

2018 CO Sopris Last Chance Qualifier

DATE: February 11, 2018

SANCTION: Held under sanction of USA Swimming #2018-030b

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 | Altitude 5,763ft
100 Wulfsohn Road
Glenwood Springs, CO 81601
970.384.6301 phone | 970.928.8418 fax

**MEET
DIRECTOR:** Tom Newton - info@teamsopris.org

**MEET
REFEREE:** Elaine Gerson – emgerson@yahoo.com

**ADMIN
OFFICIAL:** Wendy Vanderhoof

**ENTRY
CHAIRPERSON:** Wendy Vanderhoof – meetentries@teamsopris.org

**MEET
MARSHALL:** Marisa Lins

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.

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

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.

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 2018 USA rules will govern the format of the meet. All events are timed finals. Colorado Swimming Inc. warm-up procedures will be observed.

Age as of February 11, 2018 will determine the swimmer's age group.

Exhibition swimming will not be allowed.

Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$150 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.

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. 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.

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.

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.

Use of audio and visual recording devices, including cell phones, 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.

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.

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

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.

All entries must include times or "NT." Submit short course yard times only.

Coaches must declare their scratches and relay declarations thirty (30) minutes PRIOR to the start of the Session. The meet will not be re-seeded.

The meet will be pre-seeded except the 400 IM and the 500 Free.

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.

**DISTANCE
EVENTS:**

Positive Check-in for the 400IM and the 500 Free will close thirty (30) minutes after the start of the Session.

Swimmers must provide two timers for the 400IM and the 500 Free. Swimmers must provide their own counter for the 500 Free.

The 400IM and the 500 Free have minimum qualifying times of 8:00.00. NT's and times slower than 8:00.00 will not be seeded into the event.

There will be a 5 minute break after the conclusion of Event 42 (the Boys Open 200 Free Relay) before the distance events begin.

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.

DECK ENTRIES: Deck entries will be accepted for open lanes only. No new heats will be created and no event will be re-seeded for deck entries. **The deck entry fee is \$10 per individual event and relay.**

ENTRY PROCEDURE: **Only emailed entries will be accepted.** "NT" 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 registrations 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** - P.O. Box 1851, Glenwood Springs, CO 81602.

All entries must be sent via EMAIL to the Entry Chairperson. Include a PDF or Word document of the Meet Entry file by swimmer. If you do not receive an email confirmation, your entries were not received.

ENTRY DEADLINE: **Sunday, February 4, 2018 by Noon.** Late entries will not be accepted after Noon on this date. You will receive a team psych sheet to verify your swimmers by 6:00pm on the Entry Deadline date. You will have until Wednesday, February 7th at noon to make any changes to your swimmers events. The meet will be seeded after the change deadline.

PROGRAMS: Heat sheets will be posted on www.teamsopris.org and on the Western Slope League. **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.

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.

COACHES & OFFICIALS: Current certification is mandatory, so you will need to be able to either display your current USA Membership cards or be able to show proof of Membership with Deck Pass. The Meet Referee reserves the right to hold a coaches meeting prior to the start of the meet or at any time the need arises.

Deck Pass is an acceptable proof of Membership.

If you are interested in officiating at this meet, please contact the Meet Referee - Elaine Gerson (emgerson@yahoo.com). A mandatory Officials meeting will be held before each session. Officials wear: standard white over navy blue.

TIMERS: Each team should be prepared 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.

Girls Event	Event List	Boys Event
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>	
43	*Open 400 IM (min= 8:00.00)	44
45	*Open 500 Free (min= 8:00.00)	46

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