



2024 Western Slope League Bronze Meet

March 9, 2024

Sanction: Held under the sanction of USA Swimming #

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.

Meet Referee: Eric Hippe, ethippe@yahoo.com

Admin Official: Erin Jenkins, jenkinserinr@gmail.com

Meet Director: Ed Stehlin

Safety Director: Lily Borgenheimer

Location: Colorado Mesa University, El Pomar Natatorium
1100 North Avenue, Grand Junction, CO 81501

Elevation: 4,592 ft

Facility: 10 lane, 50-meter indoor competition pool which will be set up in a 10 lane, 25-yard configuration with substantial opportunities for warm-up and cool down. Water depth is 7 ½ feet to 13 feet. The scoreboard is a Colorado Timing LED board. The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming. A lifeguard, AED, and oxygen are on site.

Spectator seating will be available on the viewing balcony that will hold 600. **Camping like chairs are not allowed in the viewing area due to limited space.** As guests of Colorado Mesa University, all must adhere to CMU policies and rules. No spectator viewing from the balcony rail.

Only swimmers, credentialed coaches, credentialed officials, and volunteers will be allowed on the pool deck. Parents must drop off their swimmers at the doors to the pool deck and then proceed to the upstairs observation gallery. There will be a limited number of chairs provided for swimmer and coach use. Swimmers cannot bring in any of their own chairs, coolers or other “camping gear”.

Timing: Colorado Timing System with touch pads and 10-lane display board will be used for all events. Back-up timing will consist of one button, and two dolphins. Hy-Tek Meet Manager software will be used along with Colorado Timing System 6. Meet Mobile software will be used to post online results.

Eligibility: Open to all Western Slope League swimmers holding a 2024 USA Swimming Membership card. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to prove membership. No deck registration will be accepted.

Age as of Saturday, March 9, 2024, will govern entries.

All times must be slower than Silver State qualifying times.

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 cool down. Any swimmer without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision. Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who



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shows up on the post meet registration check charged to the team account. Teams will receive one meet recon email as a reminder to register the swimmers. As soon as the post meet registration check is run the team will be charged.

Entries: Swimmers may swim 4 individual events per day plus 1 relay. There will be no exhibition swimming. Deck entries will be accepted for open lanes only. New heats will not be created to accommodate deck entries.

Sessions are limited to a 4-hour time period. Entries will be accepted until the 4-hour session limit is reached. However, teams will not be split up. Once the time limit is reached, no additional entries will be accepted.

Entry Dates: Entry deadline is Friday, March 1, 2024, at 6:00 PM. Psych sheets will be sent out by Monday, March 4, 2024. Coaches will have until Wednesday, March 6, 2024, at 6:00 PM to make any changes.

Entry Fees:

Individual Events	\$7.00
Relay Events	\$10.00
Swimmer Surcharge	\$12.00

Colorado Western Slope League receives \$0.15 per event.

Entry Procedure: Email electronic entries to Erin Jenkins at jenkinserin@gmail.com. If you do not receive an email confirmation, your entries were not received.

Payment: Make checks payable to **Maverick Aquatics Foundation**. Checks may be brought to the pool on the first day of competition or mailed to the following address:

Maverick Aquatics
Attn: Lily Borgenheimer
1100 North Avenue
Grand Junction, CO 81501

Meet Format: All events will be timed finals. Events will be swum in the short course configuration: 25 yards x 8 lanes.

Events will be seeded slowest to fastest. Positive check-in is required 15 minutes prior to the start of the session for the 500 Free. Swimmers must provide their own timer and counter.

Qualifying Times: All times must be slower than Silver State qualifying times.

Conduct: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. No swimmer who is not a member of USA Swimming shall be allowed to compete. A meet recon prior to the meet will help identify any athlete that is not in compliance. While it is absolutely the responsibility of the athlete member to complete the requirements of membership (including APT for 18 & over athletes), as a safeguard, it is the responsibility of the LSC to ensure that all swimmers competing in a sanctioned event be members of USA Swimming in good standing.

The meet will be seeded in accordance with USA Swimming Rules with non-conforming times last.



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The Meet Referee will have the final authority on all procedures regarding the conduct of the meet. The Meet Referee may combine individual events by age, sex, and/or distance. Fly over starts may be used at the discretion of the Meet Referee.

All coaches and uniformed officials must be present and able to show proof of current certification and good standing. The USA Swimming app is acceptable proof of membership. All coaches are required to sign in at the Admin Table prior to coaching on deck. Heat sheets for coaches will be available at sign in. Officials are required to sign in at the officials meeting.

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

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck Changing is prohibited. Locker rooms will be for athletes only. Coaches and officials will enter the pool through the breeze way, not the locker rooms, and will use specified bathrooms from the pool deck. Spectators will use bathrooms located in the main building. Athlete locker rooms will be monitored by authorized safety marshals.

On deck photography is not allowed from behind the starting blocks.

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. Exceptions may be granted with prior written approval by the Program and Event Committee coordinator.

Colorado Swimming, Inc. does not support, recommend, endorse, or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's responsibility to know the contents of any food or drink he/she ingests. For more specific information on supplements please refer to the drug information on the USA Swimming website at www.usaswimming.org.

There will be no time trials offered.

Warm-Ups: Colorado Swimming, Inc. warm-up rules will be in effect. Swimmers must enter the water using a three-point entry. Warm-ups will be under the control of the Meet Marshal and Meet Officials. Racing starts will be permitted only when sprint lanes are opened by the Meet Referee. Warm up lanes will be assigned based on the number of swimmers. Lane assignments will be sent out by Friday, March 8, 2024.

Schedule: Warm-ups: 10:00 AM, Start 11:00 AM
Positive check in for the 500 Free is required by the end of warm-ups.
Changes in the schedules are at the discretion of the Meet Director and Meet Referee.

Scoring: No scoring will be kept for this meet.

Awards: Medals will be given for 1st, 2nd, and 3rd places. Ribbons will be given for 4th – 8th places. Award divisions will include ages: 8 & under, 9-10, 11-12, 13-14.

Heat Sheets: Heat sheets will be on sale for \$2.00.

Coaches Meeting: There will be a coaches meeting held 10 minutes prior to the start of warm-ups. No other coaches meeting will take place unless a situation arises that would require one.



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Hospitality: Refreshments and snacks will be offered to Officials and Coaches.

Concessions: No Concessions will be provided.

Officials: Teams are asked to provide officials. Please contact the Meet Referee to advise of your availability.

A mandatory Officials meeting will be held 45 minutes prior to the start of the meet.

Official’s uniforms will be white polo shirt over black shorts, long pants or skirts/skorts. Black socks and black deck friendly shoes.

Timers Needed!

Participating teams will be required to provide timers.

*Swimmers must provide their own timer and a counter for the 500 Free.

Event List

Girls	Age	Event	Age	Boys
1	14 & U	200 Medley Relay	14 & U	2
3	8 & U	25 Back	8 & U	4



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5	14 & U	50 Free	14 & U	6
7	8 & U	25 Breast	8 & U	8
9	14 & U	100 Back	14 & U	10
11	8 & U	25 Free	8 & U	12
13	14 & U	100 Free	14 & U	14
15	12 & U	50 Breast	12 & U	16
17	14 & U	200 Free	14 & U	18
19	8 & U	25 Fly	8 & U	20
21	14 & U	100 IM	14 & U	22
23	12 & U	50 Back	12 & U	24
25	14 & U	100 Breast	14 & U	26
27	12 & U	50 Fly	12 & U	28
29	14 & U	100 Fly	14 & U	30
31	14 & U	200 IM	14 & U	32
33	14 & U	200 Free Relay	14 & U	34
35	14 & U	*500 Free	14 & U	36

*Swimmers must provide their own timer and counter



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2024 Silver State Time Standards

Girls			10 & Under	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
0:42.39	0:41.59	0:37.39	50 Free	0:43.59	0:42.79	0:38.49
1:37.29	1:35.69	1:26.19	100 Free	1:39.09	1:37.49	1:27.79
3:39.59	3:36.39	3:14.89	200 Free	3:43.49	3:40.29	3:18.39
0:49.79	0:49.19	0:44.29	50 Back	0:51.29	0:50.69	0:45.59
1:51.19	1:49.99	1:39.09	100 Back	1:55.19	1:53.99	1:42.69
0:57.19	0:56.19	0:50.59	50 Breast	1:00.79	0:59.79	0:53.79
2:06.99	2:04.99	1:52.59	100 Breast	2:13.99	2:11.99	1:58.89
0:51.89	0:51.19	0:46.09	50 Fly	0:54.89	0:54.19	0:48.79
2:15.39	2:13.99	2:00.69	100 Fly	2:28.69	2:27.29	2:12.69
	1:47.69	1:36.99	100 IM		1:50.89	1:39.89
4:04.29	4:01.09	3:37.19	200 IM	4:20.99	4:17.79	3:52.19

Girls			11-12	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
0:34.99	0:34.19	0:30.79	50 Free	0:35.49	0:34.69	0:31.19
1:17.69	1:16.09	1:08.49	100 Free	1:18.79	1:17.19	1:09.49
2:51.69	2:48.49	2:31.79	200 Free	2:58.79	2:55.59	2:38.19
6:01.39	6:01.39	6:52.09	500 Free	6:32.09	6:32.09	7:26.39
0:40.69	0:40.09	0:36.09	50 Back	0:42.79	0:42.19	0:37.99
1:28.99	1:27.79	1:19.09	100 Back	1:31.89	1:30.69	1:21.69
0:46.49	0:45.49	0:40.99	50 Breast	0:49.19	0:48.19	0:43.39
1:42.59	1:40.59	1:30.59	100 Breast	1:47.79	1:45.79	1:35.29
0:39.99	0:39.29	0:35.39	50 Fly	0:41.79	0:41.09	0:36.99
1:33.49	1:32.09	1:22.89	100 Fly	1:42.19	1:40.79	1:30.79
	1:26.69	1:18.09	100 IM		1:30.29	1:21.29
3:15.49	3:12.29	2:53.19	200 IM	3:22.39	3:19.19	2:59.39



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2024 Silver State Time Standards

Girls			13-14	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
0:32.29	0:31.49	0:28.29	50 Free	0:31.89	0:31.09	0:27.99
1:09.79	1:08.19	1:01.39	100 Free	1:09.69	1:08.09	1:01.29
2:34.09	2:30.89	2:15.89	200 Free	2:34.19	2:30.99	2:15.99
5:26.59	5:20.19	6:10.09	500 Free	5:30.59	5:24.19	6:19.29
1:20.39	1:19.19	1:11.29	100 Back	1:21.89	1:20.69	1:12.69
2:55.29	2:52.89	2:35.69	200 Back	3:01.39	2:58.99	2:41.19
1:34.19	1:32.19	1:22.99	100 Breast	1:33.59	1:31.59	1:22.49
3:24.19	3:20.19	3:00.29	200 Breast	3:27.29	3:23.29	3:03.09
1:23.19	1:21.79	1:13.69	100 Fly	1:24.39	1:22.99	1:14.69
3:31.19	3:28.39	3:07.69	200 Fly	3:48.79	3:45.99	3:23.59
2:55.29	2:52.09	2:34.99	200 IM	2:56.39	2:53.19	2:35.99
6:35.29	6:28.89	5:50.29	400 IM	6:58.89	6:52.49	6:11.59