

Colorado State Junior Olympic Championships

July 29, 30, 31, 2011

Location: 12 & Unders-Prelims
University of Denver
2201 E. Asbury
Denver, CO 80208

13 & Over-Prelims
Carmody Pool
2200 S. Old Kipling Street
Lakewood, CO 80227

Schedule: Prelims University of Denver 10 & U and 11-12
Carmody Pool 13 & 14 and Seniors

Finals: Carmody Pool
11-12, 13-14, and Seniors

Rules:

- Age as of July 29th, 2011, will determine the swimmer's age group.
- 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 will 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 30th, 2010 to July 19th, 2011.
- Exception: Those swimmers hitting qualifying times at the Last Chance Open.
- The 10 & Under Age Groups will swim during the prelim session of each day-Friday, Saturday, and Sunday at Mesa State College.
- The 11 & 12 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle and 400 IM are a Timed Final event swum during Prelims.
- The fastest seven (7) entered swimmers will swim during the Finals session, from eighth place to 14th will swim during the Prelims session.
- The 800 Freestyle will be swum at Carmody Pool at the conclusion of Friday's prelim session. The event will be deck seeded by positive check-in on the day the event will be swum. The swimmer must check in at the Clerk of Course by 9:30 AM on Friday, July 29th. The 800 Freestyle may need to swum two (2) swimmers per lane.
- The 800 Freestyle will be swum fastest to slowest, alternating women and men.
- The 1500 Freestyle will be swum Carmody Pool at the conclusion of Sunday's prelim session. The swimmer must check-in 30 minutes after the start of finals competition on Saturday, July 30th. The 1500 Freestyle may need to swum two (2) swimmers per lane.
- The 1500 Freestyle will be swum fastest to slowest, alternating women and men with the fastest heat of women and the fastest heat of men to be swum in finals.
- Swimmers must provide counter and two (2) timers.
- In finals an additional "C" heat will be competed (C, B, A heat order), but not scored, in all events 200 meters and shorter
- Swimmers may enter and swim three (3) individual events each day plus one (1) relay event, with a maximum of seven (7) individual events for the meet.

Awards:

Individual Events	Medals	1 st - 7 th Place
	Ribbons	8 th -14 th Place
Relay Events	Medals	1 st - 3 rd Place
	Ribbons	4 th - 7 th Place

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

Entry Fees: Individual Events \$ 5.00 each
Swimmer Surcharge \$18.00 per swimmer
Please make check payable to: ACES Swim Club.

Entry

Deadline: All entries are due by Sunday, July 17th, 2011, before 7:00 PM.

2011 C.S.I. LC STATE CHAMPIONSHIP LIST OF EVENTS

Friday – Prelims University of Denver

#	SCY	SCM	LCM	Event	SCY	SCM	LCM	#
1 TFP	2:17.19	2:32.59	2:46.09	12 & U 200 Med Relay	2:23.59	2:40.49	2:54.39	2 TFP
3 TFP	2:38.69	2:56.89	3:12.09	10 & U 200 Med Relay	2:48.59	3:07.29	3:21.19	4 TFP
5	1:12.79	1:20.79	1:28.29	11-12 100 Fly	1:17.09	1:25.49	1:39.29	6
11 TFP	2:58.19	3:17.79	3:29.99	10 & U 200 I M	3:04.79	3:25.19	3:43.59	12 TFP
13	2:32.99	2:49.89	2:57.69	11-12 200 I M	2:39.59	2:57.09	3:08.49	14
19 TFP	:31.99	:35.49	:38.09	10 & U 50 Free	:32.59	:36.19	:38.99	20 TFP
21	:28.39	:31.49	:33.09	11-12 50 Free	:28.89	:32.09	:34.39	22
27 TFP	1:30.29	1:40.19	1:55.59	10 & U 100 Fly	1:38.69	1:49.59	2:09.69	28 TFP
29 TFP	2:37.29	2:54.59	2:56.99	12 & U 200 Back	2:45.49	3:03.69	3:06.09	30 TFP
				10 Min Break				
31	6:05.89	5:20.19	5:26.59	12 & U 400 Free	6:22.19	5:34.69	5:41.09	32

Friday – Prelims Carmody Pool

#	SCY	SCM	LCM	Event	SCY	SCM	LCM	#
7	5:08.49	5:42.49	5:48.89	14 & U 400 I M	5:10.39	5:44.49	5:50.89	8
9	4:55.19	5:27.69	5:34.09	Open 400 IM	4:38.89	5:09.59	5:15.99	10
15	1:16.09	1:24.49	1:29.99	14&U 100 Breast	1:15.79	1:24.09	1:28.09	16
17	1:12.19	1:20.19	1:24.89	Open 100 Breast	1:06.39	1:13.69	1:17.39	18
23	2:06.09	2:19.99	2:25.79	14&U 200 Free	2:04.59	2:18.19	2:24.59	24
25	2:00.79	2:14.09	2:20.29	Open 200 Free	1:51.29	2:03.59	2:09.29	26
33	1:06.39	1:13.69	1:17.49	14&U 100 Fly	1:05.59	1:12.79	1:16.39	34
35	1:02.99	1:09.89	1:12.89	Open 100 Fly	:56.89	1:03.19	1:05.89	36
				10 Min Break				
37* TFP				800 Free				38 *TFP
	12:06.79	10:41.69	10:54.49	14 & U	11:56.19	10:39.79	10:52.59	
	11:31.79	10:04.59	10:17.39	Open	10:36.99	9:52.59	10:05.39	

TFP Timed finals in prelims

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

Friday – Finals Carmody Pool

#	Event	#
5	11-12 100 Fly	6
7**	14&U 400 I M	8**
9**	Open 400 I M	10**
13	11-12 200 I M	14
15	14&U 100 Breast	16
17	Open 100 Breast	18
21	11-12 50 Free	22
23	14&U 200 Free	24
25	Open 200 Free	26
31**	12 & U 400 Free	32**
33	14&U 100 Fly	34
35	Open 100 Fly	36

** ONLY 2 heats will swim in finals B, A

2011 C.S.I. LC STATE CHAMPIONSHIP LIST OF EVENTS

Saturday – Prelims University of Denver

#	SCY	SCM	LCM	EVENT	SCY	SCM	LCM	#
43	:37.49	:41.59	:44.19	11-12 50 Breast	:38.99	:43.29	:46.79	44
49 TFP	2:38.29	2:55.69	3:06.69	10 & U 200 Free	2:42.59	3:00.49	3:14.29	50 TFP
51	2:15.99	2:30.89	2:38.29	11-12 200 Free	2:19.69	2:35.09	2:44.39	52
57 TFP	:43.69	:48.39	:52.19	10 & U 50 Breast	:45.49	:50.49	:54.79	58 TFP
59 TFP	2:49.59	3:08.19	3:10.99	12 & U 200 Fly	2:53.89	3:12.99	3:15.79	60 TFP
65 TFP	1:22.99	1:32.09	1:38.99	10 & U 100 Back	1:25.99	1:35.39	1:43.49	66 TFP
67	1:11.79	1:19.59	1:23.99	11-12 100 Back	1:14.39	1:22.59	1:28.69	68
				10 min break				
69 TFP	2:58.79	3:18.49	3:22.49	12 & U 200 Breast	3:11.49	3:32.49	3:36.49	70 TFP

Saturday – Prelims Carmody Pool

#	SCY	SCM	LCM	EVENT	SCY	SCM	LCM	#
39 TFP	4:32.89	5:02.99	5:13.29	Open 400 Med Relay	4:10.19	4:37.59	4:45.99	40 TFP
41 TFP	4:42.29	5:13.29	5:27.09	14 & U 400 Med Relay	4:42.49	5:12.99	5:21.99	42 TFP
45	:55.79	1:01.99	1:04.39	Open 100 Free	:51.19	:56.79	:58.99	46
47	:57.89	1:04.29	1:06.69	14&U 100 Free	:56.29	1:02.49	1:04.99	48
53	2:38.59	2:55.99	3:03.99	Open 200 Breast	2:30.09	2:46.69	2:55.59	54
55	2:42.89	3:00.79	3:10.49	14&U 200 Breast	2:44.89	3:02.99	3:11.99	56
61	1:03.69	1:10.99	1:15.09	Open 100 Back	:58.99	1:05.49	1:07.69	62
63	1:06.89	1:14.29	1:06.99	14&U 100 Back	1:05.99	1:13.29	1:16.49	64
71	5:25.69	4:44.29	4:50.69	Open 400 Free	5:08.59	4:29.09	4:35.49	72
73	5:37.19	4:54.59	5:00.99	14&U 400 Free	5:38.59	4:55.79	5:02.19	74

TFP Timed finals in prelims

Saturday – Finals Carmody Pool

#	EVENT	#
43	11-12 50 Breast	44
45	Open 100 Free	46
47	14 & U 100 Free	48
51	11-12 200 Free	52
53	Open 200 Breast	54
55	14 & U 200 Breast	56
61	Open 100 Back	62
63	14 & U 100 Back	64
67	11-12 100 Back	68
71**	Open 400 Free	72**
73**	14 & U 400 Free	74**

** ONLY 2 heats will swim in finals B, A

2011 C.S.I. LC STATE CHAMPIONSHIP LIST OF EVENTS

Sunday – Prelims

University of Denver

#	SCY	SCM	LCM	EVENTS	SCY	SCM	LCM	#
75 TFP	1:58.09	2:10.89	2:24.39	12 & U 200 Free Relay	2:01.99	2:15.99	2:29.59	76 TFP
77 TFP	2:14.09	2:29.99	2:44.39	10 & U 200 Free Relay	2:19.99	2:33.99	2:47.99	78 TFP
83	1:21.89	1:30.89	1:36.29	11-12 100 Breast	1:26.19	1:35.69	1:43.49	84
85 TFP	1:34.79	1:45.19	1:52.79	10 & U 100 Breast	1:38.99	1:49.89	1:59.99	86 TFP
91	:33.29	:36.99	:39.29	11-12 50 Back	:34.59	:38.39	:41.39	92
93 TFP	:38.39	:42.59	:44.99	10 & U 50 Back	:40.09	:44.49	:47.99	94 TFP
99	:31.59	:34.99	:37.49	11-12 50 Fly	:32.59	:36.19	:39.79	100
101 TFP	:36.79	:40.89	:44.79	10 & U 50 Fly	:38.69	:42.99	:47.39	102 TFP
107	1:02.09	1:08.89	1:12.59	11-12 100 Free	1:03.59	1:10.59	1:15.99	108
109 TFP	1:10.19	1:17.89	1:24.79	10 & U 100 Free	1:12.39	1:20.29	1:26.09	110 TFP
115 TFP	5:30.89	6:07.19	6:13.59	12 & U 400 I M	5:47.69	6:25.99	6:32.39	116 TFP

Sunday – Prelims

Carmody Pool

#	SCY	SCM	LCM	EVENTS	SCY	SCM	LCM	#
79 TFP	4:01.99	4:30.89	4:52.79	14 & U 400 Free Relay	3:59.99	4:24.99	4:35.99	80 TFP
81 TFP	3:57.29	4:23.59	4:33.59	Open 400 Free Relay	3:38.99	4:00.59	4:11.99	82 TFP
87	2:23.49	2:39.19	2:45.39	14&U 200 I M	2:22.79	2:35.79	2:43.39	88
89	2:17.19	2:32.29	2:37.99	Open 200 I M	2:05.29	2:19.09	2:26.29	90
95	2:23.79	2:39.59	2:44.99	14&U 200 Back	2:23.09	2:38.79	2:46.19	96
97	2:19.69	2:35.09	2:41.79	Open 200 Back	2:09.09	2:23.29	2:29.59	98
103	:26.69	:29.59	:30.79	14&U 50 Free	:25.89	:28.69	:30.09	104
105	:25.69	:28.49	:29.69	Open 50 Free	:23.29	:25.89	:27.09	106
111	2:33.69	2:50.29	3:03.69	14&U 200 Fly	2:42.79	3:00.69	3:27.19	112
113	2:24.09	2:39.89	2:53.49	Open 200 Fly	2:16.99	2:32.09	2:44.09	114
117 *TF				1500 Free				118 *TF
	19:50.49	20:25.09	20:49.09	14 & U	19:00.09	20:49.09	21:13.09	
	19:12.69	19:50.99	20:14.99	Open	17:30.19	19:08.29	19:32.29	

*TF Heats will be swum fast to slow. The fastest heat of women and fastest heat of men will swim in finals

TFP Timed finals in prelims

Sunday – Finals

Carmody Pool

	EVENT	
117 *TF	1500 Free	118 *TF
83	11-12 100 Breast	84
87	14 & U 200 I M	88
89	Open 200 I M	90
91	11-12 50 Back	92
95	14 & U 200 Back	96
97	Open 200 Back	98
99	11-12 50 Fly	100
103	14 & U 50 Free	104
105	Open 50 Free	106
107	11-12 100 Free	108
111	14 & U 200 Fly	112
113	Open 200 Fly	114

* Timed Final event. Fastest heat of female and male swimmers will swim in finals.