



2023 Cortez Water Dragons Summer Open

Date: June 2nd, 3rd, 4th, 2023

Sanction: Held under the sanction of USA Swimming Sanction #CO23-073

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

Format: Timed Finals

Hosted by: Cortez Water Dragons Swim Team

Location: Cortez Municipal Pool, 803 E Montezuma Ave, Cortez, CO 81321

Elevation: 6,200 feet

FACILITIES AND SERVICES

- Outdoor, 6 lane, 50-meter, competitive pool. Adjoining “L” section creates a 6-lane, 25-yard area used for short course events and warm-up/cool-down during long course competition.
- The competition course has not been certified in accordance with 104.2.2c(4).
- Long Course water depth measures 3 feet at the shallow end and 5 and ½ feet at the deep end. Short course water depth measures 5 and ½ feet at the shallow end and 12 feet at the deep end.
- Trained and certified lifeguards will be present at all sessions and an AED device will be available on site and available to athletes participating in the meet.
- Pop up tents and chairs are allowed around the pool and in the grassy areas on a first come basis and may remain throughout the meet.
- Cortez contains ample lodging, restaurants and privately owned facilities. The entrance to Mesa Verde National Park is 10 miles from the pool. We are also home to the renowned Phil’s World and Boggy Draw Mountain biking trails.

ELIGIBILITY

- Open to any swimmer with a 2023 USA Swimming membership.

- Per USA Swimming rule (False Registration), Colorado Swimming Inc. will impose a fine of \$100 per swimmer who 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.
- Deck pass is an acceptable proof of Membership.
- 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.
- There will be no on-deck registrations.
- Age as of June 2nd, 2023 will govern entries and determine swimmer's age group.

SCORING

Scoring will be as follows:

- 12 places individual: 16-13-12-11-10-9-7-5-4-3-2-1
- 6 places relays: 32-26-24-22-20-18
- Events will be scored as girls and boys in 6 & under, 7-8, 9-10, 11-12, 13-14, and 15 & over age groups.

AWARDS

- Individual Events: 1st through 6th place ribbons
- Relays: 1st through 6th place ribbons
- Awards for individual events will be given as girls and boys in 6 & under, 7-8, 9-10, 11-12, 13-14, and 15 & over age groups.
- Awards can be picked up at the end of the meet
- There will be heat awards for 10 & Under events
- No team high point or individual high point will be calculated or awarded

DISTANCE EVENTS

- This is a timed-final meet with all entries being pre-seeded by the time submitted and swum slowest to fastest, except the following: 1500 Free, 400 Free and 400 IM. These events will be seeded after positive check in and will be swum fastest to slowest. Swimmers will need to provide two timers for the 1500 Free, 400 Free and 400IM.

- Positive check-in will be required for the distance events. Check in will occur no later than 30 minutes before the start of Saturday's events and no later than 30 minutes before Sunday's events.
- ****There is a 30-minute courtesy time limit on the 1500 and will be for swimmers 11 & over only. Swimmers of the 1500 must supply 2 timers and a lap counter****

ENTRY LIMITS: All swimmers may swim 4 individual events and 1 relay per day

ENTRY FEES: Individual Events	\$5.00 per event
Relay Events	\$8.00 per relay
Deck Entries	\$10.00 per event, \$16.00 per relay
Swimmer Surcharge	\$15.00 per swimmer

(\$1.10 of each entry fee goes to the CSI support fund and \$.15 per event goes to Zone 4.) Please make checks out to: **Cortez Water Dragons**. Please bring your checks to the clerk of course on the first day of the meet. If you would like to mail the checks, please use the following mailing address: **Cortez Water Dragons, PO BOX 933, Cortez, CO 81321**.

ENTRY DEADLINE: Friday, May 26th, 2023 at 8:00pm. No late entries will be accepted.

ENTRY PROCEDURE: Please email your Hy-Tk zip file to Candi Duran at candiduran@hotmail.com. When you email the entries, please also attach a Hy-Tek Meet Entry Report by swimmer. Receipt of your entries will be confirmed via email. **If you don't receive an email confirmation your entries were not received.**

Psych sheets will be sent out by Monday, May 29th at 8:00pm. All changes and corrections will need to be submitted by Wednesday, May 31st at 8:00pm so the meet can be seeded and meet programs generated.

Entry times should be in LCM. Converted times will be accepted. "No Time" or incorrect times will be placed in the slowest heats.

DECK ENTRIES: Deck entries will be accepted only for open lanes. No new heats will be created. Deck entries will open at the start of warm-ups on Friday. Deck entry requests

need to be made by the swimmers' coach. The deck entry fee is \$10.00 per event. Relay deck entry fees are \$16.00 per relay.

HEAT SHEETS: Heat sheets will be available for \$3.00 per session.

RESULTS: Results will be emailed within 2 days to teams entered in the meet.

MEET AND WARM-UP SCHEDULE:

Session 1: Friday Afternoon Short Course	Warm-up 1:00-1:50pm, Start 2:00pm
Session 2: Saturday Morning Long Course	Warm-up 8:00-9:20am, Start 9:30am
Session 3: Saturday Long Course Distance	Warm-up for 15 minutes immediately following Session 2, Start will be 5 minutes after warm-up
Session 4: Sunday Morning Long Course	Warm-up 8:00-9:20am, Start 9:30am
Session 5: Sunday Long Course Distance	Warm-up for 15 minutes immediately following Session 4, Start will be 5 minutes after warm-up

MEET OFFICIALS:

Meet Referee: Deb Anderson: debanderson77@gmail.com

Meet Director: Mara Baxstrom: mlb0708@yahoo.com

Admin Official: Candi Duran: candiduran@hotmail.com

Safety Chairman: Emily Pearson and Nikki Berdzar

COACHES/OFFICIALS: Please let us know how many coaches and officials will be attending from your team. All coaches and uniformed officials must display their USA cards when on deck. Current certification is mandatory. Coaches that are in non-compliance will not be

allowed on deck. Coaches will be required to sign in to receive a meet program. A mandatory Officials' meeting will be held 1 hour prior to the start of the session. Please contact the Meet Referee for location. The Meet Referee reserves the right to hold a coaches' meeting at any time the need arises.

Officials that work a minimum of two sessions will have the entry fees for one swimmer waived.

TIMERS: Timers sign in at registration table 30 minutes prior to the start of the session. A timer's meeting will take place at this time. Teams are requested to help provide timers for this meet.

RULES

- Current USA Swimming Rules will govern this meet.
- The meet referee will have the final authority for the conduct of the meet. The referee may combine individual events by age, sex, and/or distance.
- Coaches will be required to sign in to receive the meet program.
- All applicable adults participating in or associated with this 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.
- 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. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. No on deck photography from behind the starting platforms or during the start or relays.
- No exhibition swimming is allowed.
- Deck changes are 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.
- 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.

- We encourage swimmers who are registered with a disability to enter the meet. It is the swimmer's or coach's responsibility to notify the Meet Referee of the events the swimmer has been entered.
- Swimmers may compete in their own age group or in open events.
- Colorado Timing Systems with touchpads and 6-lane display board will be used for all events. Back-up timing will consist of one button and two stopwatches. Meet Mobile software will be used to post instant online results.
- All swimmers must report to the assigned heat and lane at the proper time.
- The meet referee reserves the right to hold combined heats if needed to preserve the time limit.
- Colorado Swimming Inc., warm-up procedures will be followed.
- No recreational swimming is allowed at the pool during the meet.
- USA Swimming, USA Swimming representatives and the Cortez Water Dragons accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached to be held accountable for repairs.
- Due to the possibility of inclement weather or other unforeseen delays, there may be reason to establish abbreviated or split warm-up
- 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.

Cortez Water Dragons Summer Open

SESSION 1: SHORT COURSE FRIDAY, JUNE 2nd

Warm-up: 1:00pm-1:50pm

Start: 2:00pm

Girls Event #	Event Title	Boys Event #
1	10 & Under Mixed 100 Free Relay	1
2	12 & Under Mixed 200 Free Relay	2
3	8 & Under 25 Backstroke	4
5	10 & Under 50 Backstroke	6
7	8 & Under 25 Breaststroke	8
9	10 & Under 50 Breaststroke	10
11	12 & Under 100 IM	12
13	12 & Under 200 IM	14
15	8 & Under 25 Butterfly	16
17	10 & Under 50 Butterfly	18
19	8 & Under 25 Freestyle	20
21	10 & Under 50 Freestyle	22
23	12 & Under 100 Freestyle	24
25	10 & Under Mixed 100 Medley Relay	25
26	12 & Under Mixed 200 Medley Relay	26

SESSION 2: LONG COURSE SATURDAY, JUNE 3rd

Warm-up: 8:00am-9:20am

Start: 9:30am

Girls Event #	Event Title	Boys Event #
27	Open 200 Freestyle Mixed Relay	27
28	Open 200 Backstroke	29
30	Open 50 Backstroke	31
32	Open 100 Breaststroke	33
34	Open 200 IM	35
36	Open 50 Freestyle	37
38	Open 100 Butterfly	39
40	Open 200 Freestyle	41

SESSION 3: DISTANCE SATURDAY, JUNE 3rd

Warm-up: 15-minute warm-up immediately following Session 2

Start: 5 minutes after warm-up

Girls Event #	Event Title	Boys Event #
42	11 & Over 1500 Freestyle	43

SESSION 4: LONG COURSE SUNDAY, JUNE 4th

Warm-up: 8:00-9:20am

Start: 9:30am

Girls Event #	Event Title	Boys Event #
44	Open 200 Medley Mixed Relay	44
45	Open 200 Breaststroke	46
47	Open 50 Breaststroke	48
49	Open 100 Freestyle	50
51	Open 50 Butterfly	52
53	Open 200 Butterfly	54
55	Open 100 Backstroke	56
57	Open 400 Freestyle Mixed Relay	57

SESSION 5: DISTANCE SUNDAY, JUNE 4th

Warm-up: 15-minute warm-up immediately following Session 4

Start: 5 minutes after warm-up

Girls Event #	Event Title	Boys Event #
58	Open 400 Freestyle	59
60	Open 400 IM	61

****Breaks will be added if needed between events after entries are in****