

SARASOTA YMCA Last Chance Meet
Florida Swimming of USA Swimming Sanction # 4880

HOSTED BY: The Sarasota Y.M.C.A. Sharks Swim Team

CONDITION OF SANCTION: The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TYPE OF MEET: Outdoor, 50 Meter, Timed Finals, Age Group & Seniors.

DATE & TIME: **Saturday, July 11th 2009**
Session #1 Warm-up: 11:00 am, Start 12:00 noon
Session #2 Warm-up: 30 minutes, Start not before 2:30pm

LOCATION: Selby Aquatic Center
8301 Potter Park Dr Sarasota, FL 34238

POOL SPECS: Certified, outdoor, 50 meter by 25 yard 6 lane pool.
Depth is 5 ft to 12 ft.

TIMING AND SCORING: Colorado Time Systems with scoreboard

WARM-UPS: Session #1, 11:00 AM, Session #2 not before 2:30 pm

ELIGIBILITY: Open to all USA Swimming registered swimmers with a current registration number. Entries limited to 300 USA Swimming registered swimmers.

SEEDING: Long Course, 50 meter times will be used for seeding.

SCRATCHES: No penalty for scratches.

ENTRY LIMIT: Swimmers are limited to (3) Three events per session. Swimmers over entered will be considered as entered in the first three (3) events of the session.

ENTRY FORMS: All entries must be submitted on 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 event, master entry form, entry print, and proof of registration attached.

ENTRY FEE: All ages individual events \$2.50
Pool surcharge per swimmer \$5.00

ENTRY DEADLINE: All entries must be received by 6:00 PM Monday, July 6th
Mail to: Sherwood Watts c/o Selby Aquatic Center
8301 Potter Park Dr
Sarasota, Fl 34238
Enclose check or money order made payable to: **Sarasota YMCA**
Entries may be emailed also – swatts@sarasota-ymca.org

AWARDS:

Ribbons 1st thru 8th place for 10 & under & 11-12 age groups

- RULES:** 2009 USA Swimming rules will govern the competition. Safety rules, as outlined by USA Swimming, and as recommended by the Head Marshall, will be in effect during all warmup periods and in all warmup areas.
- TEAM REPRESENTATIVE:** Prior to the start of the meet, one person other than the coach, give his or her name to the referee and that person will serve as your team representative.
- OFFICIALS AND COACHES** USS credentials must be visible at all times.
- OFFICIALS:**
- | | |
|----------------------|--------------|
| Meet Directors: | Sherwood |
| Head Referee: | Mark Davis |
| Starter: | Dave Evenson |
| Chief Stroke & Turn: | Dave Maddy |
| Head Marshall: | Jody Perry |
- COACHES:** Please be prepared to show your USA Swimming membership card.
- INFORMATION:** Sherwood Watts (941) 922-9622 ext. 323 or Steve Brown ext. 331

Order of Events, Warm-Up Schedule, and Master Entry Forms are attached.

WARM UP SCHEDULE

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

LANE

- 1 Push off 50's or 100's pace (circle swimming - NO EQUIPMENT)
- 2 Racing starts 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

Session #1

Warm-up 11:00 am Start 12:00 Noon

Event #	Age	Event
1 - 2	10& Under	50 Free
3 - 4	11-12	50 Free
5 - 6	Senior	50 Free
7 - 8	Senior	400 Free
9 - 10	10 & Under	50 Breast
11-12	11-12	50 Breast
13-14	Senior	100 Back
15-16	Senior	200 Breast
17-18	10 & Under	200 IM
19-20	11-12	200 IM
21-22	Senior	400 IM

Session #2

Warm-up 30 Minutes Guaranteed, Start not before 2:30 pm

23-24	Senior	100 Fly
25-26	Senior	200 Free
27-28	Senior	200 Im
29-30	10 & Under	50 Back
31-32	11-12	50 Back
33-34	Senior	100 Breast
35-36	Senior	200 Back
37-38	10 & Under	50 Fly
39-40	11-12	50 Fly
41-42	Senior	100 Free
43-44	Senior	200 Fly
	10 Minute Break	
45-46	Senior	800 Free

Entry limit three (3) events per session

Events 7,8,21,22,45,46 will be swum together, by gender, fastest to slowest alternating women and men's heats. Positive check-in required by 12:00 noon for session #1 and 3:00 pm for session #2