



## Senior Circuit Sprint Eliminator

December 28<sup>th</sup>, 2016

**Location:** Heritage High School, 1401 W. Geddes Avenue, Littleton, CO. 80120

**Facilities:** Indoor 6 lanes, 25 yard pool, with bleacher space for spectators.

**Rules:** Current USA Swimming Rules will govern the meet.  
Age of swimmer is determined as of December 28<sup>th</sup>, 2016.  
Only open to 13 & Over Athletes.  
Deck changing other than in the locker rooms or other designated area is Prohibited.

Swimmers may swim three (3) individual events and two (2) relays.

Round 1 of the meet will be pre-seeded. The subsequent rounds will be Run in an Eliminator format.

**Entry times must be in Short Course Yards Times.**

**Entry Fees:** Swimmer surcharge & fees \$16.00 per swimmer  
**Please make check payable to: Aces Swim Club.**

**Entry**

**Deadline:** All entries are due Monday, December 26<sup>th</sup>, 2016.  
**NO LATE ENTRIES, PLEASE!**

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Schedule of Events

**13 and Over Swimmers Only!**

Warm-up: 12:00 AM

Start: 1:00 PM

WOMEN	EVENT	MEN
1*	200 Medley Relay	2*
3	50 Fly	4
5	25 Free	6
7	50 Back	8
9	25 Breast	10
11!	25 Free (Underwater)	12!
13	50 Breast	14
15	25 Back	16
17	50 Free	18
19	25 Fly	20
21	100 IM	22
23#	200 Free Relay	24#

Round One will include all events and be pre-seeded. The top 12 will be seeded into Round Two, which will be swum in the same order of events. The top 6 from each Round Two event will be seeded into Round Three. From Round Three the top two will be seeded into the Championship Round. There will be a twenty minute break between rounds one & two, and two & three, and then a ten minute break between rounds three & four to allow time for seeding.

- \* The 200 Medley Relay will be swum at the beginning of round 1 and is a timed final event.
- # The 200 Free Relay will be swum at the conclusion of Round 3, and is Timed Final event.
- Events #11! & 12! will be swum under water after a forward dive entry using any stroke desired. During the race, a swimmer may break the surface of the water to take a breath, but then must immediately re-submerge to continue swimming. If the swimmer takes any propulsive strokes on the surface of the water, he/she will be disqualified.