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**Sanction:** Held under the sanction of USA Swimming # CO24-005. 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.

**Sponsor:** Aspen Swim Club

**Location:** Location: Aspen Recreation Center  
861 Maroon Creek Road, Aspen, CO 81611  
PH: 970) 544-4100  
Web: <http://www.aspenrecreation.com/aspen-recreation-center>

**Facility:** Elevation: 8,020 Feet. Indoor pool, 25 yard, 6 lanes. The competition course has not been certified in accordance with 104.2.2C(4) The water depth is measured at 4.5 feet on the shallow end and 12 feet on the deep/diving end.

**Timing:** Colorado Timing System 6 with touchpads and 6 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. All events will be timed finals.

**Schedule:**

Saturday Morning: Warm-up 8:30 am / Start 9:40 am  
Sunday Morning: Warm-up 8:30 am / Start 9:40 am  
Sunday Afternoon: Session will begin 15 minutes after completion of the afternoon session. This intervening time will be warm up for the distance events.

**\*\*Warmup lanes will be assigned and posted after all entries have been received\*\***

**Eligibility:** Open to any swimmer with a 2023 or 2024 USA swimming membership. Any swimmer appearing on the CSI exception report without registration must come to the meet prepared to show proof of current membership or they will not be allowed to participate. Deck Pass is an acceptable proof of Membership. **There shall be no deck registrations allowed. Per USA Swimming rule (False Registration) 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. 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.**

**Entry  
Limit:**

Swimmers may compete in a maximum for four (4) individual events and 1 relay per day. In addition, on Saturday, a swimmer may elect to swim an additional event in Session III totaling no more than five (5) individual events. 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:**

\$8.00 per individual entry per swimmer, plus a one-time \$15.00 fee per swimmer for pool surcharge. \$1.15 for each entry fee goes to the CSI fund and \$0.15 per event goes to Zone 4 Swimming. \$12.00 for each relay event entered. No entries will be accepted after **October 10, 2023**. There will be a \$10.00 charge added per each deck entry/change

Make your check (one only per team) payable to: Aspen Swim Club.

**Entry Process:**

1. The Team Manager event template will be available by **October 1, 2023** on the Western Slope League (WSL) website ([www.westernslopeleague.org](http://www.westernslopeleague.org)).
2. All entries must be submitted by Team Unify. The entry chair will confirm any e-mail entries on receipt.
3. Teams sending a handwritten entry sheet are subject to a \$25.00 processing fee.
4. The meet will be pre-seeded. There will be no re-seeding. Adds may be allowed in open lanes only, and at the meet referee's discretion.
5. "No Time" or incorrect times will be placed in the slowest heat.
6. Times for all events should be in SCY.
7. Please provide the number of coaches who will be attending the meet for Coach Packet preparation as well as snacks/meals provided to the coaches.

**Distance Events: 400 IM and 500 Freestyle:**

The 400 IM and the 500 Free will be deck seeded

Positive check-in is required for both events. Swimmers must check in at the Clerk of Course by 2:00pm Saturday in order to be entered/seeded in the event.

Swimmers **must** provide their own timers (2) and lap counters.

Please adhere to the courtesy time standard of 8:00.00 for both events. Any swimmer not entered with the courtesy time will automatically be eliminated from the event. This includes entries with NT

All distance events will be swum fastest to slowest, alternating females and males.

## **Entry**

**Deadline:** All entries must be received no later than **6pm Tuesday, October 10, 2023**. Please email entries to [Trzcinski.Chris@gmail.com](mailto:Trzcinski.Chris@gmail.com) and expect a confirmation email within 24 hours; please resend if you do not receive an email confirmation. You will receive a team psych sheet to confirm your entries by **Wednesday, October 11th, 9 PM**. You will have until **6 PM on Thursday, October 12th** to make any changes to your swimmers events. The meet will be seeded immediately after this change deadline. Please bring payment to meet or send to:

Aspen Swim Club  
PO Box 12341  
Aspen, CO 81612

## **Scoring:**

The meet will be scored as follows:

Individual & Relay-to six places: Individual Events: 7, 5, 4, 3, 2, 1

Relay Events: 14, 10, 8, 6, 4, 2

## **Awards:**

Individual Events: 1st - 8th Ribbons for 10 and unders only

Relay Events: 1<sup>st</sup> - 6<sup>th</sup> Ribbons for 10 and unders only

Prizes given for heat winners.

Participation awards will be given to all swimmers.

## **Programs/**

**Concessions:** Programs will NOT be available for purchase. Heat sheets will be available on meet mobile post seeding. Heat sheets will also be posted at the pool.

## **Results:**

Results will be emailed to teams within five (5) days after the meet.

## **Rules and other important information:**

1. Current USA Swimming and Colorado Swimming, Inc. rules will govern the procedures of the meet. Age as of October 14, 2023 will determine the swimmers' age group for competition. Swimmers may swim in only one age group per event. The meet will be pre-seeded.
2. The Meet Referee will have the final authority on all swimming procedures of the meet.
3. Colorado Swimming, Inc. procedures for warm-up will be observed. These procedures are posted throughout the pool area.
4. 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. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.
5. Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

6. Coaches MUST declare adds/scratches no later than 30 minutes prior to the start of each session.
7. 25-yard events will start from the blocks and finish at the turn end of the pool.
8. Only swimmers registered in the meet are permitted to use the warm-up and cool down portions of the facility. No exhibition swimming allowed.
9. Each team will be asked to provide timers for the duration of each session.
10. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
11. There will be no on deck photography from behind the starting platforms.
12. "Deck changes" are Prohibited.
13. At the Referee's discretion, events may be combined by age, gender and/or distance.
14. No smoking is allowed on the pool deck, in the building, or any area around the recreation center. No glass bottles will be allowed on deck or in the pool area. Any damage to pool property will be grounds for dismissal from the remainder of the meet and offenders will be held liable to the fullest extent that the law allows.
15. 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 Operations Vice Chair.
16. Colorado Swimming, Inc. does not support, recommend, endorse or take responsibility for the sale or marketing of any dietary supplements. It is the swimmers' 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](http://www.usaswimming.org).
17. All applicable adults participating in or associated with this 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.
18. Medical Supervision: There will be lifeguards on duty as well as 2 AED available at the ARC. Aspen Valley Hospital is 1.5 miles away.

**Coaches/**

**Officials**: All coaches and uniformed officials must display their USA membership cards when on deck. Current certification is mandatory. Coaches will be required to sign-in to receive the meet

program. 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.

**We are in need of meet officials.** If you are interested in officiating at this meet, please contact Katie McManus ([skier\\_pt@yahoo.com](mailto:skier_pt@yahoo.com)). A mandatory Officials' meeting will be held before each session. Officials' wear: standard white over black

<b>Meet Director:</b>	Jenny Jones	<a href="mailto:eljebel1@comcast.net">eljebel1@comcast.net</a>
<b>Safety Chair:</b>	Erin Hutchins	<a href="mailto:erinhutch@yahoo.com">erinhutch@yahoo.com</a>
<b>Meet Referee:</b>	Katie McManus	<a href="mailto:skier_pt@yahoo.com">skier_pt@yahoo.com</a>
<b>Entries:</b>	Chris Trzcinski	<a href="mailto:Trzcinski.Chris@gmail.com">Trzcinski.Chris@gmail.com</a>
<b>Admin Official:</b>	Chris Trzcinski	<a href="mailto:Trzcinski.Chris@gmail.com">Trzcinski.Chris@gmail.com</a>

## **2023 Autumn Aspen Invitational Swim Meet** **Order of Events**

### **Saturday – Session I**

Warm up: 8:30 AM Start: 9:40 AM

<b>Girls Event</b>	<b>Age Group</b>	<b>Description</b>	<b>Boys Event</b>
1	10&U	100 Free	2
3	8&U	25 Free	4
5	11-12	50 Back	6
7	13&O	200 Back	8
9	10&U	100 Breast	10
11	11-12	200 Back	12
13	13&O	100 Free	14
15	8&U	25 Breast	16
17	10&U	50 Back	18
19	11-12	100 Free	20
21	13&O	100 Fly	22
23	10&U	200 IM	24
25	11-12	100 Fly	26
27	13&O	50 Free	28
29	11-12	50 Free	30
31	13&O	200 Breast	32
33	11-12	200 Breast	34
35	10&U	200 Medley Relay	36
37	Open	400 Medley Relay	38

## Sunday – Session II

Warm up: 8:30 AM Start: 9:40 AM

Girls Event	Age Group	Description	Boys Event
39	10&U	100 Individual Medley	40
41	11&O	100 Individual Medley	42
43	8&U	25 Fly	44
45	10&U	50 Fly	46
47	11-12	50 Fly	48
49	13&O	200 Fly	50
51	10&U	50 Free	52
53	10&U	200 Free	54
55	11-12	200 Free	56
57	13&O	200 Free	58
59	8&U	25 Back	60
61	10&U	100 Back	62
63	11-12	100 Back	64
65	13&O	100 Back	66
67	10&U	50 Breast	68
69	11-12	100 Breast	70
71	13&O	100 Breast	72
73	11-12	50 Breast	74
75	11&O	200 Individual Medley	76
77	10&U	200 Free Relay	78
79	Open	400 Free Relay	80

## Sunday Afternoon – Session III

*15 minute warm up immediately following session II*

Girls Event	Age Group	Description	Boys Event
81	11&O	400 Individual Medley	82
83	Open	500 Free	84