

**2016 Deep Freeze Invitational
Sponsored by Team Sopris Barracudas
November 12-13, 2016**

DATE: November 12-13, 2016

SANCTION: Held under the sanction of USA Swimming Sanction #2016-022n

LOCATION: Glenwood Springs Community Center
100 Wulfsohn Road
Glenwood Springs, CO 81601
(970)384-6316 phone | (970)928-8418 fax
<http://www.glenwoodrec.com/community-center>



FACILITIES: 25 yard indoor pool, 7 lanes with continuous warm-up/cool down lane. Limited deck space, seating available in the adjacent gymnasium. **No chairs allowed on deck.** The competitions course has not been certified in accordance with 104.2.2C (4). Water depth: 4 feet at shallow end; 6'3"-12' at diving end. All races will start at diving end.

TIMING: Colorado Timing System with touch pads and electronic display board will be used for all events with the exception of 25 yard events, which will use stopwatches for times. Back-up timing will consist of one button and two stopwatches. Hy-Tek Meet Manager software will be used.

SCHEDULE: Saturday Warm-up: 11:00 am Start: 12:10 pm
Sunday Warm-up: 8:00 am Start: 9:10 am
(Warm-ups may be split into two 30-minute sessions with assigned teams at the discretion of the meet host.)

ELIGIBILITY: Open to all Zone 4 (WSL) swimmers holding a 2016/2017 USA Swimming membership card and any swimmers listed as UN-CO training with a WSL team. Any swimmer who appears on the CSI exceptions report without registration must come to the meet prepared to show their card. There shall be no deck registrations allowed.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as proficient in a racing start or must start each race from within the water. When unaccompanied by a member-coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement.

SCORING: The meet will be scored to eight (8) places: per 102.25.3
1) Individual: 9, 7, 6, 5, 4, 3, 2, 1
2) Relay: 18, 14, 12, 10, 8, 6, 4, 2

Team scores will be kept.

Events will be broken into 8 and under, 9-10, 11-12, 13-14, and 15 and over for scoring purposes.

AWARDS: Individual-event ribbons for 12U swimmers, 1st through 8th (Awards will be broken out to 8&under, 9-10, 11-12 in 25 and 50 and 100 events and 12U in all other events).

Relay-event ribbons for 12U relays, 1st through 3rd



RULES: Current 2016 USA rules will govern the format of the meet.

Age as of November 12, 2016 will determine the swimmer's age group.

Exhibition swimming will not be allowed.

All entries must include times where available. Submit short course yard times only.

The meet will be pre-seeded except for the 400 IM and 500, 1000, and 1650 free.

Please provide scratches thirty (30) minutes before the start of each day's first session.

The 400 IM, and 500, 1000 and 1650 free require positive check-in within 30 minutes of the start of the first session each day. These events will be swum fastest to slowest, alternating girls then boys, with a combined heat possible at the discretion of the meet referee. Heat sheets for deck-seeded events will be posted after positive check-in closes. **400 IM participants will be required to provide two timers. 500, 1000, and 1650 free participants will be required to provide two timers plus a counter.** Qualification times for the distance events are as follows: 400 IM (8:00), 500 free (8:00), 1000 free (17:00), 1650 free (30:00). Swimmers entered in these events in NT or in a time slower than the qualifying standard will be dropped from the event.

8 & under swimmers will be started from the blocks in the 25 yard races. We will be using watch times for these events.

Colorado Swimming, Inc. warm-up procedures will be observed. We reserve the right to revise warm-up times and lane assignments should the number of entries warrant such a change. 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. Swimmers at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.

We have the right to change the format of the meet should the number of entries warrant such a change. The meet director reserves the right to reorganize the session(s) to accommodate the 4-hour rule.

The meet referee will have the final authority on all procedures regarding the conduct of the meet. The referee may combine individual events by age, gender and/or distance. All coaches and uniformed officials must display their USA/CSI cards when on deck. Current certification is mandatory. Coaches that are in noncompliance will not be allowed on deck.

ENTRY LIMITS: Swimmers are limited to 4 individual events and one relay event per day, this includes the distance sessions. Entries will be limited in accordance with the 4-hour guidelines. The Meet Director reserves the right to alter the sessions in order to conform to this rule.

Due to the number of swimmers expected, the meet will be limited to approximately the first 250 swimmers received. Teams will not be split up (this pertains only to entries received at the same time while still under the cap of 250 swimmers).

ENTRY FEES: \$4.00 per Individual Event
\$8.00 per Relay Event
\$8.00 per Swimmer Surcharge
(\$.15 of each entry fee goes to Zone 4)
Make check payable to Team Sopris Barracudas (one check per team)

HAND ENTRIES: \$6.00 per event plus \$10 per relay and \$10 per swimmer surcharge.



ENTRY

PROCEDURE: The TM Event template will be available by November 1, 2016 on the Western Slope League (WSL) website (www.westernslopeleague.org) and on the Team Sopris Barracudas website (www.teamsopris.org).

All entries must be submitted by email in HY-TEK compatible format. The entry chair will confirm any e-mail entries received.

Teams sending a hand written entry sheet are subject to a \$50 processing fee.

NO DECK entries will be accepted. The meet will be pre-seeded, with the exception of the distance events specified. "ADDS" may be allowed in open lanes only, and at the meet referee's discretion.

E-mail entries are preferred. "NO TIME" or incorrect times will be placed in the slowest heat. Times for all events should be in short course yards. A current Colorado Swimming Meet Verification Form must accompany all entries.

E-mail entries to wvanders4@comcast.net and attach a PDF or Word document of the Hy-Tek meet entry report by swimmer. If you don't receive an email confirmation your entries were not received. Checks and Meet Verification may be hand-delivered at the meet. Awards will not be distributed until checks are received by the Clerk of Course.

All entries must be sent to the entry chairman. If sending overnight mail, please waive the signature. **DO NOT SEND ENTRIES TO THE POOL.**

Send to:

Sopris Barracudas

PO Box 1851

Glenwood Springs, CO 81602

Entry Chair: Wendy Vanderhoof - wvanders4@comcast.net

DEADLINE: **Friday, November 4, 2016** – No entries will be accepted after 6:00pm on this date.

MEET

DIRECTOR: Tom Newton - info@teamsopris.org

REFEREE: Elaine Gerson - emgerson@yahoo.com

SAFETY CHAIR: Marissa Lins

PROGRAMS: Heat sheets will be posted on the Team Sopris Barracudas and on the WSL websites by Wednesday, November 9, 2016. **Heat sheets or Programs will not be available at the meet**, so please print them and bring them with you. You will be able to purchase heat sheets through Active on your Meet Mobile app.

RESULTS: Results will be posted on the Team Sopris Barraducas and the WSL website within five (5) days after the meet. Teams providing a thumb-drive and using Hy-Tek for the results will be accommodated at the meet. Results will be emailed upon request.

LODGING: Campers will be permitted to stay in the Community Center upper parking lot on the nights of November 11th & 12th. All campers should park in the third tier of the lot near the Community Garden.

PARKING: There is ample parking at the Community Center. Please limit your parking to the front lot. Unauthorized cars parked on the east side of the pool are subject to towing.



OFFICIALS: Please remember to bring your “whites” and ID as we will need many officials to cut down on the deck time each official works over the two days. Please contact Elaine Gerson, emgerson@yahoo.com, if you are interested in working this meet.

TIMERS: Each team should be prepared to provide timers throughout all the sessions.

For the 400 IM, swimmers must provide their own timers (2), and for the 500, 1000 and 1650 free events, swimmers must provide their own timers (2) and counters.

SPECIAL INFORMATION: No smoking 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 that the law allows. **NO CHAIRS WILL BE PERMITTED ON THE POOL DECK.** Please plan to set up in the gym or outside, weather permitting.

Use of audio and visual recording devices, including cell phone, is not permitted in changing areas, rest rooms or locker rooms.

CSI restricts access to any photography from the behind the blocks. Picture taking on the deck will be restricted to areas in front of the starting platforms.

Except where facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Deck Changing is prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

NOTE : Colorado Swimming, Inc. does not support, recommend, endorse, or take responsibility for the sale or marketing of dietary supplements. It is the swimmers’ responsibility to know the contents of any food or drink they ingest. For more specific information on supplements, please refer to the drug information on the USA Swimming website at www.usaswimming.org.



Deep Freeze Event Schedule

Saturday, November 12, 2016

Session 1

Warm ups: 11:00 am

Meet Start: 12:10 pm

Girls	Age	Event	Boys
1	12 & under	200 free relay	2
3	Open	200 free relay	4
5	12& under	100 free	6
7	Open	100 free	8
9	8 & under	25 free	10
11	12& under	200 IM	12
13	Open	200 IM	14
15	12& under	50 fly	16
17	Open	200 back	18
19	12& under	50 back	20
21	Open	200 fly	22
23	12& under	100 breast	24
25	Open	100 breast	26

15-minute warm-up precedes distance events

27	Open	500 free *	28
29	11& Over	1000 free *	30

Sunday, November 13, 2016

Session 2

Warm ups: 8 am

Meet Start: 9:10 am

Girls	Age	Event	Boys
31	12 & under	200 medley relay	32
33	Open	200 medley relay	34
35	12& under	50 free	36
37	Open	50 free	38
39	8& under	25 fly	40
41	Open	100 fly	42
43	12& under	50 breast	44
45	Open	200 breast	46
47	8& under	25 breast	48
49	12& under	200 free	50
51	Open	200 free	52
53	12& under	100 IM	54
55	8& under	25 back	56
57	12& under	100 back	58
59	Open	100 back	60

15-minute warm-up precedes distance events

61	Open	400 IM *	62
63	11& Over	1650 free *	64

*Qualification times: 400IM (8:00), 500 free (8:00), 1000 free (17:00), 1650 free (30:00)

