

AFAF FALFINS LONG COURSE OPEN

June 21, 22, 23, 2019

- Location:** USAF Academy Cadet Field Pool (in the Academy Cadet Gymnasium West of the Field House, Colorado Springs, Co.)
- Facilities:** Indoor eight (8) lanes 50-meter pool. Large bleacher area for spectators. Warm-Up and Warm-Down pool available.
- Rules:** Current USA and Colorado rules shall govern the conduct of the meet.
Age if the swimmers is determined as of Friday, June 21, 2019.
Deck changing is strictly prohibited.
Friday's events are Timed Finals
Saturday & Sunday events are Prelims/ Finals. Sessions 2 & 4 and 5 & 7
Saturday & Sunday are Timed Final events Sessions 3 & 6
All 10 & Under events will be Time Finals and will be swum in Sessions 4 & 7
Friday's events 400 & 1500 Freestyle will require positive check-in before 3:30 PM.
The 400-1500 Free swimmers must provide their own timers and counters.
The 11 & 12 events 200 Butterfly, 200 Backstroke, 200 Breaststroke, and 400 IM are Timed Finals, and will be swum in Prelims Sessions 2 & 5.
Time Finals swimmers may enter up to four (4) individual events.
Prelim & Finals swimmers may enter up to three (3) individual events.
- Awards:** Awards will be given to 12 & Under swimmers only. Ribbons 1st-16th Places
13 & Over swimmers will be given participation Awards.
- Entry Fees:** Individual Events \$5.75 per event.
Swimmer Surcharge \$19.00 per swimmer
Please make check payable to the: **Aces Swim Club.**
- Entry Deadline:** All entries are due by Friday, June 7th, 2019, before 7:00 PM. **NO LATE ENTRIES** can be accepted.
- Timers:** ACES will need to provide timers for Saturday and Sunday sessions.
- Directions:** Take 1-25 south to Air Force North Gate, exit 156B to Parade Loop (turn left) to Field House Drive (turn right). Park in spaces available to the south and east of the Field House-Do not park west of the Field House, you will get ticketed or towed away.
- Special Note:** Please be aware that you will be entering a US Military installation with security checkpoints. There is a security check at the entrance to the Academy. Drivers will need to be prepared to show a photo ID and may be subject to vehicle searches. Please allow a little extra time for security when entering the Academy. There will also be a security checkpoint as you enter the gym for bag checks and wandering. At a recent event at the gym, coolers were not allowed. Please be prepared for delays entering the gym and allow swimmers and coaches priority. The Academy is working with the host team to ensure a smoothly run swim meet.

SESSION 1: FRIDAY Timed Finals						
Swimmers must provide timers for all events of Friday Evening						
Friday, June 22, 2019			Warm-Up 3:00 PM Start 4:00 PM			
Girls Event #	Age Group	LCM QT	Event Title	LCM QT	Age Group	Boys Event #
1	10 & U	B	200 IM	B	10 & U	2
3	Open	6:23.89	400 Free	6:15.49	Open	4
5	11 & O	24:36.49	1500 Free	24:36.49	11 & O	6

SESSION 2: SATURDAY Prelims						
Saturday, June 23, 2019			Warm-Up 7:00 AM Start 8:45 AM			
Girls Event #	Age Group	LCM QT	Event Title	LCM QT	Age Group	Boys Event #
7	11 & O	B	100 Breast	B	11 & O	8
11	13 & O	B	200 Back	B	13 & O	12
13	11-12	B	200 Back (TFP)	B	12 & U	14
17	11 & O	B	50 Free	B	11 & O	18
21	11 & O	B	100 Fly	B	11 & O	22
25	11 & O	B	200 Free	B	13 & O	26
27	11 & 12	B	400 IM (TFP)	B	11 & 12	28
29	13 & O	B	400 IM	B	13 & Over	30

SESSION 3: SATURDAY Timed Finals				
Saturday, June 23, 2019		Warm-Up 12:30 PM Start 1:00 PM		
Girls Event #	Age Group	Event Title	Age Group	Boys Event #
31	11-14	50 Free	11-14	32
33	11-14	100 Fly	11-14	34
35	11-14	50 Breast	11-14	36
37	11-14	100 Back	11-14	38
39	11-14	200 Free	11-14	40

SESSION 4: SATURDAY Finals

Saturday, June 23, 2019 Warm-Up 4:00 PM Start 5:00 PM

Girls Event #	Age Group	LCM QT	Event Title	LCM QT	Age Group	Boys Event #
7	15 & O		100 Breast		15 & O	8
	13 – 14		100 Breast		13 - 14	
	11 - 12		100 Breast		11 - 12	
9	10 & U		50 Breast (TFF)		10 & U	10
11	15 & O		200 Back		15 & O	12
	13 - 14		200 Back		13 - 14	
15	10 & U		100 Back (TFF)		10 & U	16
17	15 & O		50 Free		15 & O	18
	13 – 14		50 Free		13 – 14	
	11 – 12		50 Free		11 – 12	
19	10 & U		200 Free (TFF)		10 & U	20
21	15 & O		100 Fly		15 & O	22
	13 – 14		100 Fly		13 – 14	
	11-12		100 Fly		11-13	
23	10 & U		100 Fly (TFF)		10 & U	24
25	15 & O		200 Free		15-O	26
	13-14		200 Free		13-14	
	11 & O		200 Free		11 & O	
29	15 & O		400 IM		15 & O	30
	13-14		400 IM		13-14	

SESSION 5: SUNDAY Prelims						
Sunday, June 24, 2019			Warm-Up 7:00 AM Start 8:45 AM			
Girls Event #	Age Group	LCM QT	Event Title	LCM QT	Age Group	Boys Event #
41	11 & O	B	100 Back	B	11 & O	42
45	11 - 12	B	50 Fly	B	11 - 12	46
47	11 & O	B	100 Free	B	11 & O	48
51	13 & O	B	200 Breast	B	13 & O	52
53	12 & U	B	200 Breast (TFP)	B	12 & U	54
55	11 - 12	B	50 Back	B	11 - 12	56
59	11 & O	B	200 IM	B	11 & O	60
61	11 & 12	B	200 Fly (TFP)	B	11-12	62
65	13 & O	B	200 Fly	B	13 & O	66
69	11-12	B	50 Breast	B	11-12	70

SESSION 6: SUNDAY Timed Finals				
Sunday, June 24, 2019		Warm-Up 12:30 PM Start 1:00 PM		
Girls Event #	Age Group	Event Title	Age Group	Boys Event #
71	11-14	100 Free	11-14	72
73	11-14	50 Back	11-14	74
75	11-14	100 Breast	11-14	76
77	11-14	50 Fly	11-14	78
79	11-14	200 IM	11-14	80
81	11-14	400 Free	11-14	82

SESSION 7: SUNDAY Finals

Sunday, June 24, 2019			Warm-Up 4:00 PM Start 5:00 PM			
Girls Event #	Age Group	LCM QT	Event Title		Age Group	Boys Event #
41	11-12		100 Back		11-12	42
	13-14		100 Back		13-14	
	15 & O		100 Back		15 & O	
43	10 & U		50 Fly (TFF)		10 & U	44
45	11-12		50 Fly		11-12	46
47	15 & O		100 Free		15 & O	48
	13 - 14		100 Free		13 - 14	
	11 - 12		100 Free		11 - 12	
49	10 & U		100 Free (TFF)		10 & U	50
51	15 & O		200 Breast		15 & O	52
	13 - 14		200 Breast		13 - 14	
55	11 - 12		50 Back		11 - 12	56
57	10 & U		50 Back (TFF)		10 & U	58
59	15 & O		200 IM		15 & O	60
	13 - 14		200 IM		13 - 14	
	11 - 12		200 IM		11 - 12	
63	10 & U		100 Breast (TFF)		10 & U	64
65	15 & O		200 Fly		15 & O	66
	13-14		200 Fly		13-14	
67	10 & U		50 Free (TFF)		10 & U	68
69	11-12		50 Breast		11-12	70