



CSI LONG COURSE OPEN *JUNE 16– 18, 2017*

SANCTION: Held under Sanction of USA Swimming and Colorado Swimming, Inc., Sanction #2017-061. 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.

MEET REFEREE: Mike Dilli Or Designee Email: mdilli@q.com

ADMINISTRATIVE REFEREE: Mike Urbanowicz Email: mike_urbanowicz@hotmail.com

MEET DIRECTOR: Jason Hodgson Email: jdh1650@gmail.com

ENTRY CHAIR: Linda Seckinger
5 Cherry Avenue
Eaton, CO 80615 CSIMEETENTRIES@gmail.com

Make Checks payable to Stingrays Booster Club

SAFETY DIRECTOR: Stephanie Rogers Email: Steph_d_rogers@yahoo.com

LOCATION: [Veterans Memorial Aquatic Center, 5310 E. 136th Ave., Thornton, CO 80026](#)

FACILITY: Elevation: 5340 ft. Indoor, 25 yard, 10 lane pool. The competition course has been certified in accordance with 104.2.2C(4), and a copy of such is on file with USA Swimming. Continuous warm-up/warm-down lanes will be available during the meet. The competition course depth is a continuous 7 feet at start and turn ends and in the middle.

Only USA Swimming member swimmers swimming the meet, registered coaches with current certification, working officials, and volunteers are allowed on deck. Parents and spectators please remain in the stands or lobby area.

TIMING: Colorado Timing System with touch pads, back up buttons, 10-lane scoreboard, and electronic start horn.

MANDATORY GENERAL MEETING: FRIDAY, JUNE 16, 2017, AT 6:30 AM. Meet Referee will answer any questions about the Meet format as well as any last minute changes/reminders from the Administrative Referee.

SCHEDULE

<i>SESSION</i>	<i>WARM-UP</i>	<i>MEET START</i>
Session 1, 4, 7 – Prelims	7:00 AM	8:30 AM
Session 2 – 1500 Free	Warm up immediately after Friday Prelims	15 minutes after prelims
Session 5 & 8 - 10&U Timed Finals	Tentative warm-up – 1:50 PM	Tentative Start - 2:30 PM
Session 3, 6, 9 – Finals	Tentative warm-up – 5:00 PM	Tentative Start – 5:45 PM

Finals: Finals will consist of top eighteen (18) for 12&Under events, top eighteen (18) for 14&U events, and top twenty-seven (27) for Open events with the following exceptions:
400IM and 400 Free will swim as timed final events with the fastest two (2) heats swimming in finals. The following 14&U events (200 Butterfly, 200 Breaststroke, and 200 Backstroke) will be swum as a prelim/final. The top 18 swimmers, regardless of age, will swim in finals. In prelims, 12&U swimmers in these events will be seeded with the 14&U swimmers by time. There will not be a separate 12&U heat in finals.

ENTRIES: Swimmers (11 and Over) may enter up to five (5) individual events per day, but must scratch down to and swim a maximum of three (3) individual events per day, a maximum of 7 total events for the meet. **Swimmers must pay for all events entered no refunds for changes or scratched events.**
10&U Swimmers are limited to four (4) events per day, with a maximum of seven (7) events total for the meet.

ENTRY FEES:
\$5.75 for each individual event. (\$1.00 of each individual event will go to the CSI Support Fund)
\$13.00 per swimmer pool charge.
\$10.00 (Deck Entries per event see Deck Entry Section)
Make one check payable to: Stingrays Booster Club.

ELECTRONIC ENTRY PROCEDURES AND DEADLINE:

1. Entries must be emailed to the Entry Chair, using either Hy-Tek Team Manager File and/or Team Unify Export. Please attach a PDF or Word Document of the team entry report.
2. The entry chair must receive **all** entries no later than 8:00 pm on Tuesday, **June 6, 2017.**
3. ***ALL PAYMENTS must be received no later than Friday, June 9, 2017.***
4. Completed entries will be processed on a first come first serve basis.
5. Updated entry times (no new entries) will be accepted through **Monday, June 12, 2017**, for events in which swimmers are already entered.
6. ***CSI and CAC will make every effort to ensure no athlete is turned away from the meet. In the event that the timelines do not allow for the number of entries received to be completed in a reasonable competition schedule, the Meet Referee, CSI and the Technical Planning Committee reserve the right to reduce the maximum number of events per athlete. This reduction would apply to all athletes, in all sessions, equally.***

NOTE: Any team entering five (5) or more swimmers not using Hy-Tek or TeamUnify must add an additional \$30.00 surcharge for the handling of the entries.

Deck Entries: Deck entries will be accepted only if the swimmer is already entered in the meet. Deck entries must be approved by the Meet Referee. The maximum number of events per day rule still applies.

Psych Sheets, Final Warm-Up and Meet Results:
Will be posted at www.coloradoswimming.org as soon as they are available.

ELIGIBILITY: Open to all athletes holding a 2017 USA Swimming membership card. Swimmers who are within the 120-day transfer rule must swim **UNATTACHED**. 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.

SCORING: Points will be awarded according to the age group entered.
Points will be awarded based on finish placing regardless of age. Example: A 12&U swimming in 14&U events will be scored as 14&U.

Individual Events: 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1

AWARDS: Individual: **10 & U** 12&U & 14&U Medals 1st – 9th Ribbons 10th – 18th
High Point Awards: **10 & U** 12&U & 14&U 1st – 3rd
Open Events will not be awarded.

SEEDING PROCEDURE & SCRATCH RULES:

Scratch procedures will be enforced as per **207.11.6** of the USA Swimming Rules and Regulations. All scratches for the first day must be turned in to the scratch box, or emailed by **2:00 PM Thursday, June 15, 2017** to the Entry Chair, lseckinger@aol.com. The scratch deadline for all subsequent days shall be 30 minutes after the published starting time of the final session of each prior day's events.

All swimmers will report behind the blocks for their events in prelim and 10 & Under sessions.

A swimmer not reporting to an event, in finals, for which the results were posted for his/her event, will be barred from the remainder of the meet. A \$50.00 fine will be assessed for this failure to appear which must be paid before the swimmer can resume competition in any sanctioned event in Colorado. Refer to 207.11.6D.

NOTE: Submit entry times according to the time swum - NO CONVERSIONS Non-conforming times will be seeded last, per article 207.11.7 of the USA Swimming Rules and Regulations.

POSITIVE CHECK-IN EVENTS (DISTANCE):

1500 FREESTYLE

1. The 1500 Freestyle will be deck seeded by positive check in. Positive Check in will close by 8:00am on Friday.
2. Any swimmer not checked in for the 1500 Freestyle will be scratched from the event.
3. The 1500 Freestyle will swim fastest to slowest alternating women and men.
4. The 1500 Free may be limited to the fastest 36 male and the fastest 36 female entrants, or athlete's may be swum 2 per lane to limit the number of total heats to 8 heats.
5. **A \$50.00 fine will be assessed for this failure to appear which must be paid before the swimmer can resume competition in any sanctioned event in Colorado.**
6. **1500 FREESTYLE SWIMMERS MUST PROVIDE THEIR OWN TWO (2) TIMERS AND MAY APPOINT ONE (1) COUNTER TO CALL LENGTHS OR INDICATE LENGTHS BY VISUAL SIGN.**

400 IM & 400 FREESTYLE

1. The 400 Freestyle and 400 Individual Medley will be deck seeded by positive check in. Positive Check in will close 30 minutes after the published start of finals the day before.
2. Any swimmer not checked in for the 400 Freestyle and 400 Individual Medley will be scratched from the event.
3. Fastest two heats will swim in finals.

RULES:

1. The MEET REFEREE will have the final authority on all swimming procedures of the meet.
2. Current 2017 USA Swimming Rules & Regulations will govern the meet, in conjunction with the following information from Colorado Swimming Inc.
3. Age as of the first day of the meet, June 16, 2017 will determine the swimmer's age group for competition.
4. No exhibition swimming is allowed.
5. All prelim/final events will be contested in prelims and finals, even if there are fewer swimmers than are being brought back to finals. Events in finals will be swum with a minimum of 10 minutes between swims. All Timed Final Events will be seeded into 9 lanes.
6. It is mandatory that all evening swimmers check in at the Clerk of Course ready area at the announced time or two events prior to their event.
7. Colorado Swimming, Inc. procedures for warm-up will be observed.
8. The USA Swimming National Start will be used. Please refer to 101.1.2

9. **Participating teams will be required to provide timers.** Notification of lane assignments for timing will be sent to each club and posted on the Colorado Swimming website. These assignments will be posted at the pool as well. The Host team will attempt to provide timers for FINALS sessions. The Meet Director will determine the number of timers per team based upon number of swimmers entered in prelims. The lane timer schedule will be posted by Monday June 12, 2017.
10. Unattached/Unaccompanied swimmers -Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
11. 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."
12. All swimwear must conform to USA Swimming Rule and Regulations article 102.8 effective October 1, 2009. If you have any question on older suits check the current FINA Approved swim suit list.
13. All team photographers must check-in with the Meet Referee prior to taking any photographs. Photography is not allowed behind the blocks during the start of a race or relay exchange. No unaffiliated photographers allowed, unless otherwise approved by the Meet Referee.
14. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
15. Deck Changing is Prohibited. USA Swimming Rule 202.4.9I.
16. Any damage to pool property will be grounds for dismissal from the remainder of the meet and offenders will be held liable to the fullest extent allowed by law.
17. 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.

CSI Senior Circuit: Events swum will count toward CSI Senior Circuit event total. Please see CSI funding policy for details.

Qualifying Times: Will be strictly enforced. Entry times must have been achieved since June 1, 2016. Any entry with NT (no time) or entries with times slower than the qualification time will be rejected with no refunds.
NOTE: Submit entry times according to the time swum (NO CONVERSIONS). Non-conforming entry times will be seeded after LCM entries.
CAC swimmers will be exempt from the 10 & Under timed final qualification times in 50 & 100 LCM events.

Coaches/Officials: All coaches and persons acting in any coaching capacity and uniformed officials must display their current USA/CSI cards when on deck. Deck Pass is an acceptable proof of USA Swimming membership. Current certification is mandatory. Coaches and officials that are in non-compliance will not be allowed on deck.

1. A mandatory Officials meeting will be held one hour prior to the start of each session each day of the meet.
2. **This will be a National Certification Officials Qualifying Meet (OQM).** Officials wishing to be evaluated for N2 or N3 advancement or recertification.
 - Evaluations for the following positions will be offered.
 - **N2 Level:** Stroke & Turn, Starter, Chief Judge, Deck Referee and Administrative Referee.
 - **N3 Level:** Stroke & Turn, Starter, Chief Judge, Deck Referee and Administrative Referee.
3. Officials wishing to be evaluated must submit an Application to Officiate, to Mike Dilli (mdilli@q.com) *no later than June 1, 2017 for all positions.*
4. Applications can be found on the Colorado Swimming web site at coloradoswimming.org/officials/applications.
5. A minimum of four (4) sessions must be worked during the prelim/final portion of the meet to apply for

national certification.

6. No trainees will be allowed on deck for the prelim/final portion of this meet.

Official's uniforms for **Prelims** will be white polo shirt over navy blue shorts, long pants or skirts/skorts. Official's uniforms for **Finals** will be white polo shirt over navy blue long pants or skirts/skorts. No short pants at finals.

White socks and white deck friendly shoes for all sessions.

SPECIAL INFORMATION:

1. There will be "NO SMOKING" anywhere in the facility or in areas frequented by swimmers.
2. The warm up lane is for serious warm-up/cool-down only. No open swim or horseplay will be allowed.
3. Swimmers will not be permitted to gather or stop at the ends of the warm-up/cool-down lane.
4. Spectators are asked to refrain from standing along the rail in front of the grandstand.
5. NO spectators will be permitted on deck or in swimmers' locker rooms at any time during the meet.
6. Deck space is reserved for swimmers, officials, participating team affiliated coaches and working volunteers.

Refreshments:

Concession items will be available for sale. 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 content of any food or drink he/she ingests. For more specific information on supplements, please refer to USA Swimming web site www.usaswimming.org.

Hotel Information: Marriott Properties are preferred. Other hotels on 120th: Ramada, Holiday Inn, Hampton Inn and DoubleTree.

Friday, June 16, 2017

Session 1 – Prelims: Warm-up 7 AM, Start 8:30 AM

Session 3 – TENTATIVE Finals: Warm-up: 5 PM, Start 5:45 PM

Event	LCM Qual	SCY Qual	AGE	EVENT	LCM Qual	SCY Qual	Event
1	1:12.99	1:03.99	Open	100 FLY	1:07.99	59.49	2
3	1:19.99	1:09.59	14&U	100 FLY	1:21.99	1:09.99	4
5	1:32.99	1:16.29	12&U	100 FLY	1:38.99	1:19.29	6
7	2:40.99	2:22.69	Open	200 BACK	2:32.69	2:12.99	8
9	2:51.49 3:03.79	2:25.19 2:37.99	14&U Qual 12&U Qual	200 BACK	2:50.99 3:06.29	2:27.99 2:43.99	10
11	3:08.99	2:42.39	Open	200 BREAST	2:58.99	2:34.29	12
13	3:17.99 3:32.59	2:48.79 3:08.59	14&U Qual 12&U Qual	200 BREAST	3:15.99 3:34.99	2:52.29 3:10.99	14
15	29.99	26.09	Open	50 FREE	27.39	24.49	16
17	32.99	27.69	14&U	50 FREE	32.49	27.19	18
19	34.99	29.99	12&U	50 FREE	35.19	30.49	20

Session 2

Friday, June 16, 2017 -Warm up: Immediately after Prelims

Meet Start: 15 min after prelims

Female	AGE	EVENT	Male
21 ◇*	OPEN	1500 FREE◇*	22 ◇*

◇ Timed Final Event -

* The 1500 Free may be limited to the fastest 36 male and the fastest 36 female entrants, or athlete's may be swum 2 per lane to limit the number of total heats to 8 heats.

*Positive check-in required for the 1500, Swimmers must supply timers and counter.

Saturday, June 17, 2017

Session 4 – Prelims: Warm-up 7 AM, Start 8:30 AM

Session 6 – TENTATIVE Finals: Warm-up: 5 PM, Start 5:45 PM

Event	LCM Qual	SCY Qual	AGE	EVENT	LCM Qual	SCY Qual	Event
23	38.69	33.19	12&U	50 FLY	39.59	35.29	24
25	2:20.19	2:01.99	Open	200 FREE	2:11.49	1:54.29	26
27	2:31.99	2:10.29	14&U	200 FREE	2:28.89	2:11.19	28
29	2:50.39	2:22.29	12&U	200 FREE	2:52.99	2:25.99	30
31	1:13.99	1:03.49	Open	100 BACK	1:09.99	59.89	32
33	1:21.39	1:08.89	14&U	100 BACK	1:17.99	1:07.29	34
35	1:27.39	1:14.19	12&U	100 BACK	1:29.99	1:16.99	36
37	1:27.99	1:14.09	Open	100 BREAST	1:22.89	1:09.39	38
39	1:35.99	1:19.09	14&U	100 BREAST	1:31.99	1:18.79	40
41	1:41.79	1:25.09	12&U	100 BREAST	1:43.99	1:28.19	42
43◇**	5:43.79	5:04.99	Open	400 I.M. ◇**	5:25.69	4:48.69	44◇**
45◇**	5:58.99 6:32.49	5:18.59 5:52.49	14&U Qual 12&U Qual	400 I.M. ◇**	6:00.09 6:45.09	5:19.69 6:05.09	46◇**

◇ Timed Final Event

** Fastest two heats will swim in finals.

Saturday, June 17, 2017- Session 5 - Timed Finals

TENTATIVE Warm up: 1:50PM TENTATIVE Meet Start: 2:30 PM

Female	LCM Qual	SCY Qual	AGE	EVENT	LCM Qual	SCY Qual	Male
47	48.99	43.99	10&U	50 FREE	48.99	43.99	48
49	53.99	47.99	10&U	50 FLY	56.99	50.99	50
51	1:48.49	1:37.49	10&U	100 BACK	1:54.89	1:43.19	52
53	2:04.49	1:51.69	10&U	100 BREAST	2:09.89	1:55.69	54
55	3:26.49	3:03.89	10&U	200 FREE	3:36.99	3:13.39	56

Sunday, June 18, 2017

Session 7 – Prelims: Warm-up 7 AM, Start 8:30 AM

Session 9 – Finals: TENTATIVE Warm-up: 5 PM, Start 5:45 PM

Event	LCM Qual	SCY Qual	AGE	EVENT	LCM Qual	SCY Qual	Event
57	46.99	38.99	12&U	50 BREAST	48.49	40.49	58
59	2:49.09	2:29.99	Open	200 FLY	2:37.49	2:22.89	60
61	2:57.99 3:12.79	2:39.59 2:50.79	14&U 12&U	200 FLY	2:52.59 3:20.89	2:49.49 3:00.89	62
63	41.99	34.79	12&U	50 BACK	45.09	36.19	64
65	1:04.99	57.49	Open	100 FREE	1:00.89	53.89	66
67	1:10.09	1:00.19	14&U	100 FREE	1:06.89	58.59	68
69	1:15.69	1:05.19	12&U	100 FREE	1:16.29	1:05.79	70
71	2:38.69	2:18.09	Open	200 IM	2:29.39	2:11.19	72
73	2:51.29	2:29.49	14&U	200 IM	2:49.99	2:26.29	74
75	3:07.99	2:47.49	12&U	200 IM	3:14.99	2:58.49	76
77 ◇**	5:00.39	5:30.29	Open	400 FREE ◇**	4:44.99	5:17.29	78 ◇**
79 ◇**	5:17.19 5:40.99	5:47.99 6:15.99	14&U Qual 12&U Qual	400 FREE ◇**	5:15.19 5:53.99	5:45.99 6:28.99	80 ◇**

◇ Timed Final Event

** Fastest two heats will swim in finals.

Sunday, June 18, 2017- Session 5 - Timed Finals

TENTATIVE Warm up: 1:50PM TENTATIVE Meet Start: 2:30 PM

Female	LCM Qual	SCY Qual	AGE	EVENT	LCM Qual	SCY Qual	Male
81	53.99	49.99	10&U	50 BACK	56.49	50.99	82
83	2:04.49	1:51.69	10&U	100 FLY	2:17.39	2:04.29	84
85	1:36.19	1:25.99	10&U	100 FREE	1:40.39	1:29.79	86
87	59.99	53.99	10&U	50 BREAST	1:01.99	55.99	88
89	3:48.99	3:24.19	10 & U	200 IM	4:01.89	3:35.79	90