



Senior Circuit Sprint Eliminator

December 28th, 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 28th, 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 26th, 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.