

# Highlands Ranch Aquatics

## 2010 Spring Open

February 12, 13, and 14<sup>th</sup> 2010

Sponsored by ACES SWIM CLUB

### SANCTION:

Held under USAS/Colorado Swimming Inc. Sanction No. 2010-013

### LOCATION:

Heritage High School                      Altitude:5150

1401 West Geddes Avenue

Littleton, CO 80120

I-25 to C-470, West on C-470 to Broadway, Broadway South to Fremont Ave. West on Fremont Ave. to Easter. Right on Easter to S. Elati, Right on S. Elati to Meadowbrook, Left on Meadowbrook to Gallup. Left on Gallup. High School will be on right. Parking just South of school.

### POOL/ TIMING:

Six Lane, 25 yard, with non-turbulent markers. Bleacher seating.

The competition course has been certified in accordance with 104.2.2C(4).

The copy of such is on file with USA Swimming

Colorado Timing System with touch pads, back-up buttons and electronic scoreboard. Hy-Tek Meet Manager software.

### RULES:

- Current USA and Colorado Swimming rules shall govern the conduct of the meet. Age of swimmer is determined as of February 12, 2010
- **Swimmers are limited to four (4) individual events per day, but no more than 8 events total for the meet.**
- The meet will be pre-seeded except for the 500/1000 Free and 400 IM, which will be deck seeded. The 500 Freestyle and 400 IM will alternate Females and Males. The 500/1000 free and 400 IM require the following:
  - The swimmers to provide their own counters and timers.
  - Positive check-in approximately 1 hour before the event. Seeding procedures will comply with USA Swimming 2010 Rules & Regulations Rule 207.12.11.A.
- **Depending upon the time line, HRA reserves the right to combine the AM & PM Sessions. If this adjustment occurs, we will swim all events in the AM session.** Information regarding this will be forwarded to the coaches via e-mail the week prior to the meet and posted on our web site at [www.highlandsranch.usswim.net](http://www.highlandsranch.usswim.net)
- **FAILURE TO SWIM AFTER A POSITIVE CHECK-IN:** Teams whose swimmers check-in for events requiring a positive check-in may be fined \$25.00 at the discretion of the Meet Referee for each swimmer who fails to swim in those events. The swimmer may be barred from further competition.

- This meet will enforce *USA Swimming Rules & Regulations* Rule 101.1, timely reporting to the block area and responding promptly to signals and commands.
- There will be no refunds if a session is cut short. No exhibition swimming allowed. The Meet Referee will be the final authority for conduct of the meet.

#### **FASTEST TO SLOWEST MEET SEEDING:**

This meet will be seeded fastest to slowest. **ALL EVENTS!!!**

#### **SAFETY ISSUES:**

- All coaches, officials, parents, and swimmers should act in a safe manner.
- All participants, visitor coaches and officials should 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.
- The Heritage facility may have space limitations at certain times and locations within the pool area.
- There may be a police officer or uniformed fire marshal enforcing these safety issues. **Remember safety first! Please help accommodate your neighbors.**

#### **MEET START:**

Meet start times will be **adjusted** based on the total number of entrants per session. HRA will post the start times on our web site at [www.highlandsranch.usswim.net](http://www.highlandsranch.usswim.net) by noon on Wednesday, February 10, 2010. **It is the swimmers and coaches' responsibility to verify warm-up and start times.**

#### **WARM UP PROCEDURES:**

Warm-up will be conducted in accordance with Colorado Swimming Inc. procedures. Backstroke starts are NOT allowed during general warm-up. 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 posted at the pool and on the HRA web site [www.highlandsranch.usswim.net](http://www.highlandsranch.usswim.net). The Meet Director will determine the warm-up schedule.

#### **ELIGIBILITY:**

Open to all swimmers holding a 2010 USA Swimming membership card. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. Swimmers competing without a coach must check-in with the Meet Referee before entering the pool; a supervisory coach will be assigned.

**ENTRY FEES:**

Individual event fee is \$4.00 per event. Relays are \$5.00/relay. There is a \$5.00 surcharge per swimmer. All fees must accompany entries. ***Make check payable to the HRA*** (\$.60 of each entry fee goes to the CSI Splash Fund). Deck/late entries or changes are \$5.00 per event.

**ENTRIES:**

Each session will be seeded in the order of entry receipt with a tentative timeline for 12&U sessions not to exceed a planned 4 hours. HRA will make every attempt to provide as many swimmers as possible with an **opportunity** to participate. Late entries may be accepted only at the Meet Director's discretion, but the meet will not be re-seeded. Please report No Shows to the computer table.

Entry times must be in ***Short Course Yards!*** The **CSI Meet Verification Form must accompany entries.**

Entries will be accepted via e-mail (preferred) or on 3.5 inch disks or CD's using Hy-Tek Ltd. software.

Please include the **coaches' name, address, e-mail and phone number** with all entries. If you wish to confirm receipt of entries, please contact entry chair via e-mail only.

**ENTRY DEADLINE:**

All entries must be in the hands of the HRA Entry Chairperson by 6:00 pm, Wednesday, February 3, 2010.  
Payment and hard copy of e-mailed entries must be received by Friday, February 12, 2010.

HRA Entry Chairperson: Matt Beck [texbeck25@aol.com](mailto:texbeck25@aol.com)  
Mail to: Matt Beck  
8801 S. Broadway  
Highlands Ranch CO 80126

**RESTRICTIONS:**

USA SWIMMING RULES 102.25 AND 102.26 REGARDING TOBACCO AND ALCOHOL USE WILL BE STRICTLY ENFORCED.  
Parking restrictions may be in effect during the meet.

**SAFETY CHAIRPERSON:**

Chuck Golz (303)725-9506

**MEET REFEREE:**

Dale Quigley (303)994-8401

**MEET DIRECTOR:** Matt Beck (720)341-6920

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### Schedule of Swimming Events, Friday Evening, February 12, 2010

Tentative Warm Up: 5:00 - 5:45 P.M.    Session Starts: 6:00 P.M.

<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>
1	12 & Under	500 Free	2
3	Open	1650 Free	4

### Schedule of Swimming Events, Saturday, February 13, 2010

Tentative Warm Up: 7:00 – 7:50 AM    Session Starts: 8:00 AM

<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>
5	10 & U	200 Medley Relay	6
7	11-12	200 Medley Relay	8
9	10 & U	100 Fly	10
11	11-12	100 Fly	12
13	10 & U	50 Free	14
15	11-12	50 Free	16
17	10 & U	100 Back	18
19	11-12	100 Back	20
21	10 & U	50 Breast	22
23	11-12	50 Breast	24
25	10 & U	200 Ind. Medley	26
27	11-12	200 Ind. Medley	28

### Schedule of Swimming Events, Saturday, February 13, 2010

Tentative Warm Up: 11:00-11:50 PM    Session Start: 12:00 PM

<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>
29	Open	200 Medley Relay	30
31	Open	200 Fly	32
33	Open	50 Free	34
35	Open	200 Back	36
37	Open	100 Breast	38
39	Open	200 Ind. Medley	40
41	Open	500 Free	42

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Schedule of Swimming Events, Sunday, February 14, 2010  
Tentative Warm Up: 7:00 – 7:50 AM    Session Starts: 8.00 AM

<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>
43	10 & U	200 Free Relay	44
45	11-12	200 Free Relay	46
47	10 & U	50 Fly	48
49	11-12	50 Fly	50
51	10 & U	100 Free	52
53	11-12	100 Free	54
55	10 & U	50 Back	56
57	11-12	50 Back	58
59	10 & U	100 Breast	60
61	11-12	100 Breast	62
63	10 & U	200 Free	64
65	11-12	200 Free	66
67	10 & U	100 Ind. Medley	68
69	11-12	100 Ind. Medley	70

Schedule of Swimming Events, Sunday, February 14, 2010  
Tentative Warm Up: 11:00-11:50 PM    Session Start: 12:00 PM

<u>Girls</u>	<u>Division</u>	<u>Event</u>	<u>Boys</u>
71	Open	200 Free Relay	72
73	Open	100 Fly	74
75	Open	100 Free	76
77	Open	100 Back	78
79	Open	200 Breast	80
81	Open	200 Free	82
83	Open	400 Ind. Med	84