

SUBURBAN LEAGUE DISTANCE INVITATIONAL

SATURDAY DECEMBER 21, 2019

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

- Sanction:** Sponsored by the NJST and held under Suburban League blanket sanction 2019-.
- Location:** Meyers Pool, 7900 Carr Drive, Arvada, CO 80006
- Meet Referee:** Linda Seckinger 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'. Competition water depth measured in accordance with Article 103.2.3 ranges from 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. 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.
- 1000 & Mile:** Swimmers are required to provide their own timers and counters for the 500, 1000 and 1650.
- Awards:** Ribbons 1st thru 6th for 12 & unders.
- Eligibility:** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
Open to any swimmer with a 2019/20 USA Swimming membership.
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.
On deck registration will not be permitted at the meet.
- 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. No new heats will be added to any event.
- Entry Deadline:** All entries are due Thursday Dec 6th. Psych Sheets and Heat sheets will be posted on Northjeffcoswimteam.org by Thursday prior to the meet.
No programs will be sold at the meet.
- 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

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. 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 one heat of girls and one heat of boys.
3. **Participating teams will be assigned lanes for timing.**
4. Swimmers attending without a coach must report to the meet referee to make arrangements for coach supervision to act in their interest during the meet. Assigned coach shall be responsible for supervision of warm-up/warm-down, and all other responsibilities of the swimmer.
5. 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 swimmer's legal guardian to ensure compliance with this requirement.
6. Age of the swimmer is determined as of Dec 21, 2019. Swimmers are limited to 3 individual events per day. All events will be timed finals.
7. Use of audio or visual recording equipment, including a cell phone, is not permitted in locker rooms or restrooms.
8. No smoking, chewing tobacco, drugs, or drinking alcoholic beverages allowed in the building.
9. Any damage to pool property will be grounds for dismissal from the meet.
10. Deck Changing is prohibited.
11. All coaches and persons acting in any coaching capacity and uniformed officials must, Check-in/sign-in with the Meet Director or Meet Referee and display their current USA/CSI cards when on deck. Current certification is mandatory. Coaches and officials that are in noncompliance will not be allowed on deck. Deck Pass is an acceptable proof of Membership.
12. No on-deck photography from behind the starting blocks will be allowed during the starts of any races. All photographers must identify themselves in advance to the meet referee.
13. No exhibition swimming will be allowed.
14. Swimmers must enter the water from a 3 point entry. No diving during warm-up except in designated lanes.
15. In the event of inclement weather check our website 60-90 min prior to the start of each session for possible delays: www.northjeffcoswimteam.org
16. There will be concessions at the meet
17. 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.

**2019
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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 500 Free	34
35	Open 1650 free	36