

50th Annual Foothills League Championship:
League Information Revision: 7/20/09

Meet Hosts:

Applewood Athletic Club
AAC Swim Team

Kevin Sullivan – President
Scott Gilbert – Chairman
Bill Christie – Meet Director
Sean Sweeney – Meet Director

Divisions:

Division 1	AAC	CKST	GOLD	MVCC
Division 2	5P	AK	GMST	STING
Division 3	GEN	LKST	WRST	

Head Official:

Jim Fernald

Meet Committee:

Bill Christie
Kristi Marosy

Dean Miller
Heather Howe - Backup

Event Schedule:

- **Thursday, July 23rd**
 - 6:00pm League Walk-Thru
 - 6:00 – 8pm Tent Drop-Off (label your tent and accessories). Your tent will be set-up for you in assigned locations. Please note that the club will be secured in the evening but tents are left at your own risk.

- **Friday, July 24th**
 - 3:00 – 3:30pm Positive Check-in for 400s
 - 3:00 – 3:45pm Open Warm-up for 400s
 - 3:30pm Officials Meeting
 - 4:00pm 400 Freestyle Races

* Contingency plan in the event of weather is to swim the 400s on Saturday beginning 30 minutes after the completion of the scheduled events for Saturday.

- **Saturday, July 25th**
 - 6:00 – 7:45am Warm-up
 - 7:00am Coaches Meeting and scratch deadline
 - 7:30am Officials Meeting
 - 7:50 – 8:00am Opening Ceremony
 - 8:00am Meet Starts

- **Sunday, July 26th**
 - 6:00 – 7:45am Warm-up
 - 7:00am Coaches Meeting and scratch deadline
 - 7:30am Officials Meeting
 - 7:50 – 8:00am Opening Ceremony
 - 8:00am Meet Starts
 - TBD Awards and Closing Ceremony

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Meet Responsibilities:

Announcing	Applewood Athletic Club
Awards Table	Applewood Knolls
Card Runners	Mount Vernon Country Club
Concessions	Applewood Athletic Club
Computer Entry	Applewood Athletic Club
Heating	Applewood Athletic Club
Hospitality	Green Mountain
Parking	5 Parks
Time Place Coordination	Columbine Knolls
Time Verification	Stingrays
Timer Coordination	Golden

Bathroom Facilities:

Port-a-potties (8) and wash stations (2) will be available to all swimmers and guests. The club's restrooms will be available for coaches and officials only.

Qualifying Entrants:

All competitors must meet the qualifying times during the designated swim season and must have swum in at least two (2) FSA meets at least 6 days apart. Each swimmer must have current NRPA insurance to be eligible to swim. The entrant's age is determined in accordance with CSSCSA bylaws.

Events and Entrants:

A swimmer may enter a total of three (3) individual events and two (2) relay events in the League Championships. As many entrants that make qualification times may be entered in an individual event. No exhibition entries will be allowed. Each team is allowed unlimited relay entries, any of which is eligible to score.

Entry Procedure and Fees:

- Entry deadline is 7pm on July 20th. All teams will supply their entries in **SCM** (participants with qualifying time information) electronically (email or CD) using Hy-Tek. Please notify Jeff Hector at (303) 233-0165 or jhector@comcast.net if you have any questions.
- Entry fees are due at 7pm on Monday, July 20th. Fees are \$1.25 per individual event and \$5.00 per relay.
- Entry fees will be paid by check to the FSA.
- Late Entries will not be accepted past noon on Tuesday, July 21st. A late fee of \$2.50 per event / swimmer plus the entry fee will be charged for all additions.

Event Sponsorship and Advertising:

Sponsorships and advertisements are fun to read at the meet. All FSA teams are encouraged to purchase of advertisements and sponsoring events. Information (forms and instructions) for sponsoring events and placing advertisements are attached. AAC appreciates your support.

- FSA Teams are offered the opportunity to advertise in the in the League program at **50% of the listed cost**. We request that each team provide their **team picture** so that each participant can have their photo in the program for this historic event.
- FSA Teams will be given 50% of the fees collected for advertisements that they sell. **Fund raising opportunity for your team!**

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Parking:

- Each team will receive **1 parking pass** for the lot at AAC.
- Officials except Jim Fernald will not receive a parking pass.
- Families are encouraged to park at Denver West. On Saturday morning, the Denver Eye Surgeon business is open so **DO NOT** in spaces marked Patient Parking (red curb).
- Please ask your families that choose to park in the neighborhoods to be careful and not block any residential driveways.

Opening Ceremony:

Each team is asked to provide their **team flag on an 8' pole** for placement on the roof during the meet. There will not be an entry parade. The National Anthem will be performed Saturday and Sunday during the Opening Ceremony.

If you have any questions, please contact:

Bill Christie (Meet Director) (303) 807-9811; bchristie@coorstek.com

Jeff Hector (Computer) (303) 233-0165; jhector@comcast.net

Josh Griffin (Head Coach) (303) 885-9929; jvgriffin@gmail.com

ATTACHMENTS:

- I. Job Descriptions
- II. Warm Up Schedule
- III. Timing Schedule
- IV. Program Advertisements
- V. Event Sponsor Form

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ATTACHMENT I: Job Descriptions

Announcing	<ul style="list-style-type: none"> ▪ One person from the 6am-finish each day ▪ Provide event/meet results and other general announcements
Awards Table	<ul style="list-style-type: none"> ▪ One person from the 8am-finish each day ▪ Place stickers on metals and ribbons ▪ Sort awards by team for distribution
Card Runners	<ul style="list-style-type: none"> ▪ One person from the 8am-finish each day ▪ Move Timing Sheets from the timers to time/place coordination ▪ Maintain the “Event Swimming” board
Heating	<ul style="list-style-type: none"> ▪ Responsible for heating function in accordance with CSSCSA 2009 Rules ▪ Responsible for call boards
Hospitality	<ul style="list-style-type: none"> ▪ Two people from the 4pm-finish on Friday and 7am-finish on Saturday & Sunday ▪ Provide drinks to coaches, officials and other volunteers every 30 minutes. ▪ Secure the Coaches/Officials food area to ensure the only they are using and notify concessions if additional food/materials are needed. ▪ AAC will provide the Hospitality table, drinks and cups.
Parking	<ul style="list-style-type: none"> ▪ Two people at the AAC parking lot from the 5:30-8:30am and 1 person from 8:30am to finish each day to ensure AAC parking lot is used by people with parking passes. ▪ One person from 5:30-8:30am Saturday at Denver Eye Surgeons
Time Verification	<ul style="list-style-type: none"> ▪ One person from 4pm-finish on Friday and two people from the 7:45am-finish on Saturday and Sunday. ▪ Work with coaches to verify qualification for any swimmer that does not make the league qualifying time in any race.
Time/Place Coordination	<ul style="list-style-type: none"> ▪ One person from 4pm-finish on Friday and two people from the 7:45am-finish on Saturday and Sunday. ▪ Receive Time Sheets from Runners ▪ Identify and disregard watch times if > .30 seconds from the other recorded watch times in the lane and heat. ▪ Identify official time via median or averaging if only 2 times are available ▪ Review the official time, 3 recorded watch times and place pick results for each race. If there appears to be a discrepancy, notify the meet referee or meet director. ▪ Provide timing sheets to Computer Entry
Timer Coordination	<ul style="list-style-type: none"> ▪ Two people from the 7:45am-finish each day (Head Timer and Back-up positions) ▪ Call timers 15 minutes prior to shift change and ensure replacement of timers per the schedule.

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ATTACHMENT II: Warm-Up Schedule

Friday, July 24th, 2009

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3:00-3:30	Open	Open	Open	Open	Open	Open
3:30-3:45	Sprints	Open	Open	Open	Open	Sprints
3:45	Clear the pool!					

Saturday, July 25th, 2009 and Sunday, July 26th, 2009

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:00-6:20	AAC	AAC	AAC	AAC	LKST	LKST
6:20-6:40	GOLD	GOLD	GOLD	AK	AK	AK
6:40-7:00	CKST	CKST	CKST	5P	5P	5P
7:00-7:20	GEN	GEN	STING	STING	GMST	GMST
7:20-7:40	MVCC	MVCC	MVCC	WRST	WRST	Open
7:40-7:45	Sprints	Sprints	Turns	Turns	Sprints	Sprints
7:45	Clear the pool!					

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ATTACHMENT III: Timing Schedule

SESSION 1: 400 Freestyle Races
Friday July 24th, 2009

******TIMERS MUST PROVIDE THEIR OWN WATCHES******

Shift	AK	CK	GEN	GM	GOLD	LK	MV	5P	ST	WR
1	2	3	1	2	3	1	3	2	2	1

SHIFT	LANES						BCK	HEAD
	1	2	3	4	5	6		
3:50pm - finish	AK,CK, MV	ST,GM, GOLD	CK,MV, 5P	AK,LK, GEN	CK,GM, WR	5P,ST, MV	GOLD	GOLD

*****EACH SWIMMER MUST PROVIDE THEIR LAP COUNTER*****

SESSIONS 2 & 3:
Saturday & Sunday; July 25-26th, 2009

****** TIMERS MUST PROVIDE THEIR OWN WATCHES ******
TIMERS PLEASE REPORT 10 MINUTES BEFORE YOUR SHIFT BEGINS

Shift	AK	CK	GEN	GM	GOLD	LK	MV	5P	ST	WR
1	2	2	2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	2	2	2	2
3	2	2	2	2	2	2	2	2	2	2

SHIFT	LANES						BCK	HEAD
	1	2	3	4	5	6		
8-10	AK,LK, GEN	ST,GM, WR	CK,MV, 5P	AK,LK, GEN	CK,GM, WR	5P,ST, MV	GOLD	GOLD
10-12	AK,LK, GEN	ST,GM, WR	CK,MV, 5P	AK,LK, GEN	CK,GM, WR	5P,ST, MV	GOLD	GOLD
12- Finish	AK,LK, GEN	ST,GM, WR	CK,MV, 5P	AK,LK, GEN	CK,GM, WR	5P,ST, MV	GOLD	GOLD

ATTACHMENT IV: PROGRAM ADVERTISING

APPLEWOOD ATHLETIC CLUB

50th Annual Summer Club League Championship: JULY 24-26, 2009

The Applewood Athletic Club is hosting the 50th Annual Foothills Swim Association (FSA), Summer Club League Championship Meet this year and would like to extend an opportunity to everyone who would like to advertise in the meet program. The meet will be held on July 24th - 26th at Applewood Athletic Club, 13330 W. 20th Avenue, Golden CO 80401. The meet program is the only source of information and scheduling for over 2000 people (800 swimmers and their families). This is a perfect opportunity to advertise your business and is a great way to support swimming athletic programs in our community. We appreciate your support.

Program Rate Schedule

<u>Size</u>	<u>Price</u>	<u>Dimensions (WxH)</u>
Inside front cover	\$250	7.5" x 10.25"
Inside back cover	\$250	7.5" x 10.25"
Full page <u>and</u> business banner	\$150	7.5" x 10.25"
Half page <u>or</u> business banner	\$100	7.5" x 5"
Quarter page	\$ 75	3.5" x 5"
Business card (1/8 page)	\$ 50	2" x 3.5"

Camera Ready Art is required for ads. Business cards and photos are okay.
Business must provide banners (measurements will be limited to 4 by 6 feet).

Deadline including payment:
July 15th, 2009 for Advertisements
July 21st, 2009 for Banners (drop off at the pool)

Make check payable to AAC Swim Team

Address questions to:

Paula Jacques-Bonneau
jaxbono@aol.com
720-290-7651

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ATTACHMENT V: EVENT SPONSORSHIP FORM

APPLEWOOD ATHLETIC CLUB
The Family Swim and Tennis Club
Summer Club League Championship JULY 24-26, 2009

The Applewood Athletic Club has the pleasure of hosting the League Championship Meet this year. We would like to extend an opportunity to everyone to place a sponsorship note in the meet program.

- The price for each sponsorship note is \$10.00.
- Each sponsorship note is limited to 40 spaces.
- There are 110 events available to sponsor.
- All 110 events are available on a **first come first serve basis**.
- Writing a sponsorship note is fun for those who write it as well as those who read it!

1st Choice: Event Name: _____
2nd Choice: Event Name: _____
3rd Choice: Event Name: _____

(i.e. 1st Choice: Event Name: Boys 13-14 100 Meter Breaststroke)

Message: _____
Message: _____
Message: _____

(sample)

Go Mike, swim fast! Love Mom & Dad (34 spaces)
GO AAC SWIMMERS! GOOD LUCK AT LEAGUE! (37 spaces)
Congratulations FSA League Qualifiers! (38 spaces)
We support AAC! The Yournamehere Family. (too many spaces)

Deadline including payment: July 15th, 2009

Make check payable to AAC Swim Team

Address questions to:

Paula Jacques-Bonneau
jaxbono@aol.com
720-290-7651

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ATTACHMENT VI: Order of Events

Friday, June 24, 2009		Saturday, June 25, 2009		Sunday, June 26, 2009	
#	Event	#	Event	#	Event
1	Girls 13-14 400 Free	7	Girls 8 & Under 100 Med Relay	65	Girls 8 & Under 100 Free Relay
2	Boys 13-14 400 Free	8	Boys 8 & Under 100 Med Relay	66	Boys 8 & Under 100 Free Relay
3	Girls 15-16 400 Free	9	Girls 9-10 200 Med Relay	67	Girls 9-10 200 Free Relay
4	Boys 15-16 400 Free	10	Boys 9-10 200 Med Relay	68	Boys 9-10 200 Free Relay
5	Girls 17-18 400 Free	11	Girls 11-12 200 Med Relay	69	Girls 11-12 200 Free Relay
6	Boys 17-18 400 Free	12	Boys 11-12 200 Med Relay	70	Boys 11-12 200 Free Relay
		13	Girls 13-14 200 Med Relay	71	Girls 13-14 200 Free Relay
		14	Boys 13-14 200 Med Relay	72	Boys 13-14 200 Free Relay
		15	Girls 15-18 200 Med Relay	73	Girls 15-18 200 Free Relay
		16	Boys 15-18 200 Med Relay	74	Boys 15-18 200 Free Relay
		17	Girls 8 & Under 25 Free	75	Girls 8 & Under 25 Breast
		18	Boys 8 & Under 25 Free	76	Boys 8 & Under 25 Breast
		19	Girls 9-10 50 Free	77	Girls 9-10 50 Breast
		20	Boys 9-10 50 Free	78	Boys 9-10 50 Breast
		21	Girls 11-12 50 Free	79	Girls 11-12 50 Breast
		22	Boys 11-12 50 Free	80	Boys 11-12 50 Breast
		23	Girls 13-14 50 Free	81	Girls 13-14 100 Breast
		24	Boys 13-14 50 Free	82	Boys 13-14 100 Breast
		25	Girls 15-16 50 Free	83	Girls 15-16 100 Breast
		26	Boys 15-16 50 Free	84	Boys 15-16 100 Breast
		27	Girls 17-18 50 Free	85	Girls 17-18 100 Breast
		28	Boys 17-18 50 Free	86	Boys 17-18 100 Breast
		29	Girls 8 & Under 25 Fly	87	Girls 8 & Under 50 Free
		30	Boys 8 & Under 25 Fly	88	Boys 8 & Under 50 Free
		31	Girls 9-10 50 Fly	89	Girls 9-10 100 Free
		32	Boys 9-10 50 Fly	90	Boys 9-10 100 Free
		33	Girls 11-12 50 Fly	91	Girls 11-12 100 Free
		34	Boys 11-12 50 Fly	92	Boys 11-12 100 Free
		35	Girls 13-14 100 Fly	93	Girls 13-14 100 Free
		36	Boys 13-14 100 Fly	94	Boys 13-14 100 Free
		37	Girls 15-16 100 Fly	95	Girls 15-16 100 Free
		38	Boys 15-16 100 Fly	96	Boys 15-16 100 Free
		39	Girls 17-18 100 Fly	97	Girls 17-18 100 Free
		40	Boys 17-18 100 Fly	98	Boys 17-18 100 Free
		41	Girls 8 & Under 100 Free	99	Girls 8 & Under 100 IM
		42	Boys 8 & Under 100 Free	100	Boys 8 & Under 100 IM
		43	Girls 9-10 200 Free	101	Girls 9-10 100 IM
		44	Boys 9-10 200 Free	102	Boys 9-10 100 IM
		45	Girls 11-12 200 Free	103	Girls 11-12 100 IM
		46	Boys 11-12 200 Free	104	Boys 11-12 100 IM
		47	Girls 13-14 200 Free	105	Girls 13-14 200 IM
		48	Boys 13-14 200 Free	106	Boys 13-14 200 IM
		49	Girls 15-16 200 Free	107	Girls 15-16 200 IM
		50	Boys 15-16 200 Free	108	Boys 15-16 200 IM
		51	Girls 17-18 200 Free	109	Girls 17-18 200 IM
		52	Boys 17-18 200 Free	110	Boys 17-18 200 IM
		53	Girls 8 & Under 25 Back		
		54	Boys 8 & Under 25 Back		
		55	Girls 9-10 50 Back		
		56	Boys 9-10 50 Back		
		57	Girls 11-12 50 Back		
		58	Boys 11-12 50 Back		
		59	Girls 13-14 100 Back		
		60	Boys 13-14 100 Back		
		61	Girls 15-16 100 Back		
		62	Boys 15-16 100 Back		
		63	Girls 17-18 100 Back		
		64	Boys 17-18 100 Back		