

Foothills Long Course Invitational

April 8, 9, 10, 2011

Location: Carmody Pool, 2200 S. "Old Kipling" Street, Lakewood, Colorado 80227.
Phone: 303-985-2322

Facilities: Indoor seven (7) lanes 50 meter pool with non-turbulent lane markers with a 17.5 yard warm-down area available during the meet.

Rules:

- Current USA Swimming Rules will govern the meet.
- All events will be timed finals.
- The meet will be pre-seeded.
- Age as of April 8th, will determine the swimmer's age group.
- All swimmers must be prepared to show current USA card.
- All events 400 meter or greater will require positive check-in and will be deck seeded prior to the session in which the event takes place. Positive check-in will close 30 minutes prior to the start of each session. The 1500 Freestyle will be limited to a total of six heats: the top 21 female and the top 21 male entries will swim. Entry paid for swimmers entering the 1500 that are not in the top 21 will be refunded. Fees for swimmers who enter the 1500 and are in the top21 but do not positively check in or report for the race will not be refunded. The 1500 Free will be swum alternating girls and boys
- Swimmers in the 400 IM or 1500 Freestyle must provide their own times and counters.
- Swimmers may enter no more than four (4) individual events per day.

Awards: Individual Events Ribbons 1st-6th Place

Entry Fees: Individual Events \$4.00 per event
Swimmer Surcharge \$8.00 per swimmer
Please make checks payable to: Aces Swim Club.

Entry

Deadline: All entries are by Tuesday, March 15, 2011. You can registered online:
www.aceswimclub.com

Directions: Take Hampden West to the Kipling Exit, go north to Morrison Road and take a right on Morrison Road to "Old Kipling" and turn left and drive up the hill, the Carmody Recreation Center is located on the East side.

Girls

Boys

Friday, April 8th**4 pm warm-up/ 5 pm start**

1	12 & Under 200 IM	2
3	Open 200 IM	4
5	12 & Under 400 Free	6
7	Open 400 Free	8

Saturday Morning, April 9th**7 am warm-up, 8:10 am start**

9	10 & Under 100 Back	10
11	11-12 100 Back	12
13	10 & Under 50 Free	14
15	11-12 50 Free	16
17	10 & Under 100 Breast	18
19	11-12 100 Breast	20
21	10 & Under 50 Fly	22
23	11-12 50 Fly	24
25	12 & Under 200 Free	26

Saturday Afternoon, April 9th**12:30 pm warm-up, 1:40 pm start**

27	13-14 100 Breast	28
29	Open 100 Breast	30
31	13-14 200 Back	32
33	Open 200 Back	34
35	13-14 100 Free	36
37	Open 100 Free	38
39	13-14 200 Fly	40
41	Open 200 Fly	42
43	Open 1500 Free	44

Sunday Morning, April 10th**7 am warm-up, 8:10 am start**

45	10 & Under 100 Fly	46
47	11-12 100 Fly	48
49	10 & Under 50 Breast	50
51	11-12 50 Breast	52
53	10 & Under 100 Free	54
55	11-12 100 Free	56
57	10 & Under 50 Back	58
59	11-12 50 Back	60

Sunday Afternoon, April 10th**12:30 pm warm-up, 1:40 pm start**

61	13-14 50 Free	62
63	Open 50 Free	64
65	13-14 200 Breast	66
67	Open 200 Breast	68
69	13-14 100 Fly	70
71	Open 100 Fly	72
73	13-14 200 Free	74
75	Open 200 Free	76
77	13-14 100 Back	78
79	Open 100 Back	80
81	Open 400 IM	82