

SUBURBAN LEAGUE DISTANCE INVITATIONAL

SATURDAY DECEMBER 17, 2016

Session 1 7:30-8:00am Warm-Up, 8:10am Start
Session 2 TBA after entry deadline, approx. Noon
Session 3 approximately 11:30-12:00 Warm-Up, 12:10 Start

- Sanction:** Sponsored by the NJST and held under Suburban League blanket sanction 2016.
Location: Meyers Pool, 7900 Carr Drive, Arvada, CO 80006
- Meet Referee:** Kathy Lahr or Designee
- Facility:** 25 yard indoor pool, 10 lane, 25 yard course, 8 lane continuous warm-up/down in shallow end of the pool. Colorado Timing System with 10 lane scoreboard, electronic touch pads will be used. Elevation 5300'. The competition course has not been certified in accordance with 104.2.2C (4).
- Timing:** Colorado Timing System with touch pads, Dolphin back-up and electronic scoreboard.
- Rules:** Each swimmer may enter a maximum of 3 individual events. All events will be swum slow to fast all girls then all boys with the exception of the 1000 and 1650 freestyle. All events will be pre-seeded, with the exception of the 400 IM, 500 Free, 1650 Free and 1000 Free, which will have a positive check-in which closes approximately 1 hour prior to the event. 1000 free and 1650 free will be swum fastest to slowest alternating girls and boys.
- 1000 & Mile:** Swimmers are required to provide their own timers and counters for the 1000 and 1650.
- Awards:** Ribbons 1st thru 6th for 12 & Unders.
- Entry Fee:** \$15.00 per swimmer, regardless of the number of events entered. Fees must accompany all entries and are non-refundable. **Make checks payable to NJST.**
- Entry Procedure:** The preferred method of submitting entries is electronically along with a printout of swimmers (to include events, USA ID, team code and age as of the first day of the meet) and entry fees. All entries must be in short course yards. NTs will not be accepted.
- Deck Entries:** Deck entries will be accepted before 8am and limited to open lanes in pre-seeded events.
- Entry Deadline:** All entries are due Tuesday Dec 6th.
- Entry Chair:** Jeffcoentrychair@yahoo.com
North Jeffco Swim Team, P.O. Box 746396, Arvada, CO 80006-6396
- Meet Director:** Carmen Babcock swimshady7@yahoo.com, Brett Stoyell brewstoy@hotmail.com
- Safety Chair:** Ashley Strickland ashstrick@yahoo.com, John Dalton johnfd2013@gmail.com

**2015
SUBURBAN LEAGUE DISTANCE INVITATIONAL**

SESSION 1

7:30 warm up / 8:10am start

1	12&U 200 free	2
3	8&U 100 free	4
5	12&U 100 fly	6
7	8&U 50 fly	8
9	12&U 100 back	10
11	8&U 50 back	12
13	12&U 100 breast	14
15	8&U 50 breast	16
17	12&U 200 IM	18
19	8&U 100 IM	20
21	12&U 500 free	22

15 min break

SESSION 2

23	12&U 1000 Free	24
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SESSION 3

30 minute warm up TBA

25	Open 200 fly	26
27	Open 200 back	28
29	Open 200 breast	30
31	Open 400 IM	32
33	Open 1650 free	34