

We have taken enhanced health and safety measures – for you, other participants, and staff members. You must follow all posted instructions while participating in our Front Range Barracudas hosted event. 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.

*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.*

Please seek out additional information via tri-county health or Tri County Health Department - <https://www.tchd.org/>  
Colorado Department of Public Health and Environment - <https://www.colorado.gov/cdphe>  
Center for Disease Control – [cdc.gov](https://www.cdc.gov)

If a meet participant is experiencing any of the following symptoms they will not be permitted to participate and all entry fees will be refunded.

Fever  
Cough or shortness of breath  
Runny nose not consistent with allergies  
Sore throat  
Diarrhea, nausea or vomiting  
Unusual fatigue  
New or atypical headache  
Diffuse muscle aches  
*Loss of sense of smell*

## **Covid Operational Plan**

Warm-ups lanes will be assigned to swimmers.

Masks are required at all times in the facility. Will be worn until behind blocks by swimmers and put on immediately after race/warm-down.

Spectators are allowed, but must be masked at all times.

There will be limited access to locker rooms for restroom purposes.

Parents will have continuous access to their child in case of emergency

Blocking walkways is prohibited

Tri-county health signage and mask policy will be posted

There will be no concessions

hospitality will be limited.

# The CUDA CLASSIC

**January 14-16 2022**

**Sanction:** Held under USA swimming sanction # 2022-009  
**Meet Referee:** Alice Coffman // Alice.Coffman@simplot.com  
**Entry Chair:** Linda Seckinger // lseckinger@aol.com  
**Meet Director:** Linda Seckinger // lseckinger@aol.com  
**Safety Director:** Damon Garrison // CoachDamon@teamcudas.com

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.

**Location:** Veterans Memorial Aquatic Center  
5310 E. 136<sup>th</sup> Ave.  
Thornton, CO 80602

**Facility:** Indoor, 25 yard, 10 lane pool. The competition course has been certified in accordance with 104.2.2C (4). Continuous warm-up/warm-down lanes will be available during the meet. The Competition course depth is a continuous 7 feet at start and turn ends.

**Parking:** In the event that the parking lot at the VMAC fills, there is additional parking across the street at Horizon High School.

**Timing:** Colorado Timing System with touch pads at the start end and buttons on the far end. There is an electronic scoreboard with a 10 lane read out. Cudas will provide the large majority of the timing volunteers, however we reserve the right to ask visiting teams for some help. Timing assignments will be e-mailed out no later than Tuesday, January 14. 500 Swimmers are responsible for their own timers and a counter.

**Eligibility:** Open to all swimmers registered to invited teams or training unattached with invited teams holding a 2022 USA Swimming membership. The swimmer's age as of January 14, 2022 will determine their age group. 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.

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.

**Entry Fees:** \$6.50 per event, \$1.05 of each individual event will go to the CSI support fund. Pool surcharge will be \$15 per swimmer. Deck entries will be \$6.50 per event and limited to space in available heats.

**Results:** Results will be emailed to participating teams once the meet has concluded.

**Invited Teams:**

ACES-CO	FAC-CO
AQUA-CO	FORM-CO
WTST-CO	FST-CO
ATST-CO	CUDA-CO
AVON-CO	KNGT-CO
BLDR-CO	JH-CO
BB-CO	LIFE-CO
CCA-WY	LONG-CO
ROCK-CO	NFSC-CO
DAC-CO	PPA-CO
DTST-CO	RPDS-CO
WAVE-CO	VOTX -CO

Other teams with interest in attending, please contact [CoachAndrew@teamcudas.com](mailto:CoachAndrew@teamcudas.com)

**Positive Check-in:** We reserve the right to positive check in 400 IM, 500 Free 200 Back, 200 Free, 200 Fly, 200 Breast and the 200 IM.

**Coaches/Officials:** All coaches and uniformed officials must display their USA/CSI cards when on deck. Deck Pass is an appropriate form of certification. Current certification is mandatory. Coaches will be required to sign-in to receive a heat sheet. A coaches meeting will be held 15 minutes prior to the start of the first warm-up session on Friday.

Officials briefing will begin 1 hour prior to the start of each session. Official uniform will be white polo shirt over black shorts, skirt, or pants, black socks, and predominately black shoes. Please contact the Meet Referee to advise of your availability. All briefings will start one hour prior to the start of the session. Trainees are welcome on deck.

**Entries:** Entries must be received by e-mail via Hytek to Linda Seckinger. We will limit the meet to comply with the four hour rule for and desirable timeline for all sessions. No exhibition swimming allowed.

Each swimmer may enter a maximum of three events on Saturday and Sunday and two events on Friday, but shall not exceed seven events for the weekend.

**Deadline:** Entries must be in the inbox of the entry chairperson by 9pm Tuesday, January 4. Late entries will be accepted based on availability. All changes, concerns, and time updates need to be submitted prior to 9 pm on Monday, January 10. Entry fees paid by check delivered at meet or mailed to...

Attn Ashley Amato  
PO Box 120  
Broomfield, CO 80038

**Meet Programs:** Will be provided in advance of the meet via PDF and will be available on Meet Mobile as well.

**Psych Sheets:** Will be e-mailed out by Friday, January 7. Please review them, and e-mail any changes or concerns to Linda Seckinger by Monday, January 10 at 9pm.

**400 IM & 500 Free:** We will alternate Female/Male heats and run fast to slow. Swimmers must have entry times faster than the qualifying standards. CUDA is exempt from qual times.

**Warm-ups:** CUDA reserves the right to assign lanes or offer an open warm-up. Lane assignments will be posted on [teamcudas.com](http://teamcudas.com) no later than Tuesday, January 11. Coaches will be responsible for monitoring their swimmers during the warm-up period. Starts may only be practiced with one way swimming. Following all CSI warm-up procedures is mandatory. CUDA reserves the right to slightly alter the start times for all meet sessions. If changes occur; session start times will be e-mailed to participating teams-no later than Monday, January 10.

**Awards:** Swimmers participating in the PM sessions will receive meet bag tags. High point trophies will be awarded for each age and each gender in the 10&U and 11-12 sessions and will be presented Sunday following the Sunday AM Session. Each event will be scored as follows: 11-9-8-7-6-5-4-3-2-1. Friday's 12 & Under events will be calculated into the final scores. 12 & Under swimmers participating in Open events, will not have those events added to their point total. In the event of a tie for overall placing. Number of higher placings in head-to-head events will be used to determine placing.

- Additional Rules:**
- Current USA rules will govern the procedure of the meet.
  - The meet referee will be the final meet authority.
  - The meet will be pre-seeded, and all events are timed finals.
  - The use of cell phones or any cameras are prohibited in the locker rooms.
  - No on deck photography from behind the starting platforms
  - Deck changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
  - No drones allowed

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.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet

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.

## Friday PM

Warm-up: 5:05-5:35p / Start 5:30p

	1	12 & U Girls	200 IM	12 & U Boys	2	
5:39.69	3	Open Girls	400 IM	Open Boys	4	5:17.39
6:38.39	5	12 & U Girls	500 Free	12 & U Boys	6	6:27.49
6:20.09	7	Open Girls	500 Free	Open Boys	8	5:58.89

## Saturday One

Warm-up: 7:15-7:45a / Start: 8a

9	10 & U Girls	50 Free	10 & U Boys	10
11	8 & U Girls	25 Fly	8 & U Boys	12
13	10 & U Girls	100 Fly	10 & U Boys	14
15	10 & U Girls	100 Breast	10 & U Boys	16
17	8 & U Girls	25 Back	8 & U Boys	18
19	10 & U Girls	50 Back	10 & U Boys	20
21	10 & U Girls	100 IM	10 & U Boys	22

## Saturday Two

(Tentative) Warm-up: 11-11:30a / Start 11:45a

	23	11-12 Girls	50 Free	11-12 Boys	24	
2:34.49	25	11-12 Girls	200 Back	11-12 Boys	26	2:41.39
	27	11-12 Girls	100 Fly	11-12 Boys	28	
	29	11-12 Girls	100 Breast	11-12 Boys	30	
	31	11-12 Girls	50 Back	11-12 Boys	32	
	33	11-12 Girls	100 IM	11-12 Boys	34	

## Saturday Three

(Tentative) Warm-up: 2:30p / 3:15p

35	Open Girls	50 Free	Open Boys	36
37	Open Girls	100 Fly	Open Boys	38
39	Open Girls	200 Back	Open Boys	40
41	Open Girls	100 Breast	Open Boys	42
43	Open Girls	200 Free	Open Boys	44

## Sunday One

Warm-up: 7:15-7:45a / Start: 8a

45	10 & U Girls	50 Fly	10 & U Boys	46
47	10 & U Girls	100 Free	10 & U Boys	48
49	8 & U Girls	25 Free	8 & U Boys	50
51	10 & U Girls	100 Back	10 & U Boys	52
53	8 & U Girls	25 Breast	8 & U Boys	54
55	10 & U Girls	50 Breast	10 & U Boys	56
57	10 & U Girls	200 Free	10 & U Boys	58

## Sunday Two

(Tentative) Warm-up: 11-11:30a / Start 11:45a

	59	11-12 Girls	50 Fly	11-12 Boys	60	
03:01.79	61	11-12 Girls	200 Breast	11-12 Boys	62	03:04.49
	63	11-12 Girls	100 Free	11-12 Boys	64	
	65	11-12 Girls	100 Back	11-12 Boys	66	
2:52.79	67	11-12 Girls	200 Fly	11-12 Boys	68	3:01.39
	69	11-12 Girls	50 Breast	11-12 Boys	70	
	71	11-12 Girls	200 Free	11-12 Boys	72	

## Sunday Three

(Tentative) Warm-up: 2:30p / 3:15p

73	Open Girls	100 Free	Open Boys	74
75	Open Girls	200 Fly	Open Boys	76
77	Open Girls	200 IM	Open Boys	78
79	Open Girls	100 Back	Open Boys	80
81	Open Girls	200 Breast	Open Boys	82