

Colorado Swimming Long Course State Championships

DATE: July 30, 31, August 1, 2010

HOSTED BY: Grand Junction Dolphins

SANCTION: Held under the sanction of USA Swimming # 2010-076

LOCATION: Lincoln Park & Mesa State College
Moyer Pool Saunders Field Natatorium
Corners of North Ave & 12 Ave Corner of 12th St & Orchard Ave
& Gunnison St Grand Junction, CO

TIMING: Colorado Timing System with touch pads. Each lane will have back-up timers.

SCHEDULE: *Preliminaries: Mesa State 11-12 and 10 & Under's
Lincoln Park 14 & Under and Seniors
General Warm-up: 7:00–8:00am, Specific: 8:00 – 8:20am, Meet Start: 8:30am*

*Finals: Mesa State 11-12, 14 & Under & Senior
General Warm-up: 4:00-4:35pm, Specific: 4:35 – 4:50pm, Meet Start: 5:00pm*

FACILITIES:

Lincoln Park – 8 lane, 50-Meter, Outdoor Pool, water depth 3 ½ feet and 13 feet, limited warm-up and cool-down area will be available.

Mesa State – 10 lane, 50-meter, Indoor Pool water depth 7 ½ feet and 13 feet, limited continuous warm up and cool down area. Dependent upon the number of entrants, prelims competition may be conducted in 9 lanes with no buffer lane, or with dual ended starts.

- The competition courses have been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming;

Mesa State College Rules:

As Mesa State Natatorium is a brand new facility, there are certain rules that everyone must abide by. For the state meet there will be no chairs, bags, food, towels etc. allowed in the viewing gallery directly above the pool. Also, there will be no saving of seats. It will be a place to come in and watch your swimmers then head across the hall to the gym to camp, sit, relax and eat. Mesa State will be providing closed circuit TV coverage of the swimming in the gym, a PA system will keep swimmers informed of the events being swum. Mesa State will also provide an outdoor space in the field behind the swim center where teams can set up day tents, but not on the astro turf field. A PA system will also be outside, swimmers can walk directly into the pool from outside, and parents will need to go around to gain access. The outdoor tents can stay until the end of the day

No parents or spectators are allowed on deck at Mesa State. Timers will check in at the hospitality area and be provided a badge to wear during timing which allows access on deck. Relief timers will be scheduled so that timers can have breaks. **There is no food allowed on deck and everyone including timers, officials, coaches and swimmers must wear water**

shoes or go barefoot. Swimmers will be allowed to hang out on deck but can not bring chair or coolers on the deck. Those who feel they can not abide by these rules will be asked to leave. The Natatorium is a wonderful facility and we are thrilled to be holding our meets here. Thanks for taking care of it.

Parking for Mesa State; from 12th and Orchard (west to Cannell St. Left or East on Texas to Parking Lot G3). Please use this lot first. Additional parking is available in Lots G1 and P2.

ELIGIBILITY:

All athletes **must** hold a 2010 USA Swimming membership card issued by Colorado Swimming, Inc. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their current card or they will be deck registered before they can enter the water. A surcharge for deck registration will apply - \$27.00 for year round, \$14.00 for seasonal **plus** the normal registration fee. The exceptions report will be posted on the CSI web page after the entry deadline at www.csi.org. The meet will also be open to CSI physically impaired athletes with 2010 US Paralympics Swimming Trials qualifying times.

SCORING: Long Course Championships will score 16 places.

Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS:

Individual: Medals 1-8 Ribbons 9-16

Relays: Medals 1-3 Ribbons 4-8

Team: Top 6

HIGH POINT: Top male & female in each age group.

SEEDING PROCEDURE & SCRATCH RULES:

Scratch procedures will be enforced as per **207.12.6 of the USA Swimming Rules and Regulations**. All scratches for the first day must be turned in to the scratch box, or emailed by 2:00 p.m. Thursday July 29, 2010 to the entry chairman, LSeckinger@aol.com. Due to travel for this meet, the scratches for **FRIDAY MUST BE EMAILED and NOT FAXED** to the entry chair by the scratch deadline. The scratch deadline for all subsequent days shall be thirty minutes after the published starting time of the final session of each prior day's events. Please review **207.12.6C** which pertains to the missing of an event in which the swimmer has been seeded for prelims. Swimmers qualifying to swim in finals must declare their intent to scratch (if they might not swim that event in finals) within 30 minutes of the posting of results to the administrative referee. The final decision to scratch from an event in finals must be declared to administrative referee within 30 minutes after their last individual preliminary event. **A swimmer not reporting to an event, in which the results were posted for his/her swim, will be barred from the remainder of the meet, PLUS a \$50.00 fee will be assessed which must be paid before the swimmer can resume competition. 207.12.6D**

RELAYS:

Relay events shall be seeded according to the times reflected on the entry sheet. **All swimmers must be listed on the master sheet to be eligible to compete on a relay team.** Declaration of the relay must include: (1) First and Last Names, (2) Ages, (3) Order of Swimming, (4) Alternate Swimmers and USA Swimming ID's. **RELAYS MUST BE DECLARED 30 MINUTES AFTER THE START OF FINALS COMPETITION ON THE DAY PRIOR TO COMPETITION, FRIDAY'S RELAYS MUST BE DECLARED AT THE COACHES MEETING ON THURSDAY NIGHT. RELAY NOT DECLARED WILL BE SCRATCHED.** Relays will be seeded after the established declarations deadline has passed, but the order of swimmers declared on the cards may be changed at any time prior to the start of the heat.

NOTE: All relays will swim in the prelim session as a time final.

DISTANCE EVENTS:

- The 800 freestyle will be swum at Lincoln Park at the conclusion of Friday's prelim session.
 - It will be deck seeded by positive check-in on the day the event will be swum. The swimmer or their coach must check-in at the clerk of course by 9:30 a.m.
 - The 800 freestyle will swim fastest to slowest alternating women and men.
1. The 1500 freestyle will swim at Mesa State at the conclusion of Sunday's Prelim Session.
 - The event will be deck seeded by positive check-in 30 minutes after the start of finals competition on the day prior to competition.
 - 1500 will be swum slowest to fastest alternating women and men with the fastest heat of women and the fastest heat of men to be swum in finals session.
 - 1500 freestyles may need to be swum 2 per lane.
 - Dependant upon number of entrants, meet referee may choose to swim some heats of 1500 on Saturday at the conclusion of prelims. This decision would be made at coaches meeting on Thursday night.
 - A \$50.00 fine will be assessed to any swimmer who, after positively checking in for the 800/1500, fails to swim it.
 - Positive check in's cannot be used as a substitute event for any swimmer waiting for the positioning into a finals event. A Declared False Start will not be accepted from any swimmer that has positively checked in for their event.
 2. 800/1500 SWIMMERS MUST PROVIDE THEIR OWN TIMERS (2) AND COUNTER.
 3. At the Referee's discretion, individual events may be combined by age, sex, and/or distance.
 4. 12-U distance events (200 Back, 200 Breast, 200 Fly and 400 IM) will swim in prelims as a timed final.

RULES:

1. Current 2010 USA Swimming Rules will govern the meet, in conjunction with the following information from CSI.

2. Age as of the first day of the meet will determine the swimmer's age group for competition - July 30, 2010.
3. **Submit entry times according to the time swam – DO NOT SUBMIT CONVERTED TIMES, i.e. if the Q-time was done in short course yards submit the short course time. Seeding will be in accordance with USA Swimming Rules and Regulations 207.12.7B**
4. No exhibition swimming is allowed.
5. A maximum of two (2) relay teams per club per event will be permitted. No unattached swimmers on any relay or unattached relays. All entries must include times. N.T. or "blank spaces" will be deemed an incorrect entry and will not be accepted. No money will be refunded to teams for an incorrect entry.
6. This is a qualifying meet. All entry times will be verified with the CSI time's database before the swimmer will be allowed to swim that event. A no proof of times report will be posted on the CSI web page after the entry deadline at www.csi.org. Team Entry Chair or coaches will then have 48 hours to correct or provide proof of time. Times must have been achieved between July 26, 2009 and July 20, 2010. **EXCEPTION: Those swimmers achieving qualifying times at the League Meets and Last Chance meets the weekend after the entry deadline.**

NOTE: Submit entry times according to the time swum! NO CONVERSIONS.

7. All events except relays, timed finals, and 10-Under events will be swum during both preliminaries and finals. This includes situations in which there is less than a full heat of swimmers. The meet referee will conduct the finals competition in a timely fashion, while ensuring that athletes in consecutively scheduled individual events will have a minimum of ten (10) minutes between swims.
8. Relays not meeting the qualifying time will not score points or receive awards.
9. The MEET REFEREE will have the final authority on all swimming procedures of the meet. All protests regarding disqualifications during the actual competition must be submitted in writing within 30 minutes of the time noted on the relevant disqualification slip.
10. Colorado Swimming, Inc. procedures for warm-up will be observed. Warm-up times will be posted on the CSI web page at www.csi.org.
11. It is mandatory that all finals and consolation final swimmers report to the Clerk of Course ready area a minimum of two events prior to their scheduled finals event.
12. The National Start will be used. This meet will enforce timely reporting to the block area and responding promptly to signals and commands as follows: Upon signal from the Referee, the Starter, shall assume control of the swimmers until a fair start has been achieved (102.14). Swimmers stepping up late after the Referee has signaled with an outstretch arm releasing the field to the Starter **may**, at the discretion of the referee, be barred from competing in that

event. It is the responsibility of every swimmer and coach to ensure that they report to the starting area in a timely fashion and respond to all signals and commands of the meet officials promptly.

13. 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. Any swimmer with out a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.
14. All 10-Under events will swim as a timed final in the prelim session.
15. All swimwear must conform to USA Swimming Rule and Regulations article 102.9 effective October 1, 2009. If you have any question on older suits check the 2010 FINA Approved swim suit list. <http://www.usaswimming.org/Rainbow/Documents/cf879c52-2543-4af2-9446-96768c993b29/FINA%20Approved%20Suit%20List%204-1-10.pdf>
16. In finals an additional C heat will be competed (C, B, A heat order), but not scored, in the following events.
 - 11-12 50 Fly, 50 Back, 50 Breast, 50 Free
 - 14&Under 50 Free, 100 Fly, 100 Back, 100 Breast, 100 Free
 - Open 50 Free, 100 Fly, 100 Back, 100 Breast, 100 Free

COACHES/OFFICIALS:

The general meeting for coaches will be held at 7:30 pm on Thursday night, the location TBA. Only currently certified registered coaches, working officials and volunteers will be allowed on deck. Deck passes will be needed to get on deck. Clubs must submit a list of coaches that will need deck passes with their entries. All coaches and uniformed officials MUST display their USA Swimming cards when on deck. Current certification is mandatory. Coaches that are in non-compliance and spectators will not be allowed on deck. In order to minimize congestion on the deck, all officials not participating in any ongoing session are asked to remain in the spectator viewing area.

A mandatory Officials meeting will be held at the **START** of warm-up for each session, each day of the meet. No trainees will be allowed on deck for this meet. This will be a National Certification Meet.

ENTRIES:

Swimmers may enter up to five (5) individual events per day, but must scratch down to and swim a maximum of three (3) individual events per day by using the scratch box and rules 207.12.6. Swimmers may enter and swim one (1) relay event each day. **Swimmers may COMPETE in a maximum of 7 events for the entire meet and must pay for all events ENTERED, with no refund for any scratched events**

Teams may enter two (2) relays per event.

ENTRY FEES:

\$10.00 for each relay event.

\$5.00 for each individual event. (\$1.00 of each individual event will go to the CSI Support Fund)

\$10.00 per swimmer facility surcharge (Includes all swimmers listed on the master sheet for relays).

Make one check payable to: COLORADO SWIMMING, INC

Any outstanding fees and/or past due fees owed to Colorado Swimming must be paid in full in order to participate in the meet.

ENTRY PROCEDURES:

Entries may be sent using HY-TEK MEET MANAGER DISK and/or COMMLINK FILE on a 3.5-inch disk or email in USA Swimming SDIFv3 complete with all required information (name, team, USA Swimming #, time, age, and event number). Relay only swimmers must also be listed on the master sheets. Also, be sure to include a hard copy printout of the team entry report and team roster report. CLUBS ARE RESPONSIBLE FOR THE INTEGRITY OF THEIR DISK!

IF YOU DO **NOT** USE THE HY-TEK ENTRY FORMAT: All entries must be on CSI master entry sheets. These sheets must include the swimmer's name, age, correct USA Swimming #, approved team code, event #, and entry time. Relay only swimmers must also be listed on the master sheets. "N.T." and incorrect entries will be rejected! A separate master sheet for EACH age group and sex is required with swimmers listed alphabetically. These sheets are to be sent in duplicate to the Entry Chairman, as listed below. All entries must include preparer's name and phone number. Coach's name, phone number, and address should be listed for questions and proper delivery of results. All entries must be sent to entry chairman - do not send to the pool.

N.T., INCORRECT ENTRIES, AND ENTRIES WITHOUT EXISTING PROOF OF TIME WILL BE REJECTED 48 HOURS AFTER THE ENTRY DEADLINE IF NO CORRECTION IS MADE. Swimmers using times from outside of Colorado must have their entry times verifiable in the USA Swimming SWIMS data base.

CSI MEET VERIFICATION FORMS MUST ACCOMPANY ENTRIES ALONG WITH A SIGNED CHECK LIST (enclosed)

ENTRY DEADLINE:

The entry chairman must receive emailed entries no later than 6:00 pm on **Tuesday July 20, 2010**, hand delivered or mailed entries with checks and hard copies included must be received by 6:00 pm Wed July 21st.

Overnight mail or guaranteed next day delivery is acceptable if agent guarantees next day delivery to satisfy meet deadline.

Entries will be posted on the Colorado Swimming's web page at www.csi.org. The team coach and/or entry chairperson will then have 48 hours from the time of posting to make corrections with the entry responsible individuals, as listed. Each correction will be subject to processing at double the entry fee.

Corrections should be made as follows:

Entry & Proof of time corrections should be sent to: Linda Seckinger LSeckinger@aol.com
Registration corrections should be sent to: Janet Kralik j.kralik@comcast.net

LATE ENTRY EXCEPTIONS:

Entries from times achieved at League Championship Meets and Last Chance Meets held the weekend prior to the meet. These meets must be approved by the CSI Sanctioning Committee as last chance meets by July 1st. This is only for swimmers who have not previously qualified in that event. No previous times will be adjusted.

- **Last Chance Entry procedure:** New qualifications and payment must be submitted to the meet director at the last chance meets. Meet director will then forward all last chance qualifications to the LCM State meet entry chair. (Entries will not be accepted from individuals or teams, only from last chance host)

ENTRY CHAIRMAN & ADMINISTRATIVE REFEREE:

Linda Seckinger
5 Cherry Ave
Eaton, CO 80615
LSeckinger@aol.com
970-454-3697

MEET REFEREE:

Robert Scandary
970-640-4372
scantrons@yahoo.com

MEET DIRECTOR:

Michelle Bridwell
michellebridwell@bresnan.net
970-314-2264

SAFETY CHAIRMAN:

Jim Fisher

Any questions regarding the conduct of this meet should be directed to the meet referee Robert Scandary at 970-640-4372 or by email at scantrons@yahoo.com

SAFETY ISSUES:

The conduct of warm-up and competition will adhere to Colorado Swimming, Inc. policies and procedures.

- All coaches, officials, parents and swimmers should act in a manner to reduce the risk of any accidents.
- Coaches are to monitor their swimmers during warm-up/meet and are responsible for their safety.
- No forward dives or backstroke starts into the water during warm-up unless there is one-way swimming & starts with coach supervision.
- All athletes, visiting coaches and officials are reminded that the swimming venue may have areas where additional care needs to be observed. This includes and is not limited to slippery deck, bleachers and hallways. Proper footwear and caution may help reduce these risks.
- No running or horseplay is allowed and it is the responsibility of the swimmer, coach, officials and parents to monitor these activities.
- Care should be given not to park in either handicapped or fire lanes as vehicles may be towed at the owner's expense.

PROGRAMS AND RESULTS:

Psyche sheets will be available for \$8.00, which includes coupons for prelim and finals sheet for all sessions. (\$2.00 for individual heat sheets for each session) The meet program/heat sheet and the final results, in electronic form, will be provided for teams entered in the meet. Teams and individuals wanting paper copies of final results may place an order during the meet at the awards table for \$10.00. All paper copies of final results will be mailed within 14 days.

SPECIAL INFORMATION: NO SMOKING ON THE POOL DECK, IN THE BUILDING, OR ANY AREA FREQUENTED BY SWIMMERS.

Participating teams will be required to provide timers. Notification of lane assignments for timing will be sent to each club and posted on the Colorado Swimming website by Monday July 26th. These assignments will be posted at the pool, as well. Any damage to pool property will be grounds for dismissal from the remainder of the meet and offenders will be held liable to the fullest extent allowed by

MOTELS: Wendel McConnell / Director of Sales/Marketing Doubletree Hotel Grand Junction 743 Horizon Drive Grand Junction, CO 81506
Direct 970-257-8129 doubletreedosm@abcos.com
Grandjunction.doubletree.com / Facebook: Doubletree Hotels
Twitter: Doubletreehtls
OR Contact Barb Bowman, Grand Junction VCB @ 970-244-1480

SHADE at Lincoln Park: Team E-Z Ups can be set up in designated areas. **NO** stakes are allowed, use bungee cords and water buckets to secure. Tents set up on Friday am can stay there until Sunday at noon when the pool will reopen.

The Orchard Mesa Lions Club will provide breakfast on Friday, Saturday, and Sunday mornings.

2010 C.S.I. LC STATE CHAMPIONSHIP LIST OF EVENTS

Friday – Prelims

Mesa State

| # | SCY | SCM | LCM | Event | SCY | SCM | LCM | # |
|--------|---------|---------|---------|----------------------|---------|---------|---------|--------|
| 1 TFP | 2:17.19 | 2:32.59 | 2:46.09 | 12 & U 200 Med Relay | 2:23.59 | 2:40.49 | 2:54.39 | 2 TFP |
| 3 TFP | 2:38.69 | 2:56.89 | 3:12.09 | 10 & U 200 Med Relay | 2:48.59 | 3:07.29 | 3:21.19 | 4 TFP |
| 5 | 1:12.79 | 1:20.79 | 1:28.29 | 11-12 100 Fly | 1:17.09 | 1:25.49 | 1:39.29 | 6 |
| 11 TFP | 2:58.19 | 3:17.79 | 3:29.99 | 10 & U 200 I M | 3:04.79 | 3:25.19 | 3:43.59 | 12 TFP |
| 13 | 2:32.99 | 2:49.89 | 2:57.69 | 11-12 200 I M | 2:39.59 | 2:57.09 | 3:08.49 | 14 |
| 19 TFP | :31.99 | :35.49 | :38.09 | 10 & U 50 Free | :32.59 | :36.19 | :38.99 | 20 TFP |
| 21 | :28.39 | :31.49 | :33.09 | 11-12 50 Free | :28.89 | :32.09 | :34.39 | 22 |
| 27 TFP | 1:30.29 | 1:40.19 | 1:55.59 | 10 & U 100 Fly | 1:38.69 | 1:49.59 | 2:09.69 | 28 TFP |
| 29 TFP | 2:37.29 | 2:54.59 | 2:56.99 | 12 & U 200 Back | 2:45.49 | 3:03.69 | 3:06.09 | 30 TFP |
| | | | | 10 Min Break | | | | |
| 31 | 6:05.89 | 5:20.19 | 5:26.59 | 12 & U 400 Free | 6:22.19 | 5:34.69 | 5:41.09 | 32 |

Friday – Prelims

Lincoln Park

| # | SCY | SCM | LCM | Event | SCY | SCM | LCM | # |
|--------|----------|----------|----------|-----------------|----------|----------|----------|--------|
| 7 | 5:08.49 | 5:42.49 | 5:48.89 | 14 & U 400 I M | 5:10.39 | 5:44.49 | 5:50.89 | 8 |
| 9 | 4:55.19 | 5:27.69 | 5:34.09 | Open 400 I M | 4:38.89 | 5:09.59 | 5:15.99 | 10 |
| 15 | 1:16.09 | 1:24.49 | 1:29.99 | 14&U 100 Breast | 1:15.79 | 1:24.09 | 1:28.09 | 16 |
| 17 | 1:12.19 | 1:20.19 | 1:24.89 | Open 100 Breast | 1:06.39 | 1:13.69 | 1:17.39 | 18 |
| 23 | 2:06.09 | 2:19.99 | 2:25.79 | 14&U 200 Free | 2:04.59 | 2:18.19 | 2:24.59 | 24 |
| 25 | 2:00.79 | 2:14.09 | 2:20.29 | Open 200 Free | 1:51.29 | 2:03.59 | 2:09.29 | 26 |
| 33 | 1:06.39 | 1:13.69 | 1:17.49 | 14&U 100 Fly | 1:05.59 | 1:12.79 | 1:16.39 | 34 |
| 35 | 1:02.99 | 1:09.89 | 1:12.89 | Open 100 Fly | :56.89 | 1:03.19 | 1:05.89 | 36 |
| | | | | 10 Min Break | | | | |
| 37 TFP | | | | 800 Free | | | | 38 TFP |
| | 12:06.79 | 10:41.69 | 10:54.49 | 14 & U | 11:56.19 | 10:39.79 | 10:52.59 | |
| | 11:31.79 | 10:04.59 | 10:17.39 | Open | 10:36.99 | 9:52.59 | 10:05.39 | |

*TFP Fastest heat of men's and fastest heat of women's swim in finals

TFP Timed finals in prelims

Friday – Finals

Mesa State

| # | Event | # |
|------|-----------------|------|
| 5 | 11-12 100 Fly | 6 |
| 7 | 14&U 400 I M | 8 |
| 9 | Open 400 I M | 10 |
| 13 | 11-12 200 I M | 14 |
| **15 | 14&U 100 Breast | **16 |
| **17 | Open 100 Breast | **18 |
| **21 | 11-12 50 Free | **22 |
| 23 | 14&U 200 Free | 24 |
| 25 | Open 200 Free | 26 |
| 31 | 12 & U 400 Free | 32 |
| **33 | 14&U 100 Fly | **34 |
| **35 | Open 100 Fly | **36 |

** 3 heats will swim in finals C, B, A

2010 C.S.I. LC STATE CHAMPIONSHIP LIST OF EVENTS

Saturday – Prelims

Mesa State

| # | SCY | SCM | LCM | EVENT | SCY | SCM | LCM | # |
|--------|---------|---------|---------|-------------------|---------|---------|---------|--------|
| 43 | :37.49 | :41.59 | :44.19 | 11-12 50 Breast | :38.99 | :43.29 | :46.79 | 44 |
| 49 TFP | 2:38.29 | 2:55.69 | 3:06.69 | 10 & U 200 Free | 2:42.59 | 3:00.49 | 3:14.29 | 50 TFP |
| 51 | 2:15.99 | 2:30.89 | 2:38.29 | 11-12 200 Free | 2:19.69 | 2:35.09 | 2:44.39 | 52 |
| 57 TFP | :43.69 | :48.39 | :52.19 | 10 & U 50 Breast | :45.49 | :50.49 | :54.79 | 58 TFP |
| 59 TFP | 2:49.59 | 3:08.19 | 3:10.99 | 12 & U 200 Fly | 2:53.89 | 3:12.99 | 3:15.79 | 60 TFP |
| 65 TFP | 1:22.99 | 1:32.09 | 1:38.99 | 10 & U 100 Back | 1:25.99 | 1:35.39 | 1:43.49 | 66 TFP |
| 67 | 1:11.79 | 1:19.59 | 1:23.99 | 11-12 100 Back | 1:14.39 | 1:22.59 | 1:28.69 | 68 |
| | | | | 10 min break | | | | |
| 69 TFP | 2:58.79 | 3:18.49 | 3:22.49 | 12 & U 200 Breast | 3:11.49 | 3:32.49 | 3:36.49 | 70 TFP |

Saturday – Prelims

Lincoln Park

| # | SCY | SCM | LCM | EVENT | SCY | SCM | LCM | # |
|--------|---------|---------|---------|----------------------|---------|---------|---------|--------|
| 39 TFP | 4:32.89 | 5:02.99 | 5:13.29 | Open 400 Med Relay | 4:10.19 | 4:37.59 | 4:45.99 | 40 TFP |
| 41 TFP | 4:42.29 | 5:13.29 | 5:27.09 | 14 & U 400 Med Relay | 4:42.49 | 5:12.99 | 5:21.99 | 42 TFP |
| 45 | :55.79 | 1:01.99 | 1:04.39 | Open 100 Free | :51.19 | :56.79 | :58.99 | 46 |
| 47 | :57.89 | 1:04.29 | 1:06.69 | 14&U 100 Free | :56.29 | 1:02.49 | 1:04.99 | 48 |
| 53 | 2:38.59 | 2:55.99 | 3:03.99 | Open 200 Breast | 2:30.09 | 2:46.69 | 2:55.59 | 54 |
| 55 | 2:42.89 | 3:00.79 | 3:10.49 | 14&U 200 Breast | 2:44.89 | 3:02.99 | 3:11.99 | 56 |
| 61 | 1:03.69 | 1:10.99 | 1:15.09 | Open 100 Back | :58.99 | 1:05.49 | 1:07.69 | 62 |
| 63 | 1:06.89 | 1:14.29 | 1:06.99 | 14&U 100 Back | 1:05.99 | 1:13.29 | 1:16.49 | 64 |
| 71 | 5:25.69 | 4:44.29 | 4:50.69 | Open 400 Free | 5:08.59 | 4:29.09 | 4:35.49 | 72 |
| 73 | 5:37.19 | 4:54.59 | 5:00.99 | 14&U 400 Free | 5:38.59 | 4:55.79 | 5:02.19 | 74 |

*TFP Fastest heat of men's and fastest heat of women's swim in finals

TFP Timed finals in prelims

Saturday – Finals

Mesa State

| | EVENT | |
|-------|-------------------|-------|
| ** 43 | 11-12 50 Breast | ** 44 |
| ** 45 | Open 100 Free | ** 46 |
| ** 47 | 14 & U 100 Free | ** 48 |
| 51 | 11-12 200 Free | 52 |
| 53 | Open 200 Breast | 54 |
| 55 | 14 & U 200 Breast | 56 |
| ** 61 | Open 100 Back | ** 62 |
| ** 63 | 14 & U 100 Back | ** 64 |
| 67 | 11-12 100 Back | 68 |
| 71 | Open 400 Free | 72 |
| 73 | 14 & U 400 Free | 74 |

** 3 heats will swim in finals C, B, A

2010 C.S.I. LC STATE CHAMPIONSHIP LIST OF EVENTS

Sunday – Prelims

Mesa State

| # | SCY | SCM | LCM | EVENTS | SCY | SCM | LCM | # |
|----------|----------|----------|----------|-----------------------|----------|----------|----------|----------|
| 75 TFP | 1:58.09 | 2:10.89 | 2:24.39 | 12 & U 200 Free Relay | 2:01.99 | 2:15.99 | 2:29.59 | 76 TFP |
| 77 TFP | 2:14.09 | 2:29.99 | 2:44.39 | 10 & U 200 Free Relay | 2:19.99 | 2:33.99 | 2:47.99 | 78 TFP |
| 83 | 1:21.89 | 1:30.89 | 1:36.29 | 11-12 100 Breast | 1:26.19 | 1:35.69 | 1:43.49 | 84 |
| 85 TFP | 1:34.79 | 1:45.19 | 1:52.79 | 10 & U 100 Breast | 1:38.99 | 1:49.89 | 1:59.99 | 86 TFP |
| 91 | :33.29 | :36.99 | :39.29 | 11-12 50 Back | :34.59 | :38.39 | :41.39 | 92 |
| 93 TFP | :38.39 | :42.59 | :44.99 | 10 & U 50 Back | :40.09 | :44.49 | :47.99 | 94 TFP |
| 99 | :31.59 | :34.99 | :37.49 | 11-12 50 Fly | :32.59 | :36.19 | :39.79 | 100 |
| 101 TFP | :36.79 | :40.89 | :44.79 | 10 & U 50 Fly | :38.69 | :42.99 | :47.39 | 102 TFP |
| 107 | 1:02.09 | 1:08.89 | 1:12.59 | 11-12 100 Free | 1:03.59 | 1:10.59 | 1:15.99 | 108 |
| 109 TFP | 1:10.19 | 1:17.89 | 1:24.79 | 10 & U 100 Free | 1:12.39 | 1:20.29 | 1:26.09 | 110 TFP |
| 115 TFP | 5:30.89 | 6:07.19 | 6:13.59 | 12 & U 400 I M | 5:47.69 | 6:25.99 | 6:32.39 | 116 TFP |
| 117 *TFP | | | | 1500 Free | | | | 118 *TFP |
| | 19:50.49 | 20:25.09 | 20:49.09 | 14 & U | 19:00.09 | 20:49.09 | 21:13.09 | |
| | 19:12.69 | 19:50.99 | 20:14.99 | Open | 17:30.19 | 19:08.29 | 19:32.29 | |

Sunday – Prelims

Lincoln Park

| # | SCY | SCM | LCM | EVENTS | SCY | SCM | LCM | # |
|--------|---------|---------|---------|-----------------------|---------|---------|---------|--------|
| 79 TFP | 4:01.99 | 4:30.89 | 4:52.79 | 14 & U 400 Free Relay | 3:59.99 | 4:24.99 | 4:35.99 | 80 TFP |
| 81 TFP | 3:57.29 | 4:23.59 | 4:33.59 | Open 400 Free Relay | 3:38.99 | 4:00.59 | 4:11.99 | 82 TFP |
| 87 | 2:23.49 | 2:39.19 | 2:45.39 | 14&U 200 I M | 2:22.79 | 2:35.79 | 2:43.39 | 88 |
| 89 | 2:17.19 | 2:32.29 | 2:37.99 | Open 200 I M | 2:05.29 | 2:19.09 | 2:26.29 | 90 |
| 95 | 2:23.79 | 2:39.59 | 2:44.99 | 14&U 200 Back | 2:23.09 | 2:38.79 | 2:46.19 | 96 |
| 97 | 2:19.69 | 2:35.09 | 2:41.79 | Open 200 Back | 2:09.09 | 2:23.29 | 2:29.59 | 98 |
| 103 | :26.69 | :29.59 | :30.79 | 14&U 50 Free | :25.89 | :28.69 | :30.09 | 104 |
| 105 | :25.69 | :28.49 | :29.69 | Open 50 Free | :23.29 | :25.89 | :27.09 | 106 |
| 111 | 2:33.69 | 2:50.29 | 3:03.69 | 14&U 200 Fly | 2:42.79 | 3:00.69 | 3:27.19 | 112 |
| 113 | 2:24.09 | 2:39.89 | 2:53.49 | Open 200 Fly | 2:16.99 | 2:32.09 | 2:44.09 | 114 |

*TFP Fastest heat of men's and fastest heat of women's swim in finals

TFP Timed finals in prelims

Sunday – Finals

Mesa State

| | EVENT | |
|----------|------------------|----------|
| 117 *TFP | 1500 Free | 118 *TFP |
| 83 | 11-12 100 Breast | 84 |
| 87 | 14 & U 200 I M | 88 |
| 89 | Open 200 I M | 90 |
| ** 91 | 11-12 50 Back | ** 92 |
| 95 | 14 & U 200 Back | 96 |
| 97 | Open 200 Back | 98 |
| ** 99 | 11-12 50 Fly | ** 100 |
| ** 103 | 14 & U 50 Free | ** 104 |
| ** 105 | Open 50 Free | ** 106 |
| 107 | 11-12 100 Free | 108 |
| 111 | 14 & U 200 Fly | 112 |
| 113 | Open 200 Fly | 114 |

** 3 heats will swim in finals C, B, A

**LIST OF COACHES NEEDING DECK PASSES FOR THE LC
STATE MEET**

Please send in with your entries

CLUB NAME _____

NUMBER OF DECK PASSES NEEDED _____

COACHES NAMES

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Reminder coaches will need to be currently registered and all their certification up to date before they will get a deck pass. If you have any questions on your certification please call the CSI Office 1-800-242-7946

**CHECK LIST FOR THE COLORADO LONG COURSE
CHAMPIONSHIP MEET**

This checklist is to hopefully help clubs with their entries. Have someone on your team double check for accuracy. This checklist must be signed by the coach and returned with the entries.

- _____ 1. All entries have been checked for accuracy. Swimmers name, team, USA Swimming number, time, age and event numbers are correct.

- _____ 2. All relay swimmers names are listed on the master entry sheet.

- _____ 3. All times are submitted according to the time swam;
NO CONVERSIONS.

- _____ 4. Entry fees have been sent with entries and checked for accuracy.

- _____ 5. The CSI Meet Verification Form has been sent with the entries.

- _____ 6. The coaches' name and a phone number where he/she may be reached is included with the entries.

- _____ 7. A list of coaches needing deck passes has been sent with the entries.

Coaches signature

Date

Coaches name

Phone number

E-Mail

COLORADO SWIMMING, INC ***MEET VERIFICATION FORM***



Club Name _____ Club Code _____

Coaches Name _____ Phone # _____

E-mail address _____

I hereby certify that all swimmers and coaches listed on the CSI Master Entry Sheet or hard copy with disk entries for _____ to be held

(Name of Meet)

on _____ are current registered members of Colorado

(Date)

Swimming/USA Swimming. All USA numbers are listed correctly and unless otherwise noted are not required to swim unattached due to the 120 day transfer rule.

Signature _____ Date _____

(Signature may not be photocopied)

Article 302.4 of the USA Swimming Rules and Regulations

False Registration – An LSC may impose a fine of up to \$100.00 per event against a member coach or a member club representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.