



2024 Grand Junction Invitational

June 20, 2024 – June 23, 2024

Sanction: Held under the sanction of USA Swimming #CO24-125

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: Eric Hippe, ethippe@yahoo.com

Admin Referee: Candace Casseday, cassedayc@yahoo.com

Admin Official: Erin Jenkins, jenkinserinr@gmail.com

Meet Director: Ed Stehlin

Safety Director: Lily Borgenheimer

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. No spectators viewing from the balcony rail.

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”.

Timing: Colorado Timing System with touch pads and 10-lane display board will be used for all events. Hy-Tek Meet Manager software will be used along with Colorado Timing System 6. Meet Mobile software will be used to post online results.

Eligibility: Open to all swimmers holding a 2024 USA Swimming Membership card. 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 Thursday, June 20, 2024, will govern entries.

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 cool down. Any swimmer without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.



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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.

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.

Entries: Swimmers may swim 3 individual events per day plus 1 relay. Swimmers may swim a total of 9 individual events for the meet.

Each team may enter 3 relays per event. All relay declarations must be submitted to the Admin Referee before leaving the previous session. Ex: all Friday AM relay declarations must be submitted to the Admin Referee before leaving the Thursday distance session.

No Deck Entries will be accepted.

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.

Entry Dates: Entry deadline is Friday, June 7, 2024, at 6:00 PM. Psych sheets will be sent out by Monday, June 10, 2024. Coaches will have until Thursday, June 13, 2024, at 6:00 PM to make any changes.

Entry Fees:

Individual Events	\$7.00
Relay Events	\$10.00
Swimmer Surcharge	\$12.00

Colorado Western Slope League receives \$0.15 per event and Colorado Swimming receives \$1.15 per event.

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.

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

Maverick Aquatics
Attn: Lily Borgenheimer
1100 North Avenue
Grand Junction, CO 81501

Meet Format: Events will be swum in the long course configuration: 50 meters x 8 lanes.

All events are prelim/final except the following: All 10 & Under events, relays, 1500 Free, 800 Free. These events are timed finals and will not be included in the evening finals session. The 1500 Free and 800 Free will be swum fastest to slowest. All preliminary events will be swum fastest to slowest. All final events will be swum slowest to fastest (B consolation heat first, then A final). The top 16 swimmers will



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advance to the finals swimming 8 in each heat. Prelims will be swum in 8 lanes with flyover starts. One lane (lane 10) will be used for warm-up/cool down with 1 buffer lane between the competition pool and warm-ups. Finals events will be swum in 8 lanes.

In events where finals are offered, prelims for the 11 & Over athletes will be swum combined while finals will be swum by age group.

Qualifying Times: Qualifying times are required for all 13 & Over swimmers. USA Swimming determined “B Min” National Age Group Motivational Times, 2021-2024, will be used. These Time Standards are provided by USA Swimming.

Seeding & Scratch Rules: The meet will be seeded in accordance with USA Swimming Rules with non-conforming times last. The meet will not be pre-seeded.

Scratch procedures will be enforced as per 207.11.6 of the USA Swimming Rules and Regulations. All scratches for the first day must be emailed by 6:00 PM Tuesday, June 18, 2024, to jenkinserinr@gmail.com. The scratch deadline for all subsequent days shall be thirty minutes after the published starting time of the final session of each prior day’s events. Please review 207.11.6D, as penalties will apply to swimmers who fail to compete in a preliminary event in which they did not scratch. Swimmers qualifying to swim in finals must declare to the Admin Referee their intent to scratch within 30 minutes of the announcement of results. As top qualifiers scratch, other swimmers become eligible for finals. If a swimmer does NOT want to swim in finals, they should scratch their names on the list with the Admin Referee no matter how far down the list their name appears. The athletes swimming in finals will be posted as soon as possible after the 30-minute scratch period. Any swimmer qualifying for a bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat, in which such swimmer entered and has not been scratched, will be barred from all further individual and relay events of that day and must positively check in with the Admin Referee for future days.

Conduct: 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.



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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 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.

The meet will also be open to CSI physically impaired, visually impaired, or intellectually impaired athletes who have met a motivational Time Standard for their respective sport class. Coaches/athletes should notify the meet referee before the meet of any accommodation requests. Each athlete has the option of swimming a half distance for any event entered. Any athlete with a disability swimming in prelims may request to swim the same distance at finals. This request must be made to the Admin Referee prior to the close of scratches for the event. If necessary, a finals heat will be added to accommodate these requests.

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. Lane assignments will be sent out by Wednesday, June 19, 2024.

Schedule: Thursday Distance Session: Warm-ups: 4:00 PM, Start 5:30 PM
Friday/Saturday/Sunday Prelims Sessions: Warm-ups: 7:00 AM, Start 8:45 AM
Friday/Saturday/Sunday Finals Sessions: Warm-ups: 4:00 PM, Start 5:00 PM

Changes in the schedules are at the discretion of the Meet Director and Meet Referee.



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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 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: No awards will be given.

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

Coaches Meeting: 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.

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

Concessions: No Concessions will be provided.

Officials: 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

Timers Needed!

Participating teams will be required to provide timers.

Swimmers must provide their own counter for all distance events.



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Event List

Session 1: Thursday Distance

Girls	Age	Event	Age	Boys
1	Open	1500 Free	Open	2
3	Open	800 Free	Open	4
*Swimmers must provide their own counter				

Session 3: Friday Finals

Girls	Age	Event	Age	Boys
25	13 & O	400 Medley Relay (TFF)	13 & O	26
9	11-12	200 Free	11-12	10
	13-14	200 Free	13-14	
	15 & O	200 Free	15 & O	
13	11-12	50 Breast	11-12	14
15	13-14	400 IM	13-14	16
	15 & O	400 IM	15 & O	
19	11-12	50 Fly	11-12	20
23	11-12	100 Back	11-12	24
	13-14	100 Back	13-14	
	15 & O	100 Back	15 & O	

Session 2: Friday Prelims

Girls	Age	Event	Age	Boys
5	12 & U	200 Medley Relay (TFP)	12 & U	6
7	10 & U	200 Free (TFP)	10 & U	8
9	11 & O	200 Free	11 & O	10
11	10 & U	50 Breast (TFP)	10 & U	12
13	11-12	50 Breast	11-12	14
15	13 & O	400 IM	13 & O	16
17	10 & U	50 Fly (TFP)	10 & U	18
19	11-12	50 Fly	11-12	20
21	10 & U	100 Back (TFP)	10 & U	22
23	11 & O	100 Back	11 & O	24

Session 4: Saturday Prelims

Girls	Age	Event	Age	Boys
27	12 & U	200 Free Relay (TFP)	12 & U	28
29	13 & O	400 Free	13 & O	30
31	10 & U	200 Back (TFP)	10 & U	32
33	11 & O	200 Back	11 & O	34
35	10 & U	50 Free (TFP)	10 & U	36
37	11 & O	50 Free	11 & O	38
39	10 & U	200 Breast (TFP)	10 & U	40
41	11 & O	200 Breast	11 & O	42
43	10 & U	100 Fly (TFP)	10 & U	44
45	11 & O	100 Fly	11 & O	46



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Session 5: Saturday Finals

Girls	Age	Event	Age	Boys
47	13 & O	400 Free Relay (TFF)	13 & O	48
29	13-14	400 Free	13-14	30
	15 & O	400 Free	15 & O	
33	11-12	200 Back	11-12	34
	13-14	200 Back	13-14	
	15 & O	200 Back	15 & O	
37	11-12	50 Free	11-12	38
	13-14	50 Free	13-14	
	15 & O	50 Free	15 & O	
41	11-12	200 Beast	11-12	42
	13-14	200 Breast	13-14	
	15 & O	200 Breast	15 & O	
45	11-12	100 Fly	11-12	46
	13-14	100 Fly	13-14	
	15 & O	100 Fly	15 & O	

Session 6: Sunday Prelims

Girls	Age	Event	Age	Boys
49	10 & U	200 Fly (TFP)	10 & U	50
51	11 & O	200 Fly	11 & O	52
53	10 & U	100 Breast (TFP)	10 & U	54
55	11 & O	100 Breast	11 & O	56
57	10 & U	100 Free (TFP)	10 & U	58
59	11 & O	100 Free	11 & O	60
61	10 & U	50 Back (TFP)	10 & U	62
63	11-12	50 Back	11-12	64
65	10 & U	200 IM (TFP)	10 & U	66
67	11 & O	200 IM	11 & O	68

Session 7: Sunday Finals

Girls	Age	Event	Age	Boys
51	11-12	200 Fly	11-12	52
	13-14	200 Fly	13-14	
	15 & O	200 Fly	15 & O	
55	11-12	100 Breast	11-12	56
	13-14	100 Breast	13-14	
	15 & O	100 Breast	15 & O	
59	11-12	100 Free	11-12	60
	13-14	100 Free	13-14	
	15 & O	100 Free	15 & O	
63	11-12	50 Back	11-12	64
67	11-12	200 IM	11-12	68
	13-14	200 IM	13-14	
	15 & O	200 IM	15 & O	



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Time Standards

Girls			13-14	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
37.09	36.09	32.59	50 Free	34.39	33.19	29.89
1:20.49	1:18.29	1:10.59	100 Free	1:15.29	1:12.49	1:05.59
2:54.29	2:49.29	2:32.09	200 Free	2:44.09	2:37.99	2:22.99
6:06.79	5:58.29	6:47.79	400 Free	5:49.09	5:38.29	6:26.59
12:35.99	12:16.89	14:01.99	800 Free	12:05.89	11:41.09	13:21.19
24:06.39	23:15.29	23:23.49	1500 Free	23:06.49	22:11.09	22:18.89
1:29.99	1:25.29	1:16.69	100 Back	1:23.89	1:19.59	1:11.49
3:12.39	3:04.89	2:46.79	200 Back	3:02.09	2:53.59	2:36.29
1:42.09	1:37.99	1:27.99	100 Breast	1:34.89	1:29.89	1:21.29
3:39.69	3:32.19	3:10.89	200 Breast	3:25.49	3:17.09	2:56.59
1:26.59	1:24.99	1:16.39	100 Fly	1:21.29	1:18.89	1:11.19
3:12.99	3:07.89	2:48.99	200 Fly	3:00.89	2:54.99	2:38.19
3:15.79	3:09.49	2:49.79	200 IM	3:04.59	2:56.79	2:39.99
6:55.49	6:44.19	6:03.59	400 IM	6:32.69	6:17.69	5:41.49

Girls			15 & Over	Boys		
LCM	SCM	SCY		LCM	SCM	SCY
36.39	35.39	31.79	50 Free	32.59	31.89	28.39
1:19.19	1:16.89	1:08.89	100 Free	1:11.99	1:09.49	1:02.39
2:50.49	2:45.59	2:29.39	200 Free	2:37.39	2:31.79	2:16.49
5:58.49	5:50.69	6:40.59	400 Free	5:33.69	5:26.09	6:10.59
12:21.29	12:05.69	13:49.19	800 Free	11:40.09	11:16.49	12:52.99
23:43.89	22:57.09	23:05.19	1500 Free	22:08.99	21:27.89	21:35.39
1:27.29	1:23.39	1:14.69	100 Back	1:20.19	1:15.59	1:08.09
3:08.39	3:01.39	2:42.99	200 Back	2:53.79	2:45.59	2:27.99
1:39.49	1:36.09	1:25.89	100 Breast	1:29.89	1:25.79	1:16.49
3:35.89	3:27.89	3:05.99	200 Breast	3:15.39	3:06.39	2:48.19
1:25.39	1:23.29	1:14.69	100 Fly	1:17.39	1:15.49	1:07.49
3:07.29	3:04.29	2:45.29	200 Fly	2:52.29	2:47.29	2:31.29
3:11.89	3:05.79	2:46.79	200 IM	2:56.59	2:48.79	2:31.69
6:47.89	6:35.09	5:55.89	400 IM	6:14.09	6:03.59	5:26.99