

GUNNISON INVITATIONAL SWIM MEET MAY 30-31, 2009

WESTERN STATE COLLEGE, GUNNISON, COLORADO

SPONSORED BY: Gunnison Stingray Swim Team

SANCTION: Held under the sanction of USA Swimming 2009

LOCATION: Paul Wright Gymnasium Pool, Western State College

FACILITIES: 25 Yard, 6 Lane indoor pool

TIMING: Colorado Timing System, Back up hand timing

SCHEDULE: Saturday (am) Warm-up Start 8:00 am

Sunday (am) Warm-up Start 8:00 am

A one-hour warm-up (two 30 minute sessions) will begin immediately following the morning session. The warm-up sessions will not start before 12:00, noon.

ENTRY DEADLINE: All entries must be received no later than Friday, May 22, 2009. Entries received after May 22, 2009 will be charged an additional \$3.50 per event with no guarantee of entry.

ENTRY FEE: Individual events \$3.50 \$0.10 per event goes to Zone 4
Relay events \$6.00 \$.60 per event goes to CSI
Pool Surcharge \$3.00

Make one check payable to: Gunnison Stingray Swim Team and bring with you to the meet.

ENTRY PROCEDURE: All times are to be shown in YARDS. Teams are to enter by Hy-Tek file by **e-mail** to: maciejko1@netzero.com.

ELIGIBILITY: Open to CSI member athletes holding a 2009 USA membership card. Each team must submit the COLORADO SWIMMING MEET VERIFICATION FORM when sending in team entries (enclosed).

- RULES:**
1. Current 2009 USA Rules will govern the format of the meet.
 2. Age as of June 2, 2009 will determine the swimmer's age group. No exhibition swimming will be allowed.
 3. All events will be timed finals.
 4. Each swimmer may enter four (4) individual events per day, plus two (2) relays.
 5. There will be a heating area only for the 8 & under events.
 6. No smoking is permitted in the building.
 7. No glass allowed on the pool deck.
 8. The meet is pre-seeded, notify the Clerk of Course, and record room of scratches only.
 9. Relays must be declared 30 minutes before the session starts.

SCORING: Scoring will be to 6 places in accordance with Hy-Tek scoring standards. Relays: No Points

AWARDS: Individual: Medals for 1st, 2nd, 3rd places
Ribbons for 4th, 5th, 6th places

Relays: Ribbons for 1st-6th place

Individual High Point: Prizes will be awarded to the top individual in each of the following categories: 8 & under, 9-10, 11-12, 13-14, 15 & over

Individual points can only be earned by swimming in the athlete's specific age group events. The 500 yard freestyle and the 400 yard IM will be seeded by time, but divided into age groups for points.

MEET OFFICERS: Meet Director Carrie Reinecke (970)641-9732

Club President Shawn Olsen (970)641-6429

Safety Chairman: Tami Maciejko (970)641-0078

Entry Chair: Tami Maciejko maciejko1@netzero.com or tmaciejko@western.edu

MEET REFEREE: John Lorimer

OFFICIALS: We need at least 7-8 officials per session. If you work at least 2 sessions over the weekend we will wave one of your child's individual entry fees. Please state this on your entry and write down which sessions you will work and your certification level. A clinic will be held during the meet as well.

WARM-UP GENERAL WARM-UP SESSION: Specific lanes will be pre-assigned.

PROCEDURES: **NO DIVING**, feet first entries only. Circle swimming only.

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

PROGRAMS: Programs with complete list of events and names of individual swimmers will be for sale at the concession stand. Programs will be provided to the coaches.

SPECIAL INFORMATION: Camping will be permitted on the lawn near the pool for Friday and Saturday nights. Please be sure to look for designated camping areas. Restrooms will be open in the Paul Wright Gym. A BINGO night is planned for Friday night.

A concession stand will be provided with goodies & other items to buy.

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 ingests. For more specific information on supplements please refer to the drug information on the USA Swimming web site at usa.swimming.org.

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SCHEDULE OF EVENTS

SATURDAY MORNING: SESSION 1

8:00am_ General Warm-up

9:00 am Session 1 starts

GIRLS	AGE	EVENT	BOYS
1	14 & Under	200 yd Freestyle Relay	2
3	10 & Under	200 yd Freestyle Relay	4
5	8 & Under	100 yd Freestyle Relay	6
7	13-14	100 yd Freestyle	8
9	9-10	50 yd Freestyle	10
11	6 & Under	25 yd Freestyle	12
13	8 & Under	25 yd Freestyle	14
15	13-14	100 yd Breaststroke	16
17	9-10	50 yd Breaststroke	18
19	6 & Under	25 yd Breaststroke	20
21	8 & Under	25 yd Breaststroke	22
23	13-14	200 yd Backstroke	24
25	9-10	100 yd Backstroke	26
27	6 & Under	25 yd Backstroke	28
29	8 & Under	50 yd Backstroke	30
31	13-14	200 yd Butterfly	32
33	9-10	100 yd Butterfly	34
35	6 & Under	50 yd Freestyle	36
37	8 & Under	100 yd Freestyle	38
39	9-10	200 yd Freestyle	40
41	13-14	200 yd Individual Medley	42
43	9-10	100 yd Individual Medley	44

SATURDAY AFTERNOON: SESSION 2

Warm-up will begin immediately following session 1 (not before 12:00 noon)

General Warm-up, first 30 minutes

Start not before 1:00 pm

GIRLS	AGE	EVENT	BOYS
45	12 & Under	200 yd Freestyle Relay	46
47	15 & Over	400 yd Freestyle Relay	48
49	11-12	50 yd Freestyle	50
51	15 & Over	100 yd Freestyle	52
53	11-12	50 yd Breaststroke	54
55	15 & Over	100 yd Breaststroke	56
57	11-12	100 yd Backstroke	58
59	15 & Over	200 yd Backstroke	60
61	11-12	100 yd Butterfly	62
63	15 & Over	200 yd Butterfly	64
65	11-12	100 yd Individual Medley	66
67	15 & Over	200 Individual Medley	68
69	11-12	200 yd Freestyle	70

Saturday Evening: Session 3

15 Minute warm-up following conclusion of Session 2

71	Open	1000 yd Free	72
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SUNDAY MORNING: SESSION 3

8:00 am General Warm-up

9:00 am Session 1 Starts

GIRLS	AGE	EVENT	BOYS
73	14 & Under	200 yd Medley Relay	74
75	10 & Under	200 yd Medley Relay	76
77	8 & Under	100 yd Medley Relay	78
79	13-14	100 yd Backstroke	80
81	9-10	50 yd Backstroke	82
83	8 & Under	25 yd Backstroke	84
85	13-14	100 yd Butterfly	86
87	9-10	50 yd Butterfly	88
89	8 & Under	25 yd Butterfly	90
91	13-14	200 yd Freestyle	92
93	9-10	100 yd Freestyle	94
95	8 & Under	50 yd Freestyle	96
97	13-14	200 yd Breaststroke	98
99	9-10	100 yd Breaststroke	100
101	8 & Under	100 yd Individual Medley	102
103	9-10	200 yd Individual Medley	104
105	13-14	50 yd Freestyle	106

SUNDAY AFTERNOON: SESSION 4

Warm-up will begin immediately following session 3 (not before 12:00 noon)

General Warm-up, first 30 minutes

Start not before 11:30 pm

GIRLS	AGE	EVENT	BOYS
107	13 & Over	400 yd Individual Medley	108
109	11-12	200 yd Medley Relay	110
111	15 & Over	400 yd Medley Relay	112
113	11-12	50 yd Backstroke	114
115	15 & Over	100 yd Backstroke	116
117	11-12	50 yd Butterfly	118
119	15 & Over	100 yd Butterfly	120
121	11-12	100 yd Freestyle	122
123	15 & Over	200 yd Freestyle	124
125	11-12	100 yd Breaststroke	126
127	15 & Over	200 yd Breaststroke	128
129	11-12	200 yd Individual Medley	130
131	15 & Over	50 yd Freestyle	132
133	13 & Over	500 yd Freestyle	134