

2008 NORTH JEFFCO LONG COURSE SUMMER OPEN
George Meyers Pool (5300') Sanction # 2009
7900 Carr Drive, Arvada, CO 80005
June 12, 13 & 14th

- Sanction** Held under the sanction of Colorado Swimming, Inc., USA Sanction # 2009-056
- Facilities** 50 meter indoor pool, 7 lane 50 meter course, 3 1/2 ft to 14 ft, continuous warm-up/warm-down in one outside lane during all events subject to any guidelines set forth by the Meet Referee. Colorado Timing System with electronic touch pads, button and manual back-up, horn start and electronic scoreboard.
- Eligibility** USA member athletes holding a 2009 membership card. Swimmers must be prepared to show their current registration card. Swimmers within the 120 day transfer period must swim unattached. Any swimmer that shows up 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. A surcharge for deck registration will also apply, \$27.00 year round and \$14.00 for seasonal plus the normal \$55 registration fee.
- Schedule** Afternoon session start times are tentative. Final start times will be posted at www.northjeffcoswimteam.com and emailed to coaches by June 8th. There will be a coaches meeting Friday morning at 6:45 AM.
- Morning Ten and Under and 11-12 year olds warm-up: 7:00-8:00 AM Start 8:10 AM
Official's meeting: 7:15 AM
- Afternoon Open sessions tentative warm-up: 12-30-1:30 PM Start 1:40 PM
Official's meeting. Forty-five minutes before final start times.
- Entry Procedures** **Meet entries must be received by the Meet Director no later than 5:00 PM Thursday, May 21st, 2009.** Entries received after May 21st will be accepted only if space is available and must be accompanied by a \$5.00 late fee per event. E-Mail entries will be accepted, and will be used to determine order of entry. ALL HARD COPIES MUST BE POSTMARKED BY Thursday, May 21st, 2009. E--Mail entries to: kandc30@aol.com The Meet Director will send email confirmation of received entries to all entering teams. Teams traveling from outside the Denver metropolitan area are advised to contact the Meet Director with their intent to attend before making travel and hotel reservations
- All Meet entries should be submitted on disk using Hy-Tek software, along with a printout of swimmers and events. Meet Verification Forms must accompany entries. Out of state swimmers should provide Master Sheets if unable to present entries using Hy-Tek. The meet will be limited to adhere to the 4 hour rule. Entries will be accepted in the order they are received. No team will be split, unless they express that desire. **Entries may be submitted in either long course meters or short course yards. 1500 freestyle entries will be accepted in the preference order of long course meters then short course yards.** No times conversions allowed on 1500 entries. 1500 entry times will be checked against the SWIMS Database and unproven entry times will be discarded without refund **The entry limit is four individual events and one relay per day.** Athletes 12 and under may swim both morning and afternoon sessions provided they do not go over the four individual events per day limit. The 12 and under relays may be eliminated with no refund to comply with the four hour rule. Coaches will be notified by

June 8th in the event of relay cancellation. No exhibition swimming allowed.

Entry fees are: \$3.50 per event (\$0.60 of every individual event goes to the CSI Support Fund) \$5.00 per relay. \$5.00 pool surcharge per swimmer.

Please make one check payable to North Jeffco Swim Team

Send meet entries to Meet Director:

Attn: Cindy Pacheco, North Jeffco Swim Team

P.O. Box 746396 / Arvada, CO 80006

303-420-5770 / kandc30@aol.com

Psych sheets will be posted by Mon, June 8th at www.northjeffcoswimteam.com

Deck entries will be accepted at a cost of \$5 per entry and seeded only into open lanes. Deck entries will close 15 minutes prior to the completion of each session's warm-up. No extra heats will be added to accommodate deck entries. All deck entries must present proof of current registration—no exceptions will be made

**Distance
Events**

Events 15 and 16 the twelve and under 400 IM; events 23 and 24 the Open 400 Free; events 25 and 26 the Open 400 Medley Relay; events 55 and 56 the Open 400 IM; events 57 and 58 the Open 400 free relay; events 75 and 76 the twelve and under 400 Free; and events 83 and 84 the Open 1500 Free will be deck seeded requiring positive check-in with the Clerk of Course to swim that event. Positive check-in for each of these events will close roughly 60 minutes before the first heat of each of these events. For each of these distance events there will be a \$20 penalty for any athlete who checks in for that event and then does not swim in that event. Payment must be received before the athlete can resume competition. The 1500 free may be limited to the fastest 21 girls and 21 boys regardless of age. No refunds will be given and coaches will be notified via email by Monday, June 8th if swimmers are not in the top 21 for the 1500. The 1500 free is swum fastest to slowest heats alternating girls and boys. **The 12 and under 400 IM; 12 and under 400 Free; open 400 Free and open 400 IM require swimmers to provide their own timers. The 1500 Free requires swimmers to provide their own timers and counters.**

Awards

Medals for top 3 places and ribbons for 4-8th in each age group

Open events will only be awarded 13-14 years old.

No awards for relays. No team scores will be kept. 12 and under events won't be split into age groups for awards

**Programs /
Results**

Programs will be available for \$5.00 each. Electronic results will be e-mailed or given to each team providing an electronic storage device. Final hard copy results may be ordered at the computer table for \$20.00.

**Warm-up
Procedures**

Each coach will be responsible for the monitoring of their swimmers during the warm-up. No forward dives or backstroke starts into the water during warm-up unless there is one way swimming and starts with coach supervision. Starts will be on the two outside lanes at the time announced by the Meet Director. **Swimmers must enter the pool using a three point entry except during starts.** Marshals will monitor the pool during warm up and competition. With the exception of those lanes specifically identified as dive lanes, all swimmers must enter warm-up lanes using a 3-point feet-first entry where both feet and one hand must be in contact with the deck or end wall immediately prior to entering the water. Marshals/Officials/Meet Personnel/Staff who observe swimmers to be in non-compliance will make every effort to contact/warn said swimmer and/or their

coach of the improper action. Consequences for non-compliance, if deemed to be repetitive, willful, or deliberately defiant by the observer, MAY include removal of the swimmer for the remainder of the session/competition and/or a \$500 fine to be paid by the athlete/coach/team/parent prior to said swimmer being allowed to compete in any future Colorado Swimming, Inc. sanctioned competition.

Rules

Current 2009 USA rules and regulations will govern the procedures of this meet. Ages as of the first day of competition will determine a swimmer's age group. This meet will be pre-seeded except for positive check-in events and no altitude adjustments will be made. Swimmers should report to the assigned heat and lane if they intend to swim the event. The meet referee will have the final authority on all swimming procedures of the meet. In addition, at the referee's discretion, individual events may be combined by age, sex, and or distance. All starts will be conducted under Rule 102.14 (National Starts Rules). Coaches and officials must have current certification and must display their USA registration card at all times when on deck.

Concessions

Will be available during all sessions of the 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 ingests. For more specific information on supplements please refer to the drug information section on the USA swimming site at USA-Swimming.org.

Special Information

All coaches, officials, parents and swimmers should act in a manner to reduce the risk of accidents. Coaches are to monitor their swimmers during warm-up and during the meet and are responsible for their safety. This includes but is not limited to slippery deck, bleachers and hallways. All coaches, officials, parents and athletes are reminded that the swimming venue may have areas where additional care needs to be observed. No smoking, drugs, or drinking of alcoholic beverages allowed in the building. Any damage to pool property will be grounds for dismissal from the meet. Care should be given to not park in either handicapped spaces or fire lanes as vehicles may be towed at owner's expense.

Meet Director

Cindy Pacheco 303-420-5770 KandC30@aol.com

Meet Referee

Jean O'kane or designee

Safety Chairman

Carmen Babcock Swimshady7@yahoo.com

Session 1 - Friday AM: 7:00-8:00am Warm up, 8:10am start

1	12&U 200 Fly	2
3	10&U 100 Fly	4
5	11-12 200 Free	6
7	10&U 100 Free	8
9	11-12 50 Breast	10
11	10&U 50 Breast	12
13	11-12 50 Back	14
15	12&U 400 IM	16

Session 2 - Friday PM: Tentative 12:30-1:30pm warm up, 1:40pm start

17	Open 50 Free	18
19	Open 200 IM	20
21	Open 200 Back	22
23	Open 400 Free	24
25	Open 400 Medley Relay	26

Session 3 - Saturday AM: 7:00-8:00am Warm up, 8:10am start

27	12 & U 200 Medley Relay	28
29	12&U 200 Back	30
31	10&U 100 Back	32
33	11-12 200 IM	34
35	10&U 200 IM	36
37	11-12 50 Fly	38
39	10&U 50 Fly	40
41	11-12 100 Free	42
43	10&U 200 Free	44
45	11-12 100 Breast	46

Session 4 - Saturday PM: Tentative 12:30-1:30pm warm up, 1:40pm start

47	Open 100 Fly	48
49	Open 100 Back	50
51	Open 100 Breast	52
53	Open 200 Free	54
55	Open 400 IM	56
57	Open 400 Free Relay	58

Session 5 - Sunday AM: 7:00-8:00am Warm up, 8:10am start

59	12 & U 200 Free Relay	60
61	12&U 200 Breast	62
63	10&U 100 Breast	64
65	11-12 50 Free	66
67	10&U 50 Free	68
69	11-12 100 Fly	70
71	10&U 50 Back	72
73	11-12 100 Back	74
75	12&U 400 Free	76

Session 6 - Sunday PM: Tentative 12:30-1:30pm warm up, 1:40pm start

77	Open 200 Fly	78
79	Open 100 free	80
81	Open 200 Breast	82
83	Open 1500 Free	84