

FAC First Chance Meet
10&U, 11-12, 13-14, & 15 & OVER

DATE: September 14, 2013

SPONSORED BY: Flatiron Swimming

SANCTION: To be held under the sanction of USA Swimming 2013- 101

LOCATION: YMCA Lafayette, Colorado
 2800 Dagny Way, Lafayette, CO 80026

FACILITIES: Six Lane 25 Yard by 25 Meter Outdoor Pool. - The meet will be run in 6 lanes (yards direction) with a warm-up/cool down area in the remaining meters area. The competition course has not been certified in accordance with 104.2.2C (4).

POOL DEPTH: The minimum water depth at the start end is 5 feet and 3½ feet at the turn end.

TIMING: Each lane will have three timers.

SWIM SUITS: USA Swimming Rule 102.8 (Swimwear), as modified and placed in effect by USA Swimming on October 1, 2009, will be enforced for this meet.

SCHEDULE: **SATURDAY AM: September 14, 2013**
 Warm up: 8:00-8:50 a.m.
 Start: 9:00 a.m.

Coach's Meeting: 8:50 – 9:00 a.m. (AM only)

SATURDAY PM:
Warm up: 1:15 p.m.
Start: 1:45 p.m.

ELIGIBILITY: Open to all swimmers holding a 2013 USA Swimming membership card issued by Colorado Swimming, Inc. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. Any swimmer that appears on the CSI exception report without registration must come to the meet prepared to show their current card or they will be deck registered before they can enter the water and will be subject to fines outlined in the registration policies. No deck registrations will be accepted for any swimmer that does not appear on the exceptions report.

WARM-UP
PROCEDURES: Coaches will have control of the warm-up lanes. Swimmers are **REQUIRED** to enter the water **feet first** and it is preferred that they **slip & slide** into the water during warm-ups and at any time during the meet. No forward dives or backstroke starts into the water during warm-up unless there is one-way swimming and starts with coach supervision.

Feet first entry **AT ALL TIMES** in the warm-up/cool down lanes. Failure to comply with this procedure may result in removal from the swimmers next event or the meet at the Meet Referees discretion. (No diving or cannon balls into the warm-up/cool down lanes.)

SAFETY ISSUES: 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 running or horseplay is allowed and it is the responsibility of the swimmer, coach, officials and parents to monitor these activities.

SCORING: AWARDS: Scoring categories will be 6 & Under, and ages 7, 8, 9, 10, 11, 12, 13, & 14.

AWARDS: Ribbons will be awarded for 1st through 3rd. Swimmers can get their own awards after results for individual events are posted.

RULES: Current 2013 USA Swimming Rules and Regulations will govern the meet, in conjunction with the following.

- Age as of the first day of the meet will determine the swimmer's age group for competition, September 14, 2013
- In order for a swimmer to represent a team, the team must be a 2013 member of Colorado Swimming, Inc.
- All events will be timed finals and the meet will be pre-seeded.
- Each swimmer is eligible to swim four (4) individual events per day and one relay.
- The USA Swimming National Start will be used. The meet will enforce timely reporting to the block area and responding promptly to signals and commands as follows: When the swimmer and officials are ready, the Referee shall signal with an out stretched arm to the starter that the swimmers are under the Starter's control. Swimmers stepping up late after the Referee has signaled with an out stretched arm releasing the field to the Starter "may," at the discretion of the referee, be barred from competing in that event. It is the responsibility of every swimmer and coach to ensure that they report to the starting area in a timely fashion and respond to all signals and commands promptly by the meet officials.
- The Meet Referee will have the final authority on all matters and conduct during the meet and its procedures.
- The Meet Referee will have the authority to combine any events in order to save time at the meet.

- **NO EXHIBITION SWIMMING IS ALLOWED IN INDIVIDUAL OR RELAY EVENTS.**
- **“USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS, OR LOCKER ROOMS.”**
- **NO ON DECK PHOTOGRAPHY FROM BEHIND THE STARTING PLATFORM.**
- **“EXCEPT WHERE VENUE FACILITIES REQUIRE OTHERWISE, CHANGING INTO OR OUT OF SWIMSUITS OTHER THAN IN LOCKER ROOMS OR OTHER DESIGNATED AREAS IS NOT APPROPRIATE AND IS PROHIBITED.**

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

SPECIAL RULES:

Relays must be declared 30 minutes before the start of each session.

Each team will be allowed only three (3) relays per age group per event.

Swimmers will only be allowed to swim in two (2) RELAYS. This means one (1) Medley and one (1) Free Relay.

Swimmers must be listed on the master sheet in order to be eligible to swim in a relay.

NO LATE ENTRIES WILL BE ACCEPTED FOR INDIVIDUAL OR RELAY EVENTS. ALL ENTRIES MUST BE RECEIVED BY THE ENTRY DEADLINE OF SEPTEMBER 6th. NO DECK ENTRIES OR DECK REGISTRATIONS WILL BE ALLOWED AT THE MEET FOR INDIVIDUAL OR RELAY EVENTS.

COACHES/OFFICIALS: All coaches and uniformed officials **MUST** display their current USA/CSI cards when on deck. Current Certification is mandatory. Coaches that are in non-compliance will not be allowed on deck.

A mandatory officials meeting will be held at the START of warm-up for each session, each day of the meet. **Trainees are welcome.**

ENTRIES: Swimmers may enter four (4) individual events and one (1) Relay per day.

ENTRY FEES: Individual Events: \$5.00 per individual event.
Relay Events: No charge
Pool Surcharge: \$5.00 per swimmer.

ENTRY PROCEDURE: Please make all entries using HY-TEK Meet Manager software and enclose a hard copy for verification. Double-check your hard copy before sending it. Master sheets for each age group must include name, age (as of the first day of the meet), USA number and team code. Be sure to include the coaches' name, address and phone number on the Master Entry sheets. **TEAMS SENDING 5 OR MORE SWIMMERS WILL BE ASSESSED A \$25.00 SURCHARGE IF ENTRIES ARE NOT SUBMITTED ON DISK USING HY-TEK.**

SUBMIT TIMES IN SHORT COURSE YARDS ONLY.

PLEASE MAKE ONE CHECK PER TEAM PAYABLE TO FLATIRON SWIMMING.

ENTRY DEADLINE: The entry chairman must receive had delivered, mailed or e-mailed entries no later than 6:00 P. M. on **FRIDAY SEPTEMBER 6th, 2013.**

Entries are CONSIDERED FINAL when entry fees are paid.

E-mailed entries will need to send the hardcopy and check for entry fees to arrive no later than Wednesday September 11th, 2013.

ENTRY CHAIRMAN: Brad Derthick
1801 13th Street, Suite 400
Boulder, CO

MEET DIRECTOR : Nicole Jenkins/Brad Derthick

SAFETY CHAIRMAN: Lori Winslow or her designee
MEET REFEREE Doug Everett or his designee

SPECIAL INFORMATION:

Concessions will be available throughout the meet.

Heat sheets will be available for \$3.00. Heat sheets will be provided for the coaches and officials.

NO SMOKING on pool deck or any area frequented by the swimmers.

Please make parents aware swimmers will be held responsible for any and all damage to the pool property including the facility in its entirety. Any damage to the facility and pool property will be grounds for dismissal from the remainder of the meet and the offenders will be held liable to the fullest extent, which the law allows.

Swimmers will be expected to observe the rules. Any swimmer not complying will be scratched from his/her next event, the balance of the days' events or the balance of the meet at the discretion of the Meet Referee and the Meet Director. THERE WILL BE NO APPEALS!!!!

SCHEDULE OF EVENTS**SATURDAY SEPTEMBER 14, 2013****SESSION ONE WARM-UP 8:00 AM**

GIRLS EVENT #	AGE GROUP	EVENT	BOYS EVENT #
1	10 & Under	25 breast	2
3	11 & Over	25 breast	4
5	10 & Under	25 back	6
7	11 & Over	25 back	8
9	10 & Under	50 breast	10
11	11 & Over	50 breast	12
13	10 & Under	50 back	14
15	11 & Over	50 back	16
17	10 & Under	100 IM	18
19	11 & Over	100 IM	20
21	10 & Under	25 fly	22
23	11 & Over	25 fly	24
25	10 & Under	25 free	26
27	11 & Over	25 free	28
29	10 & Under	50 fly	30
31	11 & Over	50 fly	32
33	10 & Under	50 free	34
35	11 & Over	50 free	36
37	Mixed Ages 1 8&U, 1 9-10, 1 11-12, 1 13-14 per team	Medley Relay	38

SESSION TWO WARM-UP 1:15 PM

GIRLS EVENT #	AGE GROUP	EVENT	BOYS EVENT #
39	Open	200 Free	40
41	Open	100 Breast	42
43	Open	100 Back	44
45	Open	200 IM	46
47	Open	100 Fly	48
49	Open	100 Free	50
51	10 & Under	200 Free Relay – Mixed Gender (2 male, 2 female)	51
52	11 & Over	400 Free Relay – Mixed Gender (2 male, 2 female)	52