

Highlands Ranch

GriffinStrong Sprint Eliminator

June 19, 2019

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

Facilities: Outdoor 6 lanes 50-meter pool with non-turbulent lane lines. Five lanes may be used for competition with one lane for continuous warm-up/warm-down.

Memorial: Donna Griffin, an HRA parent for nine years passed away from breast cancer on May 6th, 2017. To honor her legacy, and to support others fighting as she did, GriffinStrong caps and wrist bands will be available for sale with proceeds donated to a scholarship fund in Donna's name.

Rules:

- Current 2019 USA Swimming Rules will govern the meet.
- Open to USA member athletes 13 & Over.
- Age of swimmer is determined as of June 19, 2019.
- Deck changing is prohibited
- All swimmers must be prepared to show current USA card.
- Swimmers may enter all four (4) individual events and relays.
- All entry times must be in long course meters.
- Round 1 of the meet will be pre-seeded.
The subsequent rounds will be run in an eliminator format described on the Order of Events page.

Awards: Individual awards for Sprint Eliminator Champion in each event

Entry Fees: Individual Events \$5.50 each
Swimmer Surcharge \$9.00 per swimmer
Please make checks payable to the: **Aces Swim Club.**

Entry

Deadline: All entries are due by Sunday June 2, 2019



*Highlands Ranch Aquatics Presents
The 2019 Griffin Strong Long Course Sprint Eliminator*

Schedule of Events – Wednesday, June 19, 2019
Warm Up: 2:00 – 2:50 p.m. Session starts at: 3:00 p.m.

Women Event #	Event Description	Men Event #
1	13 & Over 50 Butterfly	2
3	13 & Over 50 Backstroke	4
5	13 & Over 50 Breaststroke	6
7	13 & Over 50 Freestyle	8
9	OPEN 200 Medley Relay*	10
11	OPEN 200 Freestyle Relay*	12

Meet format is as follows:

- Preliminary** Complete events 1 through 8. Events will be pre-seeded from team entries. The top 12 finishers in each event will advance to Semi-Final.
- Semi-Final** The top 12 qualifiers from each event will swim in a circle seeded format. The top 6 finishers per event will advance to Championship Final.
- Championship** The top 6 qualifiers from each event will compete in a single seeded heat to determine the champion of each event.

*** PENDING THE NUMBER OF SWIMMERS AND TIMELINES, RELAYS MAY BE SWUM AT THE CONCLUSION OF THE PRELIMINARY, SEMI-FINAL OR FINAL ROUNDS.**

There will be a 10 – 15 minute break between each round to allow for a rest period and to seed the next round.