

**2019 JEFFCO HURRICANES SUMMER INVITE**  
**George Meyers Pool (Elevation 5300')**  
**7900 Carr Drive, Arvada, CO 80005**  
**May 31-June 1st, 2019**

**Sanction**           **Held under the sanction of USA Swimming # 2019-080**  
 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 this event.

**Facilities**           This meet will be held at a 50 meter, 8-lane indoor pool with a depth ranging from 13 ft at the start end to 3 1/2 ft at the turn end. Competition will be held in 7 of the 8 lanes and the 8<sup>th</sup> lane will be reserved for continuous warm-up/warm-down, subject to any restrictions set forth by the Meet Referee. A Colorado Timing System with 10 lane scoreboard and electronic touch pads will be used. The competition course has not been certified in accordance with [104.2.2C](#).

**Eligibility**           USA member athletes having a 2019 USA Swimming membership that are members of LOVE, MACS, JH. Swimmers within the 120 day transfer period must swim unattached. Any swimmer that is listed on the CSI exception report without registration must come to the meet prepared to show their registration on deck pass or they must be deck registered before they can enter the water. 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.

**Schedule**            Afternoon session start times are tentative. Final start times will be posted at [www.northjeffcoswimteam.com](http://www.northjeffcoswimteam.com) and emailed to coaches by May 25th. There will be a coaches meeting Friday, May 31st at 11:45AM.

	<u>Warm-ups</u>	<u>Start</u>
Session 1 Friday Open	12:30pm - 1:00pm	1:10pm
Session 2 Friday Open	TBA. 30min at conclusion of session 1	TBA. Approximately 3:00pm
Session 3 Saturday 12&U	8:00 - 8:50am	9:00am
Session 4 Saturday Open	TBA Aprox 12:00-12:40pm	12:50pm
Session 5 Saturday Open	N/A. Use warmup lane	Immediately after session 4. Approximately 5:00pm

**Entry Procedures**   **Meet entries must be received by the Meet Entry Chair no later than 5:00 PM Thursday, May 16th, 2019.** Entries received after May 19th will be accepted only if space is available and must be accompanied by a \$6.00 late fee per event. E-Mail entries will be accepted, and will be used to determine order of entry. **ALL HARD COPIES MUST BE POSTMARKED BY Thursday, May 16<sup>th</sup>, 2019.** The entry chair will send email confirmation of received entries to all entering teams.

All meet entries should be submitted via email using Hy-Tek software, along with a printout of swimmers and events. Out of state swimmers should provide Master Sheets if unable to present entries using Hy-Tek. No team will be split, unless they express that desire. **Entries may be submitted in only LCM.** No times conversions allowed.

**Entry fees are:**

\$6.00 per individual event  
\$9.00 pool surcharge per swimmer  
\$0.75 of every individual event goes to the CSI Support Fund.  
Make one check payable to the North Jeffco Swim Team.

**Send meet entries to Entry Chair:**

North Jeffco Swim Team  
P.O. Box 746396  
Arvada, CO 80006  
[jeffcoentrychair@yahoo.com](mailto:jeffcoentrychair@yahoo.com)

Psych sheets will be posted by Mon, May 27th at [www.northjeffcoswimteam.com](http://www.northjeffcoswimteam.com)

**Deck entries** will be accepted at a cost of \$6 per entry and seeded only into open lanes. Deck entries will close 15 minutes prior to the completion of each session's warm-up. No extra heats will be added to accommodate deck entries. All deck entries must present proof of current registration — no exceptions will be made.

**Distance  
Events**

The following events will be positive check-in and deck seeded: 400 IM, 400 Free, and the 1500 Free. **Events will be contested slowest to fastest girls then boys with the exception of. The 400IM, 400 Free and 1500 Free will be contested fastest to slowest alternating gender.** Positive check-in for the 400 IM, 400 Free, and 1500 Free will close approximately one hour prior to the event. With the exception of the loss of the entry fee, there are no penalties for swimmers that positive check-in and do not compete in an event. The 400 IM & 400 Free require swimmers to provide their own timers (2). The 1500 Free requires swimmers to provide their own timers (2) and a counter (1). Meet host reserves the right to limit the 1500 Free to a maximum of 28 athletes per event or 56 total swimmers. In addition, the 1500 Free may be swum with 2 athletes per lane in order to comply with [205.3.1F](#). Coaches will be notified via email by Monday, May 27<sup>th</sup> if entries for the 1500 Free cannot be accepted.

**Awards**

Ribbons for 1-8th for 10&U and 11-12  
Open events will award 10&U, 11-12 age groups on Friday.  
12&Under events will be split into 10&U and 11-12 age groups for awards on Saturday.  
No team scores will be kept.

**Programs /  
Results**

Programs will not be sold at the meet. They will be emailed to teams, available on Meet Mobile or on our website: [www.northjeffcoswimteam.com](http://www.northjeffcoswimteam.com)

**Warm-up  
Procedures**

Each coach will be responsible for the monitoring of their swimmers during the warm-up. No forward dives or backstroke starts into the water during warm-up unless there is one way swimming and starts with coach supervision. The standard CSI warm-up procedures are in effect for this meet.

**Rules**

**Rules:** Current 2019 USA Swimming and CSI rules and regulations shall apply.  
1. The meet referee will be the final authority for the conduct of the meet.  
2. 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.

3. 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 without the use of the backstroke ledge. 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.
4. Age of the swimmer is determined as of May 31st, 2019.
5. Swimmers are limited to 5 individual events per day.
6. All events will be timed finals.
7. Entries for the 12&Under session will be limited to fit within the four-hour USA Swimming rule.
8. Use of audio or visual recording equipment, including a cell phone, is not permitted in locker rooms or restrooms.
9. On-deck photography is not allowed from behind the starting blocks at all times
10. No smoking, chewing tobacco, drugs, or drinking alcoholic beverages allowed in the building.
11. Any damage to pool property will be grounds for dismissal from the meet.
12. Deck changes are prohibited.
13. No exhibition swimming will be allowed.
14. No Time entries will not be accepted for reasons of providing an accurate timeline. Jeffco Hurricanes swimmers are exempt from the No Time requirement.
15. 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.

**Coaches and Officials**

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

**Concessions**

Will be available during all sessions of the meet. 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 section on the USA swimming site at [usaswimming.org](http://usaswimming.org).

**Special Information**

All coaches, officials, parents and swimmers should act in a manner to reduce the risk of accidents. Coaches are to monitor their swimmers during warm-up and during the meet and are responsible for their safety. This includes but is not limited to slippery deck, bleachers and hallways. All coaches, officials, parents and athletes are reminded that the swimming venue may have areas where additional care needs to be observed. Care should be given to not park in either handicapped spaces or fire lanes as vehicles may be towed at owner's expense.

**Entry Chair**

NJST – P.O. Box 746396, Arvada, CO 80006  
[jeffcoentrychair@yahoo.com](mailto:jeffcoentrychair@yahoo.com)

**Meet Director**

Carmen Babcock [swimshady7@yahoo.com](mailto:swimshady7@yahoo.com)  
Brett Stoyell [brewstoy@hotmail.com](mailto:brewstoy@hotmail.com)

**Meet Referee  
Safety  
Chairman**

Heather Rooney or Designee  
Ashley Strickland

**FRIDAY PM. SESSION 1.**

**12:00-12:50PM Warm-Up 1:00pm Start**

<b>1</b>	Open 400 Free	<b>2</b>
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**FRIDAY PM. SESSION 2.**

**Warm-Up available in warmup/cooldown lane only.**

**Start immediately following conclusion of Session 1 approximately 3:00pm**

<b>3</b>	Open 50 Free	<b>4</b>
<b>5</b>	Open 200 Breaststroke	<b>6</b>
<b>7</b>	Open 100 Fly	<b>8</b>
<b>9</b>	Open 200 Back	<b>10</b>
<b>11</b>	Open 200 IM	<b>12</b>

**SATURDAY AM. SESSION 3.**

**8:00-8:50AM Warm-Up 9:00AM Start**

<b>13</b>	12&U 50 Breaststroke	<b>14</b>
<b>15</b>	12&U 100 Free	<b>16</b>
<b>17</b>	12&U 100 Breaststroke	<b>18</b>
<b>19</b>	12&U 50 Back	<b>20</b>
<b>21</b>	12&U 50 Fly	<b>22</b>
<b>23</b>	12&U 100 Back	<b>24</b>
<b>25</b>	12&U 200 Fly	<b>26</b>
<b>27</b>	12&U 200 Free	<b>28</b>
<b>29</b>	12&U 400 IM	<b>30</b>

**SATURDAY PM. SESSION 4.**

**TBA. Approx 12:00-12:40pm Warm-Up 12:50pm Start**

<b>31</b>	Open 200 Free	<b>32</b>
<b>33</b>	Open 100 Breaststroke	<b>34</b>
<b>35</b>	Open 200 Fly	<b>36</b>
<b>37</b>	Open 100 Back	<b>38</b>
<b>39</b>	Open 100 Free	<b>40</b>
<b>41</b>	Open 400 IM	<b>42</b>

**SATURDAY PM. SESSION 5.**

**Warm-Up available in warmup/cooldown lane only.**

**Start immediately following conclusion of Session 4 approximately 5:00pm**

<b>43</b>	Open 1500 Free	<b>44</b>
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