



SCOTTIE ASCHERMANN MEMORIAL SEASONAL CLUB CHAMPIONSHIPS August 2-4, 2019

SANCTION: Held under Sanction of USA Swimming and Colorado Swimming, Inc., Sanction #2019-093. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.

MEET REFEREE: Ericka Anderson Email: csi.andersonericka@gmail.com

MEET DIRECTOR: Dee James Email: jamesdrnk1@gmail.com

ENTRY CHAIR: Colorado Swimming Email: csimeetentries@gmail.com
PO BOX 816 Frederick, CO 80530
720-616-7937 (Jackie)
Charged to Team Account

ADMINISTRATIVE REFEREE: Mike Urbanowicz Email: mike_urbanowicz@hotmail.com

SAFETY CHAIR: Lori Leo

THEME: Surfing the San Juan's - unplugged

LOCATION: Ouray Hot Springs Pool and Fitness Center 1220 Main St, Ouray, CO 81427
Elevation 7792 ft.

FACILITY: The pool is 8 lanes short course meters. It is 6 feet deep at the start end and 4 feet 6 inches at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIMING: Dolphin timing system with manual stopwatch backup

SCHEDULE

NOTE: TECHNICAL/COACHES MEETING will be held at 6:45 AM FRIDAY, Aug 2nd. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet announcement and information or changes announced at the Technical Meeting. Tentative Times will be addressed after entries are confirmed.

SESSION	WARM UP	MEET START
Friday & Saturday		
Session 1 & 3	7:00-7:50 AM	8:00 AM
Session 2 & 4 (Tentative Times)	12:00-12:50 PM	1:00 PM
Sunday		
Session 5	7:00-7:50 AM	8:00 AM
Session 6 (Tentative Times)	11:00-11:50 PM	12:00 PM

ENTRIES: All swimmers will be permitted to enter no more than four (4) individual events with a maximum of ten (10) individuals for the meet, and one (1) relay event per day and (2) relays for the meet.

RELAYS: All relay only swimmers and relay alternates must be included in the entry file 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 POSTIVELY CHECKED IN 30 MINUTES BEFORE THE PUBLISHED MEET START.

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.

1. A maximum of two (2) relay teams per club per event will be permitted.
2. Swimmers may only swim two (2) relays per meet.
3. No unattached swimmer may swim on a relay.

ENTRY FEES: \$10.00 for each Relay Event
\$ 5.75 for each individual event (\$.75 of each individual event will go to the CSI support fund)
\$10.00 Pool surcharge

Swimmers must pay for all events entered after the entry deadline. No refunds for changes or scratched events. Any outstanding fees and/or past due fees owed to Colorado Swimming, Inc., must be paid in full in order to participate in the meet.

ELECTRONIC ENTRY PROCEDURES AND DEADLINE:

- Entries must be emailed to the Entry Chair, using either Hy-Tek Team Manager File and/or Team Unify Export. Please attach a PDF or Word Document of the team entry report.
- The entry chair must receive **all** entries no later than 3:00 pm on Monday, **July 29, 2019.**
- **Payment will be processed via credit card at the meet or via QuickBooks Invoicing.**
- **NO LATE ENTRIES ACCEPTED AFTER ENTRY DEADLINE. NO DECK ENTRIES.**
- **Psych sheet, warm-up and timer assignments will be emailed to the teams by Monday, July 29, 2019 by 6pm.**
- **All corrections to the psych sheet must be submitted by Tuesday July 30, 2019 by 6pm.**
- Final Psych Sheets will be posted to www.uaswimming.org by Wednesday July 31, 2019.

CORRECTIONS SHOULD BE MADE AS FOLLOWS:

Entry corrections csimeetentries@gmail.com
Registration corrections csiswimoffice@gmail.com

ELIGIBILITY: All athletes **must** hold a 2019 USA Swimming **SEASONAL** membership issued by Colorado Swimming, Inc. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who shows up on the post meet registration check charged to the team account. Teams will receive one Meet Recon email as a reminder to register the swimmers. As soon as the post meet registration check is run the team will be charged.
No on deck registrations will be taken. The meet will also be open to CSI physically impaired athletes who are registered Seasonally.

SCORING: Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1
Relay Events: 32-26-24-22-20-18-14-10-8-6-4-2

AWARDS: Individual: Medals 1-6 Ribbons 7-12
Relays: Medals 1-3 Ribbons 4-6
Individual High Point awards for the top male and female in each age group. The 19&O events will not score or receive awards.

Teams: Large Teams 1-3 Medium Teams 1-3 Small Teams 1-3

In the 6 & Under and 7-8 age groups, the high point award will be scored over the maximum allowed entries of seven swims. For 9 & over age groups, the high point award will be scored using one less event than the maximum number of individual entries permitted. For example: in the 15-18 age group the athletes are permitted to enter a maximum number of 10 swims over the meet, their best nine finishes will be scored toward high point.
All entered events will be counted toward team points.

With the exception of the 400 IM 400 Free and 1500 Free, the meet shall be pre-seeded. Swimmers must report to the assigned heat and lane if they intend to swim the event.

SEEDING PROCEDURE & SCRATCH RULES

The meet will be pre-seeded with exception of the 400 Free/400IM/1650 Free. All times will be converted to short course meters.

No qualifying times will be accepted unless proof can be provided if asked. Swimmers must report to the assigned heat and lane if they intend to swim the event. Relay events shall be seeded according to the times reflected on the entry submission. All swimmers must be listed on the entry submission to be eligible to compete on a relay team.

POSITIVE CHECK-IN EVENTS (DISTANCE):

DISTANCE:

1. The 400 IM/400 Freestyle/1500 Freestyle will be deck seeded by positive check in. Check in will close 30 mins after the scheduled start of the session the event will swim in.
2. Any swimmer not checked in for the Distance Events may be scratched from the event.
3. The 1500 Freestyle may be swum fastest to slowest alternating women and men.
4. **400 IM Freestyle SWIMMERS MUST PROVIDE THEIR OWN TWO (2) TIMERS.**
5. **1500 & 400 Freestyle SWIMMERS MUST PROVIDE THEIR OWN TWO (2) TIMERS AND MAY APPOINT ONE (1) COUNTER TO CALL LENGTHS OR INDICATE LENGTHS BY VISUAL SIGN.**

RULES:

1. The MEET REFEREE will have the final authority on all swimming procedures of the meet.
2. Current 2019 USA Swimming and Colorado Swimming Rules & Regulations will govern the meet.
3. Swimmers may use the May 15th date to determine the swimmer's age group for competition, however, each swimmer must compete in only one age group. **(Note, swimmers cannot break Seasonal State Meet records if swimming in an age group other than the age that they are as of the first day of the meet.)**
4. No exhibition swimming is allowed.
5. Entry Times must have been achieved between April 1, 2019 and July 28, 2019. Only USA Swimming sanctioned/approved/observed meets will be allowed for proof of time.
6. All events are timed finals. Swimmers shall report promptly to the blocks prior to the start of each race in which they are entered. Swimmers not reporting for or competing in an individual event will not be penalized.
7. Colorado Swimming, Inc. procedures for warm-up will be observed.
8. **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. These assignments will be posted at the pool as well. Teams that have at least 6 swimmers in a session may be given a timing assignment.
9. Unattached/Unaccompanied swimmers -Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
10. 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. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet."
11. All swimwear must conform to USA Swimming Rule and Regulations article 102.8 effective October 1, 2009. If you have any question on older suits check the current FINA Approved swim suit list.
12. All team photographers must check-in with the Meet Referee prior to taking any photographs. No photography allowed from behind the starting platforms during starts and relays. No unaffiliated photographers allowed, unless otherwise approved by the Meet Referee.
13. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

14. Deck Changing is Prohibited. USA Swimming Rule 202.4.9I.
15. 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 law.
16. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

COACHES/OFFICIALS: Current certification is mandatory. Coaches and officials that are in non-compliance will not be allowed on deck. Deck Pass and/or a membership card is an acceptable proof of membership.

Coaches will be required to sign in to receive their heat sheet.

1. A mandatory Officials meeting will be held one hour prior to the start of each session each day of the meet.
2. Each team is asked to provide officials for the meet.
3. Official's attire will be white shirt over navy blue shorts, skirts or long pants.
4. Official's that are interested in officiating this meet, please email the meet referee your current level, the position you are interested in working and your sessions you are available to officiate.

PROGRAMS AND RESULTS:

Programs may be available for purchase. Meet program/heat sheets and final results will be provided to teams entered in the meet.

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, parents, spectators, 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. Colorado swimming will not be held responsible for injuries incurred by athletes, parents, spectators, coaches and officials.
- No running or horseplay is allowed and it is the responsibility of the swimmer, coach, officials and parents to monitor these activities.

SPECIAL INFORMATION:

NO SMOKING OR TOBACCO PRODUCTS ON THE POOL DECK, IN THE BUILDING, OR ANY AREA FREQUENTED BY SWIMMERS.

SEASONAL CLUBS TEAM MEETING:

The annual Seasonal Club Team Representative's meeting will be held on Saturday, August 3, 2019 following the conclusion of the second session. Listen for public address system announcements concerning the location of the meeting. Everyone interested in the business of the meeting is invited to attend, but note that each team has only one vote. Anyone that would like something on the agenda should contact Jackie Stiff at csiswimoffice@gmail.com before the meeting. **Seasonal Team's will also be electing one Non-Athlete Representative and one Athlete Representative to serve on the CSI Board of Directors representing seasonal athletes, this is a 2-year term.**

SPIRIT AWARD:

The Spirit Award will be chosen by the Meet Referee, Seasonal Representative, Meet Director, a coach, official and Seasonal Athlete Representative. The award is based on the team that best exemplifies the characteristics of sportsmanship and team comradery, a willingness to help other teams or swimmers, and support fair swimming competition. Teams must be a registered participant in this seasonal meet to be nominated.

SEASONAL CLUB OFFICIAL, COACH, AND SWIMMER OF THE YEAR AWARD:

Nomination information and criteria:

- Must be a registered coach with CSI for at least 120 days.
- Must represent as USA/CSI registered seasonal club.
- Must be a USA member in good standing.
- Must be recognized as an individual with a positive professional attitude towards seasonal swimming.
- Must demonstrate behavior synonymous with that of a positive adult role model.
- Must be of strong moral fiber and exemplify standards of character, which bring credit to the sport of competitive swimming.
- Anyone may nominate a swimmer, coach, or official for the award. The nomination is taken in the form of a written paragraph that states how/why the nominee is a positive role model, who promotes sportsmanship and competition through the sport of swimming. Nominations are closed at some point during our annual seasonal team meeting which follows the last session on Saturday of the meet. The written paragraphs are then posted for swimmers, parents and officials to read. Ballots are produced. For coach and swimmer of the year, each team will three votes. For Coach of the Year, each team has two coach votes and one athlete vote. For Swimmer of the Year, each team has one coach vote and two athlete votes. For Official of the Year, each official working the meet will have a vote. The winners will be announced during the team and individual trophy presentations. Awards will be presented at the annual Colorado Swimming Awards Banquet.

2019 CO Scottie Aschermann Memorial LSC Seasonal Championship Meet Schedule of Events

Friday, Aug 2, 2019

Session 1

Warm Up – 7:00 AM to 7:50 AM Start - 8:00 AM

FEMALE	EVENT	MALE
1	8&U 100 Free Relay	2
3	9-10 100 Breaststroke	4
5	11-12 100 Breaststroke	6
7	8&U 25 Breaststroke	8
9	9-10 50 Butterfly	10
11	11-12 50 Butterfly	12
13	8&U 50 Freestyle	14
15	9-10 200 Freestyle	16
17	11-12 200 Freestyle	18
19	8&U 100 I. M.	20
21	9-10 100 I.M.	22
23	11-12 100 I. M.	24

Session 2

Warm Up: 12:00 PM - 12:50 PM (or 30 mins after the conclusion session 1) Start: 1:00 PM (or an hour after warm-up begins)

FEMALE	EVENT	MALE
27	13- 14 200 I. M.	28
29	15&0 200 I.M.	30
31	13- 14 200 Butterfly	32
33	15&O 200 Butterfly	34
35	13- 14 100 Freestyle	36
37	15&O 100 Freestyle	38
	10 min Break	
39	13&O 1500 Freestyle	40

25	8 & 100 Free Mixed Relay	
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Saturday, Aug 3, 2019

Session 3

Warm Up – 7:00 AM – 7:50 AM Start - 8:00 AM

FEMALE	EVENT	MALE
41	8&U 100 Medley Relay	42
43	10&U 200 Medley Relay	44
45	12&U 200 Medley Relay	46
47	8 & U 25 Backstroke	48
49	9- 10 100 Backstroke	50
51	11- 12 100 Backstroke	52
53	8 & U 25 Freestyle	54
55	9- 10 50 Freestyle	56
57	11- 12 50 Freestyle	58
59	8 & U 25 Butterfly	60
61	9- 10 100 Butterfly	62
63	11- 12 100 Butterfly	64
65	8 & Under 100 Free	66
67	12&U 200 Mixed Medley Relay	
68	10&U 200 Mixed Medley Relay	
69	8&U 100 Mixed Medley Relay	
71	11-12 400 Freestyle	72

Session 4

Warm up – 11:30 AM – 12:20 PM Start – 12:30 PM

FEMALE	EVENT	MALE
73	14&U 200 Medley Relay	74
75	18&U 200 Medley Relay	76
77	13- 14 100 Butterfly	78
79	15&O 100 Butterfly	80
81	13- 14 200 Backstroke	82
83	15&O 200 Backstroke	84
85	13- 14 50 Freestyle	86
87	15&O 50 Freestyle	88
89	13-14 100 Breaststroke	90
91	15&O 100 Breaststroke	92
93	14&U 200 Mixed Medley Relay	
94	18&U 200 Mixed Medley Relay	
10 min Break		
95	13&O 400/500 Freestyle	96

Sunday, Aug 4, 2019

Session 5

Warm Up – 7:00 AM – 7:50 AM Start - 8:00 AM

FEMALE	EVENT	MALE
97	12&U 200 Free Relay	98
99	10&U 200 Free Relay	100
101	11-12 50 Breaststroke	102
103	9-10 50 Breaststroke	104
105	11-12 100 Freestyle	106
107	9-10 100 Freestyle	108
109	11-12 200 I. M.	110
111	9-10 200 I. M.	112
113	11-12 50 Backstroke	114
115	9-10 50 Backstroke	116
117	12&U 200 Mixed Free Relay	
118	10&U 200 Mixed Free Relay	

Session 6

Warm up – 11:00 AM – 11:50 PM Start – 12:00 PM

FEMALE	EVENT	MALE
119	14&U 200 Free Relay	120
121	18&U 200 Free Relay	122
123	13-14 200 Breaststroke	124
125	15&O 200 Breaststroke	126
127	13-14 100 Backstroke	128
129	15&O 100 Backstroke	130
131	13-14 200 Freestyle	132
133	15&O 200 Freestyle	133
135	14&U 200 Mixed Free Relay	
136	18&U 200 Mixed Free Relay	
10 min break		
137	13&O 400 I.M.	138

Seasonal Club Championships

2019 Time Standards

Girls

6 & U

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
	37.69	34.99	25 Free	38.29	41.09	
1:25.19	1:24.39	1:18.19	50 Free	1:16.19	1:22.19	1:22.99
2:41.49	2:39.89	2:28.39	100 Free	2:24.49	2:37.79	2:39.39
	42.59	39.49	25 Back	41.99	45.39	
	43.69	40.09	25 Breast	45.19	48.99	
	47.69	44.09	25 Fly	45.79	49.59	
	2:45.59	2:41.49	100 IM	2:46.49	2:41.06	

Girls

7-8

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
	25.69	22.99	25 Free	24.29	27.09	
1:05.17	1:04.37	58.19	50 Free	56.18	1:02.14	1:02.94
2:11.49	2:09.89	1:58.39	100 Free	2:04.49	2:17.74	2:19.34
	30.59	27.49	25 Back	28.99	32.39	
	34.79	31.19	25 Breast	35.19	38.95	
	34.69	31.09	25 Fly	32.79	36.59	
	2:23.51	2:09.49	100 IM	2:16.49	2:31.06	

Girls

9-10

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
0:43.79	0:42.99	0:38.79	50 Free	0:39.99	0:45.59	0:45.99
1:41.89	1:40.29	1:30.49	100 Free	1:33.69	1:43.89	1:45.49
3:46.49	3:43.29	3:20.99	200 Free	3:26.79	3:49.79	3:52.99
0:53.29	0:52.69	0:47.49	50 Back	0:50.09	0:55.59	0:56.19
2:04.19	2:02.99	1:51.09	100 Back	1:52.39	2:04.53	2:05.73
0:58.89	0:57.89	0:51.99	50 Breast	0:55.29	1:01.19	1:02.19
2:11.75	2:09.75	1:57.29	100 Breast	2:01.39	2:14.30	2:16.30
1:01.52	1:00.82	0:54.99	50 Fly	0:54.79	1:00.99	1:01.69
2:16.79	2:15.49	2:01.39	100 Fly	2:03.09	2:17.29	2:18.69
	1:57.89	1:46.39	100 IM	1:50.49	2:02.59	
4:10.99	4:07.79	3:41.79	200 IM	3:53.79	4:19.99	4:23.19

Girls

11-12

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
0:38.09	0:37.19	0:33.59	50 Free	0:34.79	0:38.09	0:39.29
1:24.59	1:22.99	1:14.79	100 Free	1:22.09	1:31.09	1:32.59
3:09.19	3:05.99	2:48.29	200 Free	2:55.29	3:14.69	3:17.89
6:31.99	6:17.89	7:15.69	400/500 Free	7:45.19	6:48.49	6:57.29
0:45.59	0:44.99	0:40.39	50 Back	0:42.69	0:47.49	0:49.09
1:45.19	1:41.99	1:31.69	100 Back	1:42.19	1:53.59	1:59.49
0:50.79	0:49.79	0:44.79	50 Breast	0:48.09	0:53.49	0:54.49
1:54.79	1:52.79	1:41.89	100 Breast	1:45.39	1:56.79	1:58.79
0:45.79	0:45.09	0:40.49	50 Fly	0:46.29	0:51.27	0:51.97
1:58.39	1:56.98	1:45.29	100 Fly	1:42.39	1:53.79	1:55.19
	1:35.09	1:25.59	100 IM	1:32.79	1:45.29	
3:35.39	3:32.19	3:10.99	200 IM	3:25.59	3:47.99	3:51.19

Girls			13-14	Boys		
LCM	SCM	SCY	Event	SCY	SCM	LCM
0:36.89	0:36.09	0:32.79	50 Free	0:34.79	0:38.34	0:39.14
1:20.84	1:19.24	1:11.59	100 Free	1:11.49	1:19.09	1:20.69
3:02.29	2:59.09	2:41.49	200 Free	2:44.29	3:02.19	3:05.39
6:18.39	6:11.99	7:07.59	400/500 Free	7:10.29	6:16.59	6:22.99
24:36.59	23:44.39	24:02.89	1500/1650 Free	25:06.89	24:35.69	25:40.69
1:37.98	1:36.78	1:27.39	100 Back	1:33.89	1:43.78	1:44.94
3:28.74	3:26.34	3:06.49	200 Back	3:16.19	3:37.11	3:39.51
1:48.00	1:46.00	1:35.69	100 Breast	1:37.99	1:48.29	1:50.29
3:52.32	3:48.32	3:26.29	200 Breast	3:26.29	3:48.29	3:52.29
1:43.40	1:42.00	1:32.09	100 Fly	1:33.69	1:43.78	1:45.18
4:08.66	4:05.86	3:42.09	200 Fly	3:41.99	4:05.75	4:08.55
3:28.43	3:25.23	3:05.49	200 IM	3:07.49	3:27.45	3:30.65
7:51.79	7:45.39	6:59.29	400 IM	6:48.59	7:33.49	7:39.89

Girls			15 & Over	Boys		
LCM	SCM	SCY	Event	SCY	SCM	LCM
0:36.48	0:35.68	0:32.29	50 Free	0:29.49	0:32.67	0:33.37
1:18.18	1:16.58	1:09.19	100 Free	1:05.69	1:12.49	1:14.09
2:53.49	2:50.29	2:33.79	200 Free	2:26.09	2:41.72	2:44.92
6:13.69	6:09.29	7:00.99	400/500 Free	6:45.19	6:03.39	5:55.74
24:36.59	23:44.39	24:02.89	1500/1650 Free	23:37.59	23:15.39	24:08.39
1:33.89	1:32.69	1:23.69	100 Back	1:22.29	1:30.90	1:32.10
3:26.86	3:24.46	3:04.79	200 Back	2:52.19	3:10.49	3:12.89
1:44.45	1:42.45	1:32.69	100 Breast	1:29.59	1:39.00	1:41.00
3:47.77	3:43.77	3:22.19	200 Breast	3:09.39	3:29.59	3:32.59
1:34.69	1:33.29	1:24.49	100 Fly	1:20.69	1:29.13	1:30.53
3:46.09	3:43.29	3:21.79	200 Fly	3:06.89	3:26.69	3:29.49
3:15.78	3:12.58	2:53.89	200 IM	2:48.49	3:06.58	3:09.78
7:19.69	7:13.29	6:30.29	400 IM	6:18.39	7:00.09	7:06.49