

HRA MASTERS PRESENTS  
**COLORADO SWIMMING**  
**SUMMER FINALE'**  
August 6 & 7, 2010

- SANCTION:** Held under USA/Colorado Swimming Inc. as well as USMS/COMSA  
USA Sanction No. 2010-084  
USMS Sanction No. 32-10-10-S
- LOCATION:** Lowry Pool (Altitude 5400ft)  
775 Akron Way  
Building # 695  
Denver, CO 80230
- POOL:** Six lanes, Outdoor, 50 Meter, with non-turbulent markers. The pool has plenty of grassy areas and some shade.
- TIMING:** Colorado Timing System with touch pads, back-up buttons.  
Hy-Tek Meet Manager software.
- RULES:** Current USA Swim, Colorado Swim, and COMSA rules shall govern the conduct of the meet. Age of swimmer is determined as of August 6, 2010.  
Swimmers are limited to four (4) individual events per day. The meet will be pre-seeded except for the 400 Free, 400 IM, 800 Free, and 1500 Free, which will be deck, seeded.  
These events will require the following:
- The individuals to provide timer and counters.
  - Positive check-in 1 hour before the event.
- Swimmers who check in for the distance events and fail to swim may be barred from further competition** at the discretion of the meet referee. The 400 Free, 400 IM, 800 Free, and 1500 Free will be swum **fastest to slowest** alternating women men heats. Swimmers and coaches should take care in choosing events that abut up to these events (e.g. men's 200 breast abutting 400 IM. The distance events (400's and above) will require swimmers to provide their own timers and counters. All events are timed finals.  
Seeding procedures will comply with USA Swimming 2010 Rules and Regulations Rule 207.12.7.A.  
This meet will enforce USA Swimming Rules and Regulations Rule 101.1.2, timely reporting to the block area and responding promptly to signals and commands.  
There will be no refunds if a session is cut short due to weather. The meet referee will be the final authority for conduct of the meet.
- SCORING:** There will be no Scoring.
- ELIGIBILITY:** Open to all USA member athletes holding current 2010 registration.  
Open to all COMSA member athletes holding current 2010 registration.  
Swimmers must be prepared to show their current 2010 USMS membership card. No exhibition swimming allowed. Swimmers not registered in the USMS database will be required to register and pay at the meet before they are allowed to warm-up and compete.

- ENTRY FEES: Individual event fee is \$5.00 each. There is a \$5.00 surcharge per swimmer. All fees must accompany entries. ***Make check payable to HRA Masters.***
- ENTRIES: The meet “may” be limited to approximately 200 swimmers or approximately 2000 individual splashes based upon first come-first serve basis of entries. Each session will be seeded according to acceptance criterion and a **tentative time line** not to exceed a “**planned**” 4 hours per session. Once the 4- hour per session has been reached no further entries will be accepted. However, no team will be split, unless they express that desire. Entries may be submitted by use of master sheets or computer disk. Late entries accepted only at meet director’s discretion, however, the meet will not be re-seeded. **Entry times must be in:**
- “LONG COURSE METERS”!**
- ENTRY DEADLINE: All entries must be in the hands of the entry chairperson by 6:00 pm, Saturday, July 31<sup>st</sup> , 2010.  
Entry Chairperson:  
Matt Beck [Texbeck25@aol.com](mailto:Texbeck25@aol.com)
- Mail to: Matt Beck  
8801 S. Broadway  
Highlands Ranch CO 80126  
720-341-6920  
Internet site: [www.hra.usswim.net](http://www.hra.usswim.net) (**warm up & start time modifications**).
- AWARDS: There will be no awards.
- SAFETY ISSUES: Swimmers competing need to be under the direct supervision of their coach during the warm up. Swimmer must enter the water feet first and swim in a counter-clockwise direction if other teams share your lanes. **No equipment may be used** during the warm up periods including but not limited to; **fins, paddles, kick boards, pull buoys, cords for assisted or resisted cords.**
- CHECK IN: There is NO check-in **except for distance events** referenced in Rules section. Report no shows to the referee.
- WARM UP PROCEDURES: Warm up will be a split warm up schedule and will be posted at the pool. Our Internet site will list the start times and warm up times for teams. Coaches will be responsible for monitoring their swimmers during the warm-up period. Starts may only be practice with one-way swimming. Each swimmer must enter the pool during the warm-up area feet first unless starting with the monitoring of the coach. One full hour has been scheduled for warm up activity for the teams but may be divided into two (2) 30 min sessions at the discretion of the meet director and meet referee. Each session will consist of 45 minutes of General Warm Up and fifteen minutes of Specific Warm Up. **The competition pool will be closed 10 min. before the start of the session.**
- START TIMES: Meet start times may be **adjusted** based on the total number of entrants per session. This is done to decrease the time spent by parents and coaches who have swimmers in multiple sessions. HRA Masters will post the start times on our web site at: [www.highlandsranch.usswim.net](http://www.highlandsranch.usswim.net) by noon on Thursday, July 30. **It is the swimmers and coaches responsibility to verify start and warm-up times.**

**Friday Morning Events Tentative Warm-up 7:00am Start 8:10am**

<b>Girls</b>	<b>Division</b>	<b>Event</b>	<b>Boys</b>
1	Open	200 Free Relay	2
3	Open	50 Free	4
5	Open	100 Fly	6
7	Open	50 Back	8
9	Open	200 Back	10
11	Open	200 Free	12
13	Open	50 Breast	14
15	Open	200 Breast	16
17	Open	400 IM	18
19	Open	200 medley Relay	20

**Friday Between Session 1 & 2**

<b>Girls</b>	<b>Division</b>	<b>Event</b>	<b>Boys</b>
21	Open	800 Free	22
23	Open	1500 Free	24

**Friday Afternoon Events Tentative Warm-up 12:45pm Start 2:00pm**

<b>Girls</b>	<b>Division</b>	<b>Event</b>	<b>Boys</b>
25	Open	100 Free	26
27	Open	50 Fly	28
29	Open	200 Fly	30
31	Open	100 Breast	32
33	Open	200 IM	34
35	Open	100 Back	36
37	Open	400 Free	38

**Saturday Morning Events Tentative Warm-up 7:00am Start 8:10am**

<b>Girls</b>	<b>Division</b>	<b>Event</b>	<b>Boys</b>
39	Open	200 Free Relay	40
41	Open	50 Free	42
43	Open	100 Fly	44
45	Open	50 Back	46
47	Open	200 Back	48
49	Open	200 Free	50
51	Open	50 Breast	52
53	Open	200 Breast	54
55	Open	400 IM	56
57	Open	200 medley Relay	58

**Saturday Between Session 1 & 2**

<b>Girls</b>	<b>Division</b>	<b>Event</b>	<b>Boys</b>
59	Open	800 Free	60
61	Open	1500 Free	62

**Saturday Afternoon Events Tentative Warm-up 12:45pm Start 2:00pm**

<b>Girls</b>	<b>Division</b>	<b>Event</b>	<b>Boys</b>
63	Open	100 Free	64
65	Open	50 Fly	66
67	Open	200 Fly	68
69	Open	100 Breast	70
71	Open	200 IM	72
73	Open	100 Back	74
75	Open	400 Free	76

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**ENTRY FORM**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 MALE or FEMALE (Circle one) USMS Number \_\_\_\_\_  
 Birthday \_\_\_\_\_ Age \_\_\_\_\_  
 Team \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Event #	Distance	Stroke	Time
_____	50 100 200 500	Free Back Breast Fly IM	_____
_____	50 100 200 500	Free Back Breast Fly IM	_____
_____	50 100 200 500	Free Back Breast Fly IM	_____
_____	50 100 200 500	Free Back Breast Fly IM	_____
_____	50 100 200 500	Free Back Breast Fly IM	_____

Example...  
  2   50 (100) (200) 500 Free Back Breast Fly IM   5:00.00  

**Individual event fee is \$5.00 each. There is a \$5.00 surcharge per swimmer.  
 (Check made to HRA Masters)**

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Send form to : Matt Beck / HRA, 8801 S. Broadway, Highlands Ranch, CO 80126**

**DUE IN ENTRY COORDINATOR'S HANDS BY Saturday, July 31<sup>st</sup> by 6:00PM  
 PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES!!**