



Colorado Senior Meet
Short Course and Long Course Sessions
February 21-23, 2020

APPROVAL: Held under approval of USA Swimming #2020-027. In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

- MEET REFEREE:** Troy Brovold Email: csi.brovold@gmail.com
- MEET DIRECTOR:** Sandi Rinker Email: sandirinker@msn.com
Krista Nero Email: nero@nerolandscape.net
- ENTRY CHAIR:** Colorado Swimming Email: meetentries@swimcolorado.org
970-454-3697 (Linda)
Charged to Team Account
- SAFETY DIRECTOR:** Mike Novell Email: mike@fortcollinsareaswimteam.org

LOCATION: Eldora Pool and Ice Center Fort Collins, CO. 1801 Riverside Ave. Fort Collins, CO 80524

FACILITY: Elevation 5000 ft.;

LONG COURSE SET-UP

Indoor 50-meter 10-lane pool. The water depth of the competition pool is a consistent 12 feet on the start end and 4 feet on the turn end. The competitions course has been certified in accordance with 104.2.2C (4).

SHORT COURSE SET-UP

Indoor 25-yard 10-lane pool. The water depth of the competition pool is a consistent 7 feet. The competitions course has been certified in accordance with 104.2.2C (4).

Only USA Swimming member swimmers swimming the meet, registered coaches with current certification, working officials, and volunteers are allowed on deck. Parents and spectators please remain in the viewing or seating areas.

TIMING: Colorado Timing System with touch pads and display board

MANDATORY GENERAL MEETING: Friday, Feb. 21 at 3:30 PM and Sunday, Feb. 23 at 8:30 AM. Meet Referee will answer any questions about the meet format as well as any last minute changes/reminders.

SCHEDULE:

Session	Warm-Up	Meet Start
Friday – Short Course Yards	General Warm-up: 4:00-4:30pm Specific Warm-up: 4:30-4:50pm	5:00pm
Saturday –Short Course Yards	General Warm-up: 9:00-10:00am Specific Warm-up: 10:00-10:20am	10:30 pm
Sunday – Long Course Meters	General Warm-up: 9:00-10:00am Specific Warm-up: 10:00-10:20am	10:30 pm

ENTRIES: Swimmers may enter up to four (4) individual events per day with a maximum of eleven (11) total events.

ENTRY FEES: \$6.25 for each individual event. (\$1.25 of each individual event will go to the CSI Support Fund)
\$15.00 per swimmer Pool Surcharge
See short course 2019-2020 athlete reimbursement form for funding guidelines.

ELECTRONIC ENTRY PROCEDURES AND DEADLINES:

- Entries must be emailed to the Entry Chair, using either Hy-Tek Team Manager File and/or Team Unify Export. Please attach a PDF or Word Document of the team entry report.
- The entry chair must receive **all** entries no later than 11:59 pm on Tuesday, **February 11, 2020** (entries will be confirmed on/or before Feb 12th).
- **Payment will be processed via credit card at the meet or via QuickBooks Invoicing.**
- Overnight mail or guaranteed next day delivery is acceptable if agent guarantees next day delivery to satisfy meet deadline.
- Psych sheet, warm-up and timer assignments will be posted at www.swimcolorado.org by Friday, February 14, 2020.

LAST CHANCE ENTRY EXCEPTIONS:

- Times achieved at approved Colorado Last Chance meets and any additional meets requested to lseckinger@aol.com before Feb 1, 2020. Last Chance exception only applies to swimmers who have not previously qualified in that event. No previous times will be adjusted.
- **Last Chance entry procedure:** New qualifications and payment must be submitted to the meet director at the last chance meets. The Meet director will then forward all last chance qualifications to the Senior State meet entry chair. **Entries will not be accepted from individuals or teams, only from last chance host.**

Corrections should be made as follows:

Entry corrections should be sent the Entry Chair:

Linda Seckinger meetentries@swimcolorado.org

Registration corrections should be sent to:

Jackie Stiff csiswimoffice@swimcolorado.org

ELIGIBILITY: Swimmers must be a 2020 member of Colorado Swimming/USA Swimming. Athletes must meet the age definitions of the event (Friday and Saturday are 15 & over, Sunday is Open) . No deck registrations will be taken. The meet will also be open to CSI physically impaired athletes with Motivational time standards.

SCORING: There will be no scoring.

AWARDS: Individual: Medals 1-3

SEEDING PROCEDURE & SCRATCH RULES:

With the exception of the 400 IM, 500 & 400 Free, and 1650 & 1500 Free the meet shall be pre-seeded. Swimmers must report to the assigned heat and lane if they intend to swim the event.

NOTE: Submit entry times according to the time swum - NO CONVERSIONS Non-conforming times will be seeded last per article 207.11.7 of the USA Swimming Rules and Regulations.

DISTANCE EVENTS:

1. The distance events 400 IM/500 Free/1650 Free/400 Free/1500 Free will be deck seeded 30 mins after the start of the session. The scratch deadline is 30 mins after the start of the session that the event is offered.
2. The 1650/1500 freestyle will be swum fastest to slowest alternating women and men.
3. 500/1650 SCY SWIMMERS MUST PROVIDE TWO (2) OF THEIR OWN TIMERS AND MAY APPOINT A COUNTER TO CALL LENGTHS OR INDICATE LENGTHS BY VISUAL SIGN.
4. 1500 LCM SWIMMERS MUST PROVIDE TWO (2) OF THEIR OWN TIMERS AND MAY APPOINT A COUNTER TO CALL LENGTHS OR INDICATE LENGTHS BY VISUAL SIGN.
5. 400 IM LCM SWIMMERS MUST PROVIDE TWO (2) OF THEIR OWN TIMERS.

RULES:

1. The MEET REFEREE will have the final authority on all swimming procedures of the meet.
2. Current USA Swimming Rules & Regulations, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern the meet, in conjunction with the following information from Colorado Swimming Inc.
3. Age as of the first day of the meet, February 21, 2020 will determine the swimmer's age group for competition.
4. No exhibition swimming is allowed.
5. Entry times must have been achieved since January 1, 2019 to Feb 11, 2020, except last chance meets.
6. Colorado Swimming, Inc. procedures for warm-up will be observed.
7. The USA Swimming National Start will be used. Please refer to 101.1.2
8. **Participating teams will be required to provide timers.** Notification of lane assignments for timing will be sent to each club and posted on the Colorado Swimming website. These assignments will be posted at the pool as well. Teams that have at least 6 swimmers in a session may be given a timing assignment.
9. Unattached/Unaccompanied swimmers -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.
10. All swimwear must conform to USA Swimming Rule and Regulations article 102.8 effective October 1, 2009. If you have any question on older suits check the current FINA Approved swim suit list.
11. All team photographers must check-in with the Meet Referee prior to taking any photographs. No photography allowed from behind the starting platforms during starts and relays. No unaffiliated photographers allowed, unless otherwise approved by the Meet Referee.
12. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
13. Deck Changing is Prohibited. USA Swimming Rule 202.4.9I.
14. Any damage to pool property will be grounds for dismissal from the remainder of the meet and offenders will be held liable to the fullest extent allowed by law.
15. 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.

TIME TRIALS:

Pending facility availability. TIME TRIALS will be held at the end of the session ONLY IF TIME WILL ALLOW. Swimmers planning to swim a time trial event must sign up 60 minutes before the start of the time trial session. The cost is \$10.00 per event. Swimmers must be entered in the Senior Meet to compete in time trials. Time trial events will count as one of the four events per day limit and the seven event limit for the meet. TIME TRIALS will follow the same rules and age definitions of each session defined in event order of the Senior Meet. Sanction: 2020-

Coaches/Officials: Current certification is mandatory. Coaches and officials that are in non-compliance will not be allowed on deck. Deck Pass and/or a membership card is an acceptable proof of membership. Coaches will be required to sign in to receive their heat sheet.

- A mandatory Officials meeting will be held one hour prior to the start of each session each day of the meet.
- Official’s uniforms will be white polo shirt over Black shorts, long pants or skirts/skort. Black socks and Black deck friendly shoes for all sessions.
- No Trainees will be permitted at this meet.

Officials desiring an assigned position must [submit their application](#) no later than Feb. 7, 2020 (preference will be given to those who agree to work all sessions). All others planning to attend the meet are encouraged to return their application by Feb. 14, 2020. For more information, contact meet referee, Troy Brovold csi.brovold@gmail.com

SAFETY ISSUES:

The conduct of warm-up and competition will adhere to Colorado Swimming, Inc. Policies and Procedures.

- 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, parents, spectators, 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.

PROGRAMS: Will be available.

SPECIAL INFORMATION:

- There will be “NO SMOKING” anywhere in the facility or in areas frequented by swimmers.
- Spectators are asked to refrain from standing along the rail in front of the viewing area.
- **NO spectators** will be permitted on deck or in swimmer locker rooms at any time during the meet.

Deck space is reserved for swimmers, officials, participating team affiliated coaches and working volunteers.

CSI Senior Circuit:

Events swum will count toward the CSI Senior Circuit event total. Athletes who compete in seven (7) events or more Senior Circuit events will be eligible for an extra .5 share of funding per the CSI re-imbursment procedures.

Refreshments: Concessions will be available.

Seating: Athletes will be allowed to sit on the pool deck. Parents will need to sit in the stands. **“No standing along the railing. Spectators that refuse to comply will be asked to leave the facility.”**

**SHORT COURSE SENIOR MEET @ EPIC
FRIDAY FEBRUARY 21, 2020**

Women’s	LCM	SCY	Event	LCM	SCY	Men’s
1	2:42.99	2:22.99	15 & Over 200 I.M.	2:32.99	2:12.99	2
3	1:05.89	57.19	15 & Over 100 Free	1:00.39	:52.19	4
5	2:41.99	2:22.39	15 & Over 200 Back	2:34.99	2:15.99	6
7	1:12.99	1:03.99	15 & Over 100 Fly	1:07.09	58.99	8
9	3:10.99	2:47.99	15 & Over 200 Breast	3:02.39	2:39.99	9
11	5:02.99	5:42.99	15 & Over 500 Free	4:50.99	5:29.99	11

**SHORT COURSE SENIOR MEET @ EPIC
SATURDAY FEBRUARY 22, 2020**

Women’s	LCM	SCY	Event	LCM	SCY	Men’s
13	5:46.99	5:08.99	15 & Over 400 IM	5:36.09	4:57.39	14
15	29:79	:26.79	15 & Over 50 Free	27.19	:24.09	16
17	2:55.99	2:36.99	15 & Over 200 Fly	2:51.99	2:32.99	18
19	1:27.09	1:15.79	15 & Over 100 Breast	1:21.19	1:09.29	20
21	2:22.19	2:03.99	15 & Over 200 Free	2:12.09	1:54.09	22
23	1:12.29	1:03.99	15 & Over 100 Back	1:09.49	59.99	24
25	19:29.99	19:59.99	15 & Over 1650 Free	19:29.99	19:59.99	26

**LONG COURSE SENIOR MEET @ EPIC
SUNDAY FEBRUARY 23, 2020**

Women's	LCM	SCY	Event	LCM	SCY	Men's
1	1:03.29	:55.29	Open 100 Free	:57.99	:50.09	2
3	2:34.29	2:10.99	Open 200 Back	2:24.09	2:01.59	4
5	2:58.99	2:32.99	Open 200 Breast	2:44.99	2:18.29	6
7	2:36.49	2:15.49	Open 200 Fly	2:24.49	2:03.99	8
9	:29.49	:25.99	Open 50 Free	:26.79	:23.49	10
11	2:35.99	2:14.99	Open 200 IM	2:23.29	2:02.89	12
13	1:11.59	1:00.99	Open 100 Back	1:06.49	:55.99	14
15	4:51.99	5:20.99	Open 400 Free	4:31.79	4:56.69	16
17	1:22.49	1:10.09	Open 100 Breast	1:15.79	1:03.19	18
19	1:08.99	1:00.39	Open 100 Fly	1:02.99	54.99	20
21	2:16.99	1:59.49	Open 200 Free	2:06.29	1:48.99	22
23*	5:29.99	4:46.99	Open 400 IM	5:08.29	4:25.99	24*
25*	19:34.49	18:59.99	Open 1500 Free	18:25.59	17:53.99	26*

***Distance Events will be combined at the discretion of the meet referee and MUST PROVIDE THEIR OWN
TIMERS**