

FAST LONG COURSE SPRING OPEN

Friday April 11th and Saturday April 12th, 2008

Sanctioned by Colorado Swimming/United States Swimming Hosted by Fort Collins Area Swim Team

Sanction #2008-031

LOCATION: EPIC Pool 1801 Riverside Avenue Fort Collins, Colorado (970) 221-6683 Located at Edora Park off Prospect Avenue, between I-25 and Lemay Avenue FAST OFFICE/WEBSITE: (970) 690-SWIM
www.fortcollinsareawimteam.org

TIMES:	Session #1	FRIDAY	Warm-up:	4:30-5:20 p.m.
			Start:	5:30 p.m.
	Session #2	SATURDAY	Warm-up:	7:30-8:20 a.m.
			Start:	8:30 a.m.
	Session #3	SATURDAY	Warm-up:	1:00-1:50 p.m.
			Start:	2:00 p.m.

FACILITY: Ten lanes, 50-meter pool with two movable bulkheads, with non-turbulent lane lines. 8 lanes will be used for competition (depending upon volume of entries). One continuous warm-up/warm-down lane will be provided. **Warm-up/down areas are for serious warm-up/down only. No Horseplay. EPIC IS A NON-SMOKING FACILITY**

TIMING: Colorado Timing System with touchpads. Each lane will have backup Timers. Hy-Tek Meet Manager will be used to run this meet.

RULES: Current USA Swimming rules will govern the meet. The Referee will be the final authority for the conduct of the meet. At the Referee's discretion, individual events may be combined by age, sex and/or distance. The meet will be pre-seeded. Positive check-in required for 400 Free, 400 IM, and 800 Free.

ELIGIBILITY: Open to all USA Swimming **currently** registered athletes. Age as of April 11th, 2008 determines age group. Swimmers within the 120-day transfer period must swim Unattached. **No Qualification Times are required.** Any swimmer who appears on the CSI exceptions report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. A surcharge for deck registration will also apply: \$27.00 for year round, \$14.00 for seasonal plus the normal registration fee.

ENTRIES: Swimmers are limited to four (4) individual events per day. **NOTE: Swimmers selected to attend CSI's "Catch the Spirit Camp" on April 12th and 13th are strongly encouraged to participate in the camp rather than to attend this meet.**

Entries submitted on disk in Hy-Tek form or using Meet Manager or Commlink files must include a hard copy printout of swimmers and entry times. Please check the integrity of your disk prior to submission. All other entries are to be on CSI master sheets, which lists the swimmer's name and age (as on the first day of the meet), team code, USA number, event number, and entry time. **"NO TIME"** entries will be accepted. Times must be entered in LONG COURSE METERS. **The Colorado Swimming Meet Verification Form must accompany all entries.** Deck entries will be accepted at the discretion of the Meet Director and the Meet Referee and will cost \$5.00.

AGE GROUPS: 10 & Under, 11-12, 13 & Over, Open.

10 & Under age group will be split into 8 & Under and 9-10 for scoring & awards. 13 & Over age group will be split into 13-14 and 15 & Over for scoring & awards. Open will be split into 12 & Under, 13-14, and 15 & Over for scoring and awards. These are the age categories for individual events and points are tracked separately in each age category for swimmers, and are not combined for high point awards. For example, a 12 year old swimmer can compete in Open events but points will be scored as 12 & Under, and will not be combined with points earned in 11-12 age category events.

ENTRY FEES: Individual Events: \$4.50
Pool Surcharge: \$6.00
Deck Entries: \$5.00

\$0.50 of each individual event goes to the CSI support fund. All USA Swimming officials who volunteer to work two sessions will have fees reimbursed for one swimmer, except for the \$.50 per event CSI fee.

Please make one check payable to FAST for your entries. CHECK IS DUE WHEN ENTRIES ARE MAILED.

DEADLINE: Entries are to be received by the Entries Chair no later than **6:00 p.m. on Tuesday, April 1, 2008**. Hard copy confirmation, meet verification form and payment must be received for entries to be accepted.

ENTRY CHAIR: Send entries to: **Renee Haynes**, 970-420-1605

Email: meet-entries@fortcollinsareaswimteam.org

MEET LIMIT: THIS MEET IS LIMITED TO THE FIRST 400 SWIMMERS INCLUDING FORT COLLINS AREA SWIM TEAM/OR WILL BE LIMITED BY THE FOUR HOUR SESSION RULE. Completed entries with payment will be processed on first come first serve basis. Late entries accepted at Meet Director's discretion and will cost \$5.00.

AWARDS: All 12&U events will be awarded as follows:

Ribbons: 1st-10th individual events

13&O participants will receive a participation award

High Point Awards: 1st -3rd place Female & Male in each age group (8 & Under, 9-10, 11-12, 13-14, and 15 & Over)

SCORING: 11-9-8-7-6-5-4-3-2-1

CONCESSIONS: Concession food items will be available for sale. CSI 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 usa-swimming.org. Swimwear and equipment will also be available for sale.

PROGRAMS: Meet programs will be available for \$5.00. Coaches programs are included in their information packet and may be picked up at the FAST concessions table.

MEET RESULTS: Disks will be returned to those teams who provided entries in Hy-Tek format. One copy of the meet results will be provided within two weeks to any team that requests this.

MEET DIRECTOR: Lance Holter, 970-229-9339, lholler@fiii.com
Jim Malone, 970-226-6586, jajmalone@comcast.net

MEET REFEREE: Steve Wolley (970-221-0739)

SAFETY DIRECTOR: Randy Pritchard r4pritchard@earthlink.net

Current USA/CSI procedures for warm-up will prevail and will be strictly enforced. Coaches are asked to make sure their swimmers understand and abide by these procedures. FAST will post warm-up times on our web site at <http://www.fortcollinsareaswimteam.org>

HOTELS: Please check our website for information (<http://www.fortcollinsareaswimteam.org>)

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ORDER OF EVENTS

Session #1: Friday, April 11th

Warm-up: 4:30 p.m. Start: 5:30 p.m.

Female Event #	Age Group	Description	Male Event #
1	Open	400 Free **	2
3	10 & Under	50 Fly	4
5	11 & 12	50 Fly	6
7	Open	200 Breast	8
9	10 & Under	100 Back	10
11	11 & 12	100 Back	12
13	13 & Over	100 Back	14
15	10 & Under	50 Breast	16
17	11 & 12	50 Breast	18
19	13 & Over	100 Fly	20
21	10 & Under	100 Free	22
23	11 & 12	100 Free	24
25	13 & Over	100 Free	26
27	Open	400 IM	28

**Note: Swimmers will need to provide their own counters for the 400 Free. FAST will provide timers for the event.

**Note: Positive check-in will be required for both the 400 Free and the 400 IM.

Session #2: Saturday, April 12th
Warm-up: 7:30 a.m. Start: 8:30 a.m.

Female Event #	Age Group	Description	Male Event #
29	10 & Under	200 Free	30
31	11 & 12	200 Free	
32	10 & Under	50 Back	33
34	11 & 12	50 Back	
35	10 & Under	200 I.M.	36
37	11 & 12	200 I.M.	
38	10 & Under	50 Free	39
40	11 & 12	50 Free	
41	10 & Under	100 Breast	42
43	11 & 12	100 Breast	
44	10 & Under	100 Fly	45
46	11 & 12	100 Fly	
----- 20 Minute Warm-up Period -----			
47	Open	800 Free **	48

**NOTE: Swimmers participating in the 800 Free must provide their own counters and their own timers. Positive check-in is required for this event.

Session #3: Saturday, April 12th
Warm-up: 1:00 p.m. Start: 2:00 p.m.

Female Event #	Age Group	Description	Male Event #
	11 & 12	200 Free	49
50	13 & Over	200 Free	51
	11 & 12	50 Back	52
53	Open	200 Back	54
	11 & 12	100 Breast	55
56	13 & Over	100 Breast	57
	11 & 12	200 I.M.	58
59	13 & Over	200 I.M.	60
	11 & 12	100 Fly	61
62	Open	200 Fly	63
	11 & 12	50 Free	64
65	13 & Over	50 Free	66