

COLORADO PINEAPPLE OPEN
PRELIM/FINAL & TIMED FINAL
Dec. 7, 8, & 9, 2007



Sanction: Held under the sanction of Colorado Swimming, Inc., USA Sanction # 2007-097

Facilities and Location: George Meyers Pool. 7900 Carr Dr., Arvada, CO 80005
Elev. 5300' 25 yard indoor pool, 10 lane 25 yard course, 8 lane continuous warm-up/down in shallow end of the pool. Colorado Timing System w/ 10 lane scoreboard, electronic touch pads will be used.

Eligibility: Open to all swimmers holding a 2007/08 USA Swimming membership cards. 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. A surcharge for deck registration will also apply, \$27.00 for year round, \$14.00 for seasonal plus the normal registration fee. Swimmers within the 120 day transfer period must swim unattached.

Prelims/Finals for 12&U, 14&U, and OPEN age group Swimmers achieving the qualifying time standard. Top 20 swimmers from prelims swim in finals. All 10&Unders will swim Timed Finals in the Afternoon sessions at tentative start time of 12:45pm.

Swimmers above the qualifying standard for Prelim/Final session in all age groups may swim the Timed Final portion of the meet in the afternoon at tentative start time of 12:45pm.

Minimum qualification times will be strictly enforced. Any entry with NT(no time) or entries with times slower than the qualification time will be rejected with no refunds.

The host club reserves the right to enter swimmers into Session #4 (Timed Final sessions) that do not meet the qualifying standard.

Submit short course yard times only.

Event Limit:

3 individual events and 1 relay per day for all Prelim/Final Swimmers. 10 & Under/Timed Final session swimmers may enter 4 individual events per day.

If a swimmer is competing in both the prelim-final and Timed Final portions of the meet they may not compete in more than 3 individual events on that day.

Tentative Start Times:

<i>Friday, Dec 7</i>	12:00-12:40 warm-up	12:45 pm start
Evening Session	4:00-4:50pm warm-up	5:00pm Start
<i>Saturday and Sunday, Dec 8 & 9</i>		
Prelims	6:30-7:50am warm-up	8 am Start
Timed Finals	12:00-12:40 pm warm-up	12:45 pm Start
Finals	4:30-5:20pm warm-up	5:30pm Start

Entry Procedures: The meet will be **LIMITED** to fit within the 4 hour rule. E-mail and postal entries will be accepted in the order they are received. Once the 4 hour time line has been reached no further entries will be accepted. No team will be split unless they express that desire. All Meet entries

should be submitted on disk using Hy-Tek software, along with a printout of swimmers and events. Meet Verification Forms must accompany entries. Master Sheets must be provided if unable to present entries using Hy-Tek. Please send meet entries for prelim/final on one file and the non-qual on a separate file. Label files either prelim or non-qual.

EVENT TEMPLATE for Team Manager will be posted on the CSI Web Site.

Entry Fees: \$4.50 per individual event

All Relays: \$5.00 per relay

\$6.00 pool surcharge per swimmer

\$0.50 of every individual event goes to the CSI Support Fund. \$0.50 goes into the Senior Circuit Travel Fund. Make one check payable to the North Jeffco Swim Team.

Send Meet Entries To:

Attn: Cindy Pacheco,

North Jeffco Swim Team

P.O. Box 746396, Arvada, CO 80006

email: kandc30@aol.com

Questions can be addressed to 303-420-5770.

Entry Deadline:

Meet entries must be received by the entry Meet Director no later than **Tuesday Nov 27, 2007**. Entries received after Nov. 27th will be accepted only if accompanied by a \$5.00 late fee per event.

Late entries accepted during the meet will be charged \$5.00 per event and seeded only in open lanes if available. Late entries must be prepared to show proof of registration & proof of time. The CSI Proof of time is acceptable.

Psych Sheets and Final warm-up and start times will be posted on the NJST Website by Monday, Dec 2nd. Final warm-up schedules will also be handed out to the coaches in their packets at the start of the first session.

Meet Director: Cindy Pacheco, North Jeffco Swim Team, P.O. Box 746396, Arvada, CO 80006

Meet Referee: Robert Eddy(303)397-2480; robmeddy1973@comcast.net, or his designee

Safety Chairman: Carmen Babcock.

Awards:

Individual Events

Ribbons 1-8th

Relays

Ribbons 1st-3rd

Team Awards

Places 1st-3rd

Awards will not be broken into age categories for 10 & Under, 12&U, 14&U and open events. Team awards will be based on the Prelim/ Final and 10&U events only.

Programs/Results: Programs will be available for \$5.00 each. Final results may be ordered at the Computer Table for \$5.00. Results will be mailed within 2 weeks.

Special Information: No smoking, drugs, or drinking of alcoholic beverages allowed in the building. Any damage to pool property will be grounds for dismissal from the meet.

Teams will be asked to provide timers for the Prelims/ Timed final sessions of the meet (Sessions #1,3,4,6&7.) The host club will provide timers for all Finals sessions (Sessions 2,5,8)

Warm-up Procedures: CSI warm-up procedures will be followed. Each coach will be responsible for the monitoring of their swimmers during warm-up. Specific Warm-up will be conducted for the last 20 minutes of each warm-up session. Swimmers must enter the pool feet first except during starts. Marshals will monitor the pool during warm-up and competition. Swimmers must enter the warm-up/warm-down lane from a three-point seated position.

Rules: Current USA rules will govern the procedures of this meet. Age as of the first day of competition will determine a swimmer's age group. If a swimmer attends the meet without his/her coach, the athlete must notify the meet referee immediately upon arrival at the meet.

This meet will be preseeded with the following exceptions: Events 1-2, 9-13, 111-114, will be deck seeded and require positive check-in with the clerk of course. Swimmers must report to the assigned heat and lane if they intend to swim the event. Any swimmer not reporting for or competing in an individual timed final event (except one with Positive check-in), or in a preliminary heat when finals are scheduled shall not be penalized. Scratch rules for finals will be enforced pursuant to rule 207.7.9D(1). There will be a \$20 penalty for any swimmer who checks in for an event Sunday night and does not compete. Payment must be received before the swimmer can resume competition.

Events 111-114 (the 500 Free) are timed final events with the top 2 heats of 10 swimmers 14 & Under and Senior competing in finals. The 500 Free and 1000 Free require you to provide your own timers and counters. 1000 Free will be swum fastest to slowest heats alternating girls and boys. Check-in to swim these events will close 60 minutes before the approximate start of the first heat.

No exhibition swimming will be allowed. Relays must be declared prior to the scratch deadline (20 minutes before the approximate start of the session) for the first day of the prelim/final meet and within the first hour of finals of the succeeding days. Delay of meet penalty will be enforced according to rule 102.14.7.

Coaches/Officials All coaches and uniformed officials must display their USA/CSI cards when on deck. Current certification is mandatory. Coaches and officials that are in non-compliance will not be allowed on deck. ***There will be a mandatory coaches meeting Friday December 7th at 3:45pm.***

This will be a National Certification Meet. A mandatory officials meeting will be held at the START of warm-up for prelims & Finals, each day of the meet. A minimum of 4 sessions must be worked during the prelim/final portion of the meet to apply for national certification. The Meet Referee will have the final authority on all swimming procedures of the meet. In addition, at the Referee's discretion, individual events may be combined by age, sex, and or distance.

Concessions will be available during all sessions (with the exception of session #1) of the meet.

2nd Annual Pineapple Open Dec 8-10, 2007 Meyers Pool

Session #1 Friday Afternoon Prelim/Final

Event		Friday	w-u 12:00, start 1:00pm			Event
1	12:59.99	Open 1000 Free		12:59.99	Timed Finals	2

Session #2 Friday Evening Prelim/Final

		Friday	w-u 4:00, start 5:00 pm			
3	28.99	Open	50 free	26.49	prelims	4
5	29.59	14 & Under	50 free	27.69	prelims	6
7	30.49	12 & Under	50 free	32.09	prelims	8
9	5:29.99	Open	400 IM	5:24.99	timed finals	10
11	5:45.99	14 & Under	400 IM	5:39.99	timed finals	12
13	6:49.99	12 & Under	500 free	6:59.99	timed finals	14
3		Open	50 free	4	finals	
5		14 & Under	50 free	6	finals	
7		12 & Under	50 free	8	finals	

Session 3 Saturday Morning Prelims						
Event		Saturday	w-u 6:30 am, start 8:00 am			Event
15		Open	200 Free Relay		timed final	16
17		14 & Under	200 Free Relay		timed final	18
19		12 & Under	200 Free Relay		timed final	20
21	2:32.99	Open	200 IM	2:29.99	prelims	22
23	2:35.99	14 & Under	200 IM	2:33.99	prelims	24
25	2:45.99	12 & Under	200 IM	2:55.99	prelims	26
27	1:10.99	Open	100 back	1:09.99	prelims	28
29	1:11.99	14 & Under	100 back	1:11.49	prelims	30
31	1:19.39	12 & Under	100 back	1:27.59	prelims	32
33	2:15.99	Open	200 free	2:11.99	prelims	34
35	2:19.99	14 & Under	200 free	2:15.99	prelims	36
37	1:07.29	12 & Under	100 free	1:13.79	prelims	38
39	1:21.99	Open	100 breast	1:19.99	prelims	40
41	1:25.39	14 & Under	100 breast	1:25.99	prelims	42
43	1:30.49	12 & Under	100 breast	1:39.39	prelims	44
45	2:45.99	Open	200 fly	2:45.99	prelims	46
47	2:52.99	14 & Under	200 fly	2:59.99	prelims	48
49	35.29	12 & Under	50 fly	38.19	prelims	50

Session #4 Timed Final						
Event		Saturday	w-u 12:00, start 12:45 pm			Event
51		10 & Under	200 Free Relay		timed final	52
53	1:29.99	13&O	100 back	1:29.99	timed final	54
55	1:39.99	11-12	100 back	1:49.99	timed final	56
57	1:49.99	10 & Under	100 back	1:59.99	timed final	58
59	2:40.99	13&O	200 free	2:40.99	timed final	60
61	39.99	11-12	50 free	39.99	timed final	62
63	44.99	10 & Under	50 free	44.99	timed final	64
65	1:39.99	13&O	100 breast	1:39.99	timed final	66
67	1:49.99	11-12	100 breast	1:49.99	timed final	68
69	1:59.99	10 & Under	100 breast	1:59.99	timed final	70
71	3:09.99	13&O	200 fly	3:09.99	timed final	72
73	44.99	11-12	50 fly	44.99	timed final	74
75	49.99	10 & Under	50 Fly	49.99	timed final	76
77	2:59.99	13&O	200 IM	2:59.99	timed final	78

Session #5 Finals						
Event		Saturday	w-u 4:30 pm, start 5:30 pm			Event
21		Senior	200 IM		finals	22
23		14&Under	200 IM		finals	24
25		12&Under	200 IM		finals	26
27		Open	100 back		finals	28
29		14&Under	100 back		finals	30
31		12&Under	100 back		finals	32
33		Open	200 free		finals	34
35		14&Under	200 free		finals	36
37		12&Under	100 free		finals	38
39		Open	100 breast		finals	40
41		14&Under	100 breast		finals	42
43		12&Under	100 breast		finals	44
45		Open	200 fly		finals	46
47		14&Under	200 fly		finals	48
49		12&Under	50 fly		Finals	50

Session #6 Prelims						
Event		Sunday	w-u 6:30 am, start 8:00 am			Event
79		12 & Under	200 Medley Relay		timed final	80
81		Open	200 Medley Relay		timed final	82
83		14 & Under	200 Medley Relay		timed final	84
85	1:18.89	12 & Under	100 IM	1:24.79	prelims	86
87	1:01.99	Open	100 free	58.99	prelims	88
89	1:04.49	14 & Under	100 free	1:04.49	prelims	90
91	2:30.69	12 & Under	200 free	2:39.99	prelims	92
93	2:32.79	Open	200 back	2:31.59	prelims	94
95	2:39.99	14 & Under	200 back	2:39.99	prelims	96
97	36.79	12 & Under	50 back	39.79	prelims	98
99	2:55.39	Open	200 breast	2:55.39	prelims	100
101	2:59.99	14 & Under	200 breast	2:59.99	prelims	102
103	41.59	12 & Under	50 breast	44.69	prelims	104
105	1:11.09	Open	100 fly	1:09.29	prelims	106
107	1:13.99	14 & Under	100 fly	1:13.99	prelims	108
109	1:22.19	12 & Under	100 fly	1:26.19	prelims	110
111	6:04.99	Open	500 free ***Top 20 w/finals	6:04.99	timed final	112
113	6:14.99	14 & Under	500 free ***Top 20 w/finals	6:14.99	timed final	114
Session #7 Timed Final						
Event		Sunday	w-u 12:00, meet start 12:45 pm			Event
115		10 & Under	200 Medley Relay		timed final	116
117	1:14.99	13&O	100 free	1:14.99	timed final	118
119	1:27.99	11-12	100 free	1:29.99	timed final	120
121	1:44.99	10 & Under	100 free	1:44.99	timed final	122
123	3:29.99	13&O	200 breast	3:29.99	timed final	124
125	51.99	11-12	50 breast	53.99	timed final	126
127	59.99	10 & Under	50 breast	59.99	timed final	128
129	3:09.99	13&O	200 back	3:09.99	timed final	130
131	46.79	11-12	50 back	49.99	timed final	132
133	54.99	10 & Under	50 back	54.99	timed final	134
135	1:29.99	13&O	100 fly	1:29.99	timed final	136
137	1:44.99	11-12	100 fly	1:49.99	timed final	138
139	1:59.99	10 & Under	100 fly	2:09.99	timed final	140
141	33.99	13&O	50 Free	33.99	Timed final	142
143	1:44.99	11-12	100 IM	1:49.99	timed final	144
145	1:59.99	10 & Under	100 IM	2:04.99	timed final	146
Session #8 Finals						
Event		Sunday	w-u 4:30, meet start 5:30 pm			Event
85		12 & Under	100 IM		finals	86
87		Open	100 free		finals	88
89		14 & Under	100 free		finals	90
91		12 & Under	200 free		finals	92
93		Open	200 back		finals	94
95		14 & Under	200 back		finals	96
97		12 & Under	50 back		finals	98
99		Open	200 breast		finals	100
101		14 & Under	200 breast		finals	102
103		12 & Under	50 breast		finals	104
105		Open	100 fly		finals	106
107		14 & Under	100 fly		finals	108
109		12 & Under	100 fly		finals	110
111		Open	500 free ***Top 20 w/ finals		timed final	112
113		14 & Under	500 free ***Top 20 w/finals		timed final	114

The Kiss Of the Pineapple: A Legend in the making

In the Fall of 2005 Daniel Lunger decided to take a fresh pineapple to a swim meet. As a joke, he had the team kiss it for good luck. The team had a great meet, and afterward they ate the pineapple.

At the next meet, Daniel asked for another pineapple and after kissing it, the team placed it high atop the diving board for all to see. At the end of the meet, the pineapple was given to the swimmer who had the best performance that day.

The pineapple continued to show up at all meets and was a sign of Dan's love of competition, team spirit and of course his overall personality.

He carried the Kiss of the Pineapple to his high school team at Standley Lake, hoping to inspire team spirit and great swims. These boys embraced the idea, even calling around to find out who had the cheapest pineapples that week!

The pineapple traditionally is a symbol of hospitality, but for those of us who have had the privilege of seeing its power in action, it will also be a symbol of strong athletes, good clean competition, and a young man who loved life and lived each day to the fullest.

On Thursday, August 24th, 2006, three Pineapples stood guard over Meyers Pool to honor the one who started it all: Dan Lunger.

LONG LIVE THE KISS OF THE PINEAPPLE!

Dan is now a guardian angel who will light the way for many of us

