

2019 CO Age Group Zone 2 Meet

July 12-14, 2019

Meet Referee: Heather Rooney

Sanction:

Held under the sanction of USA Swimming 2019-103. 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.

Entry Chair: Carmen Babcock swimshady7@yahoo.com
Meet Director: Carmen Babcock swimshady7@yahoo.com
Safety Chair: Troy Buglio Bugliotroy@gmail.com
Meet Referee: Heather Rooney Rooneyclan2@gmail.com

Location:

George Meyers Pool, 7900 Carr Drive, Arvada, CO 80006

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 8th 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](#).

Start Time:

We reserve the right to adjust session start times depending upon the number of entries received. The start times will be emailed out to teams no later than July 9 and will be posted on www.northjeffcoswimteam.org under the Events tab.

Tentative Warm Up & Start Times:

| Day | Session | Warm Up | Start | Session | Warm Up | Start |
|--------------|---------|---------------|---------|---------|-------------------------|-------|
| Fri, July 12 | 1 | 10:30-11:00am | 11:10am | | | |
| Sat, July 13 | 2 | 10:00-10:30am | 10:40am | 3 | Conclusion of Session 2 | TBA |
| Sun, July 14 | 4 | 7:30-8:00am | 8:40am | 5 | Conclusion of Session 4 | TBA |

Timing Assignments:

All teams will be assigned timing. The Meet Director will determine the number of timers per team, per session based upon the number of swimmers entered. Timing assignments will be emailed no later than Tuesday, July 10.

Seeding:

Meet will be seeded slowest to fastest.

Eligibility:

- Open to all swimmers holding a 2019 USA swimming membership card and belongs to a Zone 2 team. No swimmer shall be permitted to compete unless the swimmer is a member as provided in Article 302. 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 \$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.
- 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.

- Unattached swimmers in the Zone 2 area may enter the meet as part of a Zone 2 team. May enter via parent with proof of address in the Zone 2 area, please refer to the entry instructions below.

Entry Limit:

Swimmers are permitted to swim a maximum of **four (4) individual events per day**.

Entries:

- All meet entries should be submitted using Hy-Tek software, along with a Hy-Tek printout of swimmers, entries, and a contact for each team. Checks (make one check payable to North Jeffco Swim Team) must be turned in to the Meet Director or mailed prior to competition.
- **No-Time(NT) Entries Will Not Be Accepted!** No time entries will be rejected, be prepared to show proof of time.
- Emailed entries are preferred. Deck Entries will be accepted, based on available lane space. No new heats will be created to accommodate deck entries. Deck entries are \$15.00 per event, plus \$10.00 surcharge if the swimmer is not entered in the meet. Deck Registrations will not be accepted. Jeffco reserves the right to limit entries to stay within the 4 hour rule.
- Any team entering must enter on HY-TEK or pay a \$25 fee.

Entry Fees:

\$10.00 pool surcharge per swimmer
\$6.00 per individual event
\$12.00 per relay
\$.75 per individual swim goes to the CSI support fund
\$15.00 per late entry (in open lanes only)
\$25.00 penalty fee for missed positive check-in events

Entry Opening/Deadline:

Entries will be accepted beginning on Tuesday, June 12th at 3:00pm. Meet entries must be received by the Entry Chair no later than Thursday, July 7th at 5:00 pm. Late entries will be treated as deck entries and will be placed only in open lanes if available.

Entry Chairperson:

Carmen Babcock
Email: swimshady7@yahoo.com
North Jeffco Swim Team
PO Box 746396, Arvada, CO 80006

Please bring payments that were not mailed / received prior to competition to the meet.

Warm up:

- Warm-up will be conducted in accordance with Colorado Swimming Inc. procedures. No equipment may be used during the warm-up periods including but not limited to: fins, paddles, kick boards, pull buoys, cords for assisted or resisted swimming.
- Coaches will be responsible for the conduct and safety of their swimmers.
- The warm up schedule will be emailed out no later than Monday, July 9, 2019.
- Starts may only be practiced with one way swimming – Coach monitored.

Relays:

Teams can only enter 1 relay team per relay event, events are the following 11,12,23,24,35,36,37,38,49,50,61 and 62. To insure we stay within USA swimming 4 hour rule. JH reserves the right to cut relays if the meet timeline is exceeded. **11-12 400 medley and free relays are to provide their own timers.**

Officials:

All USA certified officials with current background and athlete protection are welcome and encouraged to work sessions at this meet. Officials must display current credentials at all times

while on deck USA Official trainees are allowed on deck for training and will be assigned a mentor while working any session of the meet. All officials wishing to participate should report to the Officials meeting at the start of Warm-up for each session you wish to work. The uniform for this meet will be a white polo shirt, navy blue pants/skirts/shorts, white deck friendly shoes and white socks. Teams are encouraged to provide officials to work this meet. Please have all officials contact Heather Rooney.

Positive Check-in:

- Positive check-in will close 30 minutes prior to the start of each session to allow time to seed the events.
- All events 200 meters or greater will require positive check-in and will be deck seeded prior to the session in which the event takes place.
- Swimmers who do not check in may not be allowed to swim positive check-in events.
- **Swimmers in the 400 IM and 400 Free must provide their own timers.**

Awards:

Medals for 1st –3rd and ribbons 4th - 8th place in individual events.

Safety:

All coaches, swimmers, officials and spectators should act in a safe manner. Please be reminded that swimming venues have areas where additional care is needed. This includes, but is not limited to slippery decks and hallways. Proper footwear and caution is recommended. No running or horseplay is allowed; it is the responsibility of the swimmer, coach, officials, and parents to monitor these activities. Remember safety first!

Rules:

- Current USA Swimming rules will govern the procedure of the meet. Age as of the first day of the meet will determine the swimmer's age group. The meet will be pre seeded, except for events 200 meters or greater, for which positive check-in will be required. The meet is a timed final and warm-up times and lanes will be assigned.
- The USA Swimming National Start will be used. It is the responsibility of every swimmer and coach to ensure that they report to the starting area in a timely fashion and respond to all signals and commands of the meet officials promptly. If a swimmer is late to, or misses the start of their heat for any reason, that swimmer may not be allowed to swim that event.
- 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.
- The MEET REFEREE will have the final authority on all swimming procedures.
- All events are timed final events. All entries must be legible with name of swimmer, event and description. No refunds will be given for incorrect entries.
- Coaches and officials must display current credentials at all times. Deck Pass is an acceptable proof of USA Swimming membership.
- No exhibition swimming is allowed.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- No on deck photography from behind the starting platforms.
- Deck changes are prohibited, changing into or out of swimsuits other than in locker rooms or other designated areas are not appropriate and is prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, an/or spectators are present.

Hospitality:

Hospitality will be available to coaches and officials only.

Meet Programs:

Meet programs will be sent to coaches for distribution to participants. It will also be posted to meet mobile and Jeffco website www.northjeffcoswimteam.org. Programs will not be for sale.

Concessions:

Concessions will be available Saturday & Sunday. Colorado Swimming, Inc. does not support, recommend, endorse, or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's 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 on the USA Swimming website at www.usaswimming.org.

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Schedule of Swimming Events Session #1 Friday

Warm up: 10:30am – 11:00am Session Starts: 11:10am

| Girls | Event Description | Boys |
|--------------|--------------------------|-------------|
| 1 | 12-U 200 Back | 2 |
| 3 | 11-12 100 Fly | 4 |
| 5 | 12-U 200 Breast | 6 |
| 7 | 11-12 50 Free | 8 |
| 9 | 12-U 400 IM | 10 |
| 11 | 11-12 400 Medley Relay | 12 |

Schedule of Swimming Events Session #2 Saturday

Warm up: 10:00am – 10:30am Session Starts: 10:40am

| Girls | Event Description | Boys |
|--------------|--------------------------|-------------|
| 13 | 11-12 50 Fly | 14 |
| 15 | 11-12 200 Free | 16 |
| 17 | 11-12 100 Back | 18 |
| 19 | 11-12 100 Breast | 20 |
| 21 | 11-12 200 IM | 22 |
| 23 | 11-12 200 Free Relay | 24 |

Schedule of Swimming Events Session #3 Saturday

Warm up: 30 minute session, Start at conclusion of session 2 Session Starts: TBA

| Girls | Event Description | Boys |
|--------------|--------------------------|-------------|
| 25 | 10-U 50 Free | 26 |
| 27 | 10-U 50 Fly | 28 |
| 29 | 10-U 100 Back | 30 |
| 31 | 10-U 100 Breast | 32 |
| 33 | 10-U 200 Free | 34 |
| 35 | 10-U 200 Medley Relay | 36 |

Schedule of Swimming Events Session #4 Sunday

Warm up: 7:30am – 8:00am Session Starts: 8:40am

| Girls | Event Description | Boys |
|-------|------------------------|------|
| 37 | 11-12 200 Medley Relay | 38 |
| 39 | 11-12 50 Breast | 40 |
| 41 | 12-U 200 Fly | 42 |
| 43 | 11-12 50 Back | 44 |
| 45 | 11-12 100 Free | 46 |
| 47 | 12-U 400 Free | 48 |
| 49 | 11-12 400 Free Relay | 50 |

Schedule of Swimming Events Session #5 Sunday

Warm up: 30 minute session, Start at conclusion of session 4 Session Starts: TBA

| Girls | Event Description | Boys |
|-------|---------------------|------|
| 51 | 10-U 50 Back | 52 |
| 53 | 10-U 100 Fly | 54 |
| 55 | 10-U 100 Free | 56 |
| 57 | 10-U 50 Breast | 58 |
| 59 | 10-U 200 IM | 60 |
| 61 | 10-U 200 Free Relay | 62 |

Jeffco Hurricanes are going GREEN!

Please bring your reusable water bottle and/or coffee mug. There will be water refill stations available at the pool, and concessions will be happy to fill coffee in your own mug!

