

**Foothills Swim Team**  
**Long Course Open**  
**April 21-23, 2006**

<b>Sanction</b>	Held under USA/Colorado Swimming Inc. Sanction Number 2006-027
<b>Meet Referee</b>	Steve Banks <a href="mailto:BanksDS@aol.com">BanksDS@aol.com</a>
<b>Meet Director</b>	Tom Cox <a href="mailto:tomcox@mindspring.com">tomcox@mindspring.com</a>
<b>Safety Director</b>	Dave Vidikan <a href="mailto:dvcavarvacv@comcast.net">dvcavarvacv@comcast.net</a>
<b>Entry Chair</b>	Tom Cox - <a href="mailto:tomcox@mindspring.com">tomcox@mindspring.com</a>
<b>Mailed entries</b>	FST P.O.Box 27007 Denver, CO 80227-0007 <b><u>ENTRY DEADLINE: Tuesday April 11, 2006</u></b>
<b>Team Website</b>	<a href="http://www.FoothillsSwimTeam.com">www.FoothillsSwimTeam.com</a>
<b>Entry Fees</b>	\$3.55 per individual event & \$5.00 pool surcharge per swimmer \$0.55 per individual swim goes to the CSI support fund. \$5.00 per deck entry (in open lanes only) Relays are free and encouraged! <b><u>MAKE CHECKS PAYABLE TO "Foothills Swim Team"</u></b> Any team submitting entries with 50 or more swimmers entered in individual events will be given a 10% refund of all entry fees.
<b>Awards</b>	Ribbons for 1 <sup>st</sup> -7 <sup>th</sup> place in individual events 1 <sup>st</sup> Place High Point Award for each age-group (8 & Under, 9-10 11-12, 13-14, Open)
<b>Entry Limit</b>	<b>Swimmers are permitted to swim a maximum of four (4) individual events per day.</b> Entries will be accepted in the order they are received. The postmark on entry packets will determine order they are received. Email entries will be accepted and email entries must send in a hardcopy packet, meet verification form, and payment to entry chair no later than five (5) days prior to the start of the meet. <b>FST reserves the right to limit the meet to stay within the four (4) hour rule.</b>
<b>Location</b>	Carmody Pool, 2150 South Old Kipling Street in Lakewood, CO
<b>Start Times</b>	<b>Tentative start times.</b> Confirmed start times along with warm-up lane assignments and psych sheets will be posted by April 18 <sup>th</sup> @ <a href="http://www.FoothillsSwimTeam.com">www.FoothillsSwimTeam.com</a> under the Meet Information tab. Unattached swimmers must report to the Meet Referee and will be assigned a team to warm up with. All coaches must supervise their swimmers throughout the warm-up session. CSI warm-up procedures will be followed.
<b>Start Times</b>	<b>Tentative start times:</b> Friday: 4:00 PM warmup, 5:10 PM start: Saturday morning, 12 and under: 7:00 AM warmup, 8:10 AM start Saturday afternoon, 13 and over: 12:00 PM warmup, 1:10 PM start

Sunday morning, 12 and under: 7:00 AM warmup, 8:10 AM start  
Sunday afternoon, 13 and over: 12:00 PM warmup, 1:10 PM start  
Please check [www.FoothillsSwimTeam.com](http://www.FoothillsSwimTeam.com) for start time updates

<b>Sponsors</b>	Foothills Swim Team
<b>Entries</b>	Please submit all entries on a 3.5 inch Hy-Tek disk complete with all required information (name, team, USA number, entry time, age, and event number) or submit entries on a CSI entry form with the same information as above. The meet will be limited to stay within the allowable timeline of USA Swimming. No team will have their entry split unless they request to do so. The CSI meet verification form must also accompany all entries.
<b>Start</b>	The “No Recall” procedure under 102.14.5B will be used.
<b>Facility</b>	The pool is a seven lane 50 meter facility with nonturbulent lane markers. A small warmdown pool will also be available.
<b>Rules</b>	Current USA Swimming rules will govern the procedure of the meet. Age as of the first day of the meet will determine the swimmer’s age group. The meet will be pre-seeded, except for the 400 freestyle, 400 IM, and the mile, where positive check-in will be required. The meet is a timed final and warmup will be assigned.
<b>Eligibility</b>	This meet is open to all swimmers holding a 2006 USA swimming membership card. Any swimmer that appears on the CSI exception report without registration must come prepared to show their card or they will be deck registered before they can enter the water.
<b>Timing</b>	A Colorado Timing Systems scoreboard, CTS 5000 timer and touch pads with backups buttons will be used to time the meet.
<b>Results</b>	Electronic results will be e-mailed or given to each team providing a disk. Hard copy of results will be mailed to teams by request only. All others may place an order in the meet office at \$5.00 a piece. Blank disks will also be available for \$3.00 to record the results immediately after the final session of the meet.
<b>Concessions</b>	Concession food items will be for sale. Colorado Swimming, Inc. does not support, recommend, endorse or take responsibility for the sale or marketing of any dietary supplements. It is the swimmers 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 site @ USA-Swimming.org.
<b>Programs</b>	Programs will be available at the concession stand for \$5.00.
<b>Officials</b>	Those who work two or more sessions will be reimbursed their children’s entry fees, minus the CSI and pool surcharge

**Distance Events**

Positive check-in will be required one hour before the 400 free, 400 IM, and the 1500 free. We will swim the fastest 28 female and 28 male swimmers in 400 free for 12 and unders, and the fastest 28 female and male swimmers in the 13-14/Open 400 free and Open 400 IM. If there are not 22 males in either event, we will run an extra heat of females if necessary. We will run the top 28 women and 14 men in the mile, fastest to slowest, alternating female and male heats. All swimmers must supply their own counter for the mile. The 11-12 200s and 400 IM may be limited to 3 heats in each event to stay within the four hour rule. All coaches will be notified before the meet of any closure in the distance events.

**Friday afternoon, 4:00 PM warmup, 5:10 PM start**

Women Event #	Event Description	Men Event #
1	Open 400 Medley Relay	2
3	12 & Under 200 IM	4
5	13-14 200 IM	6
7	Open 200 IM	8
9	12 & Under 400 Free	10
11	13-14 400 Free	12
13	Open 400 Free	14

**Saturday morning, 7:00 AM warmup, 8:10 AM start**

Women Event #	Event Description	Men Event #
15	12 & Under 200 Medley Relay	16
17	8 & Under 50 Butterfly	18
19	9-10 50 Butterfly	20
21	11-12 50 Butterfly	22
23	8 & Under 50 Freestyle	24
25	10 & Under 200 Freestyle	26
27	11-12 200 Freestyle	28
29	8 & Under 50 Backstroke	30
31	9-10 50 Backstroke	32
33	11-12 50 Backstroke	34
35	10 & Under 100 Breaststroke	36
37	11-12 100 Breaststroke	38
39	12 & Under 200 Butterfly	40
41	12 & Under 200 Backstroke	42

**Saturday afternoon, 12:00 PM warmup, 1:10 PM start**

Women Event #	Event Description	Men Event #
43	Open 200 Free Relay	44
45	13-14 100 Freestyle	46
47	Open 100 Freestyle	48
49	13-14 200 Butterfly	50
51	Open 200 Butterfly	52
53	13-14 100 Breaststroke	54
55	Open 100 Breaststroke	56
57	13-14 200 Backstroke	58
59	Open 200 Backstroke	60
61	13-14 50 Freestyle	62
63	Open 50 Freestyle	64
65	Open 800 Freestyle	66

**Sunday morning, 7:00 AM warmup, 8:10 AM start**

Women Event #	Event Description	Men Event #
67	12 & Under 200 Free Relay	68
69	10 & Under 100 Backstroke	70
71	11-12 100 Backstroke	72
73	8 & Under 50 Breaststroke	74
75	9-10 50 Breaststroke	76
77	11-12 50 Breaststroke	78
79	10 & Under 100 Butterfly	80
81	11-12 100 Butterfly	82
83	8 & Under 100 Freestyle	84
85	9-10 100 Freestyle	86
87	11-12 100 Freestyle	88
89	12 & Under 200 Breaststroke	90
91	12 & Under 400 IM	92

**Sunday afternoon, 12:00 PM warmup, 1:10 PM start**

Women Event #	Event Description	Men Event #
93	Open 400 Free Relay	94
95	13-14 200 Freestyle	96
97	Open 200 Freestyle	98
99	13-14 100 Backstroke	100
101	Open 100 Backstroke	102
103	13-14 200 Breaststroke	104
105	Open 200 Breaststroke	106
107	13-14 100 Butterfly	108
109	Open 100 Butterfly	110
111	Open 400 IM	112