

Front Range League Relays

Location: Northglenn High School
601 W. 100th Place
Northglenn, CO
80260

Meet Schedule:

Saturday December 5, 2009

Warm Up **7:05 am – 9 am**

Relays **9 am**

Swimmers will be able to set up in the small gym adjacent to the pool.

Entries:

Each Athlete is allowed to be entered in no more than three relays. Each school is allowed to enter one team, with unlimited entries per team (A, B, C, D relays, etc...) Only the top finishing relay from each school will score. We will score out to 10 places. The top 8 relays for each event will receive ribbons and the top overall school will receive a trophy. The meet will seeded by time. The heats will be decided based on seed times. Please send all entries with estimated seed times to Steve Sutphin-
Steve_Sutphin@Comcast.net by the evening of Tuesday, December 1.

Warm Up Schedule:

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------|----------|----------|--------------|-------------------|-------------------|-------------------|-----------------|-------------------|-------------------|-------------------|
| 7:05-7:30 | Norse | Norse | Norse | Legacy | Legacy | Legacy | LHS/ MRHS | Mountain Range | Mountain Range | Mountain Range |
| 7:30-7:55 | Horizon | Horizon | Horizon | Monarch | Monarch | Monarch | Boulder | Boulder | Boulder | Boulder |
| 7:55-8:20 | Fairview | Fairview | Fairview | Fairview | Loveland | Loveland | Loveland | Poudre | Poudre | Poudre |
| 8:20-8:45 | Starts | Starts | Push Pace | Rocky Mountain | Rocky Mountain | Rocky Mountain | Fort Collins | Fort Collins | Fort Collins | Fort Collins |
| 8:45-8:55 | Starts | Starts | Push Pace | Push Pace | Starts | Starts | Starts | General | General | General |

First warm up- 7:05 – 7:30

Second warm up- 7:30 – 7:55

Third warm up – 7:55 – 8:20

Fourth warm up – 8:20 – 8:45

During the swimming portion of the meet lane nine will be used as a buffer and lane ten will be used for warm up/warm down.

Events:

- 1) 200 Medley
- 2) 500 Crescendo (50, 100, 150, 200)
- 3) 400 IM (Everyone swims 100 IM)

15 Minute Break

- 4) 200 Freestyle
- 5) 200 Butterfly
- 6) 200 Backstroke
- 7) 200 Breaststroke
- 8) 400 Free Relay

Admission:

Adults: \$5.00

Students with I.D. and Seniors: \$4.00