



# Hurricane Alert



## JEFFCO BRONZE CUP

Saturday March 10<sup>th</sup> and Sunday March 11<sup>th</sup>, 2018

**Sanction:** This is a Colorado Swimming event, hosted by the Evergreen Hurricanes. Held under the sanction of USA Swimming # 2018-???. In granting this sanction it is understood and agreed that USA Swimming be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.

**Facility:** George Meyers Pool, 7900 Carr Rd., Arvada, CO 80005. This Indoor 25 yard, 10-lane pool is located at an Elevation of 5300 ft. 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 depth of the pool ranges 4 feet in lane 10 at the start end and the turn end to 12 feet in lane 1 at the start end and turn end.

**Timing:** Colorado Timing System 6 with 10-lane scoreboard, shallow end Dolphins for 25's, and Dolphin backup timing for each lane on 50's and 100's. All events are timed finals.

**Format:** A two-day, four session meet where each swimmer may enter up to **(1 relay and 3 individual events per day)**. **Note: number of sessions could be adjusted based on member of entries.**

**Schedule:** Session 1&3, 7:00 AM Warm-up, 8:05 AM Start, Session 2&4, TBD.  
**Note: all warm-up and meet start times will be adjusted based on number of entries.**

**Rules & Eligibility:** Current USA Swimming Rules & Regulations will govern meet procedures. The meet referee will be final authority. All swimmers must have current 2018 USA Swimming registration. The meet will be pre-seeded. Age will be determined as of March 10<sup>th</sup>, 2018. 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. There will be positive check in for the 200 Free Session 1, 200 IM Session 2, 200 IM Session 3, and the 200 Breast and 200 IM Session 4. The positive check in will close 90 minutes after the start of the Session.

Colorado Swimming warm-up procedures will be followed. 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 for the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Unattached/unaccompanied swimmers will be assigned to an Evergreen team coach for warm-up/warm-down and to act in their interests for the meet, and must report to the meet referee for assignment of the coach. No exhibition swimming will be allowed.

No on deck photography is permitted from behind the starting platforms during starts and relays, in changing areas, rest rooms, and locker rooms. 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.

Meet Referee:	Kathy Lahr/Designee	303-570-8251	<a href="mailto:kathy.j.lahr@gmail.com">kathy.j.lahr@gmail.com</a>
Meet Director:	Michael Honnick	303-984-6817	<a href="mailto:meetdirector@evergreenswimteam.org">meetdirector@evergreenswimteam.org</a>
Safety Chair:	Jeff Armstrong/Designee	303-635-6989	<a href="mailto:jarm003@yahoo.com">jarm003@yahoo.com</a>

**Coaches & Officials:**

All coaches and uniformed officials must display their USA/CSI cards while on deck. Current certification for all coaches is mandatory. Coaches that are not in compliance will not be allowed on deck.

**Entry Fee:**

\$5.00 per event, \$12.00 per relay and \$8.00 Surcharge. Fees must accompany meet entries and are non-refundable. Make one check payable to Evergreen Swim Team.

**Entries:**

All Meet entries should be submitted via E-mail using Hy-Tek Meet Manager software and received by the entry chair by **6:00 PM Monday, February 26<sup>th</sup> (No Team Updates will be excepted after 6:00 PM Friday Mar 2<sup>nd</sup>)**. Copies of TM Individual entry report and TM Entry Fee Report must accompany entries. NT entries will be accepted but will be seeded with the slowest heats. Please include coach's name, address, E-mail, and phone number.

Entry Chair: Michael Honnick  
P.O. Box 62  
Evergreen, CO 80437  
Work 303-984-6817 Home 303-674-3769  
[meetdirector@evergreenswimteam.org](mailto:meetdirector@evergreenswimteam.org)

Team Manager event template will be available after February 1st. Please E-mail the Meet Director for a copy of the file if you would like one. No deck registrations will be accepted! Event Drop/Add entries will be accepted from registered swimmers only at the discretion of the Meet Director for \$5.00 per event.. Note: Event Adds will be accepted for available lanes only, no new heats will be created.

**Coaches will be provided Warm-up assignments, Time Line and Lane Timing Assignments by E-mail no later than Wednesday March 7<sup>th</sup>.**

**No entry may be submitted that is equal to or faster than the 2018 14&Under Silver State or Senior Meet Qual Times posted below.**

**Scoring & Awards:**

Ribbons will be given for the first 16 places in each event.

**Results:**

Results for Team Manager will be E-mailed to each team.

**Additional Info:**

Each team will be assigned lane required to provide a timers for the duration of each session. No smoking allowed on deck, in the building or any area frequented by swimmers. No glass bottles on deck or in the restrooms. A snack bar and hospitality area will be open throughout the meet. Bleachers and other seating will be provided.

**Meet Up-Date and Team Info:**

Team Phone Number: **720-880-1290**

Team Web Page: <http://www.evergreenswimteam.org>

**(Inclement Weather Guidance, the Team's Web Page will be updated by 6:30 a.m. reporting any last minute cancellations or delayed start times!)**



# Hurricane Alert



**Schedule of Events**  
**Jeffco Bronze Cup**  
**Saturday March 10<sup>th</sup>, 2018**  
**Session #1 Warm-up 7:00 am, Start 8:05 am**  
**(All 10 & Under, and 11 & 12 Boys)**

Girls		Age	Event Description		Boys
1	NT	<b>10&amp;U</b>	<b>200 Free-Relay</b>	NT	2
-		<b>11&amp;12</b>	<b>200 Free-Relay</b>	NT	3
4	NT	<b>8 &amp;U</b>	<b>25 Breast</b>	NT	5
6	1:25.99	<b>10&amp;U</b>	<b>100 IM</b>	1:30.89	7
-		<b>11&amp;12</b>	<b>100 IM</b>	1:16.99	8
9	NT	<b>8&amp; U</b>	<b>25 Fly</b>	NT	10
11	39.09	<b>10&amp;U</b>	<b>50 Fly</b>	41.49	12
-		<b>11&amp;12</b>	<b>50 Fly</b>	34.29	13
14	1:26.59	<b>10&amp;U</b>	<b>100 Back</b>	1:29.69	15
-		<b>11&amp;12</b>	<b>100 Back</b>	1:18.19	16
17	45.79	<b>10&amp;U</b>	<b>50 Breast</b>	48.99	18
-		<b>11&amp;12</b>	<b>50 Breast</b>	41.39	19
20	2:50.39	<b>10&amp;U</b>	<b>200 Free</b>	2:55.39	21
-		<b>11&amp;12</b>	<b>200 Free</b>	2:30.19	22

**Positive check-in for (200 Free Session 1)**



# Hurricane Alert



**Schedule of Events**  
**Jeffco Bronze Cup**  
**Saturday March 10<sup>th</sup>, 2018**  
**Session #2 Warm-up TBA, Start TBA**  
**(11 & 12 Girls, and All 13 & Over)**

Girls		Age	Event Description		Boys
23	NT	<b>11 &amp; 12</b>	<b>200 Free-Relay</b>		-
24	NT	<b>13&amp;14</b>	<b>200 Free-Relay</b>	NT	25
26	NT	<b>15&amp;O</b>	<b>200 Free-Relay</b>	NT	27
28	2:22.79	<b>11&amp; 12</b>	<b>200 Free</b>		-
29	59.99	<b>13&amp;14</b>	<b>100 Free</b>	58.59	30
31	58.19	<b>15&amp;O</b>	<b>100 Free</b>	53.19	32
33	32.89	<b>11&amp;12</b>	<b>50 Fly</b>		-
34	2:52.69	<b>13&amp;14</b>	<b>200 Fly</b>	3:02.59	35
36	2:36.99	<b>15&amp;O</b>	<b>200 Fly</b>	2:32.99	37
38	1:13.59	<b>11&amp;12</b>	<b>100 Back</b>		-
39	1:08.29	<b>13&amp;14</b>	<b>100 Back</b>	1:09.69	40
41	1:04.99	<b>15&amp;O</b>	<b>100 Back</b>	1:00.99	42
43	38.99	<b>11&amp;12</b>	<b>50 Breast</b>		-
44	1:18.49	<b>13&amp;14</b>	<b>100 Breast</b>	1:19.59	45
46	1:16.79	<b>15&amp;O</b>	<b>100 Breast</b>	1:07.99	47
48	1:14.59	<b>11&amp;12</b>	<b>100 IM</b>		-
49	2:28.99	<b>13&amp;14</b>	<b>200 IM</b>	2:29.99	50
51	2:22.99	<b>15&amp;O</b>	<b>200 IM</b>	2:12.99	52

**Positive check-in for (200 IM Session 2)**



# Hurricane Alert



**Schedule of Events**  
**Jeffco Bronze Cup**  
**Sunday March 11<sup>th</sup>, 2018**  
**Session #3 Warm-up 7:00 am, Start 8:05 am**  
**(All 10 & Under, and 11 & 12 Boys)**

Girls		Age	Event Description		Boys
53	NT	<b>10&amp;U</b>	<b>200 Medley Relay</b>	NT	54
-		<b>11&amp;12</b>	<b>200 Medley Relay</b>	NT	55
56	1:39.39	<b>10&amp;U</b>	<b>100 Fly</b>	1:49.39	57
-		<b>11&amp;12</b>	<b>100 Fly</b>	1:24.79	58
59	NT	<b>8 &amp;U</b>	<b>25 Free</b>	NT	60
61	1:16.19	<b>10&amp;U</b>	<b>100 Free</b>	1:16.89	62
-		<b>11&amp;12</b>	<b>100 Free</b>	1:06.49	63
64	NT	<b>8 &amp;U</b>	<b>25 Back</b>	NT	65
66	39.49	<b>10&amp;U</b>	<b>50 Back</b>	41.29	67
-		<b>11&amp;12</b>	<b>50 Back</b>	35.99	68
69	1:40.59	<b>10&amp;U</b>	<b>100 Breast</b>	1:44.39	70
-		<b>11&amp;12</b>	<b>100 Breast</b>	1:31.29	71
72	33.59	<b>10&amp;U</b>	<b>50 Free</b>	34.99	73
-		<b>11&amp;12</b>	<b>50 Free</b>	30.09	74
75	3:11.29	<b>10&amp;U</b>	<b>200 IM</b>	3:17.79	76
-		<b>11&amp;12</b>	<b>200 IM</b>	2:48.39	77

**Positive check-in for (200 IM Session 3)**



# Hurricane Alert



**Schedule of Events**  
**Jeffco Bronze Cup**  
**Sunday March 11<sup>th</sup>, 2018**  
**Session #4 Warm-up TBA, Start TBA**  
**(11 & 12 Girls, and All 13 & Over)**

Girls		Age	Event Description		Boys
78	NT	<b>11&amp;12</b>	<b>200 Medley Relay</b>		-
79	NT	<b>13&amp;14</b>	<b>200 Medley Relay</b>	NT	80
81	NT	<b>15&amp;O</b>	<b>200 Medley Relay</b>	NT	82
83	1:04.99	<b>11&amp;12</b>	<b>100 Free</b>		-
84	2:11.89	<b>13&amp;14</b>	<b>200 Free</b>	2:10.99	85
86	2:03.99	<b>15&amp;O</b>	<b>200 Free</b>	1:54.09	87
88	1:17.39	<b>11&amp;12</b>	<b>100 Fly</b>		-
89	1:08.69	<b>13&amp;14</b>	<b>100 Fly</b>	1:09.69	90
91	1:04.99	<b>15&amp;O</b>	<b>100 Fly</b>	58.49	92
93	34.29	<b>11&amp;12</b>	<b>50 Back</b>		-
94	2:27.69	<b>13&amp;14</b>	<b>200 Back</b>	2:30.69	95
96	2:22.39	<b>15&amp;O</b>	<b>200 Back</b>	2:15.99	97
98	29.29	<b>11&amp;12</b>	<b>50 Free</b>		-
99	27.49	<b>13&amp;14</b>	<b>50 Free</b>	26.79	100
101	26.99	<b>15&amp;O</b>	<b>50 Free</b>	24.49	102
103	1:26.09	<b>11&amp;12</b>	<b>100 Breast</b>		-
104	2:51.29	<b>13&amp;14</b>	<b>200 Breast</b>	2:56.09	105
106	2:47.99	<b>15&amp;O</b>	<b>200 Breast</b>	2:39.99	107
108	2:42.19	<b>11&amp;12</b>	<b>200 IM</b>		-

**Positive check-in for (200 Breast and IM Session 4)**