

# ACES Long Course Spring Open

## May 24, 25, 26, 2019

**Location:** Lowry Pool, 775 Alton, Building #695, Denver, CO. 80230.

**Facilities:** Outdoor 6 lanes 50-meter pool with non-turbulent lane lines.

**Rules:**

- Current 2019 USA Swimming Rules will govern the meet.
- Times must be entered in **LONG COURSE METERS**.
- Deck changing is prohibited.
- All events will be timed finals.
- Positive check-in approximately 1 hour before the event, except for the 10 & Under & 11-12 200 Freestyle. Depending upon the time line and weather conditions, all events may be deck seeded and require a positive check-in.
- The meet will be pre-seeded, except for the 400-800-1500 Free, 400 IM, 10 & Under 200 Free, and the 11 & 12 200 Free, which will deck-seeded.
- A swimmer may enter either the 800 or 1500 Free, not both.
- All events will be swum fastest to slowest
- The 400-800-1500 Free and the 400 IM will be swum fastest to slowest alternating Girls and Boys.
- The 400 Free and the 400 IM will require positive check-in one hour prior to the start of the race. Swimmers must provide their own counter and timers.
- Age as of May 24<sup>th</sup>, 2019, will determine the swimmer's age group.
- All swimmers must be prepared to show current USA card.
- Depending upon the time line and weather conditions, all events may be deck seeded and require a positive check-in.
- Swimmers will be required to provide their own timers for all events swum during Sunday AM Session.
- Swimmers are limited to **four (4) individual events** per day.

**Awards:** Individual Events  
10-U, 11-12, 13 & 14                      Ribbons                      1<sup>st</sup>-6<sup>th</sup> Place  
Open                                              No Awards (including 12 & U in Senior Events)  
There will be heat winner awards

**Entry Fees:** Individual Events        \$6.00 each  
Swimmer Surcharge    \$9.00 per swimmer  
**Please make checks payable to the: Aces Swim Club.**

**Entry**

**Deadline:** All entries are due by Monday, May 6<sup>th</sup>, 2019, before 7:00 PM.

**Volunteers:** All ACES Families that have an athlete(s) in this meet will need to volunteer for two (2) shifts per athlete. If you chose to "opt out" of volunteering, you will be charged a \$100 opt out fee. If you only fulfill (1) shift per swimmer you will still be charged the \$100 opt out fee!! Volunteer options are a part of the, online meet registration, for your athlete.

## ***2019 Colorado ACES Spring Open***

### Schedule of Swimming Events, Friday Afternoon, May 24th, 2019

**Warm Up: 3:00 - 4:50 P.M.    Session Starts: 5:00 P.M.**

| Female Event # | Age Group  | Description | Male Event # |
|----------------|------------|-------------|--------------|
| 1              | 10 & Under | 50 Fly      | 2            |
| 3              | 11 & 12    | 50 Fly      | 4            |
| 5              | Open       | 200 Fly     | 6            |
| 7              | 10 & Under | 100 Back    | 8            |
| 9              | 11 & 12    | 100 Back    | 10           |
| 11             | Open       | 100 Back    | 12           |
| 13             | 10 & Under | 50 Breast   | 14           |
| 15             | 11 & 12    | 50 Breast   | 16           |
| 17             | 10 & Under | 100 Free    | 18           |
| 19             | 11 & 12    | 100 Free    | 20           |
| 21             | Open       | 100 Free    | 22           |

### Schedule of Swimming Events, Saturday Morning, May 25th, 2019

**Warm Up: 8:00 - 8:50 A.M.    Session Starts: 9:00 A.M.**

| Female Event # | Age Group | Description | Male Event # |
|----------------|-----------|-------------|--------------|
| 23             | Open      | 200 Free    | 24           |
| 25             | Open      | 100 Breast  | 26           |
| 27             | Open      | 200 IM      | 28           |
| 29             | Open      | 100 Fly     | 30           |
| 31             | Open      | 200 Back    | 32           |
| 33             | Open      | 50 Free     | 34           |
| 35             | Open      | 400 Free    | 36           |

### Schedule of Swimming Events, Saturday Afternoon, May 25th, 2019

**Warm Up: 1:00 – 1:50 P.M.    Session Starts: 2:00 P.M.**

| Female Event # | Age Group  | Description | Male Event # |
|----------------|------------|-------------|--------------|
| 37             | 10 & Under | 200 Free    | 38           |
| 39             | 11 & 12    | 200 Free    | 40           |
| 41             | 10 & Under | 100 Breast  | 42           |
| 43             | 11 & 12    | 100 Breast  | 44           |
| 45             | 10 & Under | 200 IM      | 46           |
| 47             | 11 & 12    | 200 IM      | 48           |
| 49             | 10 & Under | 100 Fly     | 50           |
| 51             | 11 & 12    | 100 Fly     | 52           |
| 53             | 10 & Under | 50 Back     | 54           |
| 55             | 11 & 12    | 50 Back     | 56           |
| 57             | 10 & Under | 50 Free     | 58           |
| 59             | 11 & 12    | 50 Free     | 60           |

### Schedule of Swimming Events, Sunday Morning, May 26th, 2019

**Warm Up: 8:00 – 8:45 A.M.    Session Starts: 9:00 A.M.**

| Female Event # | Age Group  | Description   | Male Event # |
|----------------|------------|---------------|--------------|
| 61             | Open       | 200 Breast    | 62           |
| 63             | Open       | 400 IM        | 64           |
| 65             | 12 & Under | 400 Free      | 66           |
| 67/69          | Open       | 800/1500 Free | 68/70        |