



Western Slope League Championships

Friday, Saturday and Sunday, July 13-15, 2018

SANCTION: Held under the sanction of USA Swimming, Inc. Sanction #: 2018-030K

MEET HOST: Maverick Aquatics

LOCATION: Colorado Mesa University, El Pomar Natatorium, Maverick Center
Corner of 12th St. and Orchard Ave., Grand Junction, CO (970) 248-1592

FACILITY: 10 lane, 50 Meter Indoor Competition pool, limited warm up and cool down area. Water depth is 7 ½ feet to 13 feet. The scoreboard is a Colorado Timing LED Board. Long Course will be converted to 6 lane, 25 yard short course for 8&Under events. Long Course Meters will be swum in 8 or 9 lanes. The remaining lane(s) will be used for warm-up/swim down. The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.

The lawn area outside the Rec Center desk (southeast of building), will be available for athletes to set up day camps. Pop up tents are welcome however due to underground utilities, stakes may not be used to secure the tents. All tents and personal items must be removed nightly due to lack of security and overnight sprinkling system operation.

Spectator seating will be available in the viewing balcony that will hold 600. All seating must be removed nightly. The pool deck is open only to swimmers and officials.

As guests of Colorado Mesa University, all must adhere to the CMU policies and rules. DECK ACCESS: ONLY coaches, swimmers, officials and volunteers will be allowed on the pool deck. Parents must drop off their swimmers at the doors to the pool deck, then proceed to the upstairs observation gallery. There will be a limited number of chairs provided for swimmer and coach use. Swimmers cannot bring in any of their own chairs, coolers or other "camping gear". Parents may set up their own chairs in the upstairs gallery, but may not obstruct the view or block an aisle.

TIMING: Colorado Timing System with touch pads and 10-lane display board will be used for all long course events. Back-up timing will consist of two buttons and one stopwatch. Hy-Tek Meet Manager 6.0 software will be used.

FORMAT: Timed finals. Positive check in for distance events: 400 Free, 1500 Free. The 1500 Free and the 400 Free will be swum fastest to slowest, all girls then all boys. All other events will be swum slowest to fastest, all girls then all boys.

SCHEDULE: Changes in schedule are at the discretion of the Meet Director and Meet Referee to make the most efficiently run meet. Any changes will be posted on the WSL website no later than Wednesday at noon.

Session	Day	Warm-up	Start
1	Friday	9:30-10:05 am	10:15 am
2	Friday	12:30-1:50 pm*	2:00 pm
3	Saturday	8:30-9:20 am	9:30 am
4	Saturday	1:00-1:50 pm	2:00 pm
5	Sunday	8:30-9:20 am	9:30 am
6	Sunday	1:00-1:50 pm	2:00 pm

* There will be a 50 minute warmup for the older swimmers followed by a 30 minute warmup for younger swimmers in Session 2.

ELIGIBILITY: Open to all Western Zone 4 League swimmers holding a 2018 USA Swimming Membership card. Unattached swimmers are not eligible unless they are in the acceptable transfer period. Age as of Friday, July 13, 2018 will govern entries.

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

Note: All events will be scored according to age groups and will count toward team and individual high point scores.

Relays will not be broken out on age groups for scoring. Individual Events will be broken out and scored as follows:

8&under:	8&Under (Friday Morning Events only)
10&under:	10&Under
11-12:	11-12
12&Under:	11-12 and 10&Under
13&Over:	13-14 and 15&Over

AWARDS: Medals will be awarded in each individual event for 1st – 3rd place and ribbons for 4th – 12th place. Relays: Ribbons for 1st – 3rd place. Individual high points will be awarded to the top male and female individual in each of the following categories: 8 & under, 9-10, 11-12, 13-14 and 15 & Over. High point scores will be calculated as follows:

8 & under:	8&Under Session 1 events only. This is awarded on Friday at the conclusion of Session 1.
10&Under:	10&Under events
11-12:	11-12 events and 1500 Free
13-14:	All 11 & Over and 13&Over events will be split out for scoring by age group
15 and over:	All 11 & Over and 13&Over events will be split out for scoring by age group

Swimmers 8&Under can win the 10&under high point award if they earn the most points of all the 10&unders. The 10&under events will not be broken out for 8&unders.

SEEDING PROCEDURE & SCRATCH RULES: Sessions 1,3,5 will be pre-seeded. If you have changes or scratches for these sessions, they need to be emailed to the entry chair by Thursday at noon. Sessions 2,4,6 sessions will be seeded an hour before the beginning of the session. Please get these changes or scratches to the entry chair at this time.

1500 freestyle and 400 Free which will require a positive check-in 15 minutes prior to the start of the session.

QUALIFYING AND ENTRY TIMES: All entries must include times even if the event has no qualifying time. All entry times will be verified by Colorado Swimming. Please honor the qualifying times as this is a CHAMPIONSHIP MEET. Be prepared to show Proof of Times. "NT" will not be accepted. Swimmers with NT on the Psych sheet may be scratched from the event on the evening of July 11th.

COACHES AND OFFICIALS: There will be a short coaches meeting immediately before the start of session 2. No coaches meeting will take place during the afternoon sessions unless a situation arises that would require one. Teams are asked to provide officials. Please contact Referee to advise of your availability.

ENTRIES: 8 & under swimmers may swim 4 events and 2 relays for the Friday morning session. All other swimmers may swim 3 individual events and 1 relay per day. 8&unders swimmers may swim a total of 6 individual events on Friday.

ENTRY FEES: Individual Events: \$ 3.00 per event
Relay Events: \$ 5.00 per relay
Swimmer Surcharge: \$ 10.00 per swimmer

Make check out to: Maverick Aquatics.

ENTRY DEADLINE: Entries must be received by 7pm, Monday, July 9, 2018. No late entries will be accepted.

ENTRY PROCEDURE: E-mail entries are preferred.

Times must have been achieved between July 13, 2017 and July 13, 2018. A no proof of times report will be posted on the Western Slope League web site after the entry deadline at www.westernslopeleague.org. Team Entry Chair

or coaches will then have 36 hours to correct or provide proof of time. If coaches do not provide proof of time before the meet is seeded, the entry chair has the ability to scratch the swimmer from the event.

Submit entry times according to the time swam – DO NOT SUBMIT CONVERTED TIMES, i.e. if the Q-time was done in short course yards submit the short course time. Seeding will be in accordance with USA Swimming Rules and Regulations 207.11.7B.

Email Entries: Attach a Word or .pdf document of the Hy-Tek Team Manager Meet Entry Report by swimmer. If you don't receive an email confirmation, then your entries were not received. Checks must be turned in before the first session of the meet starts.

All entries must be sent to the entry chairman, Cami Kidd at camikidd@gmail.com.

RESULTS: Results (full Meet Manager backup and Team Manager files) will be emailed and posted to the Western Slope League website within 5 days. If time and equipment permit, results may be available at the end of the meet on a flash drive. (Bring your own flash drive). No paper copies of results will be generated unless asked for by a coach.

SPECIAL INFO: Athletes achieving Colorado Long Course State Championship time standards during this meet must complete and submit the applicable forms and payment to the Clerk of Course by the end of Session 6 on Sunday, July 15, 2018 if planning to swim the event at the state meet. This is only for swimmers who have not previously qualified in the event. No previous times will be adjusted.

There will be a Western Slope League meeting on Sunday morning at 7:30-8:30am at CMU. The location of the room will be announced.

RULES: Current 2018 USA and Colorado Swimming Inc. rules will govern the meet. 8&Under events on Friday morning will be swum in the short course configuration: 25 yards X 6 lanes. All other events will be swum in the long course configuration: 50 meters X 8 or 9 lanes. No exhibition swimming allowed

NO DECK ENTRIES WILL BE ALLOWED. No deck registrations will be accepted.

1500 Distance Event: Swimmers must provide their own timers and counters for the 1500 Free.

Declaration of relays 30 minutes prior to the start of each session is required.

The long course meters 50 events will start at the scoreboard end of the pool.

There will be no specific heating areas for 8&U swimmers. All swimmers must report to their assigned lane and heat at the proper time.

Colorado Swimming, Inc. warm-up procedures will be observed. THREE POINT ENTRY will be strictly enforced. Failure to comply may result in a fine and disqualification from participation.

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.

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. Any swimmer at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.

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, sex, 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 non-compliance will not be allowed on deck.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

Official team photographers must check in with the Meet Referee prior to the start of each session.

Deck Changing is prohibited.

Photography from behind the block 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

Colorado Swimming Inc. warm-up rules will be in effect. NO DIVING OR RACING STARTS will be permitted from the blocks or sides of the pool. Swimmers must enter the water using a three-point-entry. Racing starts will be permitted only when sprint lanes are opened by the meet referee. Warm-ups will be under the control of the Meet Marshals.

USA Swimming, Inc., Colorado Swimming, Inc., Maverick Aquatics, Colorado Mesa University and the City of Grand Junction, all meet officials, volunteers and sponsors shall be held free from liability or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

MEET REFEREE: Steve Pope

MEET DIRECTOR: Mary Cawood

ADMIN OFFICIALS: Cami Kidd, camikidd@gmail.com and Suzi King, suziswim@gmail.com

ENTRY CHAIRMAN: Cami Kidd, camikidd@gmail.com

SEATING and SHADE: We recommend that you bring your own chair for balcony seating. Team "E-Z Ups" can be set up on designated fields. No stakes are allowed, use bungee cords and water buckets to secure. They will need to be removed nightly. NO TENTS ARE ALLOWED ON FOOTBALL FIELD.

TEAM RESPONSIBILITIES FOR MEET: Each team is expected to provide timers for this meet. A job assignment list will be sent out a week before the meet. Thank you for your help in making this meet a success for our swimmers!

Western Slope Championships 2018 – Event List
July 13-15, 2018

Session 1: Friday AM

Girls	Event Description	Boys
1	8&Under 100 Freestyle	2
3	8&Under 100 Freestyle Relay Mixed	3
5	8&Under 25 Backstroke	6
7	8&Under 25 Butterfly	8
9	8&Under 50 Freestyle	10
11	8&Under 25 Breaststroke	12
13	8&Under 100 IM	14
15	8&Under 25 Freestyle	16
17	8&Under 100 Medley Relay Mixed	17

Session 2: Friday PM

Girls	Event Description	Boys
19	11-12 400 IM	20
21	13&Over 400 IM	22
23	11-12 50 Butterfly	24
25	10&Under 400 Freestyle	26
27	11-12 200 Freestyle	28
29	13&Over 200 Freestyle	30
31	11-12 100 Breaststroke	32
33	13&Over 100 Breaststroke	34
35	10&Under 200IM	36
37	11-12 200 Backstroke	38
39	13&Over 200 Backstroke	40

Session 3: Saturday AM

Girls	Event Description	Boys
41	10&Under 200 Freestyle Relay	42
43	12&Under 200 Freestyle Relay	44
	5 Minute Break	
45	11-12 50 Breaststroke	46
47	10&Under 100 Freestyle	48
49	11-12 100 Freestyle	50
51	10&Under 100 Backstroke	52
53	11-12 100 Backstroke	54
55	10&Under 50 Butterfly	56
57	11-12 200 Butterfly	58
59	10&Under 50 Breaststroke	60
61	11-12 200 IM	62

Session 4: Saturday PM

Girls	Event Description	Boys
63	14&Under 200 Freestyle Relay	64
65	Open 400 Freestyle Relay	66
	10 Minute Break	
67	13&Over 100 Freestyle	68
69	13&Over 200 Butterfly	70
71	13&Over 100 Backstroke	72
73	13&Over 200IM	74
	5 Minute Break	
75	11&Over 1500 Freestyle	76

Session 5: Sunday AM

Girls	Event Description	Boys
77	10&Under 200 Medley Relay	78
79	12&Under 200 Medley Relay	80
	5 Minute Break	
81	10&Under 200 Freestyle	82
83	11-12 50 Backstroke	84
85	10&Under 100 Butterfly	86
87	11-12 100 Butterfly	88
89	10&Under 100 Breaststroke	90
91	11-12 200 Breaststroke	92
93	10&Under 50 Freestyle	94
95	11-12 50 Freestyle	96
97	10&Under 50 Backstroke	98
99	11-12 400 Freestyle	100

Session 6: Sunday PM

Girls	Event Description	Boys
101	14&Under 200 Medley Relay	102
103	Open 400 Medley Relay	104
	10 Minute Break	
105	13&Over 50 Freestyle	106
107	13&Over 200 Breaststroke	108
109	13&Over 100 Butterfly	110
	5 Minute Break	
111	13&Over 400 Freestyle	112

Western Slope Championships

Time Standards

Girls			8&U	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
	nQT*	nQT*	25 Free		nQT*	nQT*
nQT*	nQT*	nQT*	50 Free	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Free	nQT*	nQT*	nQT*
	nQT*	nQT*	25 Back		nQT*	nQT*
	nQT*	nQT*	25 Breast		nQT*	nQT*
	nQT*	nQT*	25 Fly		nQT*	nQT*
	nQT*	nQT*	100 IM		nQT*	nQT*

Girls			9-10/10&Under	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
nQT*	nQT*	nQT*	50 Free	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Free	nQT*	nQT*	nQT*
3:55.19	3:51.99	3:28.99	200 Free	4:03.19	3:59.99	3:36.19
nQT*	nQT*	nQT*	50 Back	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Back	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	50 Breast	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Breast	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	50 Fly	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Fly	nQT*	nQT*	nQT*
4:27.49	4:24.29	3:58.09	200 IM	4:34.19	4:30.99	4:04.19

Girls			11-12 / 12&Under	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
nQT*	nQT*	nQT*	50 Free	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Free	nQT*	nQT*	nQT*
3:17.99	3:14.79	2:55.49	200 Free	3:42.19	3:38.99	3:17.29
7:30.99	7:24.59	8:25.31	400/500 Free	7:30.99	7:24.59	8:25.31
24:00.99	23:40.99	23:24.97	1500/1650 Free	24:00.99	23:40.99	23:24.97
nQT*	nQT*	nQT*	50 Back	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Back	nQT*	nQT*	nQT*
3:53.26	3:50.38	3:27.58	200 Back	4:59.02	4:56.14	4:26.86
nQT*	nQT*	nQT*	50 Breast	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Breast	nQT*	nQT*	nQT*
4:33.82	4:29.02	4:02.38	200 Breast	5:07.90	5:03.10	4:33.10
nQT*	nQT*	nQT*	50 Fly	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Fly	nQT*	nQT*	nQT*
4:00.99	3:57.20	3:33.69	200 Fly	4:00.99	3:57.20	3:33.69
3:40.09	3:36.89	3:15.39	200 IM	3:59.09	3:55.89	3:32.49
8:00.99	7:54.59	7:07.56	400 IM	8:00.99	7:54.59	7:07.56

nQT* - All Entries must include times provable by the Swims database. NT will not be accepted.

Girls			13-14	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
nQT*	nQT*	nQT*	50 Free	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Free	nQT*	nQT*	nQT*
3:04.29	3:01.09	2:43.09	200 Free	3:09.19	3:05.99	2:47.59
7:03.69	6:57.29	7:54.69	400/500 Free	6:47.39	6:40.99	7:36.49
24:00.99	23:40.99	23:24.97	1500/1650 Free	24:00.99	23:40.99	23:24.97
nQT*	nQT*	nQT*	100 Back	nQT*	nQT*	nQT*
3:34.79	3:32.39	3:11.29	200 Back	3:41.39	3:38.99	3:17.29
nQT*	nQT*	nQT*	100 Breast	nQT*	nQT*	nQT*
4:02.19	3:58.19	3:34.59	200 Breast	3:53.09	3:49.09	3:26.39
nQT*	nQT*	nQT*	100 Fly	nQT*	nQT*	nQT*
4:00.99	3:57.20	3:33.69	200 Fly	4:00.99	3:57.20	3:33.69
3:24.09	3:20.89	3:00.99	200 IM	3:29.59	3:26.39	3:05.89
7:30.99	7:22.89	6:30.11	400 IM	7:30.99	7:22.89	6:30.11

Girls			15 & Over	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
nQT*	nQT*	nQT*	50 Free	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Free	nQT*	nQT*	nQT*
2:52.99	2:49.79	2:32.99	200 Free	2:48.89	2:45.69	2:29.29
6:47.39	6:40.99	7:36.49	400/500 Free	6:12.89	6:06.49	6:57.89
24:00.99	23:40.99	23:24.97	1500/1650 Free	24:00.99	23:40.99	23:24.97
nQT*	nQT*	nQT*	100 Back	nQT*	nQT*	nQT*
3:22.19	3:19.79	2:59.99	200 Back	3:11.39	3:08.99	2:50.29
nQT*	nQT*	nQT*	100 Breast	nQT*	nQT*	nQT*
3:52.19	3:48.19	3:25.59	200 Breast	3:32.69	3:28.69	3:07.99
nQT*	nQT*	nQT*	100 Fly	nQT*	nQT*	nQT*
4:00.99	3:57.20	3:33.69	200 Fly	4:00.99	3:57.20	3:33.69
3:15.69	3:22.99	2:53.49	200 IM	3:10.29	3:07.09	2:48.59
7:30.99	7:22.89	6:30.11	400 IM	7:30.99	7:22.89	6:30.11

nQT* - All Entries must include times provable by the Colorado Swimming. NT will not be accepted.