

Western Slope League Championships
Friday, Saturday and Sunday, July 22-24, 2011

- SANCTION:** Held under the sanction of USA Swimming, Inc. **Sanction #: 2011-**
- LOCATION:** Mesa State College, Saunders Natatorium
Corner of 12th St. and Orchard Ave., Grand Junction, CO (970) 248-1058
- FACILITY:** 10 lane, 50 meter pool, limited continuous warm up and cool down area. Water depth is 7 ½ feet and 13 feet. Balcony seating for 600. No smoking or glass containers. The competitions course has been certified in accordance with 104.2.2C (4). 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 | 8:00-9:00 am | 9:15 AM |
| 2 | Friday | 2:00-3:00 pm | 3:15 PM |
| 3 | Saturday | 8:00-9:00 am | 9:15 AM |
| 4 | Saturday | 1:30-2:30 pm | 2:45 PM |
| 5 | Sunday | 7:00-8:00 am | 8:15 AM |
| 6 | Sunday | 12:30-1:30 pm | 1:45 PM |

- PARKING:** From 12th and Orchard (west to Cannell St. Left or East on Texas to Parking Lot G3). Please use this lot first. Additional parking is available in Lots G1 and P2. See map.
- MSC RULES:** As guests of Mesa State College, all must adhere to the Mesa State College policies and rules. **DECK ACCESS: ONLY** coaches, swimmers, officials and volunteers will be allowed on the pool deck. Street shoes are **NOT** allowed on the pool deck. All attendees must be barefoot or bring suitable deck shoes that have not been previously worn outside. Parents must drop off their swimmers at the doors to the pool deck then proceed to the upstairs observation gallery. There will be deck passes available for coaches, officials and volunteers at the Grand Junction Dolphins Hospitality Room. Please return after the meet.
- The only food and beverage allowed on the pool deck is bottled water. Attendees can leave the pool deck area to eat or drink. There will be a limited number of chairs provided for swimmer and coach use. Swimmers cannot bring in any of their own chairs, coolers or other "camping gear". Parents may set up their own chairs in the upstairs gallery but may not obstruct the view or block an aisle. Food and beverage is allowed in the gallery area but must be cleaned up before leaving each day. Coaches must supervise their swimmers. Locks may not be left on lockers overnight. Children must be supervised at all times.
- Any individuals not respecting these policies and rules will be removed from that area or from the facility at the discretion of the meet director, Grand Junction Dolphins Board of Directors or Mesa State College staff. **ANY DAMAGE TO POOL PROPERTY WILL BE GROUNDS FOR DISMISSAL FROM THE REMAINDER OF THE MEET AND THE OFFENDERS WILL BE HELD LIABLE.** No swimmers or spectators may use the track or recreation facility.
- TIMING:** Colorado Timing System with touch pads and 10-lane display board will be used for all long course events. Back-up timing will consist of one button and two stopwatches. Hy-Tek Meet Manager software will be used. 8 & under meet will be timed with stopwatches.
- SCORING:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

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 1st – 3rd place and ribbons for 4th – 12th place. Relays: Ribbons for 1st – 3rd 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 and 15 & Over. High point scores will be calculated as follows:

- 8 & under: 8 & under events only
- 9-10: 9-10 and 10 & under events only
- 11-12: 11-12 and 12 & under events only
- 13-14: 13-14 events only
- 15 and over: Open events only

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 or 9 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 2011 USA Swimming Membership card. Unattached swimmers are not eligible unless they are in the acceptable transfer period. 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 22, 2011 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: | \$ 8.50 per swimmer |

ENTRY DEADLINE: Entries must be received by 12:00 p.m. Monday, July 18, 2011. No late entries will be accepted.

ENTRY PROCEDURE: E-mail entries are preferred.

Submit times for 8 & under events in SCY. All other times should be submitted in LCM.

Coaches must sign the Colorado Swimming, Inc., Meet Verification Form upon checking in before the first session of the meet.

Email Entries: 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. Checks must be turned in before the first session of the meet starts.

All entries must be sent to the entry chairman.

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 24, 2011 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. John Gadbois (President) will be announcing day/time.

REFEREE:

MEET DIRECTOR:

SEATING and SHADE: We recommend that you bring your own chair for balcony seating. Team "E-Z Ups" can be set up on designated fields. No stakes are allowed, use bungee cords and water buckets to secure. Security will be available for the tent area between the softball and baseball fields (see map). **NO TENTS ARE ALLOWED ON FOOTBALL FIELD.**

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

Friday, July 22, 2011

Session 1: Warm-up 8:00am Start 9:15am

| 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 & under 100 Medley Relay | 18 |

Session 2: Warm-up 2:00pm Start 3:15pm

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

Saturday July 23, 2011

Session 3: Warm-up 8:00am Start 9:15am

| 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 & under 50 Breast | 50 |
| 51 | 13-14 100 Back | 52 |
| 53 | 10 & under 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 1:30pm Start 2:45pm

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

Sunday, July 24, 2011

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

| Girls | Event Description | Boys |
|-------|-----------------------------|------|
| 89 | 10 & under 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 & under 200 Medley Relay | 110 |
| 111 | Open 400 Medley Relay | 112 |
| 113 | 11-12 50 Free | 114 |
| 115 | Open 100 Free | 116 |
| 117 | 11-12 50 Fly | 118 |
| 119 | Open 100 Fly | 120 |
| 121 | 11-12 100 Back | 122 |
| 123 | Open 200 Breast | 124 |
| 125 | 11-12 100 Breast | 126 |
| 127 | Open 400 Free | 128 |

Western Slope Championships
2011 Time Standards

| Girls | | | 8&U | Boys | | |
|---------|---------|---------|-----------|---------|---------|---------|
| LCM | SCM | SCY | Event | LCM | SCM | SCY |
| | 0:31.09 | 0:27.99 | 25 Free | | 0:35.29 | 0:31.79 |
| 1:09.89 | 1:09.09 | 1:02.29 | 50 Free | 1:20.49 | 1:19.69 | 1:11.79 |
| 2:20.59 | 2:18.99 | 2:05.19 | 100 Free | 2:54.39 | 2:52.79 | 2:35.69 |
| | 0:33.29 | 0:29.99 | 25 Back | | 0:37.39 | 0:33.69 |
| | 0:41.79 | 0:37.59 | 25 Breast | | 0:45.69 | 0:41.09 |
| | 0:44.69 | 0:40.19 | 25 Fly | | 0:44.69 | 0:40.19 |
| | 2:47.79 | 2:31.19 | 100 IM | | 3:02.79 | 2:44.69 |

9-10/10&Under

| LCM | SCM | SCY | Event | LCM | SCM | SCY |
|---------|---------|---------|------------|---------|---------|---------|
| 0:44.89 | 0:44.09 | 0:39.69 | 50 Free | 0:48.59 | 0:47.79 | 0:43.09 |
| 1:41.69 | 1:40.09 | 1:30.19 | 100 Free | 1:49.99 | 1:48.39 | 1:37.59 |
| 3:52.19 | 3:48.99 | 3:26.29 | 200 Free | 4:00.19 | 3:56.99 | 3:33.49 |
| 0:55.09 | 0:54.49 | 0:49.09 | 50 Back | 1:00.69 | 1:00.09 | 0:54.19 |
| 2:04.49 | 2:03.29 | 1:51.09 | 100 Back | 2:18.29 | 2:17.09 | 2:03.49 |
| 0:59.99 | 0:58.99 | 0:53.19 | 50 Breast | 1:06.49 | 1:05.49 | 0:58.99 |
| 2:09.99 | 2:07.99 | 1:55.29 | 100 Breast | 2:24.09 | 2:22.09 | 2:07.99 |
| 0:58.59 | 0:57.89 | 0:52.19 | 50 Fly | 1:05.39 | 1:04.69 | 0:58.29 |
| 2:23.49 | 2:22.09 | 2:07.99 | 100 Fly | 2:33.59 | 2:32.19 | 2:17.19 |
| 4:24.19 | 4:20.99 | 3:55.09 | 200 IM | 4:30.89 | 4:27.69 | 4:01.19 |

11-12 & 12&Under

| LCM | SCM | SCY | Event | LCM | SCM | SCY |
|---------|---------|---------|--------------|---------|---------|---------|
| 0:37.99 | 0:37.19 | 0:33.49 | 50 Free | 0:44.39 | 0:43.59 | 0:39.19 |
| 1:28.09 | 1:26.49 | 1:17.99 | 100 Free | 1:38.29 | 1:36.69 | 1:27.09 |
| 3:18.79 | 3:15.59 | 2:56.19 | 200 Free | 3:39.49 | 3:36.29 | 3:14.89 |
| 7:20.19 | 7:13.79 | 8:13.19 | 400/500 Free | 7:28.59 | 7:22.19 | 8:22.69 |
| 0:47.19 | 0:46.59 | 0:41.99 | 50 Back | 0:55.49 | 0:54.89 | 0:49.49 |
| 1:46.89 | 1:45.69 | 1:35.19 | 100 Back | 2:05.19 | 2:03.99 | 1:51.69 |
| 0:51.69 | 0:50.69 | 0:45.69 | 50 Breast | 1:00.89 | 0:59.89 | 0:53.99 |
| 1:54.79 | 1:52.79 | 1:41.59 | 100 Breast | 2:07.69 | 2:05.69 | 1:53.19 |
| 0:46.39 | 0:45.69 | 0:41.19 | 50 Fly | 0:57.09 | 0:56.39 | 0:50.79 |
| 2:01.49 | 2:00.09 | 1:48.19 | 100 Fly | 2:13.49 | 2:12.09 | 1:58.99 |
| 3:40.69 | 3:37.49 | 3:15.99 | 200 IM | 3:56.09 | 3:52.89 | 3:29.79 |

13-14

| LCM | SCM | SCY | Event | LCM | SCM | SCY |
|----------|----------|----------|-----------------------|----------|----------|----------|
| 0:35.79 | 0:34.99 | 0:31.49 | 50 Free | 0:38.69 | 0:37.89 | 0:34.09 |
| 1:19.99 | 1:18.39 | 1:10.59 | 100 Free | 1:25.19 | 1:23.59 | 1:15.29 |
| 3:07.69 | 3:04.49 | 2:46.19 | 200 Free | 3:06.79 | 3:03.59 | 2:45.39 |
| 6:53.69 | 6:47.29 | 7:43.49 | 400/500 Free | 6:37.79 | 6:31.39 | 7:25.79 |
| 30:46.39 | 30:22.39 | 30:10.19 | 1500/1650 Free | 29:50.29 | 29:26.29 | 29:15.19 |
| 1:38.09 | 1:36.89 | 1:27.29 | 100 Back | 1:41.59 | 1:40.39 | 1:30.49 |
| 3:35.59 | 3:33.19 | 3:12.09 | 200 Back | 3:38.69 | 3:36.29 | 3:14.89 |
| 1:48.09 | 1:46.09 | 1:35.49 | 100 Breast | 1:51.09 | 1:49.09 | 1:38.29 |
| 3:59.19 | 3:55.19 | 3:31.89 | 200 Breast | 3:50.29 | 3:46.29 | 3:23.89 |
| 1:48.49 | 1:47.09 | 1:36.39 | 100 Fly | 1:42.89 | 1:41.49 | 1:31.49 |
| 3:59.79 | 3:56.99 | 3:33.49 | 200 Fly | 4:00.79 | 3:57.99 | 3:34.39 |
| 3:24.69 | 3:21.49 | 3:01.59 | 200 IM | 3:26.89 | 3:23.69 | 3:03.49 |
| 7:48.59 | 7:42.19 | 6:56.39 | 400 IM | 7:37.99 | 7:31.59 | 6:46.89 |

Open

| LCM | SCM | SCY | Event | LCM | SCM | SCY |
|----------|----------|----------|-----------------------|----------|----------|----------|
| 0:34.09 | 0:33.29 | 0:29.99 | 50 Free | 0:34.39 | 0:33.59 | 0:30.29 |
| 1:16.99 | 1:15.39 | 1:07.89 | 100 Free | 1:10.99 | 1:09.39 | 1:02.49 |
| 2:55.39 | 2:52.19 | 2:35.09 | 200 Free | 2:46.79 | 2:43.59 | 2:27.39 |
| 6:37.79 | 6:31.39 | 7:25.79 | 400/500 Free | 6:04.19 | 5:57.79 | 6:47.99 |
| 29:43.09 | 29:19.09 | 29:08.09 | 1500/1650 Free | 27:42.69 | 27:18.69 | 27:10.09 |
| 1:32.49 | 1:31.29 | 1:22.29 | 100 Back | 1:29.59 | 1:28.39 | 1:19.69 |
| 3:19.79 | 3:17.39 | 2:57.89 | 200 Back | 3:08.99 | 3:06.59 | 2:48.09 |
| 1:45.19 | 1:43.19 | 1:32.99 | 100 Breast | 1:43.69 | 1:41.69 | 1:31.69 |
| 3:49.49 | 3:45.49 | 3:23.19 | 200 Breast | 3:29.99 | 3:25.99 | 3:05.59 |
| 1:35.79 | 1:34.39 | 1:25.09 | 100 Fly | 1:24.79 | 1:23.39 | 1:15.09 |
| 3:30.99 | 3:28.19 | 3:07.49 | 200 Fly | 3:23.39 | 3:20.59 | 3:00.79 |
| 3:15.19 | 3:20.59 | 2:52.99 | 200 IM | 3:07.89 | 3:04.69 | 2:46.39 |
| 7:18.09 | 7:11.69 | 6:28.89 | 400 IM | 7:04.19 | 6:57.79 | 6:16.39 |