

MILE HIGH CHAMPIONSHIP PRELIM/FINAL INVITE MARCH 11-13, 2022

- SANCTION:** Held under the Sanction of USA Swimming and Colorado Swimming #2022-032
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.
- HOST:** Hosted by Jeffco Hurricanes (Evergreen Site).
- MEET REFEREE:** Cheryl Hampton & Alice Coffman cherylswimofficial@gmail.com
alice.coffman@simplot.com
- ADMIN REFEREE:** Linda Seckinger or designee lseckinger@aol.com
- MEET DIRECTOR:** Linda Seckinger or designee lseckinger@aol.com
- ENTRY CHAIR:** Linda Seckinger lseckinger@aol.com
P. O. Box #62
Evergreen, CO 80437
- SAFETY CHAIR:** Jordan Kuper or his designee jordankuper10@gmail.com
- LOCATION:** George Meyers Pool
7900 Carr Drive
Arvada, CO 80005
Elevation 5300'

SCHEDULE

SESSION	WARM UP	START
Friday Timed Final Session	4:00 PM	5:10 PM
Saturday & Sunday Prelims	7:00 AM	8:10 AM
Saturday and Sunday Finals	4:00 PM	5:10 PM

- FACILITIES:** Indoor 10 lane, 25- yard competition course.
- Depth range of 4 feet in lane 10 at the start and turn ends and 12 feet in lane 1 at the start and turn ends with non-turbulent lane markers.
- The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

TIMING: Colorado Times System 6 with 10-lane scoreboard. Electronic timing with touch pads, back-up buttons and manual stopwatches on each lane.

RULES: This will be a prelim/final format for the Saturday and Sunday sessions. Fridays sessions will be a timed final session.

The National Scratch rule will be enforced for this meet. Please refer to 207.11.6 for penalties for a no show (NS) in prelims and finals.

The meet will be pre-seeded for timed final events on Friday evening that do not require positive check-in.

The prelim/final events will be seeded after the scratch deadline for each session has closed.

SCRATCH DEADLINE

Session	Scratch Deadline
Saturday Prelims	Friday 5:00 PM
Saturday Finals	30 Minutes after the last announced event of the prelim session
Sunday Prelims	30 minutes after the published start time for Finals on Saturday
Sunday Finals	30 minutes after the last announced event of the prelim session

Per USA Swimming rule 302.4, Colorado Swimming, Inc. will impose a fine of \$100.00 per swimmer who shows up on the post meet registration check and will have this fee charged to their team account. Teams will receive ONE pre meet recon email as a reminder to register the unregistered swimmers. As soon as the post meet registration check is run the team will be charged for any unregistered swimmers. Deck Pass is an acceptable for proof of membership.

Current 2022 USA Swimming rules, including Minor Athlete Abuse Prevention Policy (MAAPP), will govern the procedure of the meet.

Age as of March 11, 2022 will determine the swimmer's age for the duration of the meet.

In order for a swimmer to represent a team, the team must be a 2022 member of Colorado Swimming.

No swimmer who is not a member of USA Swimming shall be allowed to complete. A meet recon prior to the meet will help identify any athlete that is not in compliance. While it is absolutely the responsibility of the athlete member to complete the requirements of membership (including APT for 18 & over athletes), as a safeguard, it is

the responsibility of the LSC to ensure that all swimmers competing in a sanctioned event be members of USA Swimming in good standing.

Each 11&O swimmer may enter 1 relay and 3 individual events per day with a maximum of 7 events for the meet.

Each 10&U swimmer may enter 1 relay and 4 individual events per day with a maximum of 8 events for the meet.

Relays are limited to three (3) relays per team per event.

Two heats (20 swimmers each gender) will be brought back for Finals for the 11-12's. Four heats (40 swimmers each gender) will be brought back for Finals for 13-Overs. 14&U swimmers may swim any event that they did not swim at the CSI 14&U State Championships.

The 400 IM and 500 Freestyle requires positive check in to swim the event. Positive check in will close at 4:30 PM on Friday, March 11th.

Swimmers entered in the 500 Freestyle must provide their own two (2) timers and counter.

No Exhibition swimming is allowed.

The Meet Referee will have final authority on all matters related to the conduct of the meet.

Colorado Swimming warm-up procedures will be followed.

Coaches and officials must have current certification. Deck Pass is acceptable proof of USA Swimming membership. Current certification for all coaches is mandatory. Coaches that are not in compliance will not be allowed on deck.

Coaches will be provided warm-up assignments.

Each team will be required to provide timers for the duration of the meet.

No Spectators under current Covid-19 Restrictions – will be updated with new covid policy

Timelines, Warm Up schedule, and Lane timing assignments will be emailed no later than Wednesday, March 9, 2022

SPECIAL NOTE:

“Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.”

DECK CHANGING IS PROHIBITED.

“Photography from behind the starting blocks is prohibited during starts for individual and relay events.”

“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) anytime athletes, coaches, officials and/or spectators are present.

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. Unattached/unaccompanied swimmers will be assigned to an Evergreen team coach for warm-up/warm-down and will act in their interests for the meet, and must report to the meet referee for assignment of the coach.

No smoking allowed on deck, in the building or any area frequented by swimmers.

No glass bottles on deck or in the restrooms.

Hospitality will be provided for coaches and officials.

Bleachers and other seating will be provided.

ELIGIBILITY:

Open to all Colorado Swimming athletes holding a current USA Swimming registration membership. Swimmers must be prepared to show registration if requested.

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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmers legal guardian to ensure compliance with this requirement.

AWARDS:

12-Unders Individual Medals for 1st, 2nd & 3rd - Ribbons will be awarded for 4th – 20th. No 13-Over Awards . **Ribbons for Relays for 12-Unders.**

ENTRY FEES:

Individual Events:	\$10.00 (\$1.05 will go to the CSI Support Fund.)
Relay Events:	\$16.00
Pool Surcharge:	\$14.00

Entries due Tuesday March 3 at 6:00 pm (No updated files allowed)

ENTRY PROCEDURES:

Please make all entries using Hy-Tek or Team Unify export files. Copies of the individual entry report and entry fee report must accompany entries.

Please include attending lead coach's name, address, email address and phone number with your entries.

NT entries will be accepted and will be seeded with the slowest heats except for those events that have qualifying time standards attached.

The event template will be available after February 1st. Please email 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 \$10.00 per event and a \$14.00 surcharge if the swimmer is not already entered in the meet. No Deck Registrations will be accepted.

Deck entries will be accepted prior to the scratch deadline. After the scratch deadline no new heats will be created and the swimmer will be seeded in the first available open lane of the event. Swimmers deck entering that are not already in the meet must show proof of current registration.

MEET UPDATE

TEAM INFO:

Team Phone number – 303-635-6989

Team Web Page: www.evergreenswimteam.org

Inclement weather guidance will be posted on the team's web page and updated by 6:30 AM reporting any last minute cancellations or delayed start times.

Covid-19

- i. We have taken enhanced health and safety measures to reduce the spread of COVID-19; however, we cannot guarantee that you will not be exposed to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. Physical presence at the meet may increase the risk of contracting COVID-19. Meet participants and spectators voluntarily assume all risks related to exposure to COVID-19 and voluntarily accept sole responsibility for any personal injury, illness, permanent disability or death that may result.
- ii. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- iii. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**Friday March 11th, 2022, Timed Finals
Session #1 Warm-up 4:00 pm, Start 5:00 pm**

<u>Girls</u>		<u>Age</u>	<u>Event Description</u>		<u>Boys</u>
1	4:00	10&U	200 IM	4:00	2
3	3:45	11-12	200 IM	3:45	4
5	6:30	13-14	400 IM	6:30	6
7	6:15	Open	400 IM	6:15	8
9	3:45	10&U	200 Free	3:45	10
11	6:45	11-12	500 Free	6:45	12
13	6:15	13-Over	500 Free	6:15	14

Positive check-in for (400 IM and 500 Free Session 1)

**Saturday March 12th, 2022
Session #2 Warm-up 7:00 am, Start 8:00 am**

<u>Girls</u>		<u>Age</u>	<u>Event Description</u>		<u>Boys</u>
15 TFP		12&Under	200 Free Relay		16 TFP
17 TFP		13&Over	200 Free Relay		18 TFP
19		11-12	100 Free		20
21		13&Over	100 Free		22
23		11-12	50 Back		24
25 TFP	3:45	12-Under	200 Fly	3:45	26 TFP
27		13&Over	200 Fly		28
29		11-12	100 Breast		30
31		13&Over	100 Breast		32
33		11-12	50 Fly		34
35 TFP	3:30	12&Under	200 Back	3:30	36 TFP
37		13&Over	200 Back		38
-		13&Over	200 IM		40

TFP – Timed Final in Prelims

Saturday March 12th, 2022
Session #3 Warm-up TBA, Start TBA

Girls	Age	Event Description	Boys
41		10&Under Free Relay	42
43		10&Under 100 Free	44
45		8&Under 25 Fly	46
47		10&Unders 50 Fly	48
49		8&Unders 25 Breast	50
51		10&Unders 100 Breast	52
53		10&Unders 50 Back	54
55		10&Unders 100 IM	56

Saturday March 12th, 2022
Session #4 Warm-up 4:00 pm, Start 5:00 pm

Girls	Age	Event Description	Boys
19	11-12	100 Free	20
21	13-14	100 Free	22
		15&Over 100 Free	
23	11-12	50 Back	24
27	13-14	200 Fly	28
		15&Over 200 Fly	
29	11-12	100 Breast	30
31	13-14	100 Breast	32
		15&Over 100 Breast	
33	11-12	50 Fly	34
37	13-14	200 Back	38
		15&Over 200 Back	
--	13-14	200 IM	40
--		15&Over 200 IM	

Sunday March 13th, 2022
Session #5 Warm-up 7:00 am, Start 8:00 am

<u>Girls</u>	<u>Age</u>	<u>Event Description</u>	<u>Boys</u>
57	12&Under	200 Med Relay	58
59	13&Over	200 Med Relay	60
61	11-12	100 Fly	62
63	13&Over	100 Fly	64
65	11-12	50 Breast	66
67 TFP	3:30	12&Under 200 Free	3:30 68 TFP
69	13&Over	200 Free	70
71	11-12	100 Back	72
73	13&Over	100 Back	74
75	11-12	50 Free	76
77 TFP	3:45	12&Under 200 Breast	3:45 78 TFP
79	13&Over	200 Breast	80
81	13&Over	50 Free	82
83	11-12	100 IM	84
85	13-Over	200 IM	-

TFP – Timed Finals in Prelims

Sunday March 13th, 2022
Session #6 Warm-up TBA, Start TBA

<u>Girls</u>	<u>Age</u>	<u>Event Description</u>	<u>Boys</u>
87	10&Under	200 Med Relay	88
89	10&Under	100 Fly	90
91	8&Under	25 Free	92
93	10&Under	50 Free	94
95	10&Under	50 Breast	96
97	8&Under	25 Back	98
99	10&Under	100 Back	100

Sunday March 13th, 2022
Session #7 Warm-up 4:00 pm, Start 5:00 pm

<u>Girls</u>	<u>Age</u>	<u>Event Description</u>	<u>Boys</u>
61	11-12	100 Fly	62
63	13-14	100 Fly	64
	15&Over	100 Fly	
65	11-12	50 Breast	66
69	13-14	200 Free	70
	15&Over	200 Free	
71	11-12	100 Back	72
73	13-14	100 Back	74
	15&Over	100 Back	
75	11-12	50 Free	76
79	13-14	200 Breast	80
	15&Over	200 Breast	
81	13-14	50 Free	82
	15&Over	50 Free	
83	11-12	100 IM	84
85	13-14	200 IM	--
	15-Over	200 IM	