

2010 Rocky Mountain Senior Championship and 11/12 and 13-15 Age Group Meet

Date: Sunday, February 21, 2010

Time: 8:30AM

Pool: Colorado College, Colorado Springs, Colorado

Awards: Medals will be awarded to the top 8 places for Senior Awards.
Medals for 1-3 and ribbons for 4-8 for the 11/12 Age Group and 13-15 Age Group

Figures:

11/12 Age Group Figures

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

13-15 Age Group Figures

420	Walkover, Back	2.0
355e	Porpoise, Spinning 360	2.1
342	Heron	2.1
311a	Kip, Half Twist	2.2

Junior 16-19

313	Kip, Split, Closing 180°	2.5
112f	Ibis, Continuous Spin (720°)	2.8
336	Gaviata Open 180°	2.8
436	Cyclone	2.7

Schedule:

Doors will open at 7:30am for setup.

8:00am Isabella arrives to stretch, knoxed

8:30-8:50 11/12 Lap Swim

8:50-9:10 11/12 Routine Warmups (all!)

9:10-9:40 11/12 Routine Competition (Trio, Duet, Solo and then Team)

9:00 am 13-15s arrive to stretch, knoxed

9:45-9:55 11-15 Age Group Laps

9:55-10:15 11-15 Age Group Figures Warm-Up

10:15-10:35 11/12 Figure Competition

10:40-11:50 13-15 Figure Competition

11:00 am 16 and ups arrive to stretch, knoxed

11:50-Noon Senior Laps

Noon -12:20 Senior Figures Warm-Up

12:20-1:40 Senior Figure Competition

1:40 -2:00 Break

Each event will have a 15min warmup; each event will start with 13-15s and then Seniors. The time allotted for each event has been recalculated based on the number of entries (plus a few minutes to allow for one or two additional routines) at the Half Routine meet.

2:00-2:15	Trio Warm-Up
2:15-2:45	Routines Trios - ALL
2:45-3:00	Duet Warm Up
3:00-3:45	Routines – Duets - ALL
3:45- 4:00	Solo Warm-Up
4:00- 4:45	Routines – Solos - ALL
4:45- 5:00	Team Warm-Up
5:00-5:40	Routines – Teams – ALL
5:50	Awards

**** Harry Potter should eat lunch after figures. At 12:30 their routines will be land drilled and they will stretch again. Alexander should eat lunch before coming to the pool. After their figures they will have a short break to eat a snack and Coraline will land drill. Swimmers will not be allowed to leave the pool area without PRIOR permission from Christine. Only Boulder Aquateen gear should be worn on deck unless in competition suits. If you have any question please email the coaches.**

Volunteers: There will be only 2 panels for figures. See Volunteer Spread Sheet.
Thanks

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 to Colorado College from the Denver area: From I-25 Southbound to Colorado Springs, take exit 143 (Uintah). At the end of the ramp, turn left (Eastbound) onto Uintah. At the second traffic light (intersection with Cascade), turn right onto Cascade (Southbound). This is the Colorado College campus area. The next major road is Cache le Poudre (there is a light). Turn right (Westbound) onto Cache le Poudre and head down the hill. The first building on the right is the Student Center, the second is the Ice Hockey arena and the third building is the Schlessman Natatorium (pool) and Gymnasium (there is a yellow sign near the entrance). Park on the streets in the area.