

2009 AREA 3 – 5 CHAMPIONSHIPS

March 20, 21, and 22, 2009 Sanction # 4790

HOSTED BY: SARASOTA YMCA SHARKS SWIM TEAM

- TYPE OF MEET:** Outdoor, 25 yard, dual 8 lane courses, or one 10 lane course
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, and all relays – Timed Finals
- 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, 5:00pm
Saturday, Sunday,
Morning Session – 8:00am
Afternoon Session 12:00pm start time
Finals, Saturday 4:30pm, Sunday 4:00pm
- LOCATION:** Selby Aquatic Center
8301 Potter Park Dr.
Sarasota, FL 34238
- POOL SPECS:** Certified, outdoor, 25 yard, 26 lane pool.
Competition pool depth ranging from 5 – 12 feet, Kiefer non turbulent lane lines and KDI
Paragon starting blocks
With 25 yard 8 lane warm up pool.
- TIMING & SCORING:** Colorado Time Systems with scoreboard.
- WARMUP PROCEDURES:** Friday, 3:30pm,
Saturday & Sunday Mornings, 7:00 am, Afternoons 45 minutes prior to start time.
Finals, Saturday 3:30pm, Sunday 3:00pm
With 25 yard 8 lane continuous warm up pool
- ELIGIBILITY:** Open to all currently registered USA swimmers in Areas 3 and 5 only who have not achieved a
current JO or Senior Champ cut 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 2009 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. 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 \$5.00 per individual and \$10.00 per relay event made payable immediately. Any deck seeded entries must be approved by the Referee a minimum of 30 min. before the start of that session.
- ENTRY FORMS:** Entries must be submitted in the current HyTek format, e-mail or disk, please include print out of entries.. 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.
- ENTRY FEE:**
- | | |
|----------------------------------|--------|
| Facility Fee/Swimmer | \$7.50 |
| 10 & Under Individual Events | \$2.50 |
| 11-12 and over Individual Events | \$3.50 |
| Relay Events | \$4.50 |
- Make checks payable to: SARASOTA YMCA SHARKS
- ENTRY DEADLINE:** All entries must be received by 6:00 pm Wed. March 11, 2009. Please mail by Express Mail, Federal Express, UPS Next Day, or other rapid mail service.
NO EMAIL OR FAX ENTRIES WILL BE ACCEPTED.
- MAIL TO: Sherwood Watts
c/o Sarasota YMCA
Selby Aquatic Center
8301 Potter Park Dr.
Sarasota, FL 34238
- AWARDS:**
- Individual Events: Senior Events – Ribbons, - 1st – 10th Place
Age Group – Medals – 1st – 3rd Place
Ribbons – 4th – 10th Place
Heat ribbons for 10 & under
- Relay Events: Ribbons – 1st – 10th Place
- RULES:** Current USA Swimming 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.
- STARTS:** The "fly-over" start may be used at the discretion of the 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: Eva Gronke
Admin: Ref: Dave Evenson
Starter: Mark Davis
Head Stroke & Turn: Jon McLeod
Marshall: Mike Bowers
Meet Manager: Sherwood Watts
- INFORMATION:** SARASOTA Y SHARKS OFFICE (941) 922-9622 Sherwood Watts ext. 1323

COACH/OFFICIALS: All 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 and the 400 IM by 4:30pm on Friday and the 1000 freestyle by 8:00 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

Friday, March 20, 2009 Warm-up 3:30PM Timed Finals 5:00PM

EVENT #	AGE	EVENT	TIME	NOTE
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, March 21, 2009 Warm-up 7:00AM Prelims 8:00AM Finals 4:30PM

EVENT #	AGE	EVENT	TIME	NOTE
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, March 21, 2009 Warm-up 45 min. prior to afternoon session. Session will NOT begin before noon. Timed Finals for 8 & Under and 10 & Under.

EVENT #	AGE	EVENT	TIME	NOTE
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, March 22, 2009 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, March 22, 2009 Warm-up 45 min. prior to afternoon session. Session will NOT begin before noon. 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 4:00pm.

*2 All 400 yard IMs will be deck seeded as one event and scored separately. All swimmers must be check in by 4:30 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 8:00am and provide their own timer, and counter. The top 8, women and men will swim in finals as a timed final – however swimmers may have the option to swim in the morning during the check in.

*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.

MASTER ENTRY FORM
2009 AREA 3 – 5 CHAMPIONSHIPS

25 YARD SHORT COURSE

March 20,21,22, 2009

TEAM NAME _____ CALL LETTERS _____

ADDRESS _____ Email: _____

CITY, STATE _____ ZIP CODE _____

COACH OF RECORD _____ LSC _____

OFFICE PHONE (DAYS) _____ HOME PHONE (NIGHTS) _____

SWIMMER / COACH REGISTRATION

I certify that all individuals listed on the attached entry forms are currently registered members of USA SWIMMING and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on deck, supervising the activities of these individuals during all warm-up and competitive sessions at the meet listed above.

NAME OF COACHES ATTENDING MEET

TEAM AFFILIATION

Signature

Team Affiliation

Date

ENTRIES MUST BE RECEIVED BY Wed. March 11, 2009, 6:00pm

MAIL TO: Sherwood Watts
C/O Sarasota YMCA
Selby Aquatic Center
8301 Potter Park Dr.
Sarasota, FL 34238

FINANCIAL RECAP

8 & UN and 10 & UN GIRLS INDIVIDUAL EVENTS \$2.50 / EVENT _____ = \$ _____

8 & UN and 10 & UN BOYS INDIVIDUAL EVENTS \$2.50 / EVENT _____ = \$ _____

11-12, 13-14, 15-18, and SR GIRLS INDIVIDUAL EVENTS \$3.50 / EVENT _____ = \$ _____

11-12, 13-14, 15-18, and SR MENS INDIVIDUAL EVENTS \$3.50 / EVENT _____ = \$ _____

8 & UN and 10 & UN GIRLS RELAY EVENTS \$4.50 / EVENT _____ = \$ _____

8 & UN and 10 & UN BOYS RELAY EVENTS \$4.50 / EVENT _____ = \$ _____

11-12, 13-14, 15-18, and SR GIRLS RELAY EVENTS \$4.50 / EVENT _____ = \$ _____

11-12, 13-14, 15-18, and SR BOYS RELAY EVENTS \$4.50 / EVENT _____ = \$ _____

FACILITY FEE \$7.50 / SWIMMER _____ = \$ _____

TOTAL ENTRY FEES PAID \$ _____

ENTRIES MUST BE RECEIVED BY: March 11, 2009, 6:00pm

MAKE CHECKS PAYABLE TO: SYS BOOSTERS