

**Falfins Speedo Valentines Invitational**  
**February 12-14, 2010**  
**Rampart High School Pool**  
**8250 Lexington Drive**

**Location:** Rampart High School Pool, 8250 Lexington Drive.

**Meet Sanction: 2010-023**

**Time Trial Sanction: 2010-024**

**Facility:** 8 lanes, 25 yard pool. The events will be contested in 7 lanes, with one lane left open for warm up and warm down throughout the meet.

**Altitude:** 6745 feet

**Timing:** Colorado Timing System with touch pads and back-up buttons.

<b>Entry Chair:</b>	Anthony Boettcher	719-210-8047	<a href="mailto:anthonyb@falfins.org">anthonyb@falfins.org</a>
<b>Meet Director:</b>	Toni Frank	719-648-4840	<a href="mailto:douytonifrank@q.com">douytonifrank@q.com</a>
<b>Meet Referee:</b>	Mike Bossert	719-265-9049	<a href="mailto:mebossert@aol.com">mebossert@aol.com</a>
<b>Safety Chair:</b>	Dave McKinley		

- 2010 USA Swimming and Colorado Rules will govern the competition
- Meet Referee will have final authority for the conduct of the meet.
- All events will be **timed finals and seeded fastest to slowest.**
- For all distance events (500 free and 1650 free) and time trials, swimmers must supply their own timers, and if necessary, counters.

**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. Deck registration will be available for \$80 annual membership. Checks are made payable to CSI.

**Entries:** Please email your entries using HyTek TM to: [anthonyb@falfins.org](mailto:anthonyb@falfins.org)

Mail hard copies and checks to: Falfins Swimming, 487 Woodmen RD. Suite 312 Colorado Springs, CO 80919

**Entry Deadline:** **Email** entry deadline is Thursday, February 4<sup>th</sup> by 6:00 pm.

**Mailed** team entries deadline is Monday, February 8<sup>th</sup> by 6:00 pm – must include the following:

- |                              |  |
|------------------------------|--|
| (1) Team Entry Report        | (2) Meet Entry Fee Report                              |
| (3) Signed Verification Form | (4) Complete Entry Payment Prior to Start of the Meet. |

**Entry Fee:** \$4.00 per Individual Event (.60 of each entry goes to CSI & .05 for Mountain Swim League).  
\$5.00 per Deck Entry Event if there are lanes available.  
\$4.00 per Time Trials Event.  
\$5.00 per Swimmer Facility Surcharge including time trial swimmer.

**Individual Entries:** Each swimmer is allowed to swim a maximum of 4 events per session or 5 events per day including time trials. **NT's will not** be accepted in any event, please customize an entry time for your swimmer.

### **Time Trials**

- Time Trials will be held after the conclusion of the Sunday afternoon session (session V). These events will be mixed events seeded by time, NT's will not be allowed, and each event will be swum fastest to the slowest.
- Time Trials will be conducted on a time-available basis and will begin as soon as possible after Session V. Swimmers can warm up in lane 8 prior to the end of Session V, and in addition, the pool will be open for a minimum 10 minute warm up between Session V and Time Trials.
- The Time Trial entry deadline for swimmers already entered in the meet shall be by the end of the 200 IM (Event 54).
- Those swimmers who are Time Trial Swimmers only and not pre-entered in the meet must be registered by the end of the 100 backstroke (Event 52).
- All Time Trial only swimmers must be prepared to show proof of 2010 USA swim registration.
- Time Trials shall be held under a separate sanction of the CSI.
- A Time Trial Pre-Registration form will be provided at the Clerk of Course for your convenience.
- A swimmer is limited to a maximum of 5 events per day any of which can be time trials.
- Time Trial fees must be paid for upon entering event (\$4 per event plus \$5 surcharge if only swimming Time Trials).

## Meet Entries Limitation – COACHES PLEASE READ IN ENTIRETY

The meet will be limited to 150 swimmers per session, not including the host team. Entries will be accepted and seeded in the order they are received. Once the 4 hour session has been reached no further entries will be accepted. Teams will be notified if their entries cannot be accepted. No team will be split unless the team desires.

**Deck entries** for individual events will be allowed if there are lanes available. Events will not be reseeded to accommodate deck entries. All deck entries must present proof of current registration. Time trial registration will close 1 hour after the start of the sessions on Sunday afternoon.

### Meet Schedule:

Friday Evening Warm up: 5:00 – 5:30 pm (open warm up) Start: 5:40 pm.  
Saturday/ Sunday Morning Warm up: 7:00-8:15 am (three 25 minute sessions). Start: 8:25am.  
Saturday/ Sunday Afternoon Warm up: 12:30-1:45 pm (three 25 minute sessions). Start: 1:55pm.

**Afternoon sessions may start earlier if time line allows. Teams will be notified of any changes via email to designated coach by Monday, February 8<sup>th</sup>.**

**Warm-up Procedure:** CSI procedures will be followed. Warm up assignments will be posted for teams by Wednesday, February 10<sup>th</sup> via email and on [falfins.org](http://falfins.org). Designated safety marshals will supervise the warm-up sessions.

**Meet Results:** Meet results will be emailed to each team within 14 days of the conclusion of the meet. Hard copies only upon request.

**Awards:** Ribbons will be given for 1<sup>st</sup> through 10<sup>th</sup> place in each event and will be divided out into each age category: 10 & Under, 11-12, 13-14. No awards will be given for 15 & Overs. No team scores will be kept for this meet.

**Meet Program:** Meet program will be sold on site for \$5.00  
**Concessions:** Will be provided by Falfins Swimming Parents

### February 12, 2010

#### Friday Evening Session I

Warm up 5:00-5:30  
Meet Start 5:40

Girls	Age	Event	Boys
1	13 & O	1650 Freestyle	1

(Top 28 swimmers for entries regardless of sex and this event will be seeded as mixed sex and Fastest to Slowest)

### February 13, 2010

#### Saturday Morning Session II

Warm up 7:00-8:15 am  
Meet Start 8:25 am

Girls	Age	Event	Boys
3	12 & U	200 Butterfly	4
5	12 & U	50 Backstroke	6
7	12 & U	100 Breast	8
9	12 & U	100 Freestyle	10
11	12 & U	200 Backstroke	12
13	12 & U	50 Freestyle	14
15	12 & U	200 I.M.	16

### Saturday Afternoon Session III

Warm up 12:30-1:45 pm  
Meet Start 1:55 pm

Girls	Age	Event	Boys
17	13 & O	400 I.M.	18
19	13 & O	50 Freestyle	20
21	13 & O	200 Backstroke	22
23	13 & O	100 Breast	24
25	13 & O	200 Freestyle	26
27	13 & O	100 Butterfly	28

### February 14, 2010

#### Sunday Morning Session IV

Warm up 7:00-8:15 am  
Meet Start 8:25 am

Girls	Age	Event	Boys
29	12 & U	100 I.M.	30
31	12 & U	50 Breast	32
33	12 & U	200 Freestyle	34
35	12 & U	100 Backstroke	36
37	12 & U	100 Butterfly	38
39	12 & U	200 Breast	40
41	12 & U	50 Butterfly	42
43	12 & U	400 I.M.	44

### Sunday Afternoon Session V

Warm up 12:30-1:45 pm  
Meet Start 1:55 pm

Girls	Age	Event	Boys
45	13 & O	200 Butterfly	46
47	13 & O	100 Freestyle	48
49	13 & O	200 Breast	50
51	13 & O	100 Backstroke	52
53	13 & O	200 I.M.	54
55	13 & O	500 Freestyle	56

### Sunday Time Trial Session VI

Start: As soon as possible after Session V

Girls/Boys	Age	Event
1 Mixed	Open	200 Butterfly
2 Mixed	12 & U	50 Backstroke
3 Mixed	Open	100 Breast
4 Mixed	Open	100 Freestyle
5 Mixed	Open	200 Back
6 Mixed	12 & U	50 Butterfly
7 Mixed	Open	200 I.M.
8 Mixed	12 & U	100 I.M.
9 Mixed	12 & U	50 Breast
10 Mixed	Open	200 Freestyle
11 Mixed	Open	100 Back
12 Mixed	Open	100 Butterfly
13 Mixed	Open	200 Breast
14 Mixed	Open	50 Freestyle
15 Mixed	Open	400 I.M.
16 Mixed	Open	500 Freestyle

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

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coaches Name \_\_\_\_\_ Phone # \_\_\_\_\_

Final Results Mailed to \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

I hereby certify that all swimmers and coaches listed on the CSI Master Entry Sheet or hard copy with disk/electronic 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.

## WARM-UP PROCEDURES OF COLORADO SWIMMING, INC.

### I. Organization for Implementation

#### A. MEET SAFETY COMMITTEE

1. The Meet Safety Committee shall consist of the Meet Referee, the Meet Director and the host clubs Safety Coordinator acting with the Meet Safety Director. It is recommended that this Committee prepare and implement an “*action plan*” to ensure safety is considered during warm-up session and swimming competition. The committee should review the warm-up procedures with the Coaches and Marshals monitoring the warm-up sessions and competition. It is recommended that all Coaches and Officials instruct their athletes and other interested parties in safety issues *before* any practice, warmup or competition.

#### B. COACHES

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets.
2. Coaches should supervise their swimmers throughout the pre-meet session and meet.
3. Coaches shall display their credentials (USA Coach Member card) at all times during the warm-ups and competition. This is to ensure that all coaches are current in *Safety Training*. Failure to do so may result in disciplinary action (such as, but not limited to, swimmers for that team entered as “*unattached*” and the coach not allowed on deck).

#### C. MARSHALS

1. Marshals should be planned according to the formula of two (2) Marshals for every six (6) lanes. An eight (8) lane pool would require three (3) Marshals and a twelve (12) lanes of warm-up would require four (4) Marshals as an example. The Marshals shall report and receive instructions from the Meet Referee, Meet Director, and/or Head Marshal, shall be *on deck* during the entire warm-up procedures. These Marshals shall report to the Meet Safety Committee unsafe conditions or activities and any *disciplinary* actions they have taken to enforce safety.
2. Marshals shall be clearly identified as Marshals.
3. Marshals may be Lifeguards from the host facility who may supervise if they have passed Red Cross Advanced Lifesaving and they agree to enforce warm-up rules as instructed by the Meet Safety Committee members.
4. Marshals should supervise continuous warm-up pools. Activities in a continuous warm-up pool must be supervised by a Safety Qualified Lifeguard, Marshal, or Coaches assigned by the Meet Safety Committee.

### II. WARM-UP PROCEDURES

#### D. Modifications of warm-up procedures

1. Host clubs may, with the consent of the Meet safety Committee, modify the time, schedule or recommended lane assignments depending on pool configuration, number of swimmer, or other considerations, **so long as safety is not compromised**. Any such changes shall be announced and posted prominently in the areas of competition.

#### 2. Split warm-up sessions

1. It is recommended that the Safety Meet Committee evaluate the number of participations that are in need of warm -up per session before the meet. It is recommended that the Committee consider a split warm-up if more than 10 athletes per lane for *short course* or 25 swimmers *long course* are “*anticipated*”. As an example, a six – lane short -course pool could effectively warm-up 60 athletes per session but could accommodate 120 athletes per session with a split warm up procedure. This ratio does not preclude the host team from splitting a session to obtain a *better* swimmer to lane ratio.

#### 2. Split warm-up strategies

- a. The session may be simply split into two equal warm-up session and follow the Specific warm-up protocol listed below in section V. Each session would have a general warm-up period followed by push/pace and race starts/sprints.
- b. Team lane assignment modification. The Meet safety Committee may assign lanes to specific clubs and specific warm-up sessions. It is recommended that no session be less than 25 min. *if possible*. The coaches are responsible for safety in their assigned lanes.
- c. *Strong consideration* should be considered for age and skill appropriateness but is ultimately the coaches responsibility for maintaining a safe warm up session.
- d. Teams may be assigned specific lanes and are permitted to conduct their warm-up in any manner they desire as long as general safety procedures are followed. This includes but is not limited to starts with one- way swimming only.
- e. Any other strategies for warm-up is permitted as long as it in concurrence with the Meet safety Committee and follows generally accepted Safety Protocols.
- f. If there are multiple teams assigned to a specific lane, each team must agree on when to switch to specific warm-up including but not limited to push/pace or starts/sprints with one way swimming. Failure of agreement between teams sharing lanes shall be arbitrated by the Meet Referee or by dueling pistols at the 15- meter marks.

### II. RULES FOR GENERAL WARM-UP

#### A. Overview

1. The preferred method on entering the water is *slip & slide* followed by *feet -first* entry. At no time should the athlete enter the water head -first unless starts are being directly supervised by their coach.
2. All swimming should be done in a counter-clockwise swimming direction.
3. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers.
4. No swimming under bulkheads of pools. Swimmers caught swimming under bulkheads may, at the discretion of the Meet Referee, be dismissed from the meet and not allowed to compete in any of the sessions.

### III. GENERAL WARM-UP PERIOD

#### A. Overview

1. Usually consists of the first 30 – 45 min. of the warm-up session.
2. NO DIVING... Swimmers must enter the water either feet first or *slip & slide*.
3. No sprinting or pace work.
4. All lanes will be used for general warm-up.

### IV. SPECIFIC WARM-UP PERIOD

#### A. Overview

1. *Recommended* for 30-45 minutes of the warm-up session.
2. NO DIVING, feet first or *slip and slide* entries.
3. Circle swimming only (counter clockwise only).
4. It is recommended that starts be assigned to the “*outside*” lanes. Swimmers may exit from the side of the pool and will not interrupt swimmers in push pace or general warm – up especially during long course season.

#### Pool Size Push/pace Race starts/ Sprints General

5 lane lanes 2& 4 lanes 1& 5 lane 3

6 lane lanes 2& 5 lanes 1 & 6 lanes 3 & 4

8 lane lanes 2 & 5 lanes 1, 7 & 8 lanes 3, 4, & 6

10 lane lanes 2, 4, & 6 lanes 1, 9, & 10 lanes 3,5, 7, &8

#### A. Push pace lanes

- a. Push- off one or two lengths from the *starting end*, circle swimming only (counter -clockwise), NO DIVING, feet first or *slip and slide* entries only..

#### B. Racing Starts

- a. *Sprint lanes for race starts from blocks or for backstroke starts in specified lanes at designated times.*

### VI. CONTINUOUS WARM-UP POOLS

#### A. Same guidelines as General warm-ups.