

# Foothills Long Course Invitational

## April 12, 13, 14, 2019

**Location:** Carmody Pool, 2200 S. "Old Kipling" Street, Lakewood, Colorado 80227.  
Phone: 303-985-2322

**Facilities:** Indoor seven (7) lanes 50 meter pool with non-turbulent lane markers with a 17.5 yard warm-down area available during the meet.

**Rules:**

- Current USA Swimming Rules will govern the meet.
- All events will be timed finals.
- The meet will be pre-seeded.
- Meet will be seeded slowest to fastest, except for those events explicated stated otherwise.
- All events 200 meters or greater will require positive check-in. The 12 & U. 200 IM will be pre-seeded to allow the meet to start on time.
- Positive check-in will close 30 minutes prior to the start of each session to allow time to seed the events. Swimmers who fail to swim an event for which they have positively checked-in, will be charged a penalty, may not be allowed to swim the remainder of their events for that day, at the discretion of the Meet Referee.
- Age as of April 12<sup>th</sup>, 2019, will determine the swimmer's age group.
- All swimmers must be prepared to show current USA card.
- The 400 Freestyle will be limited to a total of ten (10) heats per age group. The top 35 female and the top 35 male of each age group will swim.. The 800 Freestyle will be limited to a total of four (4) heats: the top 14 female, and the top 14 male entries will swim. Entry fees paid for swimmers entering the 400 Freestyle that are not in the top 35, and the 800 Freestyle that are not in the top 14 will be refunded.
- Swimmers in the 400 IM, 400-800 Freestyle must provide their own times and counters.
- Swimmers may enter no more than four (4) individual events per day.

**Awards:** Individual Events      Ribbons      12 & Under Events only      1<sup>st</sup>-10<sup>th</sup> Place

**Entry Fees:** Individual Events      \$ 5.00 per event  
Swimmer Surcharge      \$12.00 per swimmer  
Please make checks payable to: Aces Swim Club.

**Entry**

**Deadline:** All entries are due by Sunday, March 17<sup>th</sup>, 2019.

**Directions:** Take Hampden West to the Kipling Exit, go north to Morrison Road and take a right on Morrison Road to "Old Kipling" and turn left and drive up the hill, the Carmody Recreation Center is located on the East side.

**Spring Fever Long Course Meet  
April 12-14, 2019**

**Schedule of Swimming Events**

Girls		Boys		Girls		Boys
<b>Friday, April 12<sup>st</sup></b>			<b>Sunday Morning, April 14<sup>th</sup></b>			
<b>3:50 pm warm-up/ 5 pm start</b>			<b>7:00 am warm-up, 8:10 am start</b>			
1	12 & Under 200 IM	2		36	10 & Under 100 Fly	37
3	Open 200 IM	4		38	11-12 100 Fly	
5	12 & Under 400 Free	6		39	10 & Under 50 Breast	40
7	Open 400 Free	8		41	11-12 50 Breast	
<b>Saturday Morning, April 21<sup>nd</sup></b>			<b>Sunday Afternoon, April 14<sup>th</sup></b>			
<b>7:00 am warm-up, 8:10 am start</b>			<b>TBD</b>			
9	11-12 200 Free			42	10 & Under 100 Free	43
10	10 & Under 100 Back	11		44	11-12 100 Free	
12	11-12 100 Back			45	10 & Under 50 Back	46
13	10 & Under 50 Free	14		47	11-12 50 Back	
15	11-12 50 Free			48	10 & Under 200 Free	49
16	10 & Under 100 Breast	17			11-12 50 Free	50
18	11-12 100 Breast			51	Open 50 Free	52
19	10 & Under 50 Fly	20			11-12 50 Breast	53
21	11-12 50 Fly			54	Open 200 Breast	55
<b>Saturday Afternoon, April 13<sup>th</sup></b>			<b>TBD</b>			
<b>TBD</b>			<b>TBD</b>			
	11-12 100 Free	22			11-12 100 Fly	56
23	Open 100 Free	24		57	Open 100 Fly	58
	11-12 50 Fly	25			11-12 200 Free	59
26	Open 200 Fly	27		60	Open 200 Free	61
	11-12 50 Back	28			11-12 100 Back	62
29	Open 200 Back	30		63	Open 100 Back	64
	11-12 100 Breast	31		65	Open 400 IM	66
32	Open 100 Breast	33				
34	Open 800 Free	35				