

# **FAST LONG COURSE SPRING OPEN**

**April 7th and 8th, 2006**

**Sanctioned by Colorado Swimming/United States Swimming**

**Hosted by Fort Collins Area Swim Team**

**Sanction # 2006-030**

**LOCATION:** EPIC Pool  
1801 Riverside Avenue  
Fort Collins, Colorado (970) 221-6683  
Located at Edora Park off Prospect Avenue, between I-25 and Lemay Avenue  
**FAST OFFICE/WEBSITE: (970) 690-SWIM [www.fortcollinsareaswimteam.org](http://www.fortcollinsareaswimteam.org)**

**TIMES:**

Session #1	FRIDAY	Warm-up:	4:30-5:20 p.m.
		Start:	5:30 p.m.
Session #2	SATURDAY	Warm-up:	7:30-8:20 a.m.
		Start:	8:30 a.m.
Session #3	SATURDAY	Warm-up:	1:00-1:50 p.m.
		Start:	2:00 p.m.

**FACILITY:** Ten lanes, 50 meter pool with two movable bulkheads, with non-turbulent lane lines. 8 lanes will be used for competition (depending upon volume of entries). One continuous warm-up/warm-down lane will be provided. **Warm-up/down areas are for serious warm-up/down only. No Horseplay. EPIC IS A NON-SMOKING FACILITY**

**TIMING:** Colorado Timing System with touchpads. Each lane will have backup Timers. Hy-Tek Meet Manager will be used to run this meet.

**RULES:** Current USA Swimming rules will govern the meet. The Referee will be the final authority for the conduct of the meet. At the Referee's discretion, individual events may be combined by age, sex and/or distance. The meet will be pre-seeded.

**ELIGIBILITY:** Open to all USA Swimming **currently** registered athletes. Age as of April 7th, 2006 determines age group. Swimmers within the 120-day transfer period must swim Unattached. **No Qualification Times are required.**

**ENTRIES:** Swimmers are limited to four (4) individual events per day.

Entries submitted on disk in Hy-Tek form or using Meet Manager or Commlink files must include a hard copy printout of swimmers and entry times. Please check the integrity of your disk prior to submission. All other entries are to be on CSI master sheets, which lists the swimmer's name and age (as on the first day of the meet), team code, USA number, event number, and entry time.

**"NO TIME"** entries will be accepted. Times must be entered in LONG COURSE METERS.

**The Colorado Swimming Meet Verification Form must accompany all entries.**

Deck entries will be accepted at the discretion of the Meet Director and the Meet Referee and will cost \$5.00.

**AGE GROUPS:** 10 & Under, 11-12, 13 & Over.

10 & Under age group will be split into 8 & Under and 9-10 for scoring & awards  
13 & Over age group will be split into 13-14 and 15 & Over for scoring & awards

**ENTRY FEES:** Individual Events: \$4.05  
Pool Surcharge: \$5.00  
Deck Entries: \$5.00

\$0.55 of each individual event goes to the CSI support fund. All USA Swimming officials who volunteer to work two sessions will have fees reimbursed for one swimmer, except for the \$.55 per event CSI fee.

**Please make one check payable to FAST for your entries. This check is due when entries are mailed.**

**DEADLINE:** Entries are to be received by the Entries Chair no later than **6:00 p.m. on Friday, March 31, 2006.** Hard copy confirmation, meet verification form and payment must be received for entries to be accepted.

**Send entries to: Greg Tooley**  
970-226-4966  
1726 Feltleaf Court  
Fort Collins, CO 80528  
Email: [meet-entries@fortcollinsareaswimteam.org](mailto:meet-entries@fortcollinsareaswimteam.org)

**MEET LIMIT:** THIS MEET IS LIMITED TO THE FIRST 400 SWIMMERS INCLUDING FORT COLLINS AREA SWIM TEAM/OR WILL BE LIMITED BY THE FOUR HOUR SESSION RULE. Completed entries with payment will be processed on first come first serve basis. Late entries accepted at Meet Director's discretion and will cost \$5.00.

**AWARDS:** **Individual Events:** Ribbons 1<sup>th</sup>-8<sup>th</sup> place  
High Point Awards: 1<sup>st</sup> -3<sup>rd</sup> place Female & Male in each age group

**SCORING:** 9-7-6-5-4-3-2-1

**CONCESSIONS:** Concession food items will be available for sale. CSI does not support, recommend, endorse or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's responsibility to know the contents of any food or drink he/she ingests. For more specific information on supplements please refer to the drug information on the USA Swimming website at [usa-swimming.org](http://usa-swimming.org). Swimwear and equipment will also be available for sale.

**PROGRAMS:** Meet programs will be available for \$5.00. Coaches programs are included in their information packet and may be picked up at the FAST concessions table.

**MEET RESULTS:** Disks will be returned to those teams who provided entries in Hy-Tek format. One copy of the meet results will be provided within two weeks to any team that requests this.

**MEET DIRECTOR:** Gerry Neufeld 970-472-9428 [madcanuck@comcast.net](mailto:madcanuck@comcast.net)

**MEET REFEREE:** Steve Wolley 970-221-0739 [stevewolley@msn.com](mailto:stevewolley@msn.com)

**SAFETY DIRECTOR:** Megan Filby

**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. FAST will post warm-up times on our web site at <http://www.fortcollinsareaswimteam.org>**

**HOTELS:** Please check our website for information on hotels.

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**ORDER OF EVENTS**

**Session #1: Friday, April 7<sup>th</sup>**

**Warm-up: 4:30 p.m.**

**Start: 5:30 p.m.**

<b>Female Event #</b>	<b>Age Group</b>	<b>Description</b>	<b>Male Event #</b>
1	10 & Under	50 Fly	2
3	11 & 12	50 Fly	4
5	13 & Over	200 Fly	6
7	10 & Under	100 Back	8
9	11 & 12	100 Back	10
11	13 & Over	100 Back	12
13	10 & Under	50 Breast	14
15	11 & 12	50 Breast	16
17	13 & Over	200 Breast	18
19	10 & Under	100 Free	20
21	11 & 12	100 Free	22
23	13 & Over	100 Free	24

**Session #2: Saturday, April 8<sup>th</sup>**

**Warm-up: 7:30 a.m.**

**Start: 8:30 a.m.**

<b>Female Event #</b>	<b>Age Group</b>	<b>Description</b>	<b>Male Event #</b>
25	10 & Under	200 Free	26
27	11 & 12	200 Free	
28	10 & Under	100 Breast	29
30	11 & 12	100 Breast	
31	10 & Under	200 I.M.	32
33	11 & 12	200 I.M.	
34	10 & Under	100 Fly	35
36	11 & 12	100 Fly	
37	10 & Under	50 Back	38
39	11 & 12	50 Back	
40	10 & Under	50 Free	41
42	11 & 12	50 Free	

**Session #3: Saturday, April 8<sup>th</sup>**

**Warm-up: 1:00 p.m.**

**Start: 2:00 p.m.**

<b>Female Event #</b>	<b>Age Group</b>	<b>Description</b>	<b>Male Event #</b>
	<b>11 &amp; 12</b>	<b>200 Free</b>	<b>43</b>
<b>44</b>	<b>13 &amp; Over</b>	<b>200 Free</b>	<b>45</b>
	<b>11 &amp; 12</b>	<b>100 Breast</b>	<b>46</b>
<b>47</b>	<b>13 &amp; Over</b>	<b>100 Breast</b>	<b>48</b>
	<b>11 &amp; 12</b>	<b>200 I.M.</b>	<b>49</b>
<b>50</b>	<b>13 &amp; Over</b>	<b>200 I.M.</b>	<b>51</b>
	<b>11 &amp; 12</b>	<b>100 Fly</b>	<b>52</b>
<b>53</b>	<b>13 &amp; Over</b>	<b>100 Fly</b>	<b>54</b>
	<b>11 &amp; 12</b>	<b>50 Back</b>	<b>55</b>
<b>56</b>	<b>13 &amp; Over</b>	<b>200 Back</b>	<b>57</b>
	<b>11 &amp; 12</b>	<b>50 Free</b>	<b>59</b>
<b>59</b>	<b>13 &amp; Over</b>	<b>50 Free</b>	<b>60</b>
<b>61</b>	<b>Open</b>	<b>400 Free</b>	<b>62</b>