



Western Slope League Championships

July 7, 2023 – July 9, 2023

- Sanction:** Held under the sanction of USA Swimming, sanction #CO23-109
- In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.
- Meet Referee:** Katie McManus, skier_pt@yahoo.com
- Admin Official:** Erin Jenkins, jenkinserinr@gmail.com
- Meet Director:** Nancy Kimbrough
- Meet Host:** Maverick Aquatics
- Location:** Colorado Mesa University, El Pomar Natatorium
1100 North Avenue, Grand Junction, CO 81501
Elevation: 4,592 ft
- Facility:** 10 lane, 50 meter indoor competition pool, limited warm-up and cool down area. Water depth is 7 ½ feet to 13 feet. The scoreboard is a Colorado Timing LED board. The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming. A lifeguard, AED, and oxygen are on site.
- The lawn area outside the Rec Center desk (southeast of the building), will be available for athletes to set up day camps. Pop-up tents are welcome. However, due to underground utilities, stakes may not be used to secure the tents. All tents and personal items must be removed nightly due to lack of security and overnight sprinkler system operation.
- Spectator seating will be available on the viewing balcony that will hold 600. Camping like chairs are not allowed in the viewing area due to limited space. As guests of Colorado Mesa University, all must adhere to CMU policies and rules.
- Only swimmers, credentialed coaches, credentialed officials, and volunteers will be allowed on the pool deck. Parents must drop off their swimmers at the doors to the pool deck and then proceed to the upstairs observation gallery. 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”. No spectator viewing from the balcony rail.
- Timing:** Colorado Timing System with touch pads and 10-lane display board will be used for all events. Back-up timing will consist of one button and two stopwatches. Hy-Tek Meet Manager software will be used along with Colorado Timing System 6. Meet Mobile software will be used to post online results.
- Format:** This will be a timed finals meet. All events will be swum in the long course configuration: 50 meters x 8 lanes. Positive check-in is required 15 minutes prior to the start of the session for distance events: 400 Free and 1500 Free. Distance swimmers must provide their own timers and counters. Distance events will be swum fastest to slowest. All other events will be swum slowest to fastest.
- Schedule:** Session 1 - Friday: Warm-ups: 1:00 PM, Start 2:30 PM
Session 2 - Saturday AM: Warm-ups: 8:30 AM, Start 9:30 AM
Session 3 - Saturday PM: Warm-ups: 1:00 PM, Start 2:00 PM
Session 4 - Sunday AM: Warm-ups: 8:30 AM, Start 9:30 AM
Session 5 - Sunday PM: Warm-ups: 1:00 PM, Start 2:00 PM



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There will be a 50 minute warm-up for 10 & Over swimmers, followed by a 30 minute warm-up for 8 & Under swimmers on Friday.

Eligibility: Open to all Western Slope Zone 4 League swimmers holding a 2023 USA Swimming Membership card. Unattached swimmers are not eligible unless they are in the acceptable transfer period. Any swimmer that appears on the CSI exceptions report without registration must come to the meet prepared to prove membership. No deck registration will be accepted.

Age as of Friday, July 7, 2023, will govern entries.

As a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and cool down. Any swimmer without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach must be certified by a USA Swimming 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.

Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 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.

Qualifying & Entry Times:

All entries must include times, even if the event has no qualifying time. No time "NT" entries will not be accepted.

Entry Limits:

8 & Under swimmers may swim 2 individual events on Friday, plus 4 individual events and 2 relay events during the 8 & Under WSL Championship meet, hosted by Team Sopris at the Glenwood Springs Community Center (see that invite for details and event lists). 8 & Under swimmers may swim a total of 6 individual events on Friday. All other swimmers may swim 3 individual events and 1 relay per day. Sessions are limited to a 4-hour time period. Entries will be accepted until the 4-hour session limit is reached. However, teams will not be split up. Once the time limit is reached, no additional entries will be accepted.

No deck entries will be accepted.

Entry Fees:

Individual Events	\$5.00
Relay Events	\$8.00
Swimmer Surcharge	\$12.00

Colorado Western Slope League receives \$0.15 per event and Colorado Swimming receives \$1.10 per event.

Payment:

Make checks payable to **Maverick Aquatics Foundation**. Checks may be brought to the pool on the first day of competition or mailed to the following address:

Maverick Aquatics
Attn: Ed Stehlin
1100 North Avenue
Grand Junction, CO 81501



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Entry

Procedure: Email electronic entries to Erin Jenkins at jenkinserinr@gmail.com. If you do not receive an email confirmation, your entries were not received.

Entry Deadline: Entries must be received by 7:00 PM, Monday, July 3, 2023. No late entries will be accepted.

Warm-Ups: Colorado Swimming, Inc. warm-up rules will be in effect. Swimmers must enter the water using a three-point entry. Warm-ups will be under the control of the Meet Marshal and Meet Officials. Racing starts will be permitted only when sprint lanes are opened by the Meet Referee. Warm up lanes will be assigned based on the number of swimmers.

Seeding &

Scratches: The meet will be seeded in accordance with USA Swimming Rules with non-conforming times last. Scratches for Friday will need to be emailed to Erin Jenkins, jenkinserinr@gmail.com by Thursday, July 6, 2023. All scratches moving forward will need to be turned in by the end of the proceeding session.

Scoring: The meet will be scored through 16 places. Individual scoring will be in accordance with 102.24 (8 lane). All individual events will be scored according to age group and will count toward team and individual high point scores. Age groups will be broken out as follows: 10 & Under, 11-12, 13-14, 15 & Over. Relays will not be broken out by age groups for scoring.

Awards: Medals will be awarded in each individual event for 1st, 2nd, and 3rd places. Ribbons will be awarded for 4th – 12th places. Ribbons will be awarded to 1st, 2nd, and 3rd places in relays. Individual high points will be awarded to the top male and top female in each age group.

Rules: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. No swimmer who is not a member of USA Swimming shall be allowed to compete. A meet recon prior to the meet will help identify any athlete that is not in compliance. While it is absolutely the responsibility of the athlete member to complete the requirements of membership (including APT for 18 & over athletes), as a safeguard, it is the responsibility of the LSC to ensure that all swimmers competing in a sanctioned event be members of USA Swimming in good standing.

The Meet Referee will have the final authority on all procedures regarding the conduct of the meet. The Meet Referee may combine individual events by age, sex, and/or distance. Fly over starts may be used at the discretion of the Meet Referee.

All coaches and uniformed officials must be present and able to show proof of current certification and good standing. The USA Swimming app is acceptable proof of membership. All coaches are required to sign in at the Admin Table prior to coaching on deck. Heat sheets for coaches will be available at sign in. Officials are required to sign in at the officials meeting.

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

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker



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rooms or other designated areas is not appropriate and is prohibited. Deck Changing is prohibited. Locker rooms will be for athletes only. Coaches and officials will enter the pool through the breeze way, not the locker rooms, and will use specified bathrooms from the pool deck. Spectators will use bathrooms located in the main building. Athlete locker rooms will be monitored by authorized safety marshals.

On deck photography is not allowed from behind the starting blocks.

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. Exceptions may be granted with prior written approval by the Program and Event Committee coordinator.

Colorado Swimming, Inc. does not support, recommend, endorse, or take responsibility for the sale or marketing of any dietary supplements. It is the swimmer's responsibility to know the contents of any food or drink he/she ingests. For more specific information on supplements please refer to the drug information on the USA Swimming website at www.usaswimming.org.

There will be no time trials offered.

Heat Sheets: Heat sheets will be on sale for \$2.00.

Hospitality: Refreshments and snacks will be offered to Officials and Coaches.

Concessions: No Concessions will be provided.

Coaches &

Officials: There will be a coaches meeting held 30 minutes prior to the start of the first session. No other coaches meeting will take place unless a situation arises that would require one.

Teams are asked to provide officials. Please contact the Meet Referee to advise of your availability.

A mandatory Officials meeting will be held by the scorer's table at the beginning of warm-ups each day of the meet.

Official's uniforms will be white polo shirt over black shorts, long pants or skirts/skorts. Black socks and black deck friendly shoes for all sessions.

Team

Responsibilities: Timers Needed! Each team will be asked to provide timers for this meet.

There will be a Western Slope League meeting on Sunday, July 9, 2023, at 7:00 AM in Room 155.



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Event List

Session 1: Friday

Girls	Event	Boys
1	11-12 400 IM	2
3	13 & Over 400 IM	4
5	11-12 50 Butterfly	6
7	10 & Under 400 Freestyle	8
9	11-12 200 Freestyle	10
11	13 & Over 200 Freestyle	12
13	11-12 100 Breaststroke	14
15	13 & Over 100 Breaststroke	16
17	10 & Under 200 IM	18
19	11-12 200 Backstroke	20
21	13 & Over 200 Backstroke	22

Session 2: Saturday AM

Girls	Event	Boys
23	10 & Under 200 Freestyle Relay	24
25	12 & Under 200 Freestyle Relay	26
27	11-12 50 Breaststroke	28
29	10 & Under 100 Freestyle	30
31	11-12 100 Freestyle	32
33	10 & Under 100 Backstroke	34
35	11-12 100 Backstroke	36
37	10 & Under 50 Butterfly	38
39	11-12 200 Butterfly	40
41	10 & Under 50 Breaststroke	42
43	11-12 200 IM	44

Session 3: Saturday PM

Girls	Event	Boys
45	14 & Under 200 Freestyle Relay	46
47	Open 400 Freestyle Relay	48
49	13 & Over 100 Freestyle	50
51	13 & Over 200 Butterfly	52
53	13 & Over 100 Backstroke	54
55	13 & Over 200 IM	56
57	11 & Over 1500 Freestyle	58

Session 4: Sunday AM

Girls	Event	Boys
59	10 & Under 200 Medley Relay	60
61	12 & Under 200 Medley Relay	62
63	10 & Under 200 Freestyle	64
65	11-12 50 Backstroke	66
67	10 & Under 100 Butterfly	68
69	11-12 100 Butterfly	70
71	10 & Under 100 Breaststroke	72
73	11-12 200 Breaststroke	74
75	10 & Under 50 Freestyle	76
77	11-12 50 Freestyle	78
79	10 & Under 50 Backstroke	80
81	11-12 400 Freestyle	82

Session 5: Sunday PM

Girls	Event	Boys
83	14 & Under 200 Medley Relay	84
85	Open 200 Medley Relay	86
87	13 & Over 50 Freestyle	88
89	13 & Over 200 Breaststroke	90
91	13 & Over 100 Butterfly	92
93	13 & Over 400 Freestyle	94



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Time Standards

Girls			10 & Under	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
nQT*	nQT*	nQT*	50 Free	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Free	nQT*	nQT*	nQT*
3:55.19	3:51.99	3:28.99	200 Free	4:03.19	3:59.99	3:36.19
nQT*	nQT*	nQT*	50 Back	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Back	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	50 Breast	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Breast	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	50 Fly	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Fly	nQT*	nQT*	nQT*
4:27.49	4:24.29	3:58.09	200 IM	4:34.19	4:30.99	4:04.19

Girls			11-12	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
nQT*	nQT*	nQT*	50 Free	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Free	nQT*	nQT*	nQT*
3:17.99	3:14.79	2:55.49	200 Free	3:42.19	3:38.99	3:17.29
7:30.99	7:24.59	8:25.31	400/500 Free	7:30.99	7:24.59	8:25.31
24:00.99	23:40.99	23:24.97	1500/1650 Free	24:00.99	23:40.99	23:24.97
nQT*	nQT*	nQT*	50 Back	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Back	nQT*	nQT*	nQT*
3:53.26	3:50.38	3:27.58	200 Back	3:59.02	3:56.14	3:26.86
nQT*	nQT*	nQT*	50 Breast	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Breast	nQT*	nQT*	nQT*
4:33.82	4:29.02	4:02.38	200 Breast	5:07.90	5:03.10	4:33.10
nQT*	nQT*	nQT*	50 Fly	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Fly	nQT*	nQT*	nQT*
4:00.99	3:57.20	3:33.69	200 Fly	4:00.99	3:57.20	3:33.69
3:40.09	3:36.89	3:15.39	200 IM	3:59.09	3:55.89	3:32.49
8:00.99	7:54.59	7:07.56	400 IM	8:00.99	7:54.59	7:07.56

nQT* - No times "NT" will not be accepted.



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Time Standards

Girls			13-14	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
nQT*	nQT*	nQT*	50 Free	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Free	nQT*	nQT*	nQT*
3:04.29	3:01.09	2:43.09	200 Free	3:09.19	3:05.99	2:47.59
7:03.69	6:57.29	7:54.69	400/500 Free	6:47.39	6:40.99	7:36.49
24:00.99	23:40.99	23:24.97	1500/1650 Free	24:00.99	23:40.99	23:24.97
nQT*	nQT*	nQT*	100 Back	nQT*	nQT*	nQT*
3:34.79	3:32.39	3:11.29	200 Back	3:41.39	3:38.99	3:17.29
nQT*	nQT*	nQT*	100 Breast	nQT*	nQT*	nQT*
4:02.19	3:58.19	3:34.59	200 Breast	3:53.09	3:49.09	3:26.39
nQT*	nQT*	nQT*	100 Fly	nQT*	nQT*	nQT*
4:00.99	3:57.20	3:33.69	200 Fly	4:00.99	3:57.20	3:33.69
3:24.09	3:20.89	3:00.99	200 IM	3:29.59	3:26.39	3:05.89
7:30.99	7:22.89	6:30.11	400 IM	7:30.99	7:22.89	6:30.11

Girls			15 & Over	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
nQT*	nQT*	nQT*	50 Free	nQT*	nQT*	nQT*
nQT*	nQT*	nQT*	100 Free	nQT*	nQT*	nQT*
2:52.99	2:49.79	2:32.99	200 Free	2:48.89	2:45.69	2:29.29
6:47.39	6:40.99	7:36.49	400/500 Free	6:12.89	6:06.49	6:57.89
24:00.99	23:40.99	23:24.97	1500/1650 Free	24:00.99	23:40.99	23:24.97
nQT*	nQT*	nQT*	100 Back	nQT*	nQT*	nQT*
3:22.19	3:19.79	2:59.99	200 Back	3:11.39	3:08.99	2:50.29
nQT*	nQT*	nQT*	100 Breast	nQT*	nQT*	nQT*
3:52.19	3:48.19	3:25.59	200 Breast	3:32.69	3:28.69	3:07.99
nQT*	nQT*	nQT*	100 Fly	nQT*	nQT*	nQT*
4:00.99	3:57.20	3:33.69	200 Fly	4:00.99	3:57.20	3:33.69
3:15.69	3:22.99	2:53.49	200 IM	3:10.29	3:07.09	2:48.59
7:30.99	7:22.89	6:30.11	400 IM	7:30.99	7:22.89	6:30.11

nQT* - No times "NT" will not be accepted.