

2010 Rocky Mountain Novice/Intermediate Invitational

Date: Sunday, February 7, 2010
Time: 9:00 am
Pool: Thompson Valley High School
Entries Due: E-MAIL by end of day **January 28, 2009 (Thursday)**
Awards: Medals for 1-3 and Ribbons for 4-8.
Fees: \$7.00 per swimmer per event
Judges: Attire is white on blue.

Figures:

Novice

101	Ballet Leg, Single	1.6
310	Somersault, Back Tuck	1.1
201	Dolphin	1.4
370	Shrimp	1.6

Intermediate

101R/L	Ballet Leg, Single	1.6
360	Walkover, Front	2.1
321	Somersub	2.0
370	Kipnus	1.6

TENTATIVE SCHEDULE: If we are ahead on the schedule we will move forward with the next event.

8:30 am Novice Team arrives to stretch

9:00 – 9:15 Novice Laps

9:15 – 9:35 Novice Figure Warm-ups

9:30 am Intermediate Team arrives to stretch

9:40 – 10:10 Novice Figures

Immediately after figures Novice Swimmers should Knox

10:10 – 10:25 Intermediate Laps

10:25 – 10:45 Intermediate Figure Warm-Up

10:50 – 11:25 Intermediate Figures

Immediately after figures Intermediate Swimmers should Knox

11:45 – 12:00 Warm up – Trios

12:05 – 12:30 Trios – Novice/Intermediate

12:30 – 12:45 Duet Warm-Up

12:50 – 1:20 Duets – Novice/Intermediate

1:20 – 1:35 Solos Warm Up

1:40 – 2:20 Solos - Novice/Intermediate

2:20 – 2:35 Teams Warm-Up

2:40 – 3:10 Teams – Novice/Intermediate

3:15— Awards

**** Lunch should be eaten during Trio Warm Up and competition except for those swimming a trio- Lady Gaga. Lady Gaga should eat immediately after trio. A small snack**

should suffice in between figures and trio. Swimmers will not be allowed to leave the pool area without PRIOR permission from Amy or Esther and are expected to stay through awards. We will be land drilling throughout the day. Only Boulder Aquateen gear should be worn on deck. If you have any question please email the coaches.

Bring: Black figure suit, white cap, Aquateen swim suit, Aquateen cap, team towel, individual routine suits and head pieces, knocking equipment, Aquateen shirt, blue shorts or pants, extra towels.

Volunteers: Depends on number of teams present and the number of panels for figures. Have at least 2 people who can volunteer. Spread sheet is attached. Please include the names of the volunteers with your entries. Each team should have someone comfortable with the sound system in your volunteer corps for routines.

Directions: Thompson Valley High School is located at 1669 Eagle Drive Loveland, Colorado 8537.