

# FAST Spring Open

April 28, 29, 30, 2017

**Location:** EPIC Pool, 1801 Riverside Ave. Ft. Collins CO (970) 221-6683

**Facilities:** Ten (10) lane 50 meter pool. Nine lanes will be used for competition, with one lane for continuous warm-up/warm-down.

**Rules:** Current USA Swimming Rules will govern the meet.  
All events will be timed finals.  
All times must be entered in LONG COURSE METERS.  
The meet will be pre-seeded.  
All events will conducted slow to fat unless otherwise noted.  
Age as of April 28<sup>th</sup>, 2017, will determine the swimmer's age group.  
All swimmers be prepared to show current USA card.  
**Swimmers must provide their own timers and counter for the 1500 Free. Positive check in is required for the 400 IM, 400-1500 Free by the start of the meet.**  
Swimmers may enter no more than four (4) individual events per day.

<b>Awards:</b>	Individual Events	Medals	1st-3rd	14 & Unders Only
		Ribbons	4th-10th	12 & Unders Only
		Participation Award		Open

**Entry Fees:** Individual Events \$5.75 per event  
Swimmer Surcharge \$12.00 per swimmer  
**Please make checks payable to: Aces Swim Club.**

## Entry

**Deadline:** All entries are due by Thursday April 6, 2017.

**Directions:** Take I-25 north to Ft. Collins and take the Prospect Exit. Turn left (or west) on Prospect to Riverside. Turn left on Riverside and go two to three blocks, and the pool will be on the right side of the street.

## Friday, April 28th, 2017

<b>Session 1</b>			
Warm-up: 4:00pm			
Start: 5:10pm			
<b>Female</b>	<b>Age</b>	<b>Event</b>	<b>Male</b>
1	13 & Over	50 Fly	2
3	12 & Under	200 Back	4
5	13 & Over	50 Back	6
7	12 & Under	200 Breast	8
9	13 & Over	50 Breast	10
11	12 & Under	200 Fly	12
13	Open	1500 Free*	14

**\*Positive Check-in required** 30 minutes prior to the start of the meet for 400/1500 Freestyle. The 400/1500 free may be limited to the fastest 27 male and the fastest 27 female entrants. The event will be swum FASTEST to SLOWEST alternating Girls and Boys. Swimmers must supply their own counter.

## April, 29th, 2017

<b>Session 2</b>			
Warm-up: 7:00am			
Start: 8:10am			
<b>Female</b>	<b>Age</b>	<b>Event</b>	<b>Male</b>
15	12 & Under	200 IM	16
17	10 & Under	50 Fly	18
19	11/12	50 Fly	20
21	10 & Under	100 Back	22
23	11/12	100 Back	24
25	10 & Under	100 Free	26
27	11/12	100 Free	28
29	10 & Under	50 Breast	30
31	11/12	50 Breast	32
33	12 & Under	400 Free*	34

**\*Positive Check-in required** by the start of the meet for the 400 Freestyle. The event will be swum FASTEST to SLOWEST alternating Girls and Boys.

<b>Session 3</b>			
Warm-up: 12:30pm			
Start: 1:40pm			
<b>Female</b>	<b>Age</b>	<b>Event</b>	<b>Male</b>
35	13 & Over	200 IM	36
37	13 & Over	200 Fly	38
39	13 & Over	100 Free	40
41	13 & Over	200 Breast	42
43	13 & Over	100 Back	44
45	Open	400 Free*	46

**\*Positive Check-in required** by the start of the meet for the 400 Freestyle. The event will be swum FASTEST to SLOWEST alternating Girls and Boys.

## Sunday, April 30th, 2017

<b>Session 4</b>			
Warm-up: 7:00am			
Start: 8:10am			
<b>Female</b>	<b>Age</b>	<b>Event</b>	<b>Male</b>
47	12 & Under	200 Free	48
49	10 & Under	100 Breast	50
51	11/12	100 Breast	52
53	10 & Under	50 Free	54
55	11/12	50 Free	56
57	10 & Under	100 Fly	58
59	11/12	100 Fly	60
61	10 & Under	50 Back	62
63	11/12	50 Back	64
65	12 & Under	400 IM*	66

\*Positive Check-in required by the start of the meet for 400 IM. The event will be swum FASTEST to SLOWEST alternating Girls and Boys.

<b>Session 5</b>			
Warm-up: 12:30pm			
Start: 1:40pm			
<b>Female</b>	<b>Age</b>	<b>Event</b>	<b>Male</b>
67	13 & Over	100 Breast	68
69	13 & Over	200 Free	70
71	13 & Over	200 Back	72
73	13 & Over	50 Free	74
75	13 & Over	100 Fly	76
77	Open	400 IM*	78

\*Positive Check-in required by the start of the meet for 400 IM. The event will be swum FASTEST to SLOWEST alternating Girls and Boys.