

Colorado State Junior Olympic Championships

July 21, 22, 23, 2017

13-14 and Open

Location: E.P.I.C., 1801 Riverside Avenue, Ft. Collins, CO 80525

Rules:

- Age as of July 21st, 2017, will determine the swimmer's age group for both 12 under and 13 over meets
- 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.
- Deck changing is prohibited.
- 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.
- Times for this meet must have been made between July 1st, 2016, and July 9th, 2017.
- Exception: Those swimmers hitting qualifying times at the ACES Last Chance Open.
- The 1500 Freestyle will be swum on Sunday, July 23rd, at the beginning of the meet. The event will be deck seeded by positive check-in. Positive Check-In will close 30 minutes after the published start of finals the day before. The 800 & 1500 will be swum fastest to slowest alternating women and men. May swim two swimmers per lane, except for the fastest heat. Must provide their own two (2) timers and one (1) counter.
- The 800 Freestyle will be swum 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 21st. The 800 will be swum fastest to slowest alternating women and men. May swim two swimmers per lane, except for the fastest heat. Must provide their own two (2) timers and one (1) counter.
- Swimmers may enter and swim three (3) individual events per day plus one (1) relay event, with a maximum of seven (7) individual events for the entire meet..
- The top three (3) heats of prelims final events for 14 & Under and 15 & Over will compete in Finals.
 - Places 17th-24th will compete in the "C" Final.
 - Places 9th-16th will compete in the "B" Final
 - Places 1st-8th will compete in the "A" Final

Awards: Individual Events for all ages Medals 1st- 8th Place
No ribbons for 15 & Over Ribbons 9th-16th Place
Relay Events for all ages Medals 1st- 3rd Place
No ribbons for 15 & Over Ribbons 4th- 8th Place
High Point Award to the top Male/Female in each age group.

Entry Fees: Individual Events \$ 5.00 each
Swimmer Surcharge \$15.00 per swimmer
Please make check payable to: ACES Swim Club.

Entry

Deadline: All entries are due by Sunday, July 9th, 2017.

ACES will need volunteers to help with the timing during Prelims & Finals, please help!

2017 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 Women's #	Friday – Prelims Event	Meet Start 8:30 am Men's #
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 Women's #	Friday – Finals Event	Meet Start 5:30 pm Men's #
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	Meet Start 8:30 am
Women's #	Event	Men's #
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	Meet Start 5:30 pm
Women's #	Event	Men's #
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	Meet Start 8:30 am
Women's #	Event	Men's #
39 TFP	14 & U 400 Free Relay	40 TFP
41 TFP	15 & Over 400 Free Relay	42 TFP
43	14&U 200IM	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	Meet Start 5:30 pm
Women's #	Event	Men's #
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

**2017 CSI LCM State Championship Time Standards EPIC in Ft. Collins
July 21-23, 2017**

14 & Under

LCM	SCM	SCY	Event	LCM	SCM	SCY
31.39	0:29.09	0:26.29	50 Free	30.09	0:27.79	0:24.99
1:07.79	1:03.19	0:56.89	100 Free	1:04.89	1:00.29	0:54.39
2:24.69	2:17.49	2:03.89	200 Free	2:18.89	2:11.69	1:58.69
4:57.79	4:51.39	5:33.59	400/500 Free	4:48.39	4:41.99	5:23.09
10:21.46	10:08.69	11:39.89	800/1000 Free	10:16.46	10:03.69	11:34.89
20:45.09	20:21.09	19:48.59	1500/1650 Free	20:33.89	20:09.89	19:37.39
1:14.59	1:10.39	1:03.39	100 Back	1:12.59	1:08.39	1:01.69
2:39.49	2:33.09	2:17.89	200 Back	2:34.79	2:28.39	2:13.69
1:26.69	1:21.69	1:13.59	100 Breast	1:23.99	1:18.99	1:11.19
3:06.29	2:58.29	2:40.59	200 Breast	3:00.29	2:52.29	2:35.19
1:14.99	1:10.59	1:03.59	100 Fly	1:12.19	1:07.79	1:01.09
2:50.69	2:43.89	2:27.59	200 Fly	2:46.79	2:39.99	2:24.19
2:41.89	2:34.69	2:19.39	200 IM	2:35.99	2:28.79	2:14.09
5:40.09	5:33.69	5:00.69	400 IM	5:31.29	5:24.89	4:52.69
5:23.69	5:13.29	4:42.29	400 Med Rel	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	400 Fr Rel	4:36.49	4:24.99	3:59.99

15 & Over

LCM	SCM	SCY	Event	LCM	SCM	SCY
30.99	29.09	26.29	50 Free	29.49	27.29	24.49
1:05.99	1:03.19	56.89	100 Free	1:01.99	58.29	52.39
2:22.89	2:17.49	2:01.79	200 Free	2:12.89	2:05.09	1:52.79
4:54.99	4:48.19	5:30.99	400/500 Free	4:43.19	4:37.79	5:17.69
10:11.39	9:53.59	11:20.69	800/1000 Free	9:59.39	9:41.59	11:07.19
20:09.39	19:45.39	19:45.49	1500/1650 Free	19:25.19	19:01.19	19:02.09
1:13.59	1:10.39	1:03.39	100 Back	1:10.59	1:06.39	59.69
2:37.49	2:32.09	2:16.89	200 Back	2:30.79	2:24.89	2:09.69
1:25.19	1:20.69	1:12.69	100 Breast	1:21.99	1:16.99	1:09.19
3:04.69	2:57.29	2:39.59	200 Breast	2:56.29	2:48.29	2:31.19
1:13.99	1:10.59	1:03.59	100 Fly	1:10.19	1:05.79	59.09
2:48.69	2:42.89	2:26.59	200 Fly	2:42.79	2:35.99	2:19.19
2:39.89	2:33.69	2:18.39	200 IM	2:31.99	2:24.79	2:10.09
5:37.69	5:30.69	4:57.59	400 IM	5:26.29	5:19.89	4:47.69
5:23.69	5:13.29	4:42.29	400 Med Rel	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	400 Fr Rel	4:36.49	4:24.99	3:59.99