm-up and cool down will be available in the tot pool.
- Timing** Three (3) timers per lane. One (1) place judges will be in position for all events.
- Equipment:**
- Eligibility:** Open to all swimmers holding a 2009 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 or they will be deck registered before they can enter the water. A surcharge for deck registration will also apply. \$30.00 for year round, \$15.00 for seasonal plus normal registration fee. All efforts will be made to contact the team prior to the meet.
- Scoring:** No Individual High Point Awards will be given .  
No points will be given for relays. Team points will not be kept.
- Awards:** Individual Events:  
Medals for 1<sup>st</sup> through 3<sup>rd</sup> place;  
Ribbons for 4<sup>th</sup> through 12<sup>th</sup> place.
- Please Note:** This meet is a mixed gender meet and will be scored as such

**Entry,  
Clinic  
Fees:**

Entry fee will be:

- \$ 15.00 for up to 3 swims and 2 relay
- \$ 50.00 for up to 3 swims, 2 relays and Backstroke clinic
- \$ 40.00 for clinic only

Make one check payable to: Delta Barracuda Swim Team  
(.60 goes to the csi)

Officials will be refunded \$5.00 per child participating in the meet

**Entry Deadline:**

**Entries must be postmarked by Midnight, April 29<sup>th</sup> 2009**

Individual late entries will not be accepted

On deck registration will not be permitted.

**Entry  
Procedures:**

All times are to be shown in YARDS.

Method 1:

Please submit all TM zip-file entries to the following e-mail address:

**E-Mail: [deltabarracudas@tds.net](mailto:deltabarracudas@tds.net)**

arriving at the pool on the day of the meet, please bring meet verification form and check for all entries made out to the Delta Barracudas.

Method 2:

Please submit all TM zip0 file entries to the above e-mail address.

Then send your TM entries report(hard copy), meet verification form and check to:

**Sue Barnosky  
Registrar Delta Barracudas  
22084 R Road  
Cedaredge Co 81413**

**DO NOT SEND ENTRIES TO THE POOL**

Make all checks out to the Delta Barracudas.

Coaches must wear their current USA card on deck.

**Schedule:**

See last page

**Programs/ Results:** Programs will be available at a cost of \$1.00  
Final results will be provided at the end of the meet to coaches of teams entered in the meet.  
Final results may be ordered by others for \$5.00 and will be mailed within 5 days.

- Rules:** Current USA rules will govern the procedures of the meet.
- a. Age as of May 2<sup>nd</sup>, 2009 will determine the swimmer's age group.
  - b. Swimmers may enter a maximum of three (3) individual events per day plus two (2) relays.
  - c. All events will be swum as timed finals with a minimum of 5 minutes between swims.
  - d. Entries will be pre-seeded by the time submitted.
  - e. Clerk of Course must be notified of scratches.
  - f. There will be NO heating area for 8 & Under events. All swimmers must report to the assigned lane and heat at the proper time.
  - g. Each team will be responsible for providing lane timers.
  - h. No smoking allowed in the facility.
  - i. No glass allowed in the deck area.
  - j. Referee will be the final authority on all swimming procedures of the Meet.

**Meet Officers:**

Meet Director:	Susanna Fuerste-Fry	(970) 874-5777 W (970) 874-3028 H
Club President:	Sarah Knutson	(970) 856-6118
Safety Chairman:	Jim Barnosky	(970) 856-7267

**Meet Referee:** Sue Lorimer

**Warm-Up Procedures:** GENERAL WARM-UP SESSION (first 20 minutes)

- NO DIVING – Swimmers must enter the water feet first
- No sprinting or pace work
- All lanes will be used for general warm-up

SPECIFIC WARM-UP SESSION (second 20 minutes)

- Push/Pace - Lanes 1 & 6
- Race Starts/Sprints – Lanes 2 & 5
- General – Lanes 3 & 4

Push/Pace Lanes: Push off one or two lengths from starting end, circle swimming only. NO DIVING, feet first entries only.

Racing Starts: Sprint lanes for race starts from blocks or for backstroke starts in specified lanes at designated times.

General: NO DIVING, feet first entries only. Circle swimming only.

**Special Information:**

**Mixed relay teams must have at least one girl or boy on the relay team**

**Facility**

**Information:**

The aquatic complex deck will be closed to the general public (including swim parents). No public swim will be available during the meet.

ONLY OFFICIALS, TIMERS, HELPERS, COACHES, AND SWIMMERS WILL BE ALLOWED ON DECK!

The mezzanine overlooking the pool will be open for all to observe the meet.

NO TENTS ON THE LAWN PLEASE.

NO PETS ON RECREATION CENTER PROPERTY.

PARK IN DESIGNATED PARKING AREAS.

Any damage to any area of the Recreation Center and pool area will be grounds for dismissal from the meet. Teams with swimmers responsible for the damage will be billed for all damages.

No smoking in any area of the recreation center facility

No alcohol beverages are allowed in any area of the recreation center facility.

All participants by entry will release the City of Delta, its officers, agents, and employees from liability for any and all injuries or damages which may result. Further, the participant agrees to hold harmless the City of Delta, its officers, agents and employees, for any damages or personal injury which may result from activities occurring on the property of the City of Delta which is used in conjunction with the Delta Barracuda Swim Meet.

Colorado Swimming, Inc does not support, recommend, endorse or take responsibility for the sale or marketing of any dietary supplements. It is the swimmers responsibility to know the contents of any food or drink he/she ingest. For more specific information on supplements please refer to the drug information on the USA swimming web-site at [usaswimming.org](http://usaswimming.org).

May 2<sup>nd</sup>

Events

Warm up 12:00 pm

or as soon as the Special Olympics are over but not before 12:00

Mixed

1	open	50 Free
2	10 & U	200 Free Mixed Relay
3	11 & O	200 Free Mixed Relay
4	8 & U	25 Free
5	13 & O	100 Free
6	8 & U	25 Back
7	12 & U	50 Back
8	13 & O	100 Back
9	8 & U	25 Breast
10	12 & U	50 Breast
11	13 & O	100 Breast
12	8 & U	25 Fly
13	12 & U	50 Fly
14	13 & O	100 Fly
15	12 & U	100 IM
16	13 & O	200 IM
17	10 & U	100 Mixed Medley Relay
18	11 & O	200 Mixed Medley Relay

Mini Camp

Backstroke

will start as soon as the meet is over  
but not before 3:00

Depending on the number of swimmers signing up  
the following will occur

Session 1 - 10 and younger

Session 2 - 11 and older

Followed by a Q&A

Coaches are encouraged to be on deck for participation help!