

FAST Winter Open

December 11-13, 2009

- Location:** EPIC Pool, 1801 Riverside Ave. Ft. Collins CO (970) 221-6683
- Facilities:** Ten (10) lane 50 meter pool with two movable bulkheads set at 25 yards with a warm up and warm down area.
- Rules:** Current USA Swimming Rules will govern the meet.
 All events will be timed finals.
 The meet will be pre-seeded.
 Age as of December 11th 2009, will determine the swimmer's age group.
 All swimmers be prepared to show current USA card.
Swimmers must provide their own timers and counter for the 500 Free. Positive check in is required for the 400 IM and 500 Free at least one hour prior to the event!
 Swimmers may enter no more than four (4) individual events and one (1) relay per day.
- Awards:** Nonqualifier Portion of the Meet: 8 & U, 9-10, 11-12, and 13-14
 Individual Events Ribbons 1st-10th Place
 High Point Awards 1st-3rd Place
- Qualifier Portion of the Meet: 12 & U and 13-14
 Individual Events Ribbons 1st-10th Place
 High Point Awards 1st-3rd Place
- Entry Fees:** Individual Events \$4.60 per event
 Swimmer Surcharge \$9.00 per swimmer
Please make checks payable to: Aces Swim Club.
- Entry Deadline:** All entries are due by Monday, November 23rd, 2009, by 7:00 PM.
- Directions:** Take I-25 north to Ft. Collins and take the Prospect Exit. Turn left (or west) on Prospect to Riverside. Turn left on Riverside and go two to three blocks, and the pool will be on the right side of the street.

Friday, December 11, 2009

Session 1

Warm up: 4:15PM Start: 5:00 PM

Female	Q-Time	AGE	EVENT	Q-Time	Male
1	22:39.59	OPEN	1650 FREE*	22:39.59	2
3	None	12&U	200 IM	None	4
5	5:41.90	OPEN	400 I.M.	5:35.85	6
7	6:55.99	OPEN	500 FREE	7:05.99	8

***Positive Check-in required by 4:30pm for 1650 Free**

The 1650 free may be limited to the fastest 30 male and the fastest 30 female entrants.

Event will be swum Fastest to Slowest alternating Girls and Boys

Swimmers must supply timers and counter.

Positive check-in required for the 400 IM & 500 free. The 400 IM check-in will be closed at the start of the final women's 1650 heat. The 500 Free check-in will be closed at the completion of the final 1650 heat.

All 400 IM and the 500 Free may be limited to the fastest 2 or 3 heats.

The 12&U 200 IM may be limited to the 2 or 3 fastest heats.

Saturday, December 12, 2009

Session 2 - Prelims: Warm-up: 7:00 AM Start: 8:00 AM

Session 4 - Finals: Warm-up: 6:00 PM Start: 7:00 PM

Female	Q-TIME	AGE	EVENT	Q-TIME	Male
9	39.79	12&U	50 FLY	41.39	10
11	2:45.59	15&O	200 FLY	2:37.59	12
13	2:58.59	14&U	200 FLY	2:48.97	14
15	1:26.29	12&U	100 I.M.	1:25.02	16
17	2:37.22	15&O	200 I.M.	2:26.59	18
19	2:45.49	13/14	200 I.M.	2:38.69	20
21	1:24.99	12&U	100 BACK	1:26.79	22
23	1:16.69	15&O	100 BACK	1:10.29	24
25	1:18.89	13/14	100 BACK	1:14.89	26
27	44.19	12&U	50 BREAST	45.29	28
29	3:03.99	15&O	200 BREAST	2:53.09	30
31	3:14.59	14&U	200 BREAST	3:05.39	32
33	1:05.79	15&O	100 FREE	1:02.39	34
35	1:07.39	13/14	100 FREE	1:04.99	36
37	1:14.59	12&U	100 FREE	1:15.59	38

Saturday, December 12, 2009

Session 3 - Timed Finals

There are no qualifying times for the afternoon events

Warm-up: 12:30PM Start: 1:30 PM

Female		AGE	EVENT		Male
39		OPEN	200 FLY		40
41		12&U	50 FLY		42
43		8&U	25 FLY		44
45		OPEN	200 I.M.		46
47		8&U	25 BACK		48
49		14&U	100 BACK		50
51		15&O	100 BACK		52
53		14&U	100 FREE		54
55		15&O	100 FREE		56
57		12&U	50 BREAST		58
59		OPEN	200 BREAST		60
61		OPEN	500 FREE *		62

The Open 500 Free may be limited to the fastest 3, 4, or 5 heats.

Positive Check-in is REQUIRED for the 500 Free.

Sunday, December 13, 2009

Session 5 - Prelim: Warm-up: 7:00 AM Start: 8:00 AM

Session 7 - Finals: Warm-up: 5:00 PM Start: 6:00 PM*

*If possible, based on the number of swimmers, the Sunday final session may be moved up one hour to 4:00PM Warm-up and 5:00PM meet start.

Female	<i>Q TIME</i>	AGE	EVENT	Q TIME	Male
63	40.59	12&U	50 BACK	40.49	64
65	2:37.89	15&O	200 BACK	2:25.39	66
67	2:41.79	14&U	200 BACK	2:35.29	68
69	29.69	15&O	50 FREE	28.49	70
71	30.39	13/14	50 FREE	30.69	72
73	32.29	12&U	50 FREE	33.29	74
75	1:24.29	15&O	100 BREAST	1:20.39	76
77	1:30.59	13/14	100 BREAST	1:22.09	78
79	1:34.39	12&U	100 BREAST	1:37.39	80
81	2:28.23	15&O	200 FREE	2:18.27	82
83	2:32.38	13/14	200 FREE	2:27.82	84
85	2:36.48	12&U	200 FREE	2:37.49	86
87	1:15.04	15&O	100 FLY	1:05.09	88
89	1:18.21	13/14	100 FLY	1:12.36	90
91	1:27.99	12&U	100 FLY	1:30.99	92

Sunday, December 13, 2009

Session 6 - Timed Finals

There are no qualifying times for the afternoon events

Warm-up: 12:30 PM

Start: 1:30 PM

Female		AGE	EVENT		Male
93		12&U	50 BACK		94
95		14&U	50 FREE		96
97		15&O	50 FREE		98
99		8&U	25 BREAST		100
101		14&U	100 BREAST		102
103		15&O	100 BREAST		104
105		8&U	25 FREE		106
107		14&U	200 FREE		108
109		15&O	200 FREE		110
111		14&U	100 FLY		112
113		15&O	100 FLY		114
115		12&U	100 I.M.		116
117		OPEN	200 BACK		118