

Foothills Long Course

May 13, 14, 15, 2011

- Location:** Carmody Pool, 2150 S. "Old Kipling" Street, Lakewood, Colorado.
- 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 May 13th, 2011, will determine the swimmer's age group.
All swimmers be prepared to show current USA card.
Distance Events-Check-In will be required one hour before the start of the 400 IM, and 400-1500 Free. Only the fastest 27 swimmers, females and 27 males, in the 400 IM and the 400-1500 Free will be accepted.
Swimmers may enter no more than four (4) individual events per day, maximum of 2 events on Friday, no more than 10 total events.
- Awards:** Individual Events Ribbons 1st-6th Place
- Entry Fees:** Individual Events \$3.75 per event
Swimmer Surcharge \$9.00 per swimmer
Please make checks payable to: Aces Swim Club.
- Entry**
- Deadline:** All entries are due by Wednesday April 27, 2011, before midnight..
- Directions:** Take Hampden West to the Kipling Exit, go north on Kipling to Morrison Road, turn right on Morrison Road to "Old Kipling", turn left on "Old Kipling" and drive up the hill, the Foothills Recreation Center is located on the right hand side. If by chance you missed the Recreation Center and made it to the lake on Jewell you went to far, turn around and look for the Recreation Center on the East side of "Old Kipling".

Friday, May 13th

Girls

Boys

Friday, May 13th**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, May 14th**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, May 14th**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 800 Free	44

Sunday Morning, May 15th**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, May 15th**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