

Team Sopris Last-Chance Qualifier

- DATE:** January 29, 2017
- SANCTION:** Held under sanction of USA Swimming #2017-014b
In granting this sanction it is understood and agreed that USA Swimming shall be free from liabilities, claims, or damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Glenwood Springs Community Center
100 Wulfsohn Road
Glenwood Springs, CO 81601
970.384.6301 phone | 970.928.8418 fax
- FACILITIES:** 25 yard indoor pool - 7 lanes with continuous warm-up/cool down lane.
Limited deck space, seating will be available in the adjacent gymnasium. **No chairs allowed on deck.**
The competition course has not been certified in accordance with 104.2.2C (4). Water depth: 4 feet at shallow end; 6'3"-12' at diving end. All races will start at diving end.
- TIMING:** Colorado Timing System with touch pads and electronic display board will be used for all events with the exception of 25 yard events, which will use stopwatches for times. Back-up timing will consist of one button and two stopwatches. Hy-Tek Meet Manager software will be used.
- SCHEDULE:** Warm-up: 9:00 a.m. | Start: 10:10 a.m.
- ELIGIBILITY:** Open to all WSL (Zone 4) swimmers who are registered with 2017 USA Swimming membership card and unattached-CO athletes training with a WSL team. Swimmers on the CSI exceptions report without registration must show proof of membership at the meet, Deck registration will not be allowed at this meet.
- Swimmers entered in the meet must be certified by a USA Swimming member-coach for proficiency in the racing start, or they must start each race from the water. When unaccompanied by a member-coach, swimmers or their legal guardians are responsible for complying with this requirement.
- This meet is intended for new swimmers and those swimmers attempting to qualify for a state meet.**
- SCORING:** Individual and team scores will not be kept.
- AWARDS:** Heat winners and Participation Awards
- RULES:** Current 2017 USA rules will govern the format of the meet.
- Age as of January 29, 2017 will determine the swimmer's age group. Exhibition swimming will not be allowed.
- All entries must include times or "NT." Submit short course yard times only. The 500 free and 400 IM have minimum qualifying times of 8:00.00. NT's and times slower than 8:00.00 will not be seeded into the event.
- The meet will be pre-seeded except the 500 free and 400 IM. Positive Check-in for those events will close 30 after the start of session 1. Please provide other scratches thirty (30) minutes BEFORE the start of the session. The meet will not be re-seeded.

8 & under swimmers will be started from the blocks in the 25-yard races. We will be using watch times for these events.

Colorado Swimming, Inc. warm-up procedures will be observed. We reserve the right to revise warm-up times and lane assignments should the number of entries warrant such a change. 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. Swimmers at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.

We have the right to change the format of the meet should the number of entries warrant such a change. The meet director reserves the right to reorganize the session(s) to accommodate the 4-hour rule.

The meet referee will have the final authority on all procedures regarding the conduct of the meet. The referee may combine individual events by age, gender and/or distance. All coaches and uniformed officials must display their USA/CSI cards when on deck. Current certification is mandatory. Coaches that are in noncompliance will not be allowed on deck.

ENTRIES: Swimmers may enter up to 4 individual events and 1 relay.
Entries will be limited in accordance with the 4-hour rule. The Meet Director reserves the right to alter session structure to conform to this rule.

ENTRY FEES: \$20.00 flat fee for all swimmers regardless of how many events they are entered in (\$0.15 per event will go to the Western Slope League); relays are free.

LATE ENTRIES: \$5.00 per added event? "ADD'S" may be allowed in open lanes only, and at the meet referee's discretion.

ENTRY

PROCEDURE: **E-mail entries are preferred.** "NO TIME" or incorrect times will be placed in the slowest heat. Times for all events should be in short course yards. A current Colorado Swimming Meet Verification Form must accompany all entries.

All entries must be submitted by email in HY-TEK compatible format. Please attach a Hy-Tek Meet Entry Report by swimmer along with the entry file. If you don't receive an email confirmation your entries were not received.

NO DECK entries will be accepted. The meet will be pre-seeded, with the exception of the 500 Free and the 400IM.

Checks may be hand-delivered at the meet. Please make checks payable to Team Sopris.

All entries must be sent via EMAIL to the entry chairman. DO NOT SEND ENTRIES TO THE POOL.

- Entry Chairperson: Wendy Vanderhoof – meetentries@teamsopris.org

DEADLINE: Friday, January 20, 2017 by Noon, late entries will not be accepted.

MEET

DIRECTOR: Tom Newton, info@teamsopris.org

MEET

REFEREE: Elaine Gerson - emgerson@yahoo.com

ADMIN

OFFICIAL: Wendy Vanderhoof – meetentries@teamsopris.org

MEET

MARSHALL: Marisa Lins

PROGRAMS: Heat sheets will be posted on www.teamsopris.org and on the Western Slope League website by Thursday, January 26th by 3:00pm. Programs will not be available at the meet. Please print heat sheets and bring them with you.

RESULTS: Results will be emailed and posted on the WSL website.

LODGING: Please check www.teamsopris.org for lodging information.

PARKING: There is ample parking at the Community Center. Please limit your parking to the front lot. Unauthorized cars parked on the east side of the pool are subject to towing.

OFFICIALS: Please remember to bring your "whites" and ID. Please contact the meet referee if you are interested in working this meet.

TIMERS: Each team will need to provide timers throughout all the sessions.

SPECIAL

INFORMATION: No smoking on the pool deck, in the building, or any area frequented by swimmers. Willful damage to pool property will be grounds for dismissal from the meet and civil and criminal prosecution. **NO CHAIRS WILL BE PERMITTED ON THE POOL DECK.** Please plan to set up in the gym or outside, weather permitting.

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

CSI restricts access to photography from the behind the blocks. Picture taking on the deck will be restricted to areas in front of the starting platforms.

Except where venue facilities require otherwise, changing into or out of swim suits other than in locker rooms or other designated areas is 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.

NOTE : 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

Girls Event	Event List	Boys Event
	Session 1	
1	Open 200 Medley Relay	2
3	Open 50 Free	4
5	Open 100 Fly	6
7	8 & U - 25 Fly	8
9	Open 200 Breast	10
11	Open 50 Breast	12
13	Open 100 Back	14
15	8 & U - 25 Back	16
17	Open 200 Free	18
19	Open 50 Fly	20
21	Open 200 Fly	22
23	Open 100 Breast	24
25	8 & U - 25 Breast	26
27	Open 100 IM	28
29	Open 200 Back	30
31	Open 50 Back	32
33	Open 100 Free	34
35	8 & U - 25 Free	36
37	Open 200 IM	38
39	10 & U - 100 Free Relay	40
41	Open 200 Free Relay	42
	<i>5-minute break</i>	
	Session 2	
43	*Open 500 Free (min= 8:00.00)	44
45	*Open 400 IM (min= 8:00.00)	46

* Swimmers entered in NT or in times slower than 8:00.00 will not be seeded into these events.