



Hurricane Alert



JEFFCO BRONZE CUP

Saturday March 9th and Sunday March 10th, 2019

Sanction: This is a Colorado Swimming event, hosted by the Evergreen Hurricanes. Held under the sanction of USA Swimming # 2019-???. 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 each day and 8 Total individual events, max 4 individual per day)**. **Note: number of sessions could be adjusted based on member of entries.**

Schedule: Session 1&3, 7:30 AM Warm-up, 8:10 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 2019 USA Swimming registration. The meet will be pre-seeded. Age will be determined as of March 9th, 2019. Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 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 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 as 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.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or 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." Exceptions may be granted with prior written approval by the Program Operations Vice Chair. No on deck photography from behind the starting platforms during starts and relays is allowed.

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

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:

\$6.00 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 Tuesday, February 26th**. 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

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. Late or Deck entries will be accepted at the discretion of the Meet Director for \$6.00 per event and a \$8.00 surcharge (if the swimmer is not already entered in the meet).

Note: Late or Deck entries will be accepted for available lanes only, no new heats will be created, and all deck entries must present proof of current registration. **"No USA Deck Registrations allowed."**

Coaches will be provided Warm-up assignments, Time Line and Lane Timing Assignments by E-mail no later than Wednesday March 6th.

No entry may be submitted that is equal to or faster than the 2019 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!)

Saturday March 9th, 2019
Session #1 Warm-up 7:30 am, Start 8:10 am

Girls		Age	Event Description		Boys
1	NT	10&U	200 Free-Relay	NT	2
-		11&12	200 Free-Relay	NT	3
4	NT	8 &U	25 Breast	NT	5
6	1:28.99	10&U	100 IM	1:30.89	7
-		11&12	100 IM	1:19.99	8
9	NT	8& U	25 Fly	NT	10
11	40.59	10&U	50 Fly	41.49	12
-		11&12	50 Fly	34.79	13
14	1:29.59	10&U	100 Back	1:32.69	15
-		11&12	100 Back	1:19.69	16
17	46.29	10&U	50 Breast	49.49	18
-		11&12	50 Breast	42.39	19
20	2:56.39	10&U	200 Free	2:56.39	21
-		11&12	200 Free	2:30.19	22

Positive check-in for (200 Free Session 1) and (200 IM Session 2)

Session #2 Warm-up and Start time TBD

Girls		Age	Event Description		Boys
23	NT	11 & 12	200 Free-Relay		-
24	NT	13&14	200 Free-Relay	NT	25
26	NT	15&O	200 Free-Relay	NT	27
28	2:22.79	11& 12	200 Free		-
29	59.49	13&14	100 Free	58.59	30
31	57.69	15&O	100 Free	52.69	32
33	32.89	11&12	50 Fly		-
34	2:52.69	13&14	200 Fly	3:08.59	35
36	2:36.99	15&O	200 Fly	2:32.99	37
38	1:13.59	11&12	100 Back		-
39	1:08.09	13&14	100 Back	1:09.39	40
41	1:04.99	15&O	100 Back	1:00.99	42
43	38.99	11&12	50 Breast		-
44	1:19.99	13&14	100 Breast	1:18.69	45
46	1:16.79	15&O	100 Breast	1:07.99	47
48	1:14.19	11&12	100 IM		-
49	2:27.69	13&14	200 IM	2:27.49	50
51	2:22.99	15&O	200 IM	2:10.99	52

Sunday March 10th, 2019

Session #3 Warm-up 7:30 am, Start 8:10 am

Girls		Age	Event Description		Boys
53	NT	10&U	200 Medley Relay	NT	54
-		11&12	200 Medley Relay	NT	55
56	1:43.39	10&U	100 Fly	1:53.59	57
-		11&12	100 Fly	1:24.79	58
59	NT	8 &U	25 Free	NT	60
61	1:19.19	10&U	100 Free	1:19.89	62
-		11&12	100 Free	1:07.49	63
64	NT	8 &U	25 Back	NT	65
66	41.49	10&U	50 Back	41.59	67
-		11&12	50 Back	36.99	68
69	1:43.59	10&U	100 Breast	1:48.39	70
-		11&12	100 Breast	1:31.29	71
72	35.59	10&U	50 Free	34.99	73
-		11&12	50 Free	30.59	74
75	3:17.29	10&U	200 IM	3:23.79	76
-		11&12	200 IM	2:51.39	77

Positive check-in for (200 IM Session 3) and (200 Breast and IM Session 4)

Session #4 Warm-up and Start time TBD

Girls		Age	Event Description		Boys
78	NT	11&12	200 Medley Relay		-
79	NT	13&14	200 Medley Relay	NT	80
81	NT	15&O	200 Medley Relay	NT	82
83	1:04.99	11&12	100 Free		-
84	2:11.89	13&14	200 Free	2:10.99	85
86	2:03.99	15&O	200 Free	1:54.09	87
88	1:17.39	11&12	100 Fly		-
89	1:08.69	13&14	100 Fly	1:08.39	90
91	1:04.99	15&O	100 Fly	57.99	92
93	34.29	11&12	50 Back		-
94	2:27.69	13&14	200 Back	2:30.69	95
96	2:22.39	15&O	200 Back	2:15.99	97
98	29.29	11&12	50 Free		-
99	27.39	13&14	50 Free	26.79	100
101	26.49	15&O	50 Free	23.99	102
103	1:26.09	11&12	100 Breast		-
104	2:51.29	13&14	200 Breast	2:52.79	105
106	2:47.99	15&O	200 Breast	2:39.99	107
108	2:41.09	11&12	200 IM		-