

NORTHERN COLORADO SWIMMING
SILVER & GOLD DISTRICT CHAMPIONSHIPS
10&U, 11-12, 13-14, & 15 & OVER

DATE: July 19 & 20, 2008

SPONSORED BY: Northern Colorado Swimming

SANCTION: To be held under the sanction of Colorado Swimming, Inc., of USA Swimming No. 2008-002J.

LOCATION: EPIC Pool
1801 Riverside Avenue
Fort Collins, Colorado
970-221-6683
Located on Riverside Avenue off of Prospect Avenue

FACILITIES: Ten Lane 50-Meter Pool. Silver/Gold Districts will swim 8 lanes 50 meters with non-turbulent lane lines. Continuous warm-up/cool down with buffer lane.

TIMING: Colorado Time system with touch pads and full matrix Led DISPLAY. Each lane will have backup timers.

SCHEDULE: **SATURDAY & SUNDAY AM: July 19, 2008**
Warm up: 7:00 – 7:50 a.m.
Start: 8:00 a.m.
Coach's Meeting: 7:50 – 8:00 a.m. (Saturday only)

SATURDAY & SUNDAY PM:
Warm up: 12:30 p.m.
Start: 1:30 p.m.

ELIGIBILITY: **Open to all Northern Colorado Swimming swimmers holding a 2008 USA Swimming membership card issued by Colorado Swimming, Inc. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their current card or they will be deck registered before they can enter the water and will be subject o fines outlined in the registration policies. A surcharge for deck registration will apply. \$27.00 for year round and \$14.00 for seasonal plus the normal registration fee will apply.**

WARM-UP PROCEDURES: Teams will be assigned lanes. Coaches will have control of the warm-up lanes. Swimmers are **REQUIRED** to enter the water **feet first** and it is preferred that they **slip & slide** into the water during warm-ups and at any time during the meet.

No forward dives or backstroke starts into the water during warm-up unless there is one-way swimming and starts with coach supervision.

Feet first entry **AT ALL TIMES** in the warm-up/cool down lanes. Failure to comply with this procedure may result in removal from the swimmers next event or the meet at the Meet Referees discretion. (No diving or cannon balls into the warm-up/cool down lanes.)

The outside lane is for continuous warm-up/cool down and the adjacent lane is a buffer lane only and will be left empty at all times during the competition.

SAFETY ISSUES: 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 running or horseplay is allowed and it is the responsibility of the swimmer, coach, officials and parents to monitor these activities.

SCORING:

Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Silver/Gold Districts will score 16 places. Scoring for Individual Awards will be 10&U, 11-12, 13-14 and 15&Over. There will be individual and team scoring for Silver Districts and Gold Districts.

IF QUALIFYING TIMES ARE NOT MET FOR A GOLD DISTRICT EVENT, NO AWARDS OR POINTS WILL BE AWARDED.

AWARDS:

Team:	1 st - 3 rd	Silver & Gold
Individual:	1 st -16 th	Medals 1-8 Ribbons 9-16 (Silver & Gold)
Relays:	1 st -6 th	Ribbons (Gold Only)
High Point:	1 st -3 rd	Male & Female (Silver & Gold)

ALL PARTICIPANTS WILL RECEIVE A PARTICIPATION AWARD.

A SWIMMER THAT IS SWIMMING THE SILVER CHAMPIONSHIP MEET AND ACHIEVES A GOLD DISTRICT QUALIFYING TIME WILL BE AWARDED A GOLD MEDAL.

RULES:

Current 2008 USA Swimming Rules and Regulations will govern the meet, in conjunction with the following information from Northern Colorado Swimming.

- Age as of the first day of the meet will determine the swimmer's age group for competition, July 19, 2008.
- In order for a swimmer to represent a team, the team must be a 2008 member of Northern Colorado Swimming, and a member of Colorado Swimming, Inc. **(ALL DUES AND PAST DUE FEES MUST BE PAID TO NORTHERN COLORADO SWIMMING BEFORE A TEAM WILL BE ALLOWED TO PARTICIPATE IM THE MEET.)**
- Swimmers may swim unattached and will be eligible for individual awards but will not be able to score team points.
- All events will be timed finals and the meet will be pre-seeded.
- Each swimmer is eligible to swim four (4) individual events per day.
- Qualifying times are established for 10&U, 11-12, and 13-14 age groups. **NT entries will NOT be accepted for these age groups.** There are no qualifying time standards for the 15&O age group.
- The USA Swimming National Start will be used. The meet will enforce timely reporting to the block area and responding promptly to signals and commands as follows: When the swimmer and officials are ready, the Referee shall signal with an out stretched arm to the starter that the swimmers are under the Starter's control. Swimmers stepping up late after the Referee has signaled with an out stretched arm releasing the field to the Starter "may," at the discretion of the referee,

be barred from competing in that event. It is the responsibility of every swimmer and coach to ensure that they report to the starting area in a timely fashion and respond to all signals and commands promptly by the meet officials.

- The Meet Referee will have the final authority on all matters and conduct during the meet and its procedures.
- The Meet Referee will have the authority to combine any events in order to save time at the meet.
- **NO EXHIBITION SWIMMING IS ALLOWED IN INDIVIDUAL OR RELAY EVENTS.**

DISTANCE EVENTS:

The **1500 Freestyle** will be deck seeded by positive check in on the day the event will swim. The swimmer or their coach must check in at the Clerk of Course by **3:00 P. M.** The 1500 Freestyle will swim fastest to slowest alternating girls and boys.

THE 1500 SWIMMERS MUST PROVIDE THEIR OWN TIMERS (2) AND COUNTER.

SPECIAL RULES:

Relays must be declared 30 minutes before the start of each session.

Each team will be allowed only three (3) relays per age group per event.

Swimmers will only be allowed to swim in two (2) RELAYS. This means one (1) Medley and one (1) Free Relay.

Swimmers must be listed on the master sheet in order to be eligible to swim in a relay.

NO LATE ENTRIES WILL BE ACCEPTED FOR INDIVIDUAL OR RELAY EVENTS. ALL ENTREIS MUST BE RECEIVED BY THE ENTRY DEADLINE. NO DECK ENTRIES OR DECK REGISTRATIONS WILL BE ALLOWED AT THE MEET FOR INDIVIDUAL OR RELAY EVENTS.

COACHES/OFFICIALS:

All coaches and uniformed officials **MUST** display their current USA/CSI cards when on deck. Current Certification is mandatory. Coaches that are in non-compliance will not be allowed on deck.

NO UNAUTHORIZED OR NO-CERTIFIED PERSONNEL ARE ALLOWED ON DECK AT ANY TIME DURING THE MEET.

Non-certified personnel will be asked to leave the deck. If not in compliance than they may be removed from the meet at the discretion of the Meet Referee and the Meet Director.

A mandatory officials meeting will be held at the START of warm-up for each session, each day of the meet. **No trainees will be allowed on deck for this championship meet.**

ENTRIES:

Swimmers may enter four (4) individual events and one (1) Relay per day.

ENTRY FEES:

Individual Events:	\$3.50 per individual event.
Relay Events:	\$5.00 per relay.
Pool Surcharge:	\$8.00 per swimmer.

\$.50 of each individual entry will go to a special travel fund for National and Zone qualifiers.

ENTRY PROCEDURE:

Please make all entries using HY-TEK Meet Manager software or Commlink File and enclose a hard copy for verification. Double-check your hard copy before sending it. Master sheets for each age group must include name, age (as of the first day of the meet), USA number and team code. Be sure to include the coaches' name, address and phone number on the Master Entry sheets. **TEAMS SENDING 10 OR MORE SWIMMERS WILL BE ASSESSED A \$25.00 SURCHARGE IF ENTRIES ARE NOT SUBMITTED ON DISK USING HY-TEK.**

SUBMIT TIMES IN LONG COURSE METERS ONLY. NT ENTRIES WILL NOT BE ACCEPTED FOR THE EVENTS THAT HAVE QUALIFYING TIME STANDARDS.

PLEASE MAKE ONE CHECK PER TEAM PAYABLE TO NORTHERN COLORADO SWIMMING.

COLORADO MEET VERIFICATION FORM MUST ACCOMPANY ALL ENTRIES.

ENTRY DEADLINE:

The entry chairman must receive had delivered, mailed or e-mailed entries no later than 6:00 P. M. on **WEDNESDAY, JULY 7, 2008.**

Entries are CONSIDERED FINAL when entry fees are paid. E-mailed entries will need to send the hardcopy and check for entry fees to arrive no later than TUESDAY, JULY 8, 2008.

ENTRY CHAIRMAN:

Linda Seckinger
5 Cherry Avenue
Eaton, CO 80615
970-454-3697
Lseckinger@aol.com

MEET DIRECTOR
Sandy Hicks

SAFETY CHAIRMAN
Emily Cuenin

MEET REFEREE
Kathleen Morris or her designee

SPECIAL INFORMATION:

Concessions will be available through out the meet.

Programs will be provided for coaches and officials.

NO SMOKING on pool deck or any area frequented by the swimmers.

Please make parents aware swimmers will be held responsible for any and all damage to the pool property including the EPIC facility in its entirety. Any damage to the facility and pool property will be grounds for dismissal from the remainder of the meet and the offenders will be held liable to the fullest extent, which the law allows.

Swimmers will be expected to observe the rules. Any swimmer not complying will be scratched from his/her next event, the balance of the days' events or the balance of the meet at the discretion of the Meet Referee and the Meet Director. THERE WILL BE NO APPEALS!!!!

THIS IS A DISTRICT SPONSORED MEET. ALL TEAMS WILL HAVE ASSIGNED LANES AND SESSIONS FOR FURNISHING TIMERS DURING THE MEET.

**SCHEDULE OF EVENTS
SATURDAY JULY 19, 2008
WARM-UP 7:00 AM**

GIRLS			BOYS			
NO	SILVER QUAL	GOLD QUAL	EVENT	SILVER QUAL.	GOLD QUAL.	NO
1	1:44.25	1:44.24	10&U 100 BACKSTROKE	1:48.52	1:48.51	2
3	1:29.36	1:29.35	11-12 100 BACKSTROKE	1:34.36	1:34.35	4
5	46.97	46.96	10&U 50 BUTTERFLY	49.29	49.28	6
7	39.53	39.52	11-12 50 BUTTERFLY	41.60	41.59	8
9	1:27.19	1:27.18	10&U 100 FREESTYLE	1:29.88	1:29.87	10
11	1:17.79	1:17.78	11-12 100 FREESTYLE	1:20.48	1:20.47	12
13	1:57.75	1:57.74	10&U 100 BREASTSTROKE	2:04.10	2:04.09	14
15	1:42.49	1:42.48	11-12 100 BREASTSTROKE	1:47.62	1:47.61	16
17	6:04.92	6:04.91	12&U 400 FREESTYLE	6:26.42	6:26.41	18
19		NT	10&U 200 FREE RELAY		NT	20
21		NT	12&U 200 FREE RELAY		NT	22

**SCHEDULE OF EVENTS
SATURDAY, JULY 19, 2008
WARM-UP 12:30 PM**

GIRLS			BOYS			
NO	SILVER QUAL	GOLD QUAL	EVENT	SILVER QUAL.	GOLD QUAL.	NO
23	1:24.10	1:24.09	13-14 100 BACKSTROKE	1:23.49	1:23.48	24
25		NT	15&0 100 BACKSTROKE		NT	26
27	1:13.52	1:13.51	13-14 100 FREESTYLE	1:11.56	1:11.55	28
29		NT	15&0 100 FREESTYLE		NT	30
31	3:17.06	3:17.05	13-14 200 BUTTERFLY	3:30.00	3:29.99	32
33		NT	15&0 200 BUTTERFLY		NT	34
35	5:37.92	5:37.91	13-14 400 FREESTYLE	5:42.53	5:42.52	36
37		NT	15&0 400 FREESTYLE		NT	38
39	3:26.93	3:26.92	13-14 200 BREASTSTROKE	3:30.23	3:30.22	40
41		NT	15&0 200 BREASTSTROKE		NT	42
43	6:30.40	6:30.39	13-14 400 IM	6:39.68	6:39.67	44
45		NT	15&0 400 IM		NT	46
47		NT	14&U 400 FREE RELAY		NT	48
49		NT	SENIOR 400 FREE RELAY		NT	50

**SCHEDULE OF EVENTS
SUNDAY, JULY 20, 2008
WARM-UP 7:00 AM**

GIRLS			BOYS			
NO	SILVER QUAL	GOLD QUAL	EVENT	SILVER QUAL	GOLD QUAL	NO
51	54.36	54.35	10&U 50 BREASTSTROKE	57.53	57.52	52
53	46.91	46.90	11-12 50 BREASTSTROKE	48.74	48.73	54
55	3:18.44	3:18.43	10&U 200 FREESTYLE	3:27.96	3:27.95	56
57	2:50.23	2:50.22	11-12 200 FREESTYLE	2:57.07	2:57.06	58
59	47.97	47.96	10&U 50 BACKSTROKE	50.42	50.41	60
61	41.38	41.37	11-12 50 BACKSTROKE	43.58	43.57	62
63	1:54.83	1:54.82	10&U 100 BUTTERFLY	2:10.58	2:10.57	64
65	1:31.02	1:31.01	11-12 100 BUTTERFLY	1:38.22	1:38.21	66
67	40.12	40.11	10&U 50 FREESTYLE	41.21	41.20	68
69	35.48	35.47	11-12 50 FREESTYLE	36.70	36.69	70
71	3:43.59	3:43.58	10&U 200 IM	3:54.09	3:54.08	72
73	3:11.60	3:11.59	11-12 200 IM	3:20.51	3:20.50	74
75		NT	10&U 200 MEDLEY RELAY		NT	76
77		NT	12&U 200 MEDLEY RELAY		NT	78

**SCHEDULE OF EVENTS
SUNDAY JULY 20, 2008
WARM-UP 12:30 PM**

GIRLS			BOYS			
NO	SILVER QUAL	GOLD QUAL	EVENT	SILVER QUAL.	GOLD QUAL.	NO
79	33.77	33.76	13-14 50 FREESTYLE	32.67	32.66	80
81		NT	15&O 50 FREESTYLE		NT	82
83	1:35.89	1:35.88	13-14 100 BREASTSTROKE	1:35.89	1:35.88	84
85		NT	15&O 100 BREASTSTROKE		NT	86
87	1:23.94	1:23.93	13-14 100 BUTTERFLY	1:22.84	1:22.83	88
89		NT	15&O 100 BUTTERFLY		NT	90
91	2:39.49	2:39.48	13-14 200 FREESTYLE	2:45.54	2:45.53	92
93		NT	15&O 200 FREESTYLE		NT	94
95	3:00.29	3:00.28	13-14 200 BACKSTROKE	3:00.54	3:00.53	96
97		NT	15&O 200 BACKSTROKE		NT	98
99	3:00.97	3:00.96	13-14 200 IM	2:58.17	2:58.16	100
101		NT	15&O 200 IM		NT	102
103		NT	14&U 400 MEDLEY RELAY		NT	104
105		NT	SENIOR 400 MEDLEY RELAY		NT	106
107	22:57.70	22:57.69	OPEN 1500 FREESTYLE	24.01.90	24.01.89	108