

# 2023 Deep Freeze Invitational Sponsored by Team Sopris Barracudas November 11-12, 2023

DATE: November 11-12, 2023

SANCTION: This event is held under the sanction of USA Swimming: Sanction: CO24-037



DISCLAIMER: In granting this sanction it is understood and agreed that USA Swimming, Colorado Swimming Inc., Sopris Barracuda Swim Team, the City of Glenwood Springs, all meet officials, volunteers and sponsors shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

In applying for this sanctioned event, the Host, Sopris Barracuda Swim Team and invited teams agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Colorado Swimming, the State of Colorado, Garfield County, and the City of Glenwood Springs.

LOCATION: Glenwood Springs Community Center  
100 Wulfsohn Road  
Glenwood Springs, CO 81601  
(970)384-6316 phone | (970)928-8418 fax | Altitude – 5,763ft  
<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 except for 25-yard events, which will use one stopwatch for times. Back-up timing will consist of one button and one stopwatch. Hy-Tek Meet Manager software will be used.

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

SCHEDULE:

Day	Session	Warm-up	Start
Saturday	One	8:30am	10:00am
Saturday	Two	1:00pm	2:30pm
Saturday (tentative)**	Three	4:30pm	4:40pm
Sunday	Four	7:30am	9:00am
Sunday	Five	12:00pm	1:30pm
**Session three to begin 10 minutes following the conclusion of session 2			

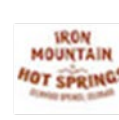
Warm-ups will be split into three 25-minute sessions with assigned teams and modifications at the discretion of the meet host.

We reserve the right to change the format of the meet should the number of entries warrant such a change. The meet director and meet referee reserve the right to reorganize the sessions to accommodate the 4-hour rule.

ELIGIBILITY: Open to all Zone 4 (WSL) swimmers holding a 2023 or 2024 USA Swimming membership card and any swimmers listed as UN-CO training with a WSL team and submitted with the WSL team entry file. 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.

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

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. We encourage swimmers who are registered with a disability to enter the meet. It is the swimmer or coach's responsibility to notify the Meet Referee of the events the swimmer has been entered.

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.

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

Team scores will be kept.

12&U Events - Individual 12&U Events will be broken into 8&U, 9-10, and 11-12 for scoring purposes. 12&U Relay Events will be scored as 12&U.

13&O Events – Individual 13&O and Open Events (including all Distance Events) will be broken into 14&U and 15&O for scoring purposes. 13&O Relays will be broken down into 13&O for scoring purposes. OPEN Relays will be scored as 15&O

**AWARDS:** 12&U Events – Individual 12&U Events will be awarded 1<sup>st</sup> through 12<sup>th</sup> place, and broken into 8&U, 9&10 and 11-12 for awards. 12&U Relay events will be awarded 1<sup>st</sup> through 12<sup>th</sup> place, and broken out as a 12&U.

NO awards will be given for 13&O or OPEN events, regardless of age.

**RULES:** Current 2023 USA rules will govern the format of the meet.

Colorado Swimming, Inc. warm-up procedures will be observed.

Age as of November 11, 2023, will determine the swimmer's age group.

Exhibition swimming will not be allowed.

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.

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.

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.

Coaches that are in non-compliance will not be allowed on deck.

Deck changes are prohibited.

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.

Use of audio and visual recording devices, including cell phones, are not permitted in the changing areas, restrooms, or locker rooms.

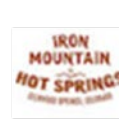
No on deck photography from behind the starting platforms or during the starts.

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

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.

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. Deck pass is an acceptable proof of certification.



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).

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

The meet will be pre-seeded except for the 400 IM, 500 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, 500 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, Heat sheets for deck-seeded events will be posted after positive check-in closes. **400 IM participants will be required to provide ONE TIMER. 500 free and 1650 free participants will be required to provide ONE TIMER plus a counter.** Qualification times for the distance events are as follows: 400 IM (8:00), 500 free (8:00), 1650 free (27:00). Swimmers entered in these events in NT or in a time slower than the qualifying standard will be dropped from the event.

**ENTRY FEES:** \$5.00 per Individual ENTRY PER SWIMMER  
\$10.00 per Relay Event  
\$12.00 per Swimmer FOR POOL 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 no later than **October 15, 2023** on the Western Slope League (WSL) website ([www.westernslopeleague.org](http://www.westernslopeleague.org)) and the Team Sopris Website ([www.teamsopris.org](http://www.teamsopris.org))  
All entries must include times where available. Submit short course yard times only.

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, except for 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 **Cristi Newton 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, 2023, by 6:00pm**— No entries will be accepted after 6:00pm on this date. You will receive a team psych sheet to confirm your swimmers by **Tuesday, November 7, 2023, by 6:00pm**. You will have until **Wednesday, November 8, 2023 at 6:00pm** to make any changes to your swimmers' events. The meet will be seeded after the change deadline.

#### MEET

**DIRECTOR:** Tiffany Lindenberg – [lindy@rof.net](mailto:lindy@rof.net)

**REFEREE:** Katie McManus – [skier\\_pt@yahoo.com](mailto:skier_pt@yahoo.com)

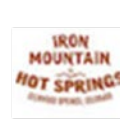
**ADMIN OFFICIAL:** Cristi Newton – [info@teamsopris.org](mailto:info@teamsopris.org)

**SAFETY CHAIR:** Crystal Holsinger – [crystal.holsinger@yahoo.com](mailto:crystal.holsinger@yahoo.com)

**ENTRY CHAIR:** Cristi Newton - [meetentries@teamsopris.org](mailto:meetentries@teamsopris.org)

**PROGRAMS:** Heat sheets will be posted on the Team Sopris Barracuda website by **Thursday, November 10, 2022, at 1:00pm**. **Heat sheets or Programs will not be available at the meet**, so please print them and bring them with you. Heat and Lane information will be available for FREE through the 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 to all teams.



LODGING: Residence Inn Glenwood Springs for 169 USD per night (Daily complimentary breakfast buffet included)  
Start Date: Friday, November 10, 2023  
End Date: Sunday, November 12, 2023  
[Book your group rate for Sopris Swim Meet](#) - Last Day to Book: Wednesday, October 11, 2023

Campers will be permitted to stay in the Community Center upper parking lot on the nights of the meet. All campers must be fully self-contained and should park in the third tier of the lot near the Community Garden. Please email [crisi.newton@cogs.us](mailto:crisi.newton@cogs.us) if you plan to camp.

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.

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 coach 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 Katie McManus ([skier\\_pt@yahoo.com](mailto:skier_pt@yahoo.com)). 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 Thursday, November 10th.**

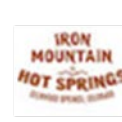
**For the 400 IM, swimmers must provide ONE TIMER and for the 500 free and 1650 free events, swimmers must provide ONE TIMER AND ONE COUNTER.**

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.

MEDICAL INFORMATION: Medical supervision including ARC certified Lifeguards, AED and First Aid Kits are available to all swimmers participating in this meet.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID19 RELATED TO PARTICIPATION IN THIS COMPETITION.



**Deep Freeze Event Schedule**  
**Saturday, November 11, 2023**

**SESSION 1 – 12 & Under**

Warm-up: 8:30am  
 Start: 10:00am

Mixed	Event Description	Age Group
1	100 Free Relay	8&U
2	200 Free Relay	12&U
3	25 Free	8&U
4	200 Free	12&U
5	100 Fly	12&U
6	50 Free	12&U
7	25 Back	8&U
8	100 Back	12&U
9	50 Breast	12&U
10	100 IM	12&U

**SESSION 2 – 13 & Over**

Warm-up: 1:00pm  
 Start: 2:30pm

Mixed	Event Description	Age Group
11	200 Free Relay	13&O
12	400 Free Relay	13&O
13	200 Fly	13&O
14	100 IM	13&O
15	100 Breast	13&O
16	200 Back	13&O
17	100 Free	13&O

**SESSION 3 – Open Distance**

Warm-up: 10 min at conclusion of session 2  
 Start: TBD

Mixed	Event Description	Age Group
18	500 Free *	OPEN
19	400 IM *	OPEN
20	1650 free *	OPEN

Qualification Times: 500 Free & 400 IM – 8:00  
 1650 Free – 25:00

**Sunday, November 12, 2023**

**SESSION 4 – 12 & Under**

Warm-up: 7:30am  
 Start: 9:00am

Mixed	Event Description	Age Group
21	100 Medley Relay	8&U
22	200 Medley Relay	12&U
23	25 Fly	8&U
24	50 Fly	12&U
25	100 Free	12&U
26	25 Breast	8&U
27	100 Breast	12&U
28	50 Back	12&U
29	200 IM	12&U

**SESSION 5 – 13 & Over**

Warm-up: 12:00pm  
 Start: 1:30pm

Mixed	Event Description	Age Group
30	200 Medley Relay	13&O
31	400 Medley Relay	13 & O
32	200 Free	13&O
33	100 Back	13&O
34	100 Fly	13&O
35	200 Breast	13&O
36	50 Free	13&O
37	200 IM	13&O

