

**NORTHERN COLORADO SWIMMING
WINTER DISTRICT CHAMPIONSHIPS
10&U, 11-12 14&U, and Open**

DATE: January 29 & 30, 2011

HOSTED BY: Northern Colorado Swimming with the assistance of the Front Range Barracudas and Estes Park Swim Club.

SANCTION: Held under the Sanction of USA Swimming No. 2011-002B.

LOCATION: Estes Park Aquatic Center
660 Community Drive
Estes Park, Colorado 80517

FACILITIES: Indoor 6 lane 25-yard pool with 6 lane display scoreboard. The pool has not been certified in accordance with USA Swimming Rules and Regulations. Water depth at start end 6' and turn end 3.5'.
Diving well to be used for serious warm up and cool down only. No horseplay will be allowed in the diving well.

TIMING: Electronic timing with touch pads, back-up device and manual timers on each lane.

SCHEDULE: Saturday and Sunday AM 7:00 AM Warm Ups
8:00 AM Start

Saturday and Sunday PM 12:00 PM Warm Ups
1:00 PM Start

RULES: Current 2011 USA rules will govern the procedure of the meet.
Age as of January 29, 2011 will determine the swimmer's age group.

In order for a swimmer to represent a team, the team must be a 2011 member of Northern Colorado Swimming and member of Colorado Swimming, Inc.

The meet is pre-seeded with timed finals in all events.

Each swimmer may swim 4 (four) events plus 1 (one) relay per day.
Relays are limited to two (2) relays per team per event.

Individual scratch rule will be enforced during the meet.

Swimmers entered in the 500 Freestyle must provide their own timer and counter.

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

Colorado Swimming warm-up procedures will be followed.

Coaches and officials must have current certification and display their cards at all times while on deck. This is a championship meet so no trainees will be allowed on deck during this meet.

SPECIAL NOTE: THE USE OF CAMERAS OR CELL PHONES IS NOT ALLOWED IN THE LOCKER ROOMS. DECK CHANGING IS NOT ALLOWED.

NOTE: SWIMMERS MAY COMPETE IN THE MEET AS UNATTACHED, BUT WILL NOT BE PERMITTED TO EARN TEAM POINTS.

ELIGIBILITY: Open to all Northern Colorado Swimming athletes holding current 2011 USA registration cards. Swimmers must be prepared to show registration if requested. **Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their USA card or they will be deck registered before they can enter the water. A surcharge for deck registration will also apply, \$28.00 for year round plus the normal registration fee.**

SCORING: Individual: 16-13-12-11-10-9-7-5-4-3-2-1
14&U events will be scored as 10&U, 11-12 and 13-14 for Individual High Point Awards.
Open events will be scored as 10&U, 11-12, 13-14 and 15&O for Individual High Point Awards.

ENTRY FEES: Individual Events: \$3.75 per event
Relays: \$5.00 per relay
Pool Surcharge: \$5.00 per swimmer

\$.75 of each individual entry will go toward a special travel fund for Zone, Sectional and National and Junior Qualifiers.

ENTRY PROCEDURES: **DO NOT SEND CARDS.** Submit entries on a 3-1/2" disk processed through Hy-Tek software. A printout must also accompany your disk. Otherwise, all entries must be on Master Entry Sheets. Entry sheets must be filled out completely and legibly with age, name, times and complete USA number. Be sure to include coach's name, address and phone number.

Please be sure all swimmers are entered into every event for which they signed up. Double check relays. **NO EXHIBITION SWIMMING IS ALLOWED.**

REMINDER NOTICE: **NO ENTRIES WILL BE ACCEPTED AFTER THE ENTRY DEADLINE. NO DECK SEEDED ENTRIES WILL BE ACCEPTED FOR INDIVIDUAL OR RELAY EVENTS.** PLEASE DOUBLE CHECK YOUR DISK AND YOUR PRINTOUT BEFORE SENDING.

AWARDS: Participants: Participation
Individual: Ribbons, 1st-12th place
Relays: Ribbons, 1st-3rd place

Individual High Point Awards:
1st-3rd place in each age group, Male and Female.
10&U, 11-12, 13-14 & 15 & Over.

DEADLINE: **ENTRIES MUST BE RECEIVED BY WEDNESDAY January 19, 2011, by 6:00 PM**

MEET DIRECTOR: Stacy Fisher
MEET REFEREE: Doug Everett or his designee
SAFETY CHAIRMAN: Debbie McDougal

ENTRY CHAIR: Linda Seckinger
5 Cherry Avenue
Eaton, CO 80615
970-454-3697
Lseckinger@aol.com

PROGRAMS: Programs will be available for \$5.00. Coaches and officials will receive programs.

RESULTS: \$3.00 each. Meet results will be provided to each team. You may bring a formatted 3-1/2" disk for results on HY-TEK software.

NOTE: THIS IS A DISTRICT SPONSORED MEET. EACH TEAM WILL NEED TO PROVIDE TIMERS. NOTIFICATION OF LANE ASSIGNMENTS WILL BE FAXED OR E-MAILED TO TEAM REPRESENTATIVES BEFORE THE MEET AND WILL BE POSTED AT THE POOL.

PLEASE MAKE ONE CHECK PER TEAM PAYABLE TO NORTHERN COLORADO SWIMMING.

COLORADO MEET VERIFICATION FORMS MUST BE RETURNED WITH ALL ENTRIES.

**SATURDAY AM
SCHEDULE OF EVENTS**

GIRLS	EVENT	BOYS
1	10&U 100 BACKSTROKE	2
3	11-12 100 BACKSTROKE	4
5	10&U 50 FREESTYLE	6
7	11-12 50 FREESTYLE	8
9	10&U 100 BREASTSTROKE	10
11	11-12 50 BREASTSTROKE	12
13	10&U 50 BUTTERFLY	14
15	11-12 100 BUTTERFLY	16
17	10&U 100 FREESTYLE	18
19	11-12 100 FREESTYLE	20
21	10&U 200 IM	22
23	11-12 200 IM	24
25	10&U 200 MEDLEY RELAY	26
27	12&U 200 MEDLEY RELAY	28

**SATURDAY PM
SCHEDULE OF EVENTS**

29	14&U 100 FREESTYLE	30
31	OPEN 50 FREESTYLE	32
33	14&U 200 BUTTERFLY	34
35	OPEN 100 BUTTERFLY	36
37	14&U 100 BACKSTROKE	38
39	OPEN 50 BACKSTROKE	40
41	14&U 200 BREASTSTROKE	42
43	OPEN 100 BREASTSTROKE	44
45	14&U 200 IM	46
47	OPEN 100 IM	48
49	14&U 500 FREESTYLE	50
51	OPEN 200 FREESTYLE	52
53	14&U 400 MEDLEY RELAY	54
55	OPEN 400 MEDLEY RELAY	56

**SUNDAY AM
SCHEDULE OF EVENTS**

GIRLS	EVENT	BOYS
57	10&U 50 BACKSTROKE	58
59	11-12 50 BACKSTROKE	60
61	10&U 50 BREASTSTROKE	62
63	11-12 100 BREASTSTROKE	64
65	10&U 100 BUTTERFLY	66
67	11-12 50 BUTTERFLY	68
69	10&U 200 FREESTYLE	70
71	11-12 200 FREESTYLE	72
73	10&U 100 IM	74
75	11-12 100 IM	76
77	10&U 200 FREE RELAY	78
79	12&U 200 FREE RELAY	80

**SUNDAY PM
SCHEDULE OF EVENTS**

81	14&U 200 FREESTYLE	82
83	OPEN 100 FREESTYLE	84
85	14&U 200 BACKSTROKE	86
87	OPEN 100 BACKSTROKE	88
89	14&U 100 BREASTSTROKE	90
91	OPEN 50 BREASTSTROKE	92
93	14&U 100 BUTTERFLY	94
95	OPEN 50 BUTTERFLY	96
97	14&U 50 FREESTYLE	98
99	OPEN 200 IM	100
101	14&U 400 IM	102
103	14&U 400 FREE RELAY	104
105	OPEN 400 FREEL RELAY	106