

**DELTA COUNTY BARRACUDA  
SWIM MEET  
July 4 – 5 , 2009**

- Sponsor:** The Delta County Barracuda Swim Team and the City of Delta
- Sanction:** Held under the sanction of Colorado Swimming, Inc. of USA  
Sanction # 2009-025F
- 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 in tot pool.
- Timing** Three (3) timers per lane. Two (2) place judges will be in position for all events.
- Equipment:**
- Eligibility:** Open to all Western Slope League 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:** Individual High Point Awards will be given for both boys and girls in age groups: 6 & Under, 7-8, 9-10, 11-12, 13-14, and Senior.  
Individual events will be scored: 16-13-12-11-10-9-7-5-4-3-2-1 for 1<sup>st</sup> through 12<sup>th</sup> place respectively. Points earned in 12 & Under will be scored for 9-10 and 11-12 only, and points earned in 13 & O will be scored 13-14 and seniors, **no points will be given for relays , 500 free or 1650.** Team points will not be kept.  
Open = Senior, events will be scored as a senior event
- 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.  
Relay Events: Ribbons for 1<sup>st</sup> through 6<sup>th</sup> place.
- Special Award:** A "Time Award" will be given to both boys and girls in all age groups for most time taken off in each event.
- Entry Fees:** Entry fees will be:
- \$2.75 per individual event
  - \$5.00 per relay team
  - \$3.00 per swimmer pool use fee
- Make one check payable to: **Delta Barracuda Swim Team**  
(.15 goes to the Zone 4 Fund)  
Officials will be refunded \$2.00 per event swum by their children at the end of the meet if they are on deck for at least 2 sessions.

**Schedule:** See last page

**Programs/ Results:** Programs will be available for \$3.50  
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 \$10.00 and will be mailed within 5 days.

**Rules:** Current USA rules will govern the procedures of the meet.

- a. Age as of July 4<sup>st</sup>, 2009 will determine the swimmer's age group.
- b. 8 & Under Swimmers may enter a maximum of Four (4) events and two (2) relays on Saturday
- c. All others may swim four (4) individual events and One (1) relay per day .
- d. Swimmers may compete in their own age group or in Senior events.
- e. All events will be swum as timed finals with a minimum of 5 minutes between swims.
- f. Entries will be pre-seeded by the time submitted.
- g. Clerk of Course must be notified of scratches.
- h. There will be a heating area for 8 & Under events on Saturday morning only. All other swimmers must report to the assigned lane and heat at the proper time.
- i. Each team will be responsible for providing lane timers.
- j. No smoking allowed in the facility.
- k. No glass allowed in the deck area.
- l. Referee will be the final authority on all swimming procedures of the Meet.

**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 zip - 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.**

**Entry Deadline:** Entries must be postmarked by Midnight, Thursday, June 26<sup>st</sup>, 2009.

Individual late entries will be accepted until Monday, June 29<sup>th</sup>, 10:00 p.m. at \$5.00 per event.

**On deck registration will not be permitted.**

Psych Sheets will be available on-line after the deadline date

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

**Meet Referee:** Sue Lorimer (970) 318-2024

**Warm-Up Procedures:** GENERAL WARM-UP SESSION -There will be split warm ups for each session on Saturday and Sunday

- 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

- 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:**

- **IN EVENTS THAT ARE AGE SPECIFIC SWIMMERS MUST BE WITHIN THAT AGE GROUPTO SWIM**
- **ALL SENIOR EVENTS ARE OPEN**
- **THE MILE WILL BE LIMITED TO THE FIRST 36 SWIMMERS 11 & OLDER ONLY, AND WILL BE SWUM AS A MIXED RACE**
- **THEY MUST PROVIDE TIMERS AND LAP COUNTERS**
- **POSITIVE CHECK IN FOR THE 1650 REQUIRED AND WILL CLOSE AT 11:00 am**
- **1650 will be hand seated, fasted to slowest**

**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. The patio area next to the pool is also open.

NO PETS ON RECREATION CENTER PROPERTY.

PARK IN DESIGNATED PARKING AREAS.

Meals will be served to coaches, officials and timers.

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).

### **Special information to be shared with your Swimmers and Families:**

**Tent Camping will be allowed behind the pool and RV camping next to the Lions Pavilion , bathroom facilities are open in the park.**

**There will be a dance and BBQ after Session 2 at the Lions Pavilion next to the pool. We ask that you bring a dish to share. We will have BBQ'ers standing by to grill the meat for you. Fireworks will start at dusk.**

**For the campers:**

**The park will fill up during the fireworks, as Delta County comes to view the fireworks. So make sure you are set up prior to session 2.**

**See Attached Flier for more information for Fun Session # 3**

## Delta Barracudas Swim Meet

4<sup>th</sup> – 5<sup>th</sup> July, 2009

### Session 1 Saturday July 4<sup>th</sup>

Warm Up: 10:00pm

Girls	Age	Event	Boys
1	8&U	100 Medley Relay	2
3	6&U	25 Free	4
5	8 - 7	25 Free	6
7	6&U	25 Backstroke	8
9	8 – 7	25 Backstroke	10
11	6&U	25 Breaststroke	12
13	8 – 7	25 Breaststroke	14
15	8&U	50 Free	16
17	6&U	25 Butterfly	18
19	8 – 7	25 Butterfly	20
21	8&U	100 IM	22
23	8&U	100 Freestyle Relay	24

### Session 2 Saturday July 4<sup>th</sup>

Warm Up: warm up will begin as soon as session 1 is over but not before 12:00

#### Session 2

Girls	Age	Event	Boys
25	Open	50 Freestyle	26
27	12 & U	200 Medley Relay	28
29	13 & O	400 Medley Relay	30
31	Open	100 Free	32
33	12 & U	50 Breaststroke	34
35	13 & O	200 Breaststroke	36
37	12 & U	50 Backstroke	38
39	13 & O	100 Backstroke	40
41	12 & U	50 Butterfly	42
43	13 & O	200 Butterfly	44

### Session 3 - Saturday,

Dance Party at the Lions Pavilion next to the pool, to start as soon as session 2 is finished but not before 5:30  
Bring food to share and something for the grill, we supply the grill  
and the music. The fireworks is free in the park that evening.

### Session 4 Sunday July 5<sup>th</sup>

Warm Up 9:00

Girls	Age	Events	Boys
45	11 & O	500 Free	46
47	12 & U	200 Free Relay	48
49	13 & O	400 Free Relay	50
51	Open	100 Breaststroke	52
53	12 & U	100 IM	54
55	13 & O	200 IM	56
57	12 & U	100 Backstroke	58
59	13 & O	200 Backstroke	60
61	Open	100 Butterfly	62
63	13 & O	200 Free	64

### Session 5 Sunday July 5<sup>th</sup>

10 min warm up will start immediately at the end of session 4 but not before 11:00

	Mixed	Event
65	11 & O	1650