

**2008 AREA 3 – 5 CHAMPIONSHIPS**  
**July 25, 26, 27, 2008 Sanction # 4631**

**HOSTED BY: SAINT PETERSBURG AQUATIC CLUB**

- TYPE OF MEET:** Outdoor, 25 yard, possible dual courses with maximum of 20 lanes  
8 & Under and 10 & Under and 9 & 10 – Timed Finals  
11-12, 13-14, 15-18, Senior, Prelims & Finals, and  
Consolation Finals.  
500 Free, 400 IM, 1000 Free – Timed Finals  
**ALL OF FRIDAY'S EVENTS WILL BE SWUM  
FASTEST TO SLOWEST**
- FINALS:** In each event of the Finals session, the heats will be  
organized with the Finals first  
And then the Consolation Finals in that order.
- ALTERNATES** Alternates wishing to swim must report to the deck referee  
and be standing ready to swim at the starter stand by the  
start of the race. The fastest swimmer from the consolation  
heat will be moved into finals and an alternate into  
consolation finals.
- DATE & TIME:** Friday, 5:00 pmN – ALL EVENTS ON FRIDAY ONLY WILL BE  
FASTEST TO SLOWEST  
Saturday, Sunday,  
Morning Session – 8:00am  
Afternoon Session 11:30pm start time  
Finals, Saturday 4:30pm, Sunday 4:00pm
- LOCATION:** North Shore Pool  
901 North Shore Drive NE  
Saint Petersburg, Florida 33701
- POOL SPECS:** Certified, outdoor, 25 yard, 22 lane pool.  
Competition pool depth minimum of four feet, separate  
warm-up lanes
- TIMING & SCORING:** Colorado Time Systems with scoreboard.
- WARMUP  
PROCEDURES:** Friday, 3:30 pm,  
Saturday, & Sunday Mornings, 7:00 am, Afternoons 45  
minutes prior to start time.  
Finals, Saturday 3:30 pm, Sunday 3:00pm
- ELIGIBILITY:** Open to all currently registered USA swimmers in Areas 3  
and 5 only who have not achieved the current JO or Senior  
Champ cuts in their age group in each event in which they  
enter or swim, unless entered in the open or senior division.  
Any swimmer entered with a time faster than the  
appropriate time for that event will not be allowed to swim  
in that event.

- SEEDING:** Short course, 25 yard times will be used for seeding. Conversions allowed using the formula in the 2006 Florida Swimming Handbook.
- SCRATCHES:** No penalty for scratches on the block during prelims WITH EXCEPTION OF DECK SEEDED EVENTS. Any swimmer entered in an individual event that is seeded at the meet who has checked in for that event, must swim that event unless he/she notifies the Clerk of Course before the seeding of that event has begun if he/she wishes to scratch. Failure to do so will result in his/her barring from their next individual event in which he/she is entered on that day or the next day whichever comes first. **FINALS:** Any swimmer qualifying for a consolation final or final race who fails to compete in said consolation final or final race shall be barred from his/her next event, unless: A) The referee is notified in the event of illness or injury and accepts the proof thereof, or B) A swimmer qualifying for a consolation final or final race based upon the results of the preliminaries notifies the clerk of course within 30 minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions to scratch within 30 minutes following their last individual preliminary event.
- ENTRY LIMIT:** Swimmers eleven (11) years of age and older will be limited to three (3) individual events per day plus relays. Swimmers ten (10) years of age and under will be limited to three (3) individual events per day plus relays. Swimmers posting entries over the entry limit will be as entered in the first three (3) events for 11 and up and the first three (3) events for 10 and under swimmers. No limit on relay entries, but each team should designate relay "A", "B", "C" etc.
- DECK ENTRIES** Deck entries will be accepted by the referee in timed finals or prelim events, including relays, provided that no new heats are created; that the swimmer does not exceed the permitted number of events, and the swimmer does not exceed the cut off times. A swimmer may not scratch or fail to appear in an event in order to deck enter another event. The fee is \$10.00 per individual and \$10.00 per relay event made payable immediately. Any deck seeded entries must be approved by the Referee a minimum of 45 min. before the start of that session.
- ENTRY FORMS:** Entries must be submitted HyTek, e-mail or disk, please include print out of entries. Manual entries will be accepted and charged an extra \$50.00. The entry recap and coaching certification must also be completed and signed. Order of Events, Master Entry Form, entry print out and Proof of Registration attached.

<b>ENTRY FEE:</b>	<b>Facility Fee/Swimmer</b>	<b>\$7.50</b>
	<b>10 &amp; Under Individual Events</b>	<b>\$2.50</b>
	<b>11-12 and over Individual Events</b>	<b>\$3.50</b>
	<b>10 &amp; Under Relay Events</b>	<b>\$4.50</b>
	<b>11 &amp; Over Relay Events</b>	<b>\$4.50</b>

**Make checks payable to: SAINT PETERSBURG  
AQUATIC CLUB**

**ENTRY DEADLINE:** All entries must be received by 6:00 pm Tuesday, July 15th, 2008. Please mail by Express Mail, Federal Express, UPS Next Day, or other rapid mail service.

**NO FAX ENTRIES WILL BE ACCEPTED.**

**MAIL TO: JOHN WARE ---  
johnware@midnightsports.com  
15121 SHEARCREST DRIVE  
LITHIA, FLORIDA 33547-4809**

**AWARDS:** Individual Events: Senior Events – Ribbons, - 1<sup>st</sup> – 10<sup>th</sup> Place  
Age Group – Medals – 1st – 3rd Place  
Ribbons – 4<sup>th</sup> – 10<sup>th</sup> Place  
Heat ribbons for 10 & under  
Relay Events: Ribbons – 1<sup>st</sup> – 10<sup>th</sup> Place

**RULES:** Current USA Swimming Technical rules will govern the meet. Safety rules, as outlined by USA Swimming and as recommended by the Head Marshall, will be in effect during all warm-up periods and in all warm-up areas. The USA Swimming “no recall” start will be used as outlined in 102.14.4H

**STARTS:** The “fly-over or immediate climbout” start may be used at the discretion of the head referee for any/or all of the events in the meet.

**TEAM REPRESENTATIVE:** Prior to the start of the meet, each team may give the name of one other person other than the coach to the meet referee. The Meet Referee will recognize only the coach and the person so designated as the representatives of the team.

**OFFICIALS:** Head Referee: Steve Altheimer  
Admin Referee: Eva Gronke  
Starter: Jeanne Finke  
Head Stroke & Turn: Dan Nardozzi  
Marshall: Anne Krasteva  
Meet Directors: Fred Lewis and Lisa Flanagan

**IDENTIFICATION:** Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

**DISTANCE CHECK IN: All coaches must check in their swimmers for the 500 freestyle by 4:00pm, the 400 IM by 4:30pm on Friday and the 1000 freestyle by 8:30 am on Saturday.**

**WARM UP SCHEDULE**

UNTIL THE LAST HALF HOUR THE WARM UP SCHEDULE WILL BE:

**LANE:**

- 1 Push off 50's pace (circle swimming-NO EQUIPMENT)
- 2 Racing starts one length only(from the west end only-NO EQUIPMENT)
- 3 Swimming and pulling only (push off - NO EQUIPMENT)
- 4 Swimming and pulling only (push off - NO EQUIPMENT)
- 5 Swimming and pulling only (push off - NO EQUIPMENT)
- 6 Swimming and pulling only (push off - NO EQUIPMENT)
- 7 Swimming and pulling only (push off - NO EQUIPMENT)
- 8 Push off 50's pace (circle swimming-NO EQUIPMENT)

THE LAST 1/2 (ONE-HALF) HOUR IS CONTROLLED WARM-UP AS FOLLOWS:

**LANE:**

- 1 Push off 50's pace (circle swimming-NO EQUIPMENT)
- 2 Racing starts one length only(from the west end only-NO EQUIPMENT)
- 3 Swimming and pulling only (push off - NO EQUIPMENT)
- 4 Swimming and pulling only (push off - NO EQUIPMENT)
- 5 Swimming and pulling only (push off - NO EQUIPMENT)
- 6 Racing starts one length only(from the west end only-NO EQUIPMENT)
- 7 Racing starts one length only(from the west end only-NO EQUIPMENT)
- 8 Push off 50's pace (circle swimming-NO EQUIPMENT)

**When entering pool one hand must be on deck, feet first entry except when doing a racing start off the block.**

**ORDER OF EVENTS****Area 3 – 5 Championships****ALL EVENTS ON FRIDAY (ONLY) ARE FASTEST TO SLOWEST**

Friday, July 25, 2008 Warm-up 3:30PM Timed Finals 5:00PM

<u>EVENT #</u>	<u>AGE</u>	<u>EVENT</u>	<u>TIME</u>	<u>NOTE</u>
1-2	Senior	25 Free		*4
3-4	10 & u	200 Free		
5-6	11 & 12	500 Free		*1
7-8	13-14	500 Free		*1
9-10	15-18	500 Free		*1
11-12	Senior	500 Free		*1
13-14	10 & u	200 IM		
15-16	11 & 12	200 IM		*2
17-18	13-14	400 IM		*2
19-20	15-18	400 IM		*2
21-22	Senior	400 IM		*2

Saturday, July 26, 2008 Warm-up 7:00AM Prelims 8:00AM Finals 4:30PM

<u>EVENT #</u>	<u>AGE</u>	<u>EVENT</u>	<u>TIME</u>	<u>NOTE</u>
23-24	11-12	50 Free		
25-26	13-14	50 Free		
27-28	15-18	50 Free		
29-30	Senior	50 Free		
31-32	11-12	50 Breast		
33-34	13-14	100 Breast		
35-36	15-18	100 Breast		
37-38	Senior	100 Breast		
39-40	11-12	100 Back		
41-42	13-14	200 Back		
43-44	15-18	200 Back		
45-46	Senior	200 Back		
47-48	11-12	200 Medley Relay		
49-50	13-14	200 Medley Relay		
51-52	Senior	200 Medley Relay		
53-54	11-12	100 Fly		
55-56	13-14	100 Fly		
57-58	15-18	100 Fly		
59-60	Senior	100 Fly		
61-62	11-12	100 IM		
63-64	13-14	200 IM		
65-66	15-18	200 IM		
67-68	Senior	200 IM		
69-70	Senior	1000 Free		*3

Saturday, July 26, 2008 Warm-up 45 min. prior to afternoon session. Session will NOT begin before 11:00am. Timed Finals for 8 &amp; Under and 10 &amp; Under.

<u>EVENT #</u>	<u>AGE</u>	<u>EVENT</u>	<u>TIME</u>	<u>NOTE</u>
71-72	9 & 10	25 Fly		*4
73-74	8 & U	25 Free		
75-76	9 & 10	50 Free		
77-78	8 & U	25 Breast		
79-80	9 & 10	50 Breast		
81-82	8 & U	50 Back		
83-84	9 & 10	100 Back		
85-86	8 & U	100 Medley Relay		
87-88	10 & U	100 Medley Relay		
89-90	8 & U	50 Fly		
91-92	9 & 10	100 Fly		
93-94	8 & U	100 IM		*5

95-96	9 & 10	100 IM	
97-98	9 & 10	25 Free	*4

Sunday, July 27, 2008		Warm-up 7:00AM	Prelims 8:00AM	Finals 4:00PM
<u>EVENT #</u>	<u>AGE</u>	<u>EVENT</u>	<u>TIME</u>	<u>NOTE</u>
99-100	11-12	200 Free		
101-102	13-14	200 Free		
103-104	15-18	200 Free		
105-106	Senior	200 Free		
107-108	11-12	50 Back		
109-110	13-14	100 Back		
111-112	15-18	100 Back		
113-114	Senior	100 Back		
115-116	11-12	200 Free Relay		
117-118	13-14	200 Free Relay		
119-120	Senior	200 Free Relay		
121-122	11-12	100 Breast		
123-124	13-14	200 Breast		
125-126	15-18	200 Breast		
127-128	Senior	200 Breast		
129-130	11-12	100 Free		
131-132	13-14	100 Free		
133-134	15-18	100 Free		
135-136	Senior	100 Free		
137-138	11-12	50 Fly		
139-140	13-14	200 Fly		
141-142	15-18	200 Fly		
143-144	Senior	200 Fly		

**Sunday, July 27, 2008 Warm-up 45 min. prior to afternoon session. Session will NOT begin before 11:00am. Timed Finals for 8 & Under and 10 & Under.**

<u>EVENT #</u>	<u>AGE</u>	<u>EVENT</u>	<u>TIME</u>	<u>NOTE</u>
145-146	9 & 10	25 Back		*4
147-148	8 & U	50 Free		
149-150	9 & 10	100 Free		
151-152	8 & U	50 Breast		
153-154	9 & 10	100 Breast		
155-156	8 & U	100 Free Relay		
157-158	10 & U	100 Free Relay		
159-160	8 & U	25 Back		
161-162	9 & 10	50 Back		
163-164	8 & U	25 Fly		
165-166	9 & 10	50 Fly		
167-168	9 & 10	25 Breast		*4

\*1 All 500 yard freestyles will be deck seeded as one event and scored separately. All swimmers must be check in by 4:30pm.

\*2 All 400 yard IMs will be deck seeded as one event and scored separately. All swimmers must be check in by 5:00 pm.

\*3 All 1000 yard freestyles will be a deck seeded event and may be limited to two heats each, men and women. All swimmers must be check in by 8:30am and provide their own timer stop watch, and counter.

\*4 Not a recognized Florida Swimming event.

\*5 Coaches, please use common sense when entering this event and do not enter swimmers who are not strong enough for four lengths of the pool...thanks.