**The Colorado Masters Swimming Association (COMSA) invites you to the 2019 Colorado Masters Short Course Swimming Championships.**

The pool is 25 yards by 50 meters, and will be set up with bulkheads creating 10 short course yards competition lanes and separate warm-up/cool down areas. A Colorado Electronic Timing System with backup timing and scoreboard readout will be used. Bleacher seating is available, with additional on-deck seating available. We recommend bringing your own chairs if you plan to sit on deck.

**Eligibility:**  This is a USMS sanctioned meet. Swimmers must be at least 18 years of age on the day they swim. A valid 2019 United States Masters Swimming (USMS) membership is required to compete, and must be furnished with the entry. Online USMS registration is linked on the [COMSA](http://www.comsa.org/joining/join-online.html) website (comsa.org). Contact the COMSA Vice Chair at theggy@performancepress.com with questions.

**Rules:**  All current USMS Rules apply, including a NO FALSE START RULE and whistle alerts announcing the start of each race. Pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools.

Except in the actual competition, swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts are allowed except in designated sprint lanes. One or two lanes will be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pool only.

Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3)

**Entries and Fees:**
$15 surcharge per swimmer, including relay-only swimmers
$4 per individual event (max of 6 events per day), excluding relays
Fees must accompany registration, and must be paid in U.S. Dollars by credit card, check or money order.

**Deadlines:**
All entries will be online and must be completed by March 24th, 2019 at midnight.

Online entries receive email confirmation.  No entry verification will be made via telephone.

**Event Seeding: *All events will be seeded SLOW to FAST.*** “No Time” entries will not be accepted. All events are timed finals, one swimmer per lane. Men and Women may be combined in events of 200 yards or longer at the discretion of the meet director. Deck seeding is strictly at the discretion of the meet director.

**Meet Check-in and Positive Check-in:**  All athletes must check-in upon arrival on their first day of competition. At check-in, athletes receive their prepaid T-Shirt (if ordered) and participation award. Each athlete need only check-in to the meet once, on their first day of competition.

ADDITIONALLY, participants in the 1650 Free, 1000 Free, 500 Free, and 400 IM, **MUST**positively check-in for those events, separately from the meet check-in process. ***WE USE SWIMPHONE ONLINE CHECK IN SO THAT YOU DO NOT NEED TO BE THERE IN PERSON TO CHECK IN FOR THE LONGER EVENTS!*
Go to**[**https://www.SwimPhone.com/meets/meet\_menu.cfm?smid=11205**](https://www.swimphone.com/meets/meet_menu.cfm?smid=9661) **to check in.**If you cannot check in online you still will be able to check in in person.  **See check in times below, *they are valid for both online AND for in person check in!* Deadlines for positive check-in are as follows:**

Friday’s Events:

* 1650 Free check-in opens Thursday, March 28th, at 6:00am and closes at 12:00pm on Friday, March 29th, 2019.
* 1000 Free check-in opens Thurdsay, March 28th, at 6:00am and closes at 2:00pm on Friday March 29th, 2019.

Saturday & Sunday:

* 400 IM check-in opens Friday, March 29th, at 12:01am and closes at 8:00am on Saturday, March 30th, 2019.
* 500 Free check-in opens Saturday, March 30th, at 12:01AM and closes at 8:00am on Sunday, March 31st, 2019.

Lane assignments may be changed at any time, at the meet director’s discretion.

**Age Groups and Relays:**
Age for the meet is determined as of the last day of the meet, March 31, 2019. Swimmers must be a minimum age of 18 on the day that they are swimming.
Individual Events: 18-24, 25-29, 30-34, 35-39,…100+
Relay Events: 18+, 25+, 35+, 45+, etc. 10-year increments as high as necessary determined by age of youngest relay member. Relay entry sheets will be available on deck, and will be accepted each day according to deadlines announced at the meet. All relay members must be USMS members and be individually registered for the meet ($15 fee for relay-only swimmers).

**Scoring:**
Swimmers may enter up to 6 individual events per day; 14 maximum for the meet, plus relays. If more than 6 events are entered on any day, the meet host reserves the right to eliminate any of the additional events over 6. Points are awarded for the top 10 places in each age group as follows:
Points awarded for individual events: 11-9-8-7-6-5-4-3-2-1
Points awarded for relay events: 22-18-16-14-12-10-8-6-4-2

**Team Awards:**
Team scores are determined by total point counts, Men and Women combined. Swimmers' points go to the team specified during registration. Swimmers will not be allowed to change teams after registration has closed. The top six teams will receive an award. All swimmers on a relay must be registered for the meet under the same team for relay points to count towards team awards. The 4x100 and 4x200 relays do not count toward team points.

**Participation Awards/T-Shirts:**
Each swimmer receives a participation award. To guarantee that you receive a meet T-Shirt (available for purchase); you must pre-order and indicate your size on the entry form. A limited number of extra T-shirts may be available for sale at the meet.

**Heat Sheets and Results:**
Heat sheets will be posted online and in several locations around the pool deck. Results will be available on the COMSA website at [www.comsa.org](http://www.comsa.org) and at Swim Phone.

**Brute Squad Award:**
The elite group of aquatic wonders who complete the 200 Fly, 400 IM, and 1650 Free will be presented a T-shirt after the events are concluded.

**Sprint Squad Award:**
The elite group of speedsters who manage to complete the 50 Free, 50 Fly, 50 Back, 50 Breast, and 100 IM will be presented a T-shirt after the events are concluded.

**The Jack Buchannan Service Award:**
This award is presented during the opening ceremony on Saturday to the male and female swimmers who have made major contributions to Masters Swimming. Nomination forms are available at [www.comsa.org](http://www.comsa.org).

**The Lou Parker Coaches Award:**
This award is presented during the opening ceremony on Saturday to the outstanding COMSA Coach of the Year. Recipients must be current USMS members. Nomination forms are available at [www.comsa.org](http://www.comsa.org).

**Individual Awards:**
The top 10 swimmers in each individual event will receive a ribbon. No awards for relays. An individual high-point award will be given to the highest scoring male and female swimmer in each age group.

**Entry Confirmations:**
All entry confirmations are via email from Club Assistant. Psych sheets will be posted at www.comsa.org 2-3 days before the first day of the meet. Contact the meet facilitator (theggy@performancepress.com) with corrections to errors found on the psych sheet.

**Pool Warm-up Times:**
Friday warm-ups are 11:30-12:30, with continuous warm-up and warm-downs in the non-competition pool.
Saturday and Sunday warm-ups are 7:30-8:30am and for 30 min following the morning distance events, with continuous warm-up and warm-downs in the non-competition pool.

**Annual COMSA Meeting:**
A meeting of the Colorado Masters Swimming Association will be held during a designated break on Saturday morning. An agenda will be available on the COMSA website. This meeting typically lasts about 10 minutes, and may include voting for officers or other LMSC business.

**General Information:**
\*Longer Relays: The 4x100 and the 4x200 relays are swum Women, Men and Mixed together. A swimmer may swim only one relay in each event. **These relays do not count toward team points.**

\*\*The length of the competition course is in compliance and on file with USMS in accordance with the current rule book, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

# Friday

Warm up: 11:30am – 12:30pm

Meet starts at 12:30pm

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Sex | Distance | Stroke |
| 1 | Men  | 1650 | Free  |
| 2 | Women  | 1650 | Free  |
| 3 | Men  | 1000 | Free  |
| 4 | Women  | 1000 | Free  |

# Saturday

Warm up: 7:30am – 8:30am

Meet starts at 8:30am

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Sex | Distance | Stroke |
| 5 | Men  | 400 | IM  |
| 6 | Women  | 400 | IM  |

Break

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Event | Sex | Distance | Stroke |  |
| 7 | Men  | 200 | Free  | Relay |
| 8 | Women  | 200 | Free  | Relay |
| 9 | Men  | 50 | Fly  |  |
| 10 | Women  | 50 | Fly  |  |
| 11 | Men  | 100 | Free  |  |
| 12 | Women  | 100 | Free  |  |
| 13 | Men  | 200 | Back  |  |
| 14 | Women  | 200 | Back  |  |
| 15 | Mixed  | 200 | Medley  | Relay |
| 17 | Men  | 100 | Fly  |  |
| 18 | Women  | 100 | Fly  |  |
| 19 | Men  | 200 | IM  |  |
| 20 | Women  | 200 | IM  |  |
| 21 | Men  | 50 | Breast  |  |
| 22 | Women  | 50 | Breast  |  |
| 23 | Men  | 200 | Free  |  |
| 24 | Women  | 200 | Free  |  |
| 25 | Men  | 50 | Back  |  |
| 26 | Women  | 50 | Back  |  |
| 27 | Men  | 400 | Free  | Relay |
| 28 | Women  | 400 | Free  | Relay |
| 29 | Mixed  | 400 | Free  | Relay |

# Sunday

Warm up: 7:30am – 8:30am

Meet starts at 8:30am

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Sex | Distance | Stroke |
| 31 | Men  | 500 | Free  |
| 32 | Women  | 500 | Free  |

Break

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Event | Sex | Distance | Stroke | Relay |
| 33 | Men  | 200 | Medley  | Relay |
| 34 | Women  | 200 | Medley  | Relay |
| 35 | Men  | 200 | Fly  |  |
| 36 | Women  | 200 | Fly  |  |
| 37 | Men  | 100 | Breast  |  |
| 38 | Women  | 100 | Breast  |  |
| 39 | Men  | 100 | IM  |  |
| 40 | Women  | 100 | IM  |  |
| 41 | Men  | 400 | Medley  | Relay |
| 42 | Women  | 400 | Medley  | Relay |
| 43 | Mixed  | 400 | Medley  | Relay |
| 45 | Men  | 50 | Free  |  |
| 46 | Women  | 50 | Free  |  |
| 47 | Men  | 100 | Back  |  |
| 48 | Women  | 100 | Back  |  |
| 49 | Mixed  | 200 | Free  | Relay |
| 51 | Men  | 200 | Breast  |  |
| 52 | Women  | 200 | Breast  |  |
| 53 | Men  | 800 | Free  | Relay |
| 54 | Women  | 800 | Free  | Relay |
| 55 | Mixed  | 800 | Free  | Relay |