

**Western Slope League Championships**  
Friday, Saturday and Sunday, July 17-19, 2009

**SANCTION:** Held under the sanction of USA Swimming, Inc. Sanction #: 2009-025G

**MEET:** Age Group Timed Final Meet

**LOCATION:** Lincoln Park Moyer Pool, Grand Junction, CO; 970-254-3887. Bounded by corners of North Ave. and 12<sup>th</sup> St, and Gunnison St. Home of the 1999 USA Western Zone Championship and 2002, 2005 and 2007 LC State Championships!

**FACILITY:** 8 Lane, 50-Meter, Outdoor Pool, limited warm-up and cool-down area (6 lane shallow), will be available at all times. Long course will be converted to 6 lane, 25 yard short course for 8&Under events.

**SCHEDULE:** Changes in schedule are at the discretion of the Meet Director and Meet Referee.

Session	Day	Warm-up	Start
1	Friday	9:00-10:00 am	10:15 AM
2	Friday	1:00-2:00 pm	2:15 PM
3	Saturday	7:00-8:00 am	8:15 AM
4	Saturday	12:30-1:30 pm	1:45 PM
5	Sunday	7:00-8:00 am	8:15 AM
6	Sunday	12:30-1:30 pm	1:45 PM

**TIMING:** Colorado Timing System with touch pads, back-up buttons and electronic scoreboard. HyTek Meet Manager software will be used.

**SCORING:** Individual: 16-13-12-11-10-9-7-5-4-3-2-1

Relays: 32-26-24-22-20-18-14-10-8-6-4-2

Note: All events will be scored according to age groups and will count toward team and individual high point scores.

**AWARDS:** Medals will be awarded in each individual event for 1<sup>st</sup> – 3<sup>rd</sup> place and ribbons for 4<sup>th</sup> – 12<sup>th</sup> place. Relays: Ribbons for 1<sup>st</sup> – 3<sup>rd</sup> place. Individual high points will be awarded to the top male and female individual in each of the following categories: 8 & under, 9-10, 11-12, 13-14 & Senior. Note: Point scored by 8 & Under swimmers in 10 & Under events will NOT apply to 8 & Under High Point totals.

**RULES:** Current USA rules will govern the meet. 8&Under events on Friday morning will be swum in the short course configuration: 25 yards X 6 lanes. All other events will be swum in the long course configuration: 50 meters X 8 lanes. No exhibition swimming allowed.

Qualifying and entry times: All entries must include times. Please honor the qualifying times as this is a CHAMPIONSHIP MEET. Be prepared to show Proof of Times. "NT" will not be accepted. Submit short course yards (SCY) times for 8&U events and long course meter (LCM) times for all other events.

Seeding procedure and scratch rules: The meet will be pre-seeded except for the 1500 freestyle which will require a positive check-in 30 minutes prior to the start of the session. Scratches must be submitted 45 minutes before the start of each session. No events will be reseeded due to empty lanes. NO DECK ENTRIES WILL BE ALLOWED.

1500 distance event: Swimmers must provide their own timers and counters for the distance events. The event will be swum fastest slowest, alternating girls then boys, with a combined heat possible at the discretion of the Meet Referee.

Declaration of relays 45 minutes prior to each session is required.

There will be no specific heating areas for 8&U swimmers. All swimmers must report to their assigned lane and heat at the proper time.

Colorado Swimming, Inc. warm-up procedures will be observed. **THREE POINT ENTRY** will be strictly enforced. Failure to comply may result in a fine and disqualification from participation.

The meet referee will have the final authority on all procedures regarding the conduct of the meet. The referee may combine individual events by age, sex, and/or distance. All coaches and uniformed officials must display their USA/CSI cards when on deck. Current certification is mandatory. Coaches that are in non-compliance will not be allowed on deck.

**COACHES AND OFFICIALS:** There will a short Coaches meeting immediately before the start of sessions 1, 3, and 5. No Coaches meeting will take place during the afternoon sessions unless a situation arises that would require one. Teams are asked to provide officials. Please contact Referee to advise of your availability.

**ELIGIBILITY:** Open to all Western Zone 4 League swimmers holding a 2009 USA Swimming Membership card. Previously entered athletes that have met eligibility requirements may request entry in additional events with the availability of an empty lane, proof of meeting the qual time, and at the discretion of the Admin Referee. Requests must be made 30 minutes prior to the start of each session. No events will be reseeded due to deck entries. Age as of Friday, July 17, 2009 will govern entries

**ENTRIES:** 8 & under swimmers may swim 4 events and 2 relays for the Friday morning session. All other swimmers may swim 3 individual events and 1 relay per day.

**ENTRY FEES:** Individual Events \$ 3.00 per event

Relay Events \$ 5.00 per relay

Swimmer Surcharge \$ 7.00 per swimmer

**ENTRY DEADLINE:** Entries must be received by 12:00 p.m. Monday, July 13, 2009. No late entries will be accepted.

**ENTRY PROCEDURE: E-mail entries are preferred.**

Submit times for 8&U events in SCY. All other times should be submitted in LCM. A current Colorado Swimming Meet Verification Form must accompany all entries.

Email Entries: Email entries to Carrie Walton at [cwalton41@yahoo.com](mailto:cwalton41@yahoo.com). Attach a Word or .pdf document of the Hy-Tek Team Manager Meet Entry Report by swimmer. If you don't receive an email confirmation, then your entries were not received. Confirmed e-mailed entries will not need to send the diskette or Entry Reports. Checks and Meet Verification must be postmarked by Monday, July 13, 2009.

Mail Entries: Include a Team Manager report of meet entries by swimmer, along with the diskette/CD, Meet Verification Form and payment. Mailed entries are to be delivered by 6:00 p.m. **July 13, 2009.**

Other entries must be on CSI duplicate pink or blue master sheets (2 copies) with swimmer's name, USA number, age, event number and entry time in long course meters or "NT". AN ADDITIONAL FEE OF \$1.00 PER INDIVIDUAL EVENT WILL BE CHARGED FOR ENTRIES SUBMITTED IN THIS MANNER.

All entries must be sent to the entry chairman. If sending overnight mail, please **waive the signature.**  
**DO NOT SEND ENTRIES TO THE POOL.**

Send to: Carrie Walton  
532 Swan Lane  
Grand Junction, CO 81507  
[Cwalton41@yahoo.com](mailto:Cwalton41@yahoo.com)

**RESULTS:** Results (full Meet Manager backup and Team Manager files) will be emailed within 5 days. If time and equipment permit, results may be available at the end of the meet on diskette (Bring your own formatted diskette). No paper copies of results will be generated unless asked for by a coach.

**SPECIAL INFO:** Athletes achieving Colorado Long Course State Championship time standards during this meet must complete and submit the applicable forms and payment to the Clerk of Course by the end of Session 6 on Sunday, July 19, 2009 if planning to swim the event at the state meet. This is only for swimmers who have not previously qualified in the event. No previous times will be adjusted.

There will be a Western Slope League meeting during the weekend. Gordon Gerson (President) will be announcing day/time.

**MEET PERSONNEL:**

**REFEREE:** Elaine Gerson  
970-925-4638  
[emgerson@yahoo.com](mailto:emgerson@yahoo.com)

**MEET DIRECTOR:** Michelle Bridwell  
970-314-2264  
[michellebridwell@bresnan.net](mailto:michellebridwell@bresnan.net)

**SAFETY DIRECTOR:** LeAnn Fisher  
970-858-1518  
[famfirst@acsol.net](mailto:famfirst@acsol.net)

**Entry Chair:** Carrie Walton  
970-241-2333  
[Cwalton41@bresnan.net](mailto:Cwalton41@bresnan.net)

**SEATING and SHADE:** Seating and shade are limited. We recommend that you bring your own deck chair. All tents must be placed in the park on the west side of the pool. No tent stakes may be used, and no tents with floors may be located on the grass. Please use bungee cords, water buckets, etc. to stabilize tents. You may pitch and leave a tent overnight at your own risk. **No tents may be located on the lawn of the Parks and Recreation office on Thursday or Friday, and no tents will be permitted in the park to the east of the pool or in the water slide area. No overnight tent camping in park.**

**CONCESSIONS / HOSPITALITY:** Swimwear, t-shirts, food and drinks will be available. The Orchard Mesa Lions Club will provide breakfast on Friday, Saturday and Sunday.

**PARKING:** Parking is available at the park. No parking will be permitted north of the Parks and Recreation admin office between the office and pool. No parking is permitted in the golf circle drive. Limited overnight RV permits (10) are available. Contact the Parks and Recreation Department Office @ 970-254-3844.

**Friday, July 17, 2009**

**Session 1: Warm-up 9:00am Start 10:15am**

Girls	Event Description	Boys
1	8 Under 100 Free	2
3	8 Under 100 Free Relay	4
5	8 Under 25 Back	6
7	8 Under 25 Fly	8
9	8 Under 50 Free	10
11	8 Under 25 Breast	12
13	8 Under 100 IM	14
15	8 Under 25 Free	16
17	8 U 100 Medley Relay	18

**Session 2: Warm-up 1:00pm Start 2:15pm**

Girls	Event Description	Boys
19	11-12 100 Free	20
21	13-14 400 IM	22
23	Senior 400 IM	24
25	9-10 100 Free	26
27	13-14 50 Free	28
29	Senior 50 Free	30
31	12 Under 400 Free	32
33	13-14 100 Breast	34
35	Senior 100 Breast	36
37	13-14 200 Back	38
39	Senior 200 Back	40

**Saturday July 18, 2009**

**Session 3: Warm-up 7:00am Start 8:15am**

Girls	Event Description	Boys
41	10 Under 200 Free Relay	42
43	14 Under 400 Free Relay	44
45	9-10 200 Free	46
47	13-14 200 Free	48
49	10 U 50 Breast	50
51	13-14 100 Back	52
53	10 U 50 Back	54
55	13-14 200 Fly	56
57	9-10 100 Fly	58
59	13-14 200 IM	60
61	9-10 200 IM	62
15 minute warm-up		
63	13-14 1500 Free	64

**Session 4: Warm-up 12:30pm Start 1:45pm**

Girls	Event Description	Boys
65	12 U 200 Free Relay	66
67	Senior 400 Free Relay	68
69	11-12 200 Free	70
71	Senior 200 Free	72
73	11-12 50 Breast	74
75	Senior 100 Back	76
77	11-12 50 Back	78
79	Senior 200 Fly	80
81	11-12 100 Fly	82
83	Senior 200 IM	84
85	11-12 200 IM	86
15 minute warm-up		
87	Senior 1500 Free	88

**Sunday, July 19, 2009**

**Session 5: Warm-up 7:00am Start 8:15am**

Girls	Event Description	Boys
89	10 U 200 Medley Relay	90
91	14 U 400 Medley Relay	92
93	10 Under 50 Free	94
95	13-14 100 Free	96
97	10 Under 50 Fly	98
99	13-14 100 Fly	100
101	9-10 100 Back	102
103	13-14 200 Breast	104
105	9-10 100 Breast	106
107	13-14 400 Free	108

**Session 6: Warm-up 12:30pm Start 1:45pm**

Girls	Event Description	Boys
109	12 U 200 Medley Relay	110
111	Senior 400 Medley Relay	112
113	11-12 50 Free	114
115	Senior 100 Free	116
117	11-12 50 Fly	118
119	Senior 100 Fly	120
121	11-12 100 Back	122
123	Senior 200 Breast	124
125	11-12 100 Breast	126
127	Senior 400 Free	128

Western Slope Championships  
2009 Time Standards

Girls			8&U	Boys		
LCM	SCM	SCY	Event	LCM	SCM	SCY
	0:31.39	0:28.29	25 Free		0:35.09	0:31.59
1:11.29	1:10.49	1:03.49	50 Free	1:20.79	1:19.99	1:12.09
2:19.99	2:18.39	2:04.69	100 Free	2:53.59	2:51.99	2:34.89
	0:34.19	0:30.79	25 Back		0:37.69	0:33.99
	0:41.59	0:37.49	25 Breast		0:45.49	0:40.99
	0:44.49	0:40.09	25 Fly		0:44.49	0:40.09
	2:46.99	2:30.39	100 IM		3:01.99	2:43.99

9-10/10&Under

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:44.59	0:43.79	0:39.49	50 Free	0:48.99	0:48.19	0:43.39
1:41.29	1:39.69	1:29.79	100 Free	1:50.89	1:49.29	1:38.49
3:50.29	3:47.09	3:24.59	200 Free	3:58.19	3:54.99	3:31.69
0:55.59	0:54.99	0:49.59	50 Back	1:01.89	1:01.29	0:55.29
2:04.79	2:03.59	1:51.39	100 Back	2:17.69	2:16.49	2:02.99
0:59.79	0:58.79	0:52.99	50 Breast	1:06.59	1:05.59	0:59.09
2:09.39	2:07.39	1:54.79	100 Breast	2:23.49	2:21.49	2:07.49
0:58.39	0:57.69	0:51.99	50 Fly	1:05.19	1:04.49	0:58.09
2:22.89	2:21.49	2:07.49	100 Fly	2:32.99	2:31.59	2:16.59
4:21.99	4:18.79	3:53.19	200 IM	4:28.69	4:25.49	3:59.19

11-12 & 12&Under

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:38.09	0:37.29	0:33.59	50 Free	0:44.89	0:44.09	0:39.79
1:29.39	1:27.79	1:19.09	100 Free	1:39.19	1:37.59	1:27.89
3:22.59	3:19.39	2:59.69	200 Free	3:37.69	3:34.49	3:13.19
7:13.19	7:06.79	6:05.39	400/500 Free	7:21.59	7:15.19	6:14.79
0:46.99	0:46.39	0:41.79	50 Back	0:55.99	0:55.39	0:49.99
1:46.69	1:45.49	1:35.09	100 Back	2:07.69	2:06.49	1:53.99
0:51.49	0:50.49	0:45.49	50 Breast	1:00.59	0:59.59	0:53.69
1:55.19	1:53.19	1:41.99	100 Breast	2:07.09	2:05.09	1:52.69
0:46.19	0:45.49	0:40.99	50 Fly	0:57.19	0:56.49	0:50.89
2:00.89	1:59.49	1:47.59	100 Fly	2:12.89	2:11.49	1:58.49
3:38.89	3:35.69	3:14.29	200 IM	3:54.09	3:50.89	3:27.99

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:35.69	0:34.89	0:31.39	50 Free	0:38.79	0:37.99	0:34.19
1:19.99	1:18.39	1:10.69	100 Free	1:25.49	1:23.89	1:15.59
3:09.69	3:06.49	2:48.09	200 Free	3:05.19	3:01.99	2:43.89
6:47.19	6:40.79	7:36.29	400/500 Free	6:31.59	6:25.19	7:18.79
29:01.69	28:37.69	28:27.49	1500/1650 Free	28:08.79	27:44.79	27:35.69
1:38.39	1:37.19	1:27.59	100 Back	1:41.19	1:39.99	1:30.09
3:33.79	3:31.39	3:10.39	200 Back	3:36.89	3:34.49	3:13.19
1:47.49	1:45.49	1:34.99	100 Breast	1:50.49	1:48.49	1:37.69
3:57.19	3:53.19	3:30.09	200 Breast	3:48.49	3:44.49	3:22.29
1:47.89	1:46.49	1:35.89	100 Fly	1:42.49	1:41.09	1:31.09
3:57.79	3:54.99	3:31.69	200 Fly	3:58.79	3:55.99	3:32.59
3:23.09	3:19.89	3:00.09	200 IM	3:25.19	3:21.99	3:01.99
7:41.19	7:34.79	6:49.79	400 IM	7:30.79	7:24.39	6:40.29

Open

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:34.29	0:33.49	0:30.09	50 Free	0:32.59	0:31.79	0:28.59
1:17.49	1:15.89	1:08.39	100 Free	1:10.59	1:08.99	1:02.09
2:56.49	2:53.29	2:36.19	200 Free	2:45.39	2:42.19	2:26.09
6:31.59	6:25.19	7:18.79	400/500 Free	5:58.39	5:51.99	6:41.59
28:01.99	27:37.99	27:29.09	1500/1650 Free	26:08.49	25:44.49	25:37.79
1:33.79	1:32.59	1:23.49	100 Back	1:29.19	1:27.99	1:19.29
3:19.89	3:17.49	2:57.89	200 Back	3:07.39	3:04.99	2:46.69
1:46.39	1:44.39	1:33.99	100 Breast	1:36.49	1:34.49	1:25.19
3:47.69	3:43.69	3:21.59	200 Breast	3:28.19	3:24.19	3:03.89
1:35.39	1:33.99	1:24.69	100 Fly	1:24.39	1:22.99	1:14.79
3:38.29	3:35.49	3:14.09	200 Fly	3:21.79	3:18.99	2:59.29
3:13.99	3:18.99	2:51.89	200 IM	3:06.29	3:03.09	2:44.89
7:11.19	7:04.79	6:22.69	400 IM	6:57.49	6:51.09	6:10.39