

Entry Deadline: **Monday – 12 July 2010** for teams in the Mountain Swim League
Friday – 16 July 2010 for all teams and swimmers not in the Mountain Swim League
Please have hard copies and a check for your entries postmarked by this date as well.

Events: 8 & Under swimmers may enter a maximum of 5 individual events and 2 relays for the meet.
9 & Over swimmers may enter 4 individual events per day and one relay per session.

Entry Fees:	<u>MSL Swimmers</u>	<u>Non-MSL Swimmers</u>
	\$5.00 per swimmer surcharge	\$5.00 per swimmer surcharge
	\$3.60 per individual event	\$5.00 per individual event
	\$5.00 per relay entry	\$8.00 per relay

Make one check per team payable to **CMA**.

Meet

Schedule:	<u>Session 1 - Friday, 23 July 2010</u>	<u>Session 2 – Friday, 23 July 2010</u>
	Warm-up: 8:00 am Meet Start: 9:30 am	Warm-up: 2:00 pm Meet Start: 3:15 pm
	<u>Session 3 – Saturday, 24 July 2010</u>	<u>Session 4 – Saturday, 24 July 2010</u>
	Warm-up: 7:00 am Meet Start: 8:30 am	Warm-up: 2:00 pm Meet Start: 3:30 pm
	<u>Session 5 – Sunday, 25 July 2010</u>	<u>Session 6 – Sunday, 25 July 2010</u>
	Warm-up: 7:00 am Meet Start: 8:30 am	Warm-up: 2:00 pm Meet Start: 3:30 pm

- Warm-up times and meet start is subject to change based on the timeline once all entries are received.

Safety:	Tristan Cross	(719) 633-6184
Entry Chair:	Joe Novak	(719) 633-6184
Meet Director:	Joe Novak	(719) 633-6184
Meet Referee:	Larry Greene	(719) 266-1166

Warm-ups: CSI warm-up procedures will govern this meet. Warm-up assignments will be distributed by Tuesday, 20 July 2010.

Awards: Medals will be awarded for 1st-3rd place, ribbons for 4th-8th place for 9 & Over swimmers (individual events only). 8 & Under will receive ribbons for 1st-8th. High Point trophies will be awarded for the top 3 finishers for female and males in the following age-groups: 9-10, 11-12, 13-14, and 15 & Over. Masters swimmers will be scored with the 15 & Over age-group (receive medals, ribbons, and trophies in the 15 & Over category – not in separate age-groups).

Scoring: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
No team scores will be kept.

Concessions: Concessions will be available in the lobby.

Programs: Will be available for \$5.00 in the concession area of the lobby.

Meet Info: Colorado swimmers, registered with USA Swimming, achieving a “new” CSI State Qualifying time will be able to enter the Long Course State Championships. An entry table will be available. Meet fees will be collected at the time of entry. Swimmers with previous qualifying times will not have their times adjusted.

**Friday, July 23- Session One
Morning 8 & Under**

Girls			Boys		
<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>	
1		8 & U 100 Medley Relay		2	
3		8 & Under 100 Free		4	
5		8 & Under 25 Fly		6	
7		8 & Under 50 Back		8	
9		8 & Under 25 Free		10	
11		8 & Under 50 Breaststroke		12	
13		8 & Under 50 Free		14	
15		8 & Under 25 Breaststroke		16	
17		8 & Under 50 Fly		18	
19		8 & Under 25 Back		20	
21		8 & Under 100 IM		22	
23		8 & U 100 Free Relay		24	

**Friday, 23 July – Session Two
Afternoon – 13 & Over**

Women			Men		
<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>	
25	3:03.79	11-12 200 IM	3:03.09	26	
27	2:55.49	13&O 200 IM	2:43.69	28	
29		13&O 50 Free		30	
31	7:10.79	11-12 500 Free	7:05.49	32	
33	23:34.19	13&O 1650 Free	22:28.29	34	

**Saturday, 24 July - Session Three
Morning - 12& under**

Girls			Boys		
<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>	
35		10 & Under 200 Free Relay		36	
37		12 & Under 200 Free Relay		38	
39	3:42.69	9-10 200 IM	3:40.89	40	
41	6:32.19	11-12 400 IM	6:23.69	42	
43		9-10 50 Free		44	
45		11-12 50 Free		46	
47		9-10 100 Fly		48	
49		11-12 100 Fly		50	
51		9-10 50 Breast		52	
53		11-12 50 Breast		54	
55		9-10 100 Back		56	
57		11-12 100 Back		58	
59	3:26.39	11-12 200 Breast	3:21.69	60	
61	3:20.19	9-10 200 Free	3:09.89	62	
63	2:43.19	11-12 200 Free	2:38.89	64	

**Saturday, July 24- Session Four
Afternoon - 13 & over**

Women			Men	
<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>
65		13&O 200 Free Relay		66
67		13&O 100 IM		68
69	2:36.09	13&O 200 Free	2:26.09	70
71		13&O 50 Breast		72
73		13&O 100 Fly		74
75	3:14.59	13&O 200 Breast	3:02.39	76
77		13&O 100 Back		78
79	6:10.79	13&O 400 IM	5:50.59	80

**Sunday, July 25- Session Five
Morning - 12 & Under**

Girls			Boys	
<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>
81		10&U 200 Medley Relay		82
83		12&U 200 Medley Relay		84
85	3:01.89	11-12 200 Back	2:58.39	86
87		9-10 100 Free		88
89		11-12 100 Free		90
91		9-10 50 Fly		92
93		11-12 50 Fly		94
95		9-10 50 Back		96
97		11-12 50 Back		98
99		9-10 100 Breaststroke		100
101		11-12 100 Breaststroke		102
103	3:04.99	11-12 200 Fly	3:01.19	104
105		9-10 100 IM		106
107		11-12 100 IM		108

**Sunday, July 25- Session Six
Afternoon - 13 & Over**

Women			Men	
<u>Event</u>	<u>Qual time</u>	<u>Description</u>	<u>Qual time</u>	<u>Event</u>
109		13&O 200 Medley Relay		110
111	2:53.39	13&O 200 Fly	2:43.69	112
113		13&O 100 Breast		114
115		13&O 50 Back		116
117		13&O 100 Free		118
119		13&O 50 Fly		120
121	2:51.79	13&O 200 Back	2:41.29	122
123	6:51.79	13&O 500 Free	6:31.09	124



Swimming - Individual Athlete Registration

Swimmers who will be representing a team, warming up with a team, hanging out with a team, or are in any way affiliated with a team, please submit your entries as a team using Hy-Tek, and not individually. Any questions about this procedure should be directed to the entry chairman(JosephBNovak@msn.com) before submitting your entries.

Team Name (if any):

Team code:

Entry Form Prepared By:

Address:

Phone:

Email:

City, State, and Zip:

Last Name		First	M.I.	D.O.B.	SEX	2010 USA Swimming I.D. # Write in "none" if not applicable
Athlete Entry #	Meet Event #	Description	Entry Time - yards 00:00.00		Entry Fees \$5.00 – each individual event \$2.00 per person – each relay event (\$1.25 per person if MSL relay team)	
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
Athlete Registration					\$5.00	
Athlete Insurance (if no 2010 USAS ID # provided)					\$3.00	
Total Balance Payable						

Please make checks payable to: **Cheyenne Mountain Aquatics**

Send to Entry Chairman

(must be received no later than 5:00 pm, Monday, 12 July 2010):

Joe Novak – P.O. Box 60177, Colorado Springs, CO 80960

Phone: 719-633-6184, Email: JosephBNovak@msn.com

If you are not already registered with USA Swimming, have you enclosed:

Athlete registration []

Waiver form []

Check for entry fees []

ASSUMPTION OF RISK, WAIVER and RELEASE
(for athletes not registered with USA Swimming)

In consideration of being allowed to participate in the Rocky Mountain State Games athlete/sports program, related events and activities, the undersigned appreciates, acknowledges and agrees that:

1. There are risks of injury from participating in the activities involved in this program of events, including the potential for paralysis, disability or even death. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS (known or unknown, present or future, direct or consequential, and whether physical, psychological, social, economic or otherwise, and including all treatment, hospitalization and other care rendered to me in the event of my illness, injury or emergent circumstances in connection with my participation in this program of events), EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation and all such risks.
2. I willingly agree to comply with the stated and customary terms and conditions for participation in this program of events. If I observe any unusual significant hazard during my participation, I will remove myself from participation and immediately bring such to the attention of the nearest official.
3. I, for myself and on behalf of my heirs, assigns, personal representative and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Rocky Mountain State Games, National Congress of State Games, Colorado Springs Sports Corporation and their directors, officers, employees, officials, committee members, volunteers and agents, other participants, organizing and sponsoring agencies, National Governing Bodies, sponsors and advertisers, and, if applicable, owners and lessors of premises used to conduct the program of events ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, PARALYSIS, DISABILITY, OR DEATH, and all liabilities, losses, damages, claims and causes of action (including attorneys fees) of any nature, incurred, suffered or associated with my participation in this program of events, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
4. I give my permission to the event organizers for the free use of my name, likeness and/or pictures for use in broadcasts, telecasts, newspaper, etc., for the promotion of this program of events.
5. I will follow and abide by the rules, policies and code of conduct of the Rocky Mountain State Games. I HAVE READ THIS ASSUMPTION OF RISK, WAIVER AND RELEASE AGREEMENT, FULLY UNDERSTAND ITS TERMS AND SIGN IT VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant Signature

Participant Printed Name

Date

FOR PARTICIPANTS UNDER AGE 18 AT TIME OF REGISTRATION

I, as parent/guardian with legal responsibility for this participant, consent and agree to his/her assumption of risk, waiver and release as provided above, and for myself, my heirs, assigns and next of kin, release and agree to indemnify the Releasees from any and all liabilities, losses, damages, claims and causes of action (including attorneys fees) incident to my minor child's involvement or participation in the events as provided above, even if arising from the negligence of Releasees.

I understand every effort will be made to contact me in the event of an emergency requiring medical attention for my child. However, if I cannot be reached, I authorize the Rocky Mountain State Games, their personnel and medical staff, to call an ambulance or transport my child to the nearest medical care facility and secure emergency medical treatment, including hospitalization, injections, anesthesia or surgery.

Parent/Guardian Signature/Relationship

Parent/Guardian Printed Name

Date

In the event of injury, medical costs must be paid by the athlete. Entry will not be accepted unless release and waiver are signed.



INVITATION TO OFFICIATE

Swimming Competition
Cheyenne Mountain Aquatic Center
Colorado Springs, Colorado
July 23rd – 25th, 2010

You do not have to fill out this form to work this meet, however, completing it does help us in our meet planning. As always, we welcome your participation in the celebration of our athletes' achievements.

You are hereby invited to officiate at the 2010 Jimi Flowers Rocky Mountain State Games to be held at the Cheyenne Mountain Aquatic Center. An officials briefing will be held at the beginning of warm-ups prior to each session. Please return this completed invitation no later than July 16, 2010. The dress is white shirts/blouses and navy pants/shorts/skirts, with white, deck friendly shoes.

Name: _____ LSC: _____

Address: _____ e-mail: _____

City, State, Zip: _____ Phone: _____

CURRENT Certifications

LSC Position: _____ Exp. Date: _____

N2 Position: _____ Exp. Date: _____

N3 Position: _____ Exp. Date: _____

I would appreciate a receipt by e-mail. []

I will work at all sessions: []

I can't work at all sessions. I will be able to work:

Friday	AM [<input type="checkbox"/>]	PM [<input type="checkbox"/>]
Saturday	AM [<input type="checkbox"/>]	PM [<input type="checkbox"/>]
Sunday	AM [<input type="checkbox"/>]	PM [<input type="checkbox"/>]

Please return this application to:

Larry Greene - 865 Point of The Pines Drive , Colorado Springs, CO. 80919
Phone: (719) 266-1166, Fax: (719) 623-0057, e-mail: swim@pcisys.net