

2010 All Star Meet Schedule & Information

WHERE: Don Cook Natatorium

WHEN: July 19, 2010

MORNING SESSION – 10 & Unders

6:40am	Open for Coaches (*2 per team allowed on deck per team)
6:50am	Open for Swimmers – go directly to deck & sit by division
7:00am	Warm Ups for 6 & Unders
7:10am	Open for Spectators (NO SAVING OF SEATS)
7:10am	Warm Ups for 7-8's
7:30am	Warm Ups for 9-10's
7:30am	Officials Meeting in Coaches Room
7:40am	Timer Meeting by Diving Boards
7:50am	Coaches Meeting – Coaches' Room
7:55am	Clear Pool / National Anthem
8:00am	Meet Start

*Warm Up/Cool Down Pool will NOT be open during morning session

*Facility must be cleared completely at the conclusion of the morning session.

*Coaches need to check in. Will receive heat sheet | tattoos | identification for deck entry.

AFTERNOON SESSION – 11 & Ups

12:30pm	Open for coaches – 2 per team with lanyard
12:40pm	Open for swimmers – go directly to deck
12:50pm	Warm Up for 11 & 12's
1:10pm	Open for spectators (NO SAVING OF SEATS)
1:05pm	Warm Ups for 13 & 14's
1:25pm	Warm Ups for Open Swimmers
1:30pm	Officials Meeting in Coaches' Room
1:40pm	Timer Meeting by Diving Boards
1:50pm	Clear Pool
1:50pm	Coaches Meeting – Coaches' Room
2:00pm	Meet Start

*Warm Up/Cool Down Pool open ONLY for 13 & Up swimmers.

At Conclusion of meet – Open Boys freestyle Relays are asked to help with the bulkheads!

GENERAL COMMENTS:

- Swimmers will sit on deck by division (there will be signage)
- All Star shirts will be available – price will be posted on SHRSL.ORG
- All Star Heat Sheets will be available for \$x
- Due to NOISE LEVEL, we need coach's help with heating and being sure that the appropriate swimmers are checked in with the clerk.
- Coaches ONLY on the bulkhead during the 6 & Unders (no other events)

- Only two (2) coaches per team will be allowed on deck during the meet
 - Coaches may bring folding chairs for use on deck
 - Check in for coaches will be in the lobby
- No tripods or flash photography.
- Heating will take place on “start end/diving board” end of pool (by trampoline)
- All Swimmers MUST REPORT to heating area. Including Open Swimmers.
- Absolutely NO STANDING at railing – please be considerate

GENERAL DON COOK NAT RULES:

- NO STANDING AT THE RAILING to view swimmers.
- No chairs or coolers of any kind allowed on deck (*coaches may have chairs).
- No throwing things from stands on to deck.
- Absolutely no noise makers.
- Wet swimmers may not enter the stands OR into the foyer - must be dry
- Swimmers may have drinks on deck. Absolutely NO FOOD is allowed on deck. Bags will be checked upon entrance to deck. Food will be confiscated
- Colorado Time System will be used for PM session only.
- Scoreboard does NOT reflect Official Results. Results will be posted and announced.
- NO PARENTS ON DECK!

CONCESSIONS

- CiCi’s will offer concessions starting at 6:15am.
- Breakfast foods/rolls and coffee for AM session
- Pizza/Lunch foods for PM session.
- Light hospitality for coaches in Coaches’ Office

SET UP

- Each Division is responsible for sending 2-3 people to assist with set up at 8:30 pm on Sunday, July 18th
- Each Division is responsible for providing ONE VOLUNTEER per session to assist with security.

ALL STARS 2010

MORNING SESSION

AFTERNOON SESSION

1	6 & Under Girls Free Relay			7	11 & 12 Girls Medley Relay
2	6 & Under Boys Free Relay			8	11 & 12 Boys Medley Relay
				9	13 & 14 Girls Medley Relay
3	8 & U Girls Medley Relay			10	13 & 14 Boys Medley Relay
4	8 & U Boys Medley Relay			11	Open Girls Medley Relay
5	9 & 10 Girls Medley Relay			12	Open Boys Medley Relay
6	9 & 10 Boys Medley Relay				
				13	11 & 12 Girls Individual Medley
19	6 & Under Girls Freestyle			14	11 & 12 Boys Individual Medley
20	6 & Under Boys Freestyle			15	13 & 14 Girls Individual Medley
21	7 & 8 Girls Freestyle			16	13 & 14 Boys Individual Medley
22	7 & 8 Boys Freestyle			17	Open Girls Individual Medley
23	9 & 10 Girls Freestyle			18	Open Boys Individual Medley
24	9 & 10 Boys Freestyle				
				25	11 & 12 Girls Freestyle
31	8 & U Girls Breast			26	11 & 12 Boys Freestyle
32	8 & U Boys Breast			27	13 & 14 Girls Freestyle
33	9 & 10 Girls Breast			28	13 & 14 Boys Freestyle
34	9 & 10 Boys Breast			29	Open Girls Freestyle
				30	Open Boys Freestyle
41	8 & U Girls Backstroke				
42	8 & U Boys Backstroke			35	11 & 12 Girls Breast
43	9 & 10 Girls Backstroke			36	11 & 12 Boys Breast
44	9 & 10 Boys Backstroke			37	13 & 14 Girls Breast
	MORNING SESSION			38	13 & 14 Boys Breast

51	8 & U Girls Butterfly			39	Open Girls Breast
52	8 & U Boys Butterfly			40	Open Boys Breast
53	9 & 10 Girls Butterfly				
54	9 & 10 Boys Butterfly			45	11 & 12 Girls Backstroke
				46	11 & 12 Boys Backstroke
61	7 & 8 Girls Free Relay			47	13 & 14 Girls Backstroke
62	7 & 8 Boys Free Relay			48	13 & 14 Boys Backstroke
63	9 & 10 Girls Free Relay			49	Open Girls Backstroke
64	9 & 10 Boys Free Relay			50	Open Boys Backstroke
				55	11 & 12 Girls Butterfly
				56	11 & 12 Boys Butterfly
				57	13 & 14 Girls Butterfly
				58	13 & 14 Boys Butterfly
				59	Open Girls Butterfly
				60	Open Boys Butterfly
				65	11 & 12 Girls Free Relay
				66	11 & 12 Boys Free Relay
				67	13 & 14 Girls Free Relay
				68	13 & 14 Boys Free Relay
				69	Open Girls Free Relay
				70	Open Boys Free Relay