

**Spring Splash FAST Long Course Open**  
**April 30 – May 2, 2010**  
**Hosted by Fort Collins Area Swim Team (FAST)**

**SANCTION:** Held under the sanction of USA Swimming # 2010-034

**LOCATION:** EPIC Pool  
 1801 Riverside Ave, Fort Collins, CO Phone: 970-221-6683  
 Located southeast of Edora Park off Prospect Avenue  
 Between I-25 and Lemay Ave.  
 FAST office/website: 970-690-SWIM  
[www.fortcollinareaswimteam.org](http://www.fortcollinareaswimteam.org)

**FACILITY:** Ten lane, 50-meter pool with two movable bulkheads, with non-turbulent lane lines. 9 lanes will be used for competition. One continuous warm-up/warm-down lane will be provided. **Warm-up/down areas are for serious warm-up/down only. No team practice sessions will be allowed in the warm up lane. This is for individual pre and post race use only. No Horseplay. EPIC IS A NON-SMOKING FACILITY.**  
 The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

**DATE:** Friday, Saturday and Sunday, April 30 – May 2, 2010

**TIMES:**

Session # 1	Friday	Warm Up: Start:	4:30 – 5:20 pm 5:30 pm
Session # 2	Saturday	Warm Up: Start	7:00 – 7:50 am 8:00 am
Session # 3	Saturday	Warm Up: Start	1:00 – 1:50pm 2:00pm
Session # 4	Sunday	Warm Up: Start	7:00 – 7:50 am 8:00 am
Session # 5	Sunday	Warm Up: Start	1:00 – 1:50pm 2:00pm

Friday evening there will be a coaches meeting 15 minutes prior to the start of warm ups.

**ELIGIBILITY:** Open to all USA Swimming **currently** registered athletes. Age as of April 30, 2010 determines age group. Swimmers within the 120-day transfer period must swim Unattached. A surcharge for deck registration will apply, \$27 year round and \$14 for seasonal plus the normal registration fee.

**ENTRIES:** Swimmers are limited to four (4) individual events per day.

Entries submitted on disk or e-mail in Hy-Tek form or using Meet Manager must include a hard copy printout of swimmers and entry times. Please check the integrity of your disk prior to submission. All other entries are to be on CSI master sheets, which lists the swimmer's name and age (as on the first day of the meet), team code, USA number, event number, and entry time. **"NO TIME"** entries will not be accepted. Times must be entered in LONG COURSE METERS. **The Colorado Swimming Meet Verification Form must accompany all entries.**

**ENTRY FEES:** Individual Events: \$4.60  
Pool Surcharge: \$7.00  
Deck Entries: \$5.00

\$0.60 of each individual event goes to the CSI support fund. All USA Swimming officials who volunteer to work three sessions will have fees reimbursed for one swimmer, except for the \$.60 per event CSI fee.

Deck entries will be accepted at the discretion of the Meet Director and the Meet Referee. Must show proof of registration.

**Please make one check payable to FAST for your entries. THIS CHECK IS DUE WHEN ENTRIES ARE MAILED.**

**Because this meet is expected to fill, entries that do not accompany payment will be placed at the back of the registration line until payment is received.**

**\*NOTE\*** Any team entering 20 or more swimmers not using HY-Tek must add \$30.00 for surcharge: 19 or fewer \$15.00 surcharge.

**ENTRY DEADLINE:** E-mail entries are to be received by the Entry Chair by **Monday, April 19, 2010 at 6:00pm**. Hard copy confirmation, meet verification form and payment must be received for entries to be accepted. Reminder: Because this meet is expected to fill, **entries that do not accompany payment will be placed at the back of the registration line until payment is received.**

**ENTRY CHAIR:** Renee Haynes [renee.haynes@comcast.net](mailto:renee.haynes@comcast.net)  
1620 Fantail Court, Fort Collins, 80528

## RULES:

1. Current 2010 USA rules shall apply. The rules and procedures of Colorado Swimming also apply. The Meet Referee will be the final authority for the conduct of the meet.
2. All events are timed finals.
3. FAST reserves the right to limit the number of entries in the 1500 Free, 400 Free and 400 IM. Psych sheets will be posted to the FAST website. ([www.fortcollinsareaswimteam.org](http://www.fortcollinsareaswimteam.org))
4. Friday's 400 free and 1500 free will be deck seeded and swum alternating girls and boys, fastest to slowest.
5. All 13 & Over 200's will be deck seeded and swum slowest to fastest, girls and boys separately.
6. 1500 free swimmers must provide their own lap counter.
7. FAST reserves the right to limit the number of entries to comply with the 4 hour rule.
8. Spectators are asked to refrain from standing along the rail in front of the grandstand.
9. NO spectators will be permitted on deck at any time during the meet.
10. Deck space is reserved for swimmers, officials, coaches, and working volunteers.

## SPECIAL INFO.

Tents and sunshades may be set up in the grassy area immediately adjacent to the pool, weather permitting. They may be kept over night but EPIC or FAST are not responsible for any losses. Stakes in the ground are not permitted. We do ask that you police your area and remove all trash before departing.

## MEET LIMIT:

Maximum of 600 Swimmers, timeline dependent. Completed entries will be processed on a first come first serve basis. **Meet Management reserves the right to deny late entries.**

## AGE GROUPS:

10&Under, 11-12, Open

The 10 & Under age group will be split into 8 & Under and 9-10 for scoring and awards. The Open age group will be split into 13-14 and 15 & Over age groups for scoring and awards. Points are tracked in the age group in which the event was swum. For example: a 12 year old swimming some events in the 11-12 age group and some events in the Open age group would score points in both age groups and these points will **not** be added together. Swimmers in 9-10, 11-12 and 13-14 age groups will receive points in their respective age groups for swimming Friday's Open 400 Free.

## AWARDS:

Individual (per age-groups):  
8& under, 9-10, 11-12, 13-14: Medals 1<sup>st</sup> – 3<sup>rd</sup> Ribbons 4<sup>th</sup> – 12<sup>th</sup>  
Open swimmers will receive a participation award

High Point Award: 1<sup>st</sup>-3<sup>rd</sup> 8&U, 9/10, 11/12, 13/14 and OPEN

## SCORING:

Individual events: 13-11-10-9-8-7-6-5-4-3-2-1

- CHECK-IN:** Pre-Seeded Meet, 10&U Swimmers must report to Clerk of Course for heating on Saturday and Sunday. Positive check-in for the 400 Free and 1500 Free is required by 5:00pm on Friday, April 30. Positive check-in also required for all 200s, and 400 IM in the afternoon sessions on Saturday and Sunday.
- WARM-UPS:** Current USA/CSI procedures for warm-up will prevail and will be strictly enforced. Coaches are asked to make sure their swimmers understand and abide by these procedures. FAST will post warm-up times on our web site at <http://www.fortcollinsareaswimteam.org> .
- CONCESSIONS:** Concession items will be available for sale. Colorado Swimming, Inc., does not support, recommend, endorse, or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's responsibility to know the content of any food or drink he/she ingests. For more specific information on supplements, please refer to the USA Swimming site [www.usaswimming.org](http://www.usaswimming.org)
- PROGRAMS:** Coaches may pick up their programs/packets at the announcer's table. Session heat sheets will be available for \$1.00 per session.
- MEET RESULTS:** Meet results will be available on the FAST website.
- MEET REFEREE:** Brad Cochran  
E-mail: [bradccochran@comcast.com](mailto:bradccochran@comcast.com)
- MEET DIRECTOR:** Bonnie Huey 970-420-7516 [bonnie6001@msn.com](mailto:bonnie6001@msn.com)  
Krista Nero 970-402-4984 [nerolandscape@mesanetworks.net](mailto:nerolandscape@mesanetworks.net).
- SAFETY DIRECTOR:** Randy Pritchard
- Hotels:** Please check out our website for information on hotels.

**Spring Splash FAST Long Course Open**  
**Friday April 30, 2010**  
**Warm up: 4:30PM Start: 5:30PM**

<b>Female</b>		<b>AGE</b>	<b>EVENT</b>		<b>Male</b>
1		OPEN	400 Free*		2
3		OPEN	1500 FREE* <sup>+</sup>		4

**<sup>+</sup>Swimmers must supply their own counter**  
**\*Positive Check-in required**

**Spring Splash FAST Long Course Open**  
**Saturday May 1, 2010**  
**Warm-up: 7:00 AM      Start: 8:00 AM**

<b>Female</b>		<b>AGE</b>	<b>EVENT</b>		<b>Male</b>
5		11/12	200 BREAST		6
7		10&U	100 FREE		8
9		11/12	100 FREE		10
11		10&U	50 FLY		12
13		11/12	50 FLY		14
15		10&U	100 BACK		16
17		11/12	100 BACK		18
19		10&U	200 IM		20
21		11/12	200 IM		22
23		10&U	100 BREAST		24
25		11/12	100 BREAST		26
27		11/12	200 FLY		28

**Saturday May 1, 2010**  
**Warm-up: 1:00 PM      Start: 2:00 PM**

<b>Female</b>		<b>AGE</b>	<b>EVENT</b>		<b>Male</b>
29		OPEN	100 FREE		30
31		OPEN	200 FLY*		32
33		OPEN	100 BACK		34
35		OPEN	200 IM*		36
37		OPEN	200 BREAST*		38

**\*Positive Check-in required**

**Spring Splash FAST Long Course Open**  
**Sunday May 2, 2010**  
**Warm-up: 7:00 AM      Start: 8:00 AM**

<b>Female</b>		<b>AGE</b>	<b>EVENT</b>		<b>Male</b>
39		11/12	200 BACK		40
41		10&U	50 BREAST		42
43		11/12	50 BREAST		44
45		10&U	200 FREE		46
47		11/12	200 FREE		48
49		10&U	50 BACK		50
51		11/12	50 BACK		52
53		10&U	100 FLY		54
55		11/12	100 FLY		56
57		10&U	50 FREE		58
59		11/12	50 FREE		60

**Sunday May 2, 2010**  
**Warm-up: 1:00 PM      Start: 2:00 PM**

<b>Female</b>		<b>AGE</b>	<b>EVENT</b>		<b>Male</b>
61		OPEN	100 BREAST		62
63		OPEN	200 FREE*		64
65		OPEN	200 BACK*		66
67		OPEN	100 FLY		68
69		OPEN	50 FREE		70
71		OPEN	400 IM*		72

**\*Positive Check-in required**