

# Colorado State Junior Olympic Championships

July 20, 21, & 22, 2018

**Location:** Veterans Memorial Aquatic Center (VMAC). 5310 E. 136<sup>TH</sup> Avenue, Thornton, CO 80026

**Facilities:** Indoor ten (10) lanes 50-meter pool. Nine lanes will be used for competition, and one lane with no buffer lane for warm-down will be available.

**Rules:**

- Age as of July 20<sup>th</sup>, 2018, will determine the swimmer's age group.
- Deck changing is prohibited.
- Submit entry times according to the time swam. **DO NOT SUBMIT CONVERTED TIMES**, i.e. if the qual. times was done in short course yards submit the short course time. Be sure to indicate the time is **SHORT COURSE TIMES**. No Conversions.
- This is a **CHAMPIONSHIP** Meet. All entry times must be verified with the CSI time's database before the swimmer will be allowed to swim that event.
- Proof of Time for this meet must have been made from July 21<sup>st</sup>, 2017, to July 8<sup>th</sup>, 2018.
- This meet will be a prelim/final meet.
- Exception: Those swimmers hitting qualifying times at the ACES Last Chance Open.
- The 800-1500 Free will be deck seeded by positive check-in on the day the event will be swum. The 800 Free positive check in will close at 9:30 AM, and the 1500 Free will close 30 minutes after the published start of Finals the day before. The 800-1500 Free will be swum fastest to slowest alternating women and men. Swimmers must provide their own two (2) timers and one (1) counter. There is a possibility may need to swim two (2) swimmers per lane depending on the number of entries.
- Three (3) heats will compete in Finals, "C" Finals 17<sup>th</sup>-24<sup>th</sup>, "B" Finals 9<sup>th</sup>-16<sup>th</sup>, and "A" Finals 1<sup>st</sup>-8<sup>th</sup> Place. All three heats will score.
- Swimmers may enter and swim **three (3) individual events per day plus one (1) relay event, with a total of seven (7) individual events for the meet.**

**Awards:**

Individual Events	Medals	1 <sup>st</sup> - 8 <sup>th</sup> Place
	Ribbons	9 <sup>th</sup> -16 <sup>th</sup> Place
Relay Events	Medals	1 <sup>st</sup> - 3 <sup>rd</sup> Place
	Ribbons	4 <sup>th</sup> - 8 <sup>th</sup> Place

High Point Award to the top Male/Female in each age group.

**Entry Fees:**

Individual Events	\$ 5.00 each
Swimmer Surcharge	\$20.00 per swimmer

**Please make check payable to: ACES Swim Club.**

**Entry Deadline:** All entries are due by Sunday, July 8<sup>th</sup>, 2018.

**ACES will need to provide timers for each session throughout the meet.**

**2018 CSI LCM Senior State Championship Time Standards**  
**VMAC**  
**July 20-22, 2018**

**13-14**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.79	28.79	25.89	<b>50 Free</b>	0:29.59	27.49	24.79
1:06.59	1:02.79	56.49	<b>100 Free</b>	1:03.89	59.59	53.69
2:23.99	2:16.49	2:02.89	<b>200 Free</b>	2:18.89	2:09.69	1:56.89
4:57.79	4:49.19	5:31.19	<b>400/500 Free</b>	4:48.39	4:38.99	5:19.79
10:21.49	10:08.69	11:36.39	<b>800/1000 Free</b>	10:16.49	10:03.69	11:30.79
20:45.09	20:21.09	19:40.29	<b>1500/1650 Free</b>	20:33.89	20:09.89	19:37.39
1:14.59	1:10.49	1:03.49	<b>100 Back</b>	1:12.59	1:08.39	1:01.59
2:39.49	2:31.59	2:16.49	<b>200 Back</b>	2:36.79	2:27.69	2:12.99
1:26.59	1:21.29	1:13.19	<b>100 Breast</b>	1:23.99	1:17.89	1:10.19
3:06.29	2:57.09	2:39.49	<b>200 Breast</b>	3:00.29	2:49.49	2:32.69
1:14.59	1:09.89	1:02.99	<b>100 Fly</b>	1:11.99	1:06.99	1:00.39
2:50.69	2:41.09	2:25.19	<b>200 Fly</b>	2:46.79	2:35.59	2:20.19
2:41.89	2:33.39	2:18.19	<b>200 IM</b>	2:35.99	2:27.69	2:13.09
5:40.09	5:29.79	4:57.09	<b>400 IM</b>	5:31.29	5:23.49	4:51.39
5:23.69	5:13.29	4:42.29	<b>400 Med Relay</b>	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	<b>400 Free Relay</b>	4:36.49	4:24.99	3:59.99

**Open**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.39	28.79	25.89	<b>50 Free</b>	0:28.39	26.29	23.59
1:04.99	1:02.79	56.49	<b>100 Free</b>	1:00.39	56.59	50.99
2:22.39	2:14.89	2:01.39	<b>200 Free</b>	2:12.89	2:01.69	1:50.89
4:54.99	4:46.39	5:28.39	<b>400/500 Free</b>	4:43.19	4:33.79	5:12.59
10:11.39	9:58.59	11:25.09	<b>800/1000 Free</b>	9:59.39	9:46.59	11:11.59
20:09.39	19:45.39	19:10.69	<b>1500/1650 Free</b>	19:25.19	19:01.19	18:29.39
1:13.39	1:09.29	1:02.29	<b>100 Back</b>	1:09.59	1:05.39	58.59
2:37.49	2:29.59	2:14.49	<b>200 Back</b>	2:30.79	2:21.69	2:06.99
1:25.09	1:19.79	1:11.69	<b>100 Breast</b>	1:20.99	1:14.89	1:07.19
3:04.69	2:55.49	2:37.89	<b>200 Breast</b>	2:55.69	2:45.09	2:28.09
1:13.99	1:09.29	1:02.39	<b>100 Fly</b>	1:08.59	1:03.59	56.99
2:48.69	2:39.09	2:23.19	<b>200 Fly</b>	2:42.79	2:31.59	2:16.19
2:39.89	2:31.39	2:16.19	<b>200 IM</b>	2:30.99	2:22.69	2:08.09
5:37.69	5:27.39	4:54.69	<b>400 IM</b>	5:26.29	5:18.49	4:46.39
5:23.69	5:13.29	4:42.29	<b>400 Med Relay</b>	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	<b>400 Free Relay</b>	4:36.49	4:24.99	3:59.99



**CSI SENIOR LONG COURSE STATE CHAMPIONSHIPS  
ORDER OF EVENTS**

TFP Timed finals in prelims

\*TFP ALL Heats of 800 Free will be swum fastest to slowest at the conclusion of prelims.

Warm-up 7:00 am #	Friday – Prelims Event	Meet Start 8:30 am #
1	14 & U 400 I M	2
3	15 & Over 400 IM	4
5	14&U 100 Breast	6
7	15 & Over 100 Breast	8
9	14&U 200 Free	10
11	15 & Over 200 Free	12
13	14&U 100 Fly	14
15	15 & Over 100 Fly	16
	10 Min Break	
17* TFP	800 Free	18* TFP
	14 & U	
	15 & Over	

Warm-up 4:30 pm #	Friday – Finals Event	Meet Start 5:30 pm #
1	14&U 400 I M	2
3	15 & Over 400 I M	4
5	14&U 100 Breast	6
7	15 & Over 100 Breast	8
9	14&U 200 Free	10
11	15 & Over 200 Free	12
13	14&U 100 Fly	14
15	15 & Over 100 Fly	16

Warm-up 7:00 am #	Saturday Prelims Event	Meet Start 8:30 am #
19 TFP	15 & Over 400 Med Relay	20TFP
21 TFP	14 & U 400 Med Relay	22 TFP
23	15 & Over 100 Free	24
25	14&U 100 Free	26
27	15 & Over 200 Breast	28
29	14&U 200 Breast	30
31	15 & Over 100 Back	32
33	14&U 100 Back	34
35	15 & Over 400 Free	36
37	14&U 400 Free	38

Warm-up 4:30 pm #	Saturday Finals Event	Meet Start 5:30 pm #
23	15 & Over 100 Free	24
25	14 & U 100 Free	26
27	15 & Over 200 Breast	28
29	14 & U 200 Breast	30
31	15 & Over 100 Back	32
33	14 & U 100 Back	34
35	15 & Over 400 Free	36
37	14 & U 400 Free	38

Warm-up 7:00 am #	Sunday Prelims Event	Meet Start 8:30 am #
39 TFP	14 & U 400 Free Relay	40 TFP
41 TFP	15 & Over 400 Free Relay	42 TFP
43	14&U 200 I M	44
45	15 & Over 200 I M	46
47	14&U 200 Back	48
49	15 & Over 200 Back	50
51	14&U 50 Free	52
53	15 & Over 50 Free	54
55	14&U 200 Fly	56
57	15 & Over 200 Fly	58
59 *TF	1500 Free	60 *TF
	14 & U	
	15 & Over	

Warm-up 4:30 pm #	Sunday Finals Event	Meet Start 5:30 pm #
59 *TFP	1500 Free	60 *TFP
43	14 & U 200 I M	44
45	15 & Over 200 I M	46
47	14 & U 200 Back	48
49	15 & Over 200 Back	50
51	14 & U 50 Free	52
53	15 & Over 50 Free	54
55	14 & U 200 Fly	56
57	15 & Over 200 Fly	58