

NJST FEBRUARY FINALE

February 18 & 19th, 2012

Sanction: Held under the sanction of USA Swimming, USA Sanction # 2012-014

Facilities and Location: George Meyers Pool., 7900 Carr Drive, Arvada, CO 80005
Elevation 5300', 25 yard indoor pool, 10 lane, 25 yard course, 8 lane continuous warm-up/down in shallow end of the pool. The pool is 4' to 13' at the start end of the pool and 4' to 13' at the trun end. Colorado Timing System with 10 lane scoreboard, electronic touch pads will be used.
The competition course has not been certified in accordance with 104.2.2C (4).

Eligibility: Open to all swimmers holding a 2012 USA Swimming membership card. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. A surcharge for deck registration will also apply of \$28.00 plus the normal registration fee".

Events are timed finals for all swimmers. There will be positive check in for the 400IM, 500 free, and 1650free. Positive check in for the 400IM and 500 free will end 30 min after the start of warm up. The 1650 will be run Fastest to Slowest alternating girls and boys. Swimmers entered in the 1650 must provide their own timers and counters. Relays must be declared 30min before the estimated start of each relay.

Event Limit: 4 individual events per day and 2 relays

Tentative Start Times:

Saturday, February 19-20 (Open Session)
Session 1&3: warm-up 7:45-8:45am – 8:55am start

Sunday, February 19-20 (12&U Session)
Session 2&4: 1:00-2:00 PM Warm-up 2:10pm Start

Entry Procedures: The meet will be **LIMITED** to fit within the 4 hour rule. E-mail and postal entries will be accepted in the order they are received. Once the 4 hour time line has been reached no further entries will be accepted. No team will be split unless they express that desire. **NT entries will not be accepted.** All meet entries should be submitted via email using Hy-Tek software, along with a report of swimmers and events. Meet verification form must accompany entries. Out of state swimmers should provide master sheets if unable to present entries using Hy-Tek. EVENT TEMPLATE for TM and MM will be posted on the NJST website: <http://njst.usswim.net/>

Entry Fees: \$4.00 per individual event
\$5.00 per relay
\$5.00 pool surcharge per swimmer
\$0.75 of every individual event goes to the CSI Support Fund.
Make one check payable to the North Jeffco Swim Team.

Send Meet Entries To: Attn: Cindy Pacheco,
North Jeffco Swim Team
P.O. Box 746396, Arvada, CO 80006
Questions can be addressed to: kandc30@aol.com or 303-420-5770.

Entry Deadline: Meet entries must be received by the entry chairman no later than **Tuesday, February 7, 2012**. Entries received after February 7th will be accepted only if accompanied by a \$5.00 late fee per event.

Late entries accepted during the meet will be charged \$5.00 per event and seeded only in open lanes if available. Late entries must be prepared to show proof of registration.

Meet Director:	Cindy Pacheco	kandc30@aol.com	303-420-5770
Meet Referee:	Doug Everett	doug.everett.2@gmail.com	
Safety Chairman:	Brett Stoyell	brettstoyell@hotmail.com	303-887-8495

Awards : ribbons will be awarded to 8&U and 9-10 & 11-12 for places 1-8,

Programs/Results: Programs will be available for \$3.00 each.

Last Chance Table

NJST will have a table set up near the clerk of course to accept last chance entries for the silver state and senior state meet the following weekend. Only events not previously qualified for the silver state and senior state meets will be accepted. Checks for last chance entries should be written to Colorado Swimming Inc.

Special Information: On deck changing is not allowed. No smoking, chewing tobacco, drugs, or drinking of alcoholic beverages allowed in the building. Any damage to pool property will be grounds for dismissal from the meet. All coaches, parents and athletes are reminded that the swimming venue may have areas where additional care needs to be observed. The use of cell phones or any cameras are prohibited in the locker rooms. On deck changing is not allowed.

Warm-up Procedures: CSI warm-up procedures will be followed. Each coach will be responsible for the monitoring of their swimmers during warm-up. Starts will be in the two outside lanes at the time announced by the announcer. Swimmers must enter the pool feet first except during starts. Marshals will monitor the pool during warm-up and competition. Swimmers must enter the warm-up/warm-down lane from the seated position, no jumping.

Rules: Current USA Swimming rules will govern the procedures of this meet. Age as of the first day of competition will determine a swimmer's age group. The use of cell phones or any cameras are prohibited in the locker rooms. If a swimmer attends the meet without his/her coach, the athlete must notify the meet referee immediately upon arrival at the meet. The meet referee will have the final authority on the conduct of the meet. In addition, at the referees discretion, individual events may be combined by age, sex and/or distance. This meet will be preseeded. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. No exhibition swimming will be allowed. Delay of meet penalty will be enforced according to rule 102.14.7. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Coaches/Officials: All coaches and uniformed officials must display their USA/CSI cards when on deck. Current certification is mandatory. Coaches and officials not in compliance will not be allowed on deck.

Concessions: There will be concessions available during all sessions of the meet.

Session 1 – Saturday AM Warm up 7:45-8:45 / Start 8:55am		
Girls	Event	Boys
1	200 Medley Relay	2
3	Open 200 Free	4
5	Open 100 Breast	6
7	Open 200 Back	8
9	Open 50 Free	10
11	Open 200 Fly	12
13	Open 500 Free	14
15	400 Free Relay	16

Session 2 – Saturday PM Warm up -1-2:00 / Start 2:10pm		
Girls	Event	Boys
17	12&U 400 IM	18
19	12&U 200 medley relay	20
21	12&U 200 breast	22
23	12&U 100 Fly	24
25	12&U 50 breast	26
27	12&U 200 back	28
29	12&U 100 Free	30
31	12&U 50 back	32
33	12&U 200 IM	34
35	12&U 100 IM	36

Session 3 – Sunday AM Warm up 7:45-8:45 / Start 8:55am		
Girls	Event	Boys
37	200 Free Relay	38
39	Open 100 Fly	40
41	Open 200 IM	42
43	Open 100 Back	44
45	Open 200 Breast	46
47	Open 100 Free	48
49	Open 400 IM	50
51	Open 1650	52

Session 4 – Sunday PM Warm up 1-2:00 / Start 2:10pm		
Girls	Event	Boys
53	12&U 500 free	54
55	12&U 200 free relay	56
57	12&U 100 Back	58
59	12&U 100 Breast	60
61	12&U 50 fly	62
63	12&U 200 free	64
65	12&U 200 fly	66
67	12&U 50 free	68