

Colorado Springs Swim Team 2010 Fall Open

October 22-24, 2010

- Location: Cheyenne Mountain Aquatic Center
1200 Cresta Rd
Colorado Springs, CO 80906
- Sanction: Held under the sanction of USA Swimming: #2010-089
- Facility: Indoor eight lane 25 yard pool with non-turbulent markers. The competition course has not been certified in accordance with 104.2.2C (4). Water depth at the start end of the pool is 12 feet and at the turn end of the pool is 4 feet.
- Timing: Colorado Timing System with touch pads and electronic display board.
- Rules:
1. Current USA Swimming rules will govern the meet. The Meet Referee will be the final authority for all swimming procedures of the meet.
 2. At a sanctioned competitive event, USA Swimming athlete members must be under the Supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer with out a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.
 3. All swimwear must conform to USA Swimming Rule and Regulations article 102.9 effective October 1, 2009. If you have any question on older suits check the 2010 FINA Approved swim suit list. http://www.usaswimming.org/_Rainbow/Documents/cf879c52-2543-4af2-9446-96768c993b29/FINA%20Approved%20Suit%20List%204-1-10.pdf
 4. **“Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. “**
- Eligibility: Open to USA Swimming registered athletes holding 2010 membership cards. Age as of **October 22, 2010** will determine swimmer's age for the meet.
- Entries: Submit by e-mail using Hy-Tek comlink file. (Teams not submitting entries via e-mail will be assessed a \$25 fee per team.) The meet will be limited to 500 individual entries in each session. The meet will be pre-seeded except for the 500 freestyle, 400 IM, 1,650 freestyle and relays. All events are timed finals. Positive check-in is required for the distance events (500 freestyle, 400 IM, and 1,650 freestyle). Swimmers in the 500 freestyle and 1,650 freestyle will need to provide their own counters and timers (2). Swimmers in the 400 IM will need to provide their own timers (2). Positive check-in for distance swimmers on Friday must be accomplished no later than 5:30 PM. The 1650 freestyle events will be limited to the fastest three (3) heats each for males and females. Positive check-in for distance swimmers on Saturday and Sunday must be accomplished no later than 3:00 PM. Relays must be checked in 30 minutes prior to the beginning of each session. The 1,650 will be swum *fastest to slowest alternating female/male*. Entries must also be accompanied by the CSI meet verification form (USA swimmer registration verification). Deck entries will be permitted as long as they can be accommodated without creating additional heats.

Qualifying

Times: No qualifying standards for this meet except for the following events: 41,42,45,46,and 73 through 76. NT's WILL NOT BE ACCEPTED in the 1,650 free.

CSI Exceptions

Report: Any CSI/USA Swimming registration errors must be corrected by Monday, October 18th with Kate Doane, Entry Chair. Teams will be notified via e-mail regarding registration errors. Swimmers who have not cleared registration exception problems prior to the start of the meet must re-register with USA/CSI swimming prior to the beginning of the meet.

Events: Swimmers may enter four (4) individual events plus (1) one relay per day.

Entry Fees: Individual events: \$3.60 per event (.60 per event to CSI support fund and .05 to the Mountain Swim League support fund).

Relays: \$4.00 per relay.

Surcharge: \$5.00 per swimmer.

Deck entries: \$5.00 per event if lanes are available. All deck entries must show proof of registration.

One *CHECK PER TEAM PAYABLE TO CSST*. Officials working two sessions or more will have one swimmer's entry fees refunded less the .60 CSI fee per event, .05 MSL surcharge and the \$5.00 surcharge.

Entry Deadline: **Entries must be received by Thursday, October 14th.**

Mail hard copy entries to and entry fee check to:

Kate Doane

Colorado Springs Swim Team

2301 Logan St.

Colorado Springs, CO 80907

E-mail entries to: csstswim@msn.com

Awards: High point awards 1st-8th place for 8 & Under, 9-10, 11-12, 13-14 and 15 & Over age groups.

Scoring: Team scores will not be kept.

Individual scoring:

8 & Under, 9-10, 11-12, 13-14 and 15 & over for high point awards.

8 & Under swimmers competing in 10 & Under will be scored separately.

11-12 swimmers swimming the 200 butterfly, 200 backstroke, 200 breaststroke and 400 IM will be scored relative to their finish with other 11-12 swimmers in those events.

13 & older swimmers will be scored as 13-14 and 15 & over in events 3-4, 33-46 and 71-84.

Timing: Each team participating in this meet is expected to provide timers for one or more lanes for each session at which they have swimmers. Teams will be notified of their lane timing assignments prior to the first day of the meet.

Officials: Teams participating in this meet are encouraged to provide on-deck officials. Officials working two or more meet sessions will be eligible for a refund of one swimmer's entry fees (less the pool surcharge and CSI support fund amounts).

Meet Schedule:	<u>Friday, October 22nd</u>		
	Evening session	Warm-up	5:00-5:50 PM
		Meet	6:00 PM
	<u>Saturday, October 23rd and Sunday, October 24th</u>		
	Morning session	Warm-up	7:00-8:20 AM
		Meet	8:30 AM
	Afternoon session	Warm-up	12:30-1:50 PM
		Meet	2:00 PM

Teams will be notified with specific warm-up times. CSI warm-up procedures will be observed.

Meet Director:	Kari Leach	719-634-0270
Meet Referee:	Mike McBride	719-592-9137
Safety:	Donna Clarke	
Entries Chair:	Kate Doane	719-761-8204
Programs:	\$4.00	
Concessions:	Available in pool lobby.	
Hotels:	Sheraton Hotel	719-576-5900
	Double Tree Hotel	719-576-8900
	Hampton Inn South	719-579-6900
	Days Inn Residence Inn	719-527-0800
	Fairfield Inn	719-576-0101
	La Quinta Inn	719-527-4788

Important Reminders

Relays need to be declared 30 minutes prior to the start of each session.

Swimmer in events 1-4 need to check-in by 5:30 PM on Friday.

Swimmers in events 45-46 and 83-84 need to check-in by 3:00 PM on Saturday and Sunday.

Swimmers in events 1-4 and 83-84 need to provide their own timers and counters.

Swimmers in events 45-46 need to provide timers.

Directions to Cheyenne Mountain High School/Cheyenne Mountain Aquatic Center

From **I-25 north** exit at Cimarron (exit # 141). Drive west approximately 2.0 miles to 21st St. Turn left (south) on 21st St. Cheyenne Mountain High School is 2.5 miles south on 21st St. From **I-25 south** exit at Circle Dr. (exit # 138). Go west 1.3 miles to US 85 (Nevada Ave). Turn right on Nevada. North on Nevada .6 miles to Cheyenne Rd. (Mc Donald's restaurant). Turn left at Cheyenne Rd. and drive 1.7 miles to Cresta. Turn right on Cresta. Cheyenne Mountain High School is .3 miles on the left. **The pool is on the south side of the campus.**

Order of Events

Event #	Girls	Event	Boys	Event #
Friday Evening				
Warm-up: 5:00-5:50 PM				
Meet start: 6:00 PM				
1	NT	11-12 500 Freestyle	NT	2
3	NT	13 & Over 1,650 Freestyle	NT	4
Saturday Morning				
Warm-up: 7:00-8:20 AM				
Meet start: 8:30 AM				
5	NT	10 & Under 200 Medley Relay	NT	6
7	NT	12 & Under 200 Medley Relay	NT	8
9	NT	10 & Under 100 Freestyle	NT	10
11	NT	11-12 100 Freestyle	NT	12
13	NT	10 & Under 50 Butterfly	NT	14
15	NT	11-12 50 Butterfly	NT	16
17	NT	10 & Under 100 Backstroke	NT	18
19	NT	11-12 100 Backstroke	NT	20
21	NT	10 & Under 50 Breaststroke	NT	22
23	NT	11-12 50 Breaststroke	NT	24
25	NT	10 & Under 200 Freestyle	NT	26
27	NT	11-12 200 Freestyle	NT	28
29	NT	10 & Under 100 IM	NT	30
31	NT	11-12 100 IM	NT	32
Saturday Afternoon				
Warm-up: 12:30-1:50 PM				
Meet start: 2:00 PM				
33	NT	13 & Over 400 Medley Relay	NT	34
35	NT	13 & Over 50 Freestyle	NT	36
37	NT	13 & Over 100 Butterfly	NT	38
39	NT	13 & Over 100 Backstroke	NT	40
41	3:30.00	11 & Over 200 Breaststroke	3:30.00	42
43	NT	13 & Over 200 Freestyle	NT	44
45	6:40.00	11 & Over 400 IM	6:40.00	46
Sunday Morning				
Warm-up: 7:00-8:20 AM				
Meet start: 8:30 AM				
47	NT	10 & Under 200 Freestyle Relay	NT	48
49	NT	12 & Under 200 Freestyle Relay	NT	50
51	NT	10 & Under 50 Freestyle	NT	52
53	NT	11-12 50 Freestyle	NT	54
55	NT	10 & Under 100 Butterfly	NT	56
57	NT	11-12 100 Butterfly	NT	58
59	NT	10 & Under 50 Backstroke	NT	60
61	NT	11-12 50 Backstroke	NT	62
63	NT	10 & Under 100 Breaststroke	NT	64
65	NT	11-12 100 Breaststroke	NT	66
67	NT	10 & Under 200 IM	NT	68
69	NT	11-12 200 IM	NT	70
Sunday Afternoon				
Warm-up: 12:30-1:50 PM				
Meet start: 2:00 PM				
71	NT	13 & Over 400 Freestyle Relay	NT	72
73	3:10.00	11 & Over 200 Butterfly	3:10.00	74
75	2:55.00	11 & Over 200 Backstroke	2:55.00	76
77	NT	13 & Over 100 Breaststroke	NT	78
79	NT	13 & Over 100 Freestyle	NT	80
81	NT	13 & Over 200 IM	NT	82
83	NT	13 & Over 500 Freestyle	NT	84

