

**2017 Deep Freeze Invitational**  
**Sponsored by Team Sopris Barracudas**  
**November 11-12, 2017**

---

DATE: November 11-12, 2017

SANCTION: Held under the sanction of USA Swimming Sanction #2017-014J

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



LOCATION: Glenwood Springs Community Center  
100 Wulfsohn Road  
Glenwood Springs, CO 81601  
(970)384-6316 phone | (970)928-8418 fax  
<http://www.glenwoodrec.com/community-center>

FACILITIES: 25 yard indoor pool, 7 lanes with continuous warm-up/cool down lane. Limited deck space, seating available in the adjacent gymnasium. **No chairs allowed on deck.** The competitions course has not been certified in accordance with 104.2.2C (4). Water depth: 4 feet at shallow end; 6'3"-12' at diving end. All races will start at diving end.

TIMING: Colorado Timing System with touch pads and electronic display board will be used for all events with the exception of 25 yard events, which will use stopwatches for times. Back-up timing will consist of one button and two stopwatches. Hy-Tek Meet Manager software will be used.

SCHEDULE: Saturday: Warm-up 11:00 am | Start 12:10 pm  
Sunday: Warm-up 8:00 am | Start 9:10 am  
(Warm-ups may be split into two 30-minute sessions with assigned teams at the discretion of the meet host.)

ELIGIBILITY: Open to all Zone 4 (WSL) swimmers holding a 2017-2018 USA Swimming membership card and any swimmers listed as UN-CO training with a WSL team. Any swimmer who appears on the CSI exceptions report without registration must come to the meet prepared to show their card. There shall be no deck registrations allowed.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as proficient in a racing start or must start each race from within the water. When unaccompanied by a member-coach, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement.

Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$150 per swimmer who shows up on the post meet registration check charged to the team account. Teams will receive one Meet Recon email as a reminder to register the swimmers. As soon as the post meet registration check is run, the team will be charged.

Deck pass is an acceptable proof of Membership.

SCORING: The meet will be scored to eight (8) places: per 102.25.3  
1) Individual: 9, 7, 6, 5, 4, 3, 2, 1  
2) Relay: 18, 14, 12, 10, 8, 6, 4, 2

Team scores will be kept.

Events will be broken into 8&U, 9-10, 11-12, 13-14, and 15 and over for scoring purposes.

AWARDS: Individual-event ribbons for 12&U swimmers, 1<sup>st</sup> through 8<sup>th</sup> (Awards will be broken out to 8&U, 9-10, 11-12 in 25 and 50 and 100 events and 12&U in all other events).

Relay-event ribbons for 12&U relays, 1<sup>st</sup> through 3<sup>rd</sup>

RULES: Current 2017 USA rules will govern the format of the meet.

Age as of November 11, 2017 will determine the swimmer's age group.

Exhibition swimming will not be allowed.

All entries must include times where available. Submit short course yard times only.



The meet will be pre-seeded except for the 400 IM and 500 free, 1000 free, and 1650 free.

**Coaches must declare scratches and relay declarations no later than thirty (30) minutes prior to the start of each session.**

The 400 IM, and 500 free, 1000 free and 1650 free require positive check-in within 30 minutes of the start of the first session each day. These events will be swam fastest to slowest, alternating girls and boys, with a combined heat possible at the discretion of the meet referee. Heat sheets for deck-seeded events will be posted after positive check-in closes. **400 IM participants will be required to provide two timers. 500 free, 1000 free, and 1650 free participants will be required to provide two timers plus a counter.** Qualification times for the distance events are as follows: 400 IM (8:00), 500 free (8:00), 1000 free (17:00), 1650 free (30:00). Swimmers entered in these events in NT or in a time slower than the qualifying standard will be dropped from the event.

8 & under swimmers will be started from the blocks in the 25 yard races. We will be using watch times for these events.

Colorado Swimming, Inc. warm-up procedures will be observed. We reserve the right to revise warm-up times and lane assignments should the number of entries warrant such a change. At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA swimming member coach during warm-up, competition and warm down. Swimmers at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.

We have the right to change the format of the meet should the number of entries warrant such a change. The Meet Director reserves the right to reorganize the session(s) to accommodate the 4-hour rule.

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, gender 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 noncompliance will not be allowed on deck.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**ENTRY LIMITS:** Swimmers are limited to 4 individual events and one relay event per day, this includes the distance sessions. Entries will be limited in accordance with the 4-hour guidelines. The Meet Director reserves the right to alter the sessions in order to conform to this rule.

Due to the number of swimmers expected, the meet will be limited to approximately the first 250 swimmers received. Teams will not be split up (this pertains only to entries received at the same time while still under the cap of 250 swimmers).

**ENTRY FEES:** \$4.00 per Individual Event  
\$8.00 per Relay Event  
\$8.00 per Swimmer Surcharge  
(\$.15 of each entry fee goes to Zone 4)  
**Make check payable to Team Sopris Barracudas - P.O. Box 1851, Glenwood Springs, CO 81602**

**HAND ENTRIES:** Will not be accepted.

**ENTRY PROCEDURE:** The TM Event template will be available by October 15, 2017 on the Western Slope League (WSL) website ([www.westernslopeleague.org](http://www.westernslopeleague.org)).

All entries must be submitted by email in HY-TEK compatible format. The entry chair will confirm any e-mail entries received.

**NO DECK** entries will be accepted. The meet will be pre-seeded, with the exception of the distance events specified. "ADDS" may be allowed in open lanes only, and at the meet referee's discretion.

**Only emailed entries will be accepted.** "NO TIME" or incorrect times will be placed in the slowest heat. Times for all events should be in short course yards. A current Colorado Swimming Meet Verification Form must accompany all entries.

E-mail entries to Wendy Vanderhoof at [meetentries@teamsopris.org](mailto:meetentries@teamsopris.org) and attach a PDF or Word document of the Hy-Tek meet entry report by swimmer. If you do not receive an email confirmation, your entries were not received. Checks and Meet Verification may be hand-delivered at the meet. Awards will not be distributed until checks are received by the Clerk of Course.

**ENTRY DEADLINE:** **Monday, November 6, 2017 by 3:00pm**– No entries will be accepted after 3:00pm on this date. You will receive a team psych sheet to confirm your swimmers by 6:00pm on the Entry Deadline date. You will have until Wednesday, November 8<sup>th</sup> at noon to make any changes to your swimmers events. The meet will be seeded after the change deadline.

**MEET DIRECTOR:** Tom Newton - [info@teamsopris.org](mailto:info@teamsopris.org)



REFEREE: Steve Pope – [steve.pope@state.co.us](mailto:steve.pope@state.co.us)

ADMIN OFFICIAL: Wendy Vanderhoof

SAFETY CHAIR:

ENTRY CHAIR: Wendy Vanderhoof – [meetentries@teamsopris.org](mailto:meetentries@teamsopris.org)

PROGRAMS: Heat sheets will be posted on the Team Sopris Barracuda website and on the WSL website by Wednesday, November 8, 2017. **Heat sheets or Programs will not be available at the meet**, so please print them and bring them with you. You will be able to purchase heat sheets through Active on your Meet Mobile app.

RESULTS: Results will be posted on the Team Sopris Barracuda website and the WSL website within five (5) days after the meet. Teams providing a thumb-drive and using Hy-Tek for the results will be accommodated at the meet. Results will be emailed upon request.

LODGING: There is a block of rooms at the Courtyard and the Residence Inn, across the street from the pool. The block will drop October 20<sup>th</sup>.

Campers will be permitted to stay in the Community Center upper parking lot on the night. All campers should park in the third tier of the lot near the Community Garden.

PARKING: There is ample parking at the Community Center. Please limit your parking to the front lot. Unauthorized cars parked on the east side of the pool are subject to towing.

COACHES/  
OFFICIALS:

All coaches and uniformed officials must display their USA membership cards when on deck. Current certification is mandatory. The Meet Referee reserves the right to hold a coaches meeting prior to the start of the meet or at any time the need arises.

If you are interested in officiating at this meet, please contact Steve Pope ([steve.pope@state.co.us](mailto:steve.pope@state.co.us)). We will need many officials to cut down on the deck time each official works over the two days. A mandatory Officials meeting will be held before each session. Officials wear: standard white over navy blue.

TIMERS: Each team should be prepared to provide timers throughout all the sessions. Timing Assignments will be emailed to coaches and posted on the WSL website and the Team Sopris website by Wednesday, November 8<sup>th</sup>.

**For the 400 IM, swimmers must provide their own timers (2), and for the 500 free, 1000 free and 1650 free events, swimmers must provide their own timers (2) and counters.**

SPECIAL  
INFORMATION:

No smoking on the pool deck, in the building or any area frequented by swimmers. Any damage to pool property will be grounds for dismissal from the remainder of the meet and the offenders will be held liable to the fullest extent that the law allows. **NO CHAIRS WILL BE PERMITTED ON THE POOL DECK.** Please plan to set up in the gym or outside, weather permitting.

Use of audio and visual recording devices, including cell phone, is not permitted in changing areas, rest rooms or locker rooms.

CSI restricts access to any photography from the behind the blocks. Picture taking on the deck will be restricted to areas in front of the starting platforms.

Deck changing is prohibited.

**NOTE :** Colorado Swimming, Inc. does not support, recommend, endorse, or take responsibility for the sale or marketing of dietary supplements. It is the swimmers' responsibility to know the contents of any food or drink they ingest. For more specific information on supplements, please refer to the drug information on the USA Swimming website at [www.usaswimming.org](http://www.usaswimming.org).

**GAB CONSTRUCTION:** We will be still be under detour construction for the new bridge. Please plan accordingly when traveling to the meet. For detailed information on the progress visit: <https://www.codot.gov/projects/sh82grandavenuebridge>



## Deep Freeze Event Schedule

**Saturday, November 11, 2017**

### Session 1

Warm ups: 11:00 am

Meet Start: 12:10 pm

Girls	Age	Event	Boys
1	12 & under	200 free relay	2
3	Open	200 free relay	4
5	12 & under	100 free	6
7	Open	100 free	8
9	8 & under	25 free	10
11	12 & under	200 IM	12
13	Open	200 IM	14
15	12 & under	50 fly	16
17	Open	200 back	18
19	12 & under	50 back	20
21	8 & under	25 back	22
23	Open	200 fly	24
25	12 & under	100 breast	26
27	Open	100 breast	28

15-minute warm-up precedes distance events

29	Open	500 free *	30
31	11& Over	1000 free *	32

**Sunday, November 12, 2017**

### Session 2

Warm ups: 8 am

Meet Start: 9:10 am

Girls	Age	Event	Boys
33	12 & under	200 medley relay	34
35	Open	200 medley relay	36
37	12 & under	50 free	38
39	Open	50 free	40
41	8 & under	25 fly	42
43	Open	100 fly	44
45	12 & under	50 breast	46
47	Open	200 breast	48
49	12 & under	200 free	50
51	Open	200 free	52
53	12 & under	100 IM	54
55	8 & under	25 breast	56
57	12 & under	100 back	58
59	Open	100 back	60

15-minute warm-up precedes distance events

61	Open	400 IM *	62
63	11& Over	1650 free *	64

\*Qualification times: 400IM (8:00), 500 free (8:00), 1000 free (17:00), 1650 free (30:00)

