



**Falfins Long Course Open  
@ Air Force Academy  
Cadet Natatorium  
June 22-24, 2018**

**QUICK FACTS**

**MEET SCHEDULE**

**Friday**

**Warm-up 3:00 PM, Start 4:00 PM**

**Swimmers will need to provide timers for all events**

**Prelim Sessions (min B time standard)**

**Saturday & Sunday**

**Warm-Up: 7:00 AM, Start 8:25 AM**

**Nonqual Sessions, 3 & 6 (No time standard)**

**Warm Up 12:30 PM, Start 1:00 PM**

**Finals & 10&U Qual Sessions (min B time standard)**

**Saturday & Sunday**

**Warm-Up: 4:00 PM, Start 5:00 PM**

**Changes in schedule are at the discretion of the Meet Director and Meet Referee.**

**DECK ACCESS**

ONLY Swimmers, coaches and officials with current credentials, and volunteers will be allowed on the pool deck. Parents must drop off their swimmers at the doors to the pool deck, and then proceed to the upstairs observation gallery. There will be a limited number of chairs provided for swimmers and coaches use. Swimmers cannot bring in any of their own chairs, coolers or other "camping gear".

**ARRIVAL**

All vehicles must enter through the North Gate.

**TIMERS**

**Friday**

Swimmers need to provide 2 timers for all events. 1500 Free must provide own counter.

Saturday & Sunday Teams will have Timing Assignments.

400IM Swimmers must provide 2 timers for prelims.

**AWARDS**

Ribbons will be awarded for 1-16<sup>th</sup> place to 12&U swimmers in age groups of 8&U, 9-10 & 11-12.

**PROGRAMS**

Will be available for sale at the meet for \$10 each. Individual heat sheets available each day for \$2 each.

**POOL ELEVATION**

7,067ft

**CONCESSIONS**

Will be sold by the Air Force Academy.

**EVENT SHIRTS**

Will be available for Purchase.

**HEAD MEET REFEREE**

Troy Brovold

**Thank you to our Sponsors**





## Falfins Long Course Open @ Air Force Academy June 22-24, 2018

**Host:** Falfins Swimming

**Location:** Cadet Natatorium, U.S. Air Force Academy, CO 80840

**Sanction:** Held under the sanction of USA Swimming 2018-059. "In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event."

**Entry Chair:** Rose Snyder – [rosesnyderconsulting@yahoo.com](mailto:rosesnyderconsulting@yahoo.com) (719) 963-3101

**Meet Director:** Rose Snyder – [rosesnyderconsulting@yahoo.com](mailto:rosesnyderconsulting@yahoo.com) (719) 963-3101

**Meet Referee:** Troy Brovold – [csi.brovold@gmail.com](mailto:csi.brovold@gmail.com) (719) 332-4514

**Safety Chair:** Kent Nelson – [kentnelson1976@gmail.com](mailto:kentnelson1976@gmail.com)

Any questions regarding the conduct of the meet should be directed to the Meet Referee's.

**Facility:** Competition course is an eight-lane 50-meter indoor pool with a depth of 15 at one end and 4' at the shallow end. Continuous warm-up/down will be provided in the adjacent water polo pool. The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Elevation: 7,064 ft.

Deck Access: ONLY swimmers, coaches and officials with current credentials, and volunteers will be allowed on the pool deck. Parents must drop off their swimmers at the doors to the pool deck, and then proceed to the upstairs observation gallery. There will be a limited number of chairs provided for swimmers and coaches use. Swimmers cannot bring in any of their own chairs, coolers or other "camping gear".

Any damage to 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.

**Timing:** Daktronics Timing System with display scoreboard, touchpads with backup button and watch will be used.

**Eligibility:** Open to all invited swimmers holding a 2018 USA Swimming Membership card. Any CSI/USA Swimming registration errors must be corrected by June 19, 2018 with Rose Snyder, Entry Chair.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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. Deck pass is an acceptable proof of Membership.

**Age as of** Friday, June 22, 2018 will govern age for the meet.

### **Meet Format & Entry Requirements:**

Friday & Prelim/Finals on Saturday & Sunday – require minimum B Times ([Click Here for USA Motivational Time Standards](#))

Nonqual Session (middle day, session 3&6) on Saturday & Sunday have no qualifying time standards, but cannot enter with a no time (NT). These session must conclude by 4pm.

Swimmers must select prelim/final sessions or the Nonqual session that will take place between prelims and finals. Swimmers are not allowed to swim in both sessions.

**Entry Limit:** 3 events per day per swimmer.

**Entry Fee:** Individual Events \$ 5.75 per event, \$.75 of the individual swim goes to the CSI support fund.  
Swimmer Surcharge \$15.00

**Deck Entries:** Deck entries for those already entered in the meet will be allowed for open lanes only and per the statement limit in the Entries section and no heats will be added. Deck entered individual events will be \$10.00 per event. Payment is required at the of time deck entry. Deck entries are not accepted for those who are not registered for the meet.

**Entry Procedure:**

**E-mail Entries:** Email entries to Rose Snyder at [rosesnyderconsulting@yahoo.com](mailto:rosesnyderconsulting@yahoo.com)  
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.

**Entry Deadline:**

Entries are will open on May 15th at 12:00 pm and will remain open until four-hour sessions are reached for preliminaries. Once the four-hour session is meet, no additional entries will be accepted. Teams already in the meet can send an updated file for the purpose of updating entry times only by June 12<sup>th</sup>. Additional swimmers will not be accepted at that time.

A check payable to Falfins must accompany hard copy of entries by June 12<sup>th</sup> or the team may be rejected.

**Please make all checks payable to Falfins Swimming and mail to:**

Falfins Swimming,  
3472 Research Parkway,  
Suite 104-346  
Colorado Springs, CO 80920

**CONDUCT OF THE MEET:**

Current USA Swimming Rules and Regulations shall govern the meet. Events will be swum in the long course meters configuration: 50 meters X 8 lanes. All 50's will be swum from west end of the competition pool.

**Friday Evening:** All events will be swum as Timed Finals Events. The 1500 & 400 Free will require positive check in. The positive check in will close at 3:30 pm on Friday. **All Friday events require swimmers to provide own timers (this includes the 200 IM).** For the 1500 swimmers must provide their own counter. 1500 Free will be swum fastest to slowest, alternating girls and boys heats. The 1500 may be limited to the top 32 swimmers in order to keep within the timeline

**Prelim/Finals Sessions:** All events are prelim/final events except the following: 10 & Under events (swum during finals), and the following 11-12 events: 400 IM, 200 Breast, 200 Back, 200 Fly. These events are timed finals and will not be included in the evening finals' session. Swimmers must choose either the prelim/final session or the time final sessions between prelims and finals, swimmers may not enter both sections of the meet.

**Preliminary events will be circle seeded. The top 16 swimmers will advance to the finals swimming 8 in each heat. B consolation heats will swim first, followed by the A final. All timed final events will be swum slowest to fastest.**

Nonqual Meet: Sessions 3 & 6 must conclude no later than 4pm.

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. Fly over starts may be used at the discretion of the meet referee.

**Rules:**

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

On deck changing is not allowed.

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.

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.

No on deck photography from behind the starting platforms during starts and relays.

No exhibition swimming is allowed.

Coaches will be required to sign in to receive the meet program.

**Certifications:**

All coaches and uniformed officials must have current certification. Coaches must present proof of coaching credentials at the Clerk of Course. Coaches that are in non-compliance will not be allowed on deck. DeckPass is an acceptable proof of membership.

Colorado Swimming, Inc. does not support, recommend, endorse or take responsibility for the sale or marketing of any dietary supplements. It is the swimmers 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](http://www.usaswimming.org).

**Warm-Up Procedures:** 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/times are opened by the meet referee. Warm-ups will be under the control of the Meet Marshals.

**Warm-up Rules:** Warm-up and start times may vary. Warm-up times and lanes will be assigned and sent out to teams by June 21, 2017. Warm-up times and lane assignments will also be posted at [www.falfins.org](http://www.falfins.org) The meet referee may condense the format to make the most expeditious use of time.

At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-competition, and warm-down. Any swimmer without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach must be certified by a USA Swimming coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Meet Schedule:**

**Friday: Warm-up 3:00 PM, Start 4:00 PM**

**Prelim Sessions: Saturday, Sunday Warm-Up: 7:00 AM, Start 8:25 AM**

**Time Final Sessions, 3 & 6: Warm Up 12:30 PM, Start 1:00 PM**

**10 & U & Finals Sessions, Saturday & Sunday Warm-Up: 4:00 PM, Start 5:00 PM**

**Changes in schedule are at the discretion of the Meet Director and Meet Referee.**

**Scratch Procedure:**

The scratch box will be at the Clerk of Course during the meet.

**Scratch Procedure:** A modified scratch rule will be enforced. The morning will run as a pre-seeded competition; there will be no penalty for missing a prelim swim. We do ask, however, that coaches cooperate in declaring no swims to the clerk of course prior to the start of each prelim sessions.

**Swimmers qualifying to swim finals** must declare their intent to scratch at Clerk of Course within 30 minutes following the finals announcement. As top qualifiers scratch, other swimmers become eligible for finals. If a swimmer does NOT want to swim in finals, they should scratch their name on the list at the Clerk of Course no matter how far down the list their name appears. The athletes swimming in finals will be posted as soon as possible after the 30-minute scratch period. *A swimmer not reporting to a final event, in which the results were posted for his/her swim, will be barred from the remainder of the meet.*

**Scoring:** Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1

**Awards:** Awards will be given to 12& under swimmers only. Ribbons will be given to swimmers for 1<sup>st</sup> – 16<sup>th</sup> places. Participation awards will be given to 13 & older swimmers

**Programs:** programs will be available for purchase at the meet for \$10.00. Those purchasing the program will receive the heat sheets for each session.

**Individual Heat Sheets cost:**

\$2.00 per session

**Coaches Meeting:** In lieu of a face to face coaches meeting; the meet referee will send out an email to all participating coaches prior to June 21<sup>st</sup>. No other coaches meeting will take place unless a situation arises that would require one.

**Hospitality:** A Hospitality area will be set up for coaches and officials.

**Concessions:** There will be limited concessions on site provided by AFA contracted vendors

**Officials:** Teams are asked to provide officials. **Please contact the Meet Referee to advise of your availability.** All briefings will start one hour prior to the start of each session. Uniform is blue and whites, with long pants/skirts during finals.

**Timers Needed:**

**Friday Evening Session: All swimmers must provide their own timers.**

**Teams are asked to provide timers for Saturday and Sunday Sessions.** Team assignments will be made and sent out to participating team by Wednesday, June 21<sup>st</sup>. Timers need to check in at the clerk of course table prior to each session.

**1500 Freestyle:** Swimmers must provide two timers and may appoint a counter to call lengths or indicate lengths by visual sign.

**400IM:** Swimmers must provide two timers for prelims.

Timed Finals Session 1						
Swimmers must provide timers for all events of Friday Evening						
Friday, June 22, 2018			Warm-Up 3:00 PM Start 4:00 PM			
Girls Event #	Age Group	LCM QT	Event Title	LCM QT	Age Group	Boys Event #
1	10 & U	B	200 IM	B	10 & U	2
3	Open	6:23.89	400 Free	6:15.49	Open	4
5	11 & O	24:36.39	1500 Free	24:36.49	11 & O	6

Prelims: Session 2						
Saturday, June 23, 2018			Warm-Up 7:00 AM Start 8:45 AM			
Girls Event #	Age Group	LCM QT	Event Title	LCM QT	Age Group	Boys Event #
7	11 & O	B	100 Breast	B	11 & O	8
11	13 & O	B	200 Back	B	13 & O	10
13	11-12	B	200 Back (TFP)	B	12 & U	14
17	11 & O	B	50 Free	B	11 & O	16
21	11 & O	B	100 Fly	B	11 & O	22
25	11 & O	B	200 Free	B	13 & O	26
27	11 & 12	B	400 IM (TFP)	B	11 & 12	28
29	13 & O	B	400 IM	B	13 & Over	30

Timed Finals: Session 3						
Saturday, June 23, 2018			Warm-12:30 Start: 1:00			
Girls Event #	Age Group		Event Title		Age Group	Boys Event #
31	14 & U		50 Free		14 & U	32
33	14 & U		100 Fly		14 & U	34
35	14 & U		50 Breast		14 & U	36
37	14 & U		100 Back		14 & U	38
39	14 & U		200 Free		14 & U	40

**Finals: Session 4**

**Saturday, June 23, 2018      Warm-Up 4:00 PM    Start 5:00 PM**

<b>Girls Event #</b>	<b>Age Group</b>	<b>LCM QT</b>	<b>Event Title</b>	<b>LCM QT</b>	<b>Age Group</b>	<b>Boys Event #</b>
7	15 & O		100 Breast		15 & O	8
	13 – 14		100 Breast		13 - 14	
	11 - 12		100 Breast		11 - 12	
9	10 & U	B	50 Breast (TFF)	B	10 & U	10
11	15 & O		200 Back		15 & O	12
	13 - 14		200 Back		13 - 14	
15	10 & U	B	50 Back (TFF)	B	10 & U	16
17	15 & O		50 Free		15 & O	18
	13 – 14		50 Free		13 – 14	
	11 – 12		50 Free		11 – 12	
19	10 & U	B	200 Free (TFF)	B	10 & U	20
21	15 & O		100 Fly		15 & O	22
	13 – 14		100 Fly		13 – 14	
	11-12		100 Fly		11-13	
23	10 & U	B	100 Fly (TFF)	B	10 & U	24
25	15 & O		200 Free		15-O	26
	13-14		200 Free		13-14	
	11 & O		200 Free		11 & O	
29	15 & O		400 IM		15 & O	30
	13-14		400 IM		13-14	

Prelims: Session 5						
Sunday, June 24, 2018			Warm-Up 7:00 AM Start 8:45 AM			
Girls Event #	Age Group	LCM QT	Event Title	LCM QT	Age Group	Boys Event #
41	11 & O	B	100 Back	B	11 & O	42
45	11 - 12	B	50 Fly	B	11 - 12	46
47	11 & O	B	100 Free	B	11 & O	48
51	13 & O	B	200 Breast	B	13 & O	52
53	12 & U	B	200 Breast (TFP)	B	12 & U	54
55	11 - 12	B	50 Back	B	11 - 12	56
59	11 & O	B	200 IM	B	11 & O	60
61	11 & 12	B	200 Fly (TFP)	B	11-12	62
65	13 & O	B	200 Fly	B	13 & O	66
69	11-12	B	50 Breast	B	11-12	70

Timed Finals: Session 6						
Saturday, June 23, 2018			Warm-Up 12:30 PM Start 1:00 PM			
Girls Event #	Age Group		Event Title		Age Group	Boys Event #
71	14 & U		100 Free		14 & U	72
73	14 & U		50 Back		14 & U	74
75	14 & U		100 Breast		14 & U	76
77	14 & U		50 Fly		14 & U	78
79	14 & U		200 IM		14 & U	90
81	11-14		400 Free		11-14	92



**Finals: Session 7**

**Sunday, June 24, 2018**

**Warm-Up 4:00 PM Start 5:00 PM**

<b>Girls Event #</b>	<b>Age Group</b>	<b>LCM QT</b>	<b>Event Title</b>		<b>Age Group</b>	<b>Boys Event #</b>
41	11-12		100 Back		11-12	42
	13-14		100 Back		13-14	
	15 & O		100 Back		15 & O	
43	10 & U	B	50 Fly (TFF)	B	10 & U	44
45	11-12		50 Fly		11-12	46
47	15 & O		100 Free		15 & O	48
	13 - 14		100 Free		13 - 14	
	11 - 12		100 Free		11 - 12	
49	10 & U	B	100 Free (TFF)	B	10 & U	50
51	15 & O		200 Breast		15 & O	52
	13 - 14		200 Breast		13 - 14	
55	11 - 12		50 Back		11 - 12	56
57	10 & U	B	50 Back (TFF)	B	10 & U	58
59	15 & O		200 IM		15 & O	60
	13 - 14		200 IM		13 - 14	
	11 -12		200 IM		11 - 12	
63	10 & U	B	100 Breast (TFF)	B	10 & U	64
65	15 & O		200 Fly		15 & O	66
	13-14		200 Fly		13-14	
67	10 & U	B	50 Free (TFF)	B	10 & U	68
69	11-12		50 Breast		11-12	70