

Colorado Senior Meet

DATE: February 27, 28, March 1, 2009

SANCTION: Held under approval of Colorado Swimming, Inc. of United States Swimming #2009-A01

LOCATION: University of Denver, Coors Fitness Center
I-25 and University Blvd.,
2201 E. Asbury, Denver, CO 80208

FACILITIES: Elevation 5320 ft; Seventeen lane 25 yard by eight lane 50-meter indoor pool. Competition will be conducted in either an 8 or 10 lane course. Additional lanes will be available for continuous warm-up/down.

TIMING: Colorado Timing System with touch pads and display board.

SCHEDULE: Friday:
General Warm-up: 4:00 - 4:40 pm, Specific Warm-Up 4:40 - 5:00. Meet Start: 5:10 pm
Saturday & Sunday:
General Warm-up: 1:00 - 1:35 pm, Specific Warm-Up 1:35 - 1:50. Meet Start: 2:00 pm

ELIGIBILITY:

College athletes not attached to a CSI member team may swim with out USA registration. All other athletes **must** hold a 2009 USA Swimming membership card. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their current card or they will be deck registered before they can enter the water. A surcharge for deck registration will also apply. Exception report will be posted on the CSI web page after the entry deadline, at csi.org.

AWARDS: Awards will be given only to qualified swimmers whose entry times do not exceed the maximum Silver State qualifying time standard. (Refer to silver state time standards)
Individual: Medals 1-8 Ribbons 9-16

SEEDING PROCEDURE & SCRATCH RULES:

The meet shall be pre-seeded. Swimmers must report to the assigned heat and lane if they intend to swim the event.

RULES:

1. Current 2009 USA Swimming Rules & Regulations will govern the meet.
2. Swimmers must be 15 or older as of March 6, 2009.
3. No exhibition swimming is allowed.
4. All events are timed final events. All entries must be legible with name of swimmer, event and description with the entry time. A "blank space" or NT will not be accepted. No refunds will be given for incorrect entries.
5. The meet is pre-seeded; please notify the Clerk of Course of scratches only. Swimmers shall report promptly to the blocks prior to the start of each race in which they are entered. Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

6. This is a qualifying meet. Times must have been achieved between February 22, 2008 and February 17, 2009.

7. The MEET REFEREE will have the final authority on all swimming procedures of the meet.

8. Colorado Swimming, Inc. procedures for warm-up will be observed.

9. At the Referee's discretion, individual events may be combined by age, sex and/or distance.

10. The USA Swimming National Start will be used. This meet will enforce timely reporting to the block area and responding promptly to signals and commands as follows: When the swimmers and officials are ready, the Referee shall signal with an out stretched arm to the starter that the swimmers are under the Starter control (101.1.2B) Swimmers stepping up late after the Referee has signaled with an outstretch arm releasing the field to the Starter "may," at the discretion of the referee, be barred from competing in that event. It is the responsibility of every swimmer and coach to ensure that they report to the starting area in a timely fashion and respond to all signals and commands of the meet officials promptly.

11. All coaches and uniformed officials must display their USA/CSI cards when on deck. Current certification is mandatory. Coaches that are in non-compliance will not be allowed on deck.

12. Participating teams will be assigned lanes for timing and are expected to provide timer(s) for the duration of the assignment.

DISTANCE EVENTS:

1. The distance events 400 IM/500 Free/1650 Free will be deck seeded by positive check in on the day the event will be swum. Check-in will close 30 minutes after the start of the session on the day of the event. The 1650 freestyle will be swum fastest to slowest alternating women and men.

2. 500/1650 SWIMMERS MUST PROVIDE THEIR OWN TIMERS (2) AND COUNTER. 400 IM SWIMMERS MUST PROVIDE THEIR OWN TIMER.

TIME TRIALS:

Time trials will be held at the end of each session, swimmers that plan to swim a time trial event must sign up 30 minutes before the start of the time trial session. The cost is \$5.00 per event and if not entered into the Senior Meet will need to pay the pool surcharge fee and provide proof of registration. Time trials events will count as one of the three events per day limit. Time trials will follow the same rules as the Senior Meet.

ENTRIES: Swimmers may enter up to three (3) individual events per day (**with a maximum of 7 events for the meet**).

ENTRY FEES:

\$ 5.00 for each individual event. Pool Surcharge: \$ 5.00 per swimmer
\$1.00 of each individual event will go to the Senior Circuit Travel Fund
See athlete re-imbusement form for funding guidelines.

Make one check payable to: COLORADO SWIMMING, INC.

ENTRY PROCEDURES:

Entries may be sent using HY-TEK MEET MANAGER DISK and/or COMMLINK FILE on a 3.5-inch disk or email in USA Swimming SDIFv3 complete with all required information (name, team, USA number, time, age, and event number). Also be sure to include a hard copy printout of the team entry report and team roster report in duplicate. **CLUBS ARE RESPONSIBLE FOR THE INTEGRITY OF THEIR DISK!**

PLEASE SUBMIT ALL ENTRIES IN SHORT COURSE YARDS.

IF YOU DO **NOT** USE THE HY-TEK ENTRY FORMAT all entries must be on pink and/or blue CSI master entry sheets. These sheets must include the swimmer's name, age, correct USA#, approved team code, event #, and entry time. "N.T." and incorrect entries will be rejected! A separate master sheet for EACH age group and sex is required with swimmers listed alphabetically. These sheets are to be sent in duplicate to the Entry Chairman, as listed below. All entries must include preparer's name, phone number; coach's name, phone number, and address for results. All entries must be sent to entry chairman, do not send to the pool.

N.T. and INCORRECT ENTRIES will be rejected

CSI MEET VERIFICATION FORMS MUST ACCOMPANY ENTRIES ALONG WITH A SIGNED CHECK LIST

ENTRY DEADLINE:

The entry chairman must receive hand delivered or mailed entries no later than 6:00 pm on **Wed February 17, 2009**, checks and hard copies must be included.

Overnight mail or guaranteed next day delivery is acceptable if agent guarantees next day delivery to satisfy meet deadline.

Corrections should be made as follows:

Entry corrections should be sent the entry chair:
Registration corrections should be sent to:

Shawn Smith shawsmi@du.edu
Janet Kralik j.kralik@comcast.net

ENTRY CHAIRMAN:

DU Dept of Recreation: Aquatics Room 1923
c/o Shawn Smith
2201 E Asbury
Denver, CO 80113
shawsmi@du.edu
303-871-4484

SAFETY CHAIRMAN:

Carin Orr

MEET DIRECTORS:

Kim Sidor
303-871-4484

MEET REFEREE:

Doug Everett
doug.everett.2@gmail.com
303-877-7803

Any questions regarding the conduct of this meet should be directed to the meet referee.

SAFETY ISSUES:

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.

- All coaches, officials, parents and swimmers should act in a manner to reduce the risk of any accidents.
- Coaches are to monitor their swimmers during warm-up/meet and are responsible for their safety.
- No forward dives or backstroke starts into the water during warm-up unless there is one-way swimming & starts with coach supervision.
- All athletes, visiting coaches and officials are reminded that the swimming venue may have areas where additional care needs to be observed. This includes and is not limited to slippery deck, bleachers and hallways. Proper footwear and caution "may" help reduce these risks.
- No running or horseplay is allowed and it is the responsibility of the swimmer, coach, officials and parents to monitor these activities.
- Care should be given not to park in either handicapped or fire lanes as vehicles may be towed at the owner's expense.

SPECIAL INFORMATION:

NO SMOKING OR ALCOHOL ON THE POOL DECK, IN THE BUILDING, OR ANY AREA FREQUENTED BY SWIMMERS.

Any damage to pool property will be grounds for dismissal from the remainder of the meet and the offenders will be held liable to the fullest extent, which the law allows.

**No Lawn Chairs will be allowed in the bleachers
Spectator seating in pre-designated areas only. Seating availability plus facility information will be posted with psych sheet on the Colorado Swimming website.**

**SENIOR MEET SESSION 1
FRIDAY FEBRUARY 27, 2009**

Warm-up 4:00 pm

Start 5:10 pm

Women's	SCY	Event	SCY	Men's
1	1:22.89	15 & Over 100 Breast	1:16.99	2
3	2:18.09	15 & Over 200 Free	2:09.19	4
5	1:12.29	15 & Over 100 Fly	1:04.99	6
7	5:49.39	15 & Over 400 IM	5:55.89	8

SENIOR MEET SESSION 2

SATURDAY FEBRUARY 28, 2009

Warm-up 1:00 pm

Start 2:00 pm

Women's	SCY	Event	SCY	Men's
9	2:35.69	15 & Over 200 I.M.	2:27.39	10
11	:29.69	15 & Over 50 Free	:26.19	12
13	3:02.49	15 & Over 200 Breast	3:00.29	14
15	1:13.09	15 & Over 100 Back	1:07.09	16
17	6:19.89	15 & Over 500 Free	6:08.19	18

SENIOR MEET SESSION 3

SUNDAY MARCH 1, 2009

Warm-up 1:00 pm

Start 2:00 pm

Women's	SCY	Event	SCY	Men's
19	2:39.49	15 & Over 200 Back	2:33.39	20
21	1:02.99	15 & Over 100 Free	:57.79	22
23	3:06.29	15 & Over 200 Fly	2:56.69	24
25	20:29.79	15 & Over 1650 Free	20:21.59	26

CHECK LIST FOR THE COLORADO SENIOR MEET

This checklist is to help you with your entries. Have someone on your team double check for accuracy. This checklist must be signed by the coach and returned with the entries.

- _____ 1. All entries have been checked for accuracy. Swimmers name, team, USA number, time, age and event numbers are correct.
- _____ 2. Entry fees have been sent with entries and checked for accuracy.
- _____ 3. The CSI Meet Verification Form has been sent with the entries.
- _____ 4. The coaches' name and a phone number where he/she may be reached is included with the entries.

Coaches signature

Date

Coaches Name

Phone number

E-Mail