

FAST Wintersquad & Time Trials
December 19, 2007
Hosted by Fort Collins Area Swim Team

SANCTION: Held under sanction of USA Swimming

MEET REFEREE: Kathleen Morris 970-690-8162(cell)

MEET DIRECTOR: Bonnie & Rob Huey 970-495-1779
E-mail: bonnie6001@msn.com or rob6001@msn.com

ENTRY CHAIR: Bonnie Huey
6001 Auburn Dr.
Fort Collins, CO 80525
970-495-1779
bonnie6001@msn.com

SAFETY DIRECTOR: Adam Hoffman

LOCATION: EPIC Pool
1801 Riverside Ave
Fort Collins, CO Phone: 970-221-6683

FACILITY: 25-yard course with 8 lanes.
Colorado Timing System with button back-up, 10 lane scoreboard and electronic horn start.

DATE: Wednesday, December 19, 2007

TIMES: Warm Up 4:30; Meet start 5:30. Time Trials will immediately follow the Wintersquad meet.

ELIGIBILITY: Open to all FAST swimmers holding a 2007 USA Swimming membership card. Age as of December 19, 2007 determines age group.

ENTRIES Swimmers are limited to a MAXIMUM of three (3) individual events in the Wintersquad meet, maximum of two (2) events in the time trials with a maximum of four (4) events total for the Wintersquad and the Time Trials.

Wintersquad Entries must be received by December 10, 2007.

Time Trial entries will be taken at the pool deck. Swimmers must sign up for their Time Trial event(s) by 6:30 pm on December 19.

Swimmers may sign up for two events but may be limited to only one event at the discretion of the meet director, due to time constraints.

DECK ENTRIES: Deck entries will be accepted providing extra heats are not created.

ENTRY FEES: Individual Events: \$0
Pool Surcharge: \$0
Deck Entries: \$0 individual event

RULES: Current 2007 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.

MEET LIMIT: Maximum of 150 Swimmers.

AGE GROUPS: 8 & Under (8 & U), 9 & Over (9 & O), OPEN

CHECK-IN: Pre-seeded meet. 8 & Under swimmers should report to the heating area. 9 & Over and Open swimmers should report to their blocks prior to their heat and event.

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.

SPECIAL INFORMATION:

- There will be "NO SMOKING" anywhere in the facility.
- No open swim or horseplay will be tolerated.
- No spectators will be permitted on deck at any time during the meet.
- Deck space is reserved for swimmers, officials, coaches, and working volunteers.

PROGRAMS: Programs will not be printed for this meet. Heat sheets will be posted on the deck.

MEET RESULTS: Meet results will be posted on the FAST website after the meet.

FAST Wintersquad
Wednesday December 19, 2007

Warm Ups: 4:30
Meet Start: 5:30

Female		AGE	EVENT		Male
1		Open	200 Free		2
3		Open	100 IM		4
5		Open	50 Free		6
7		8 & U	25 Free		8
9		Open	50 Back		10
11		9 & O	100 Back		12
13		8 & U	25 Back		14
15		Open	50 Breast		16
17		9 & O	100 Breast		18
19		8 & U	25 Breast		20
21		Open	50 Fly		22
23		9 & O	100 Fly		24
25		8 & U	25 Fly		26
27		Open	100 Free		28
29		Open	200 IM		30
Time Trials					