



**2009 FLORIDA SWIMMING  
"B" CHAMPIONSHIP – WEST  
December 5-6, 2009**



- SANCTIONED BY:** Florida Swimming Member of USA Swimming Sanction # 4970
- 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.
- HOSTED BY:** SPA – PYP – TBAY
- TYPE OF MEET:** 25 Yard short course - 8 & U, 10 & U, 11 & 12, 13 & 14, 15 - 18 timed finals  
\*\*Flyover starts may be used at the discretion of the meet management and referee.
- DATE AND TIME:** Saturday and Sunday, December 5-6, 2009  
11&12, 13 & 14, 15-18, 9:00 A.M. start; 8&U and 10&U, not before 12:00 noon.
- LOCATION:** North Shore Pool  
901 North Shore Drive, NE  
St. Petersburg, FL 33701
- POOL SPECS:** Certified 50 meter, outdoor pool with a minimum of 8 short course racing lanes having a minimum depth of 4 feet and non-turbulent lane lines. Double lane rope buffer and three 25 yard lanes for constant warm down.
- TIMING EQUIPMENT:** Colorado Timing System with scoreboard, manual back-up watches.
- WARM UP:** Forty-five minutes guaranteed for each session.  
Swimmers must enter the pool feet first with one hand on the pool deck unless doing a racing start while supervised by a coach in the appropriate lane at the appropriate time.
- WARM UP TIMES:** 8:00 a.m. for 11 & 12, 13 & 14 and 15 - 18 age group; not before 11:00 a.m.  
for 8 & Under and 10 age groups.
- ELIGIBILITY:** Open to any Florida Swimming currently registered swimmers. A swimmer may not enter any individual event in which he or she has achieved a USA Swimming A time as listed on the Order of Events, nor is that individual eligible to swim that stroke (regardless of distance) in a relay event.
- SEEDING:** Seeding for the meet shall be by short course yard times, then long course meter times. Short course meter times and conversions are not allowed.  
Relay forms will be available at the Clerk of Course.
- SCRATCHES:** No penalty for scratching at the block.
- ENTRY LIMIT:** Four (4) individual events per session or five (5) for the day plus relays. A swimmer whose entry exceeds that limit will be considered entered in the first 4/5 events listed on the entry.
- RELAY ENTRIES:** Teams may only enter two (2) relays per event
- ENTRY FORM:** Entries must be submitted on the enclosed Entry Form, which will also serve as proof of registration. The current USA-S registration number must be listed on the entry form and it must be signed by a member of USA-S who is completing the form. In addition, your Master Entry Form must be completed and returned with your entries. Entries may be submitted by electronic entry on the HyTek Export format. Entries will be accepted via electronic mail attention [swimresultsbytrg@aol.com](mailto:swimresultsbytrg@aol.com) or via mail on a disk. Disk or email entries must be accompanied by a backup hard copy of the entry. List all attending coaches, contact and phone numbers in the body of the email, which serves as proof of entry. Current USA Swimming registration number, full name, age, and entry times must be listed. All entry

and Master Entry forms must be signed and enclosed. No substitutions.

- ENTRY FEES:** \$2.50 per individual event. \$ 4.00 per relay event.  
\$5.00 facility charge per swimmer entered.
- DECK ENTRIES:** \$10.00 per individual deck entry to fill existing heats only (the facility fee will be collected if the swimmer is not already entered into the meet). No new heats will be created. Deck entries will be accepted by the referee or his/her designee up to 30 minutes before the start of each session. Swimmers must meet the time standards for the meet. A swimmer may not drop an already-entered event to deck enter another; the entry limit still applies. \$10.00 for Relay team's deck entered.
- ENTRY DEADLINE:** Entries must be received by **5:00 p.m. on Wednesday, November 25, 2009.**  
A check or money order, payable to St. Petersburg Aquatics must accompany the entries.

Mail first class to:  
**Eva Gronke**  
**3534 Chessington Dr.**  
**Land O'Lakes, FL 34638**

- AWARDS:**
- |                    |           |                 |           |                  |
|--------------------|-----------|-----------------|-----------|------------------|
| Individual events: | 1st - 3rd | "B" meet medals | 4th - 8th | "B" meet ribbons |
| Relays:            | 1st - 3rd | "B" meet medals | 4th - 8th | "B" meet ribbons |

- TEAM REP.:** Prior to the start of the meet, the name of one person other than the coach, who may check with the referee about any matter pertaining to the team may be given to the referee. The coach and that person **ONLY** will be recognized. Each team will provide supervision for its team as designated by the safety officer.

- OFFICIALS:**
- |                                    |   |
|------------------------------------|---|
| <b>HEAD REFEREE:</b> Bob Bentz     | <b>ADMINISTRATIVE REFEREE:</b> Kevin Mooren     |
| <b>STARTER:</b> Bob Slockett       | <b>CHIEF STROKE &amp; TURN:</b> Charlie Kohnken |
| <b>HEAD MARSHALL:</b> Brian Kearns | <b>MEET MANAGER:</b> Nanette Freeman (PYP)      |
|                                    | 727-787-9622                                    |

- RULES:** Current USA Swimming technical rules will govern.

- COACHES/OFFICIALS:** Coaches and Officials shall wear their USA Swimming registration cards in a conspicuous location at all times while on deck during a sanctioned swim meet.

### **No equipment may be used at any time**

The first half  
is general warm up  
as follows

- LANE 1 Push off 25's pace  
circle swim
- LANE 2 Swim and pull only  
push off
- LANE 3 Swim and pull only  
push off
- LANE 4 Swim and pull only  
push off
- LANE 5 Swim and pull only  
push off
- LANE 6 Swim and pull only  
push off
- LANE 7 Swim and pull only  
push off
- LANE 8 Push off 25's pace  
circle swim

The second half  
is controlled warm up  
as follows

- LANE 1 Push off 25's pace  
circle swim
- LANE 2 Racing start one length only  
from the east end only
- LANE 3 Swim and pull only  
push off
- LANE 4 Swim and pull only  
push off
- LANE 5 Swim and pull only  
push off
- LANE 6 Swim and pull only  
push off
- LANE 7 Racing start one length only  
from the east end only
- LANE 8 Push off 25's pace  
circle swim

**One hand must be on the pool deck when swimmers enter the water, unless doing a racing start while supervised by a coach in the appropriate lane at the appropriate time.**

Warm ups may be modified by the Referee or Meet Management to suit the needs of the competitors.

2009 Florida Swimming Short Course "B" Championship – WEST

Order of Events

(Times entered must be slower than listed in the Order of Events.)

**Saturday, December 5**

**Session 1 Warm up 8:00 am**

**Meet starts at 9:00 am**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Girls</u>		<u>Boys</u>	
			<u>SCY</u>	<u>LCM</u>	<u>SCY</u>	<u>LCM</u>
1-2	11 - 12	100 Free	1:03.09	1:13.49	1:02.69	1:11.39
3-4	13-14	100 Free	1:02.19	1:10.39	57.39	1:05.99
5-6	15-18	100 Free	1:00.79	1:08.59	55.19	1:03.09
7-8	11-12	50 Breast	37.79	42.09	37.29	43.09
9-10	13-14	100 Breast	1:17.59	1:28.99	1:12.09	1:21.29
11-12	15-18	100 Breast	1:15.69	1:26.69	1:08.89	1:19.69
13-14	11-12	100 Back	1:14.19	1:23.29	1:12.29	1:23.59
15-16	13-14	200 Back	2:27.29	2:47.39	2:18.19	2:40.69
17-18	15-18	200 Back	2:23.89	2:44.29	2:12.39	2:31.29
19-20	11-12	50 Fly	32.39	36.29	32.09	36.19
21-22	13-14	100 Fly	1:07.79	1:16.49	1:02.89	1:11.09
23-24	15-18	100 Fly	1:06.29	1:14.19	1:00.09	1:07.69
25-26	11-12	100 IM	1:13.19	-----	-----	-----
27-28	13-14	200 IM	2:30.49	2:51.49	2:20.29	2:42.39
29-30	15-18	200 IM	2:26.99	2:47.29	2:15.09	2:35.39
31-32	11-12	*100 Free Relay	-----	-----	-----	-----
33-34	13-14	*100 Free Relay	-----	-----	-----	-----
35-36	Open	200 Free Relay	-----	-----	-----	-----
37-38	Open	500 Free	5:47.39	5:08.89	5:24.29	4:50.19

**Session 2 Warm up not to start before 11:00 am**

**Meet not to start before Noon**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Girls</u>		<u>Boys</u>	
			<u>SCY</u>	<u>LCM</u>	<u>SCY</u>	<u>LCM</u>
39-40	10&U	100 Free	1:11.89	1:21.89	1:10.79	1:20.59
41-42	8&U	50 Free	32.19	36.39	31.59	36.09
43-44	10&U	50 Breast	41.99	48.29	42.19	48.49
45-46	8&U	25 Breast	-----	-----	-----	-----
47-48	10&U	100 Back	1:22.19	1:35.29	1:21.29	1:33.29
49-50	8&U	50 Back	38.09	43.69	38.29	43.89
51-52	10&U	50 Fly	37.29	42.09	36.69	40.99
53-54	8&U	25 Fly	-----	-----	-----	-----
55-56	10&U	100 IM	1:22.59	-----	1:21.09	-----
57-58	8&U	100 IM	1:22.59	-----	1:21.09	-----
59-60	10&U	*100 Free Relay	-----	-----	-----	-----
61-62	8&U	100 Free Relay	-----	-----	-----	-----
63-64	10&U	200 Free	2:36.39	2:58.49	2:31.89	2:52.39

**Sunday, December 6****Session 3 Warm up 8:00 am****Meet starts at 9:00 am**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Girls</u>		<u>Boys</u>	
			<u>SCY</u>	<u>LCM</u>	<u>SCY</u>	<u>LCM</u>
65-66	Open	100 IM	1:13.99	-----	1:11.49	-----
67-68	11-12	200 Free	2:19.89	2:37.69	2:16.19	2:24.89
69-70	13-14	200 Free	2:13.79	2:31.79	2:05.29	2:23.29
71-72	15-18	200 Free	2:10.39	2:27.19	2:00.09	2:17.19
73-74	11-12	100 Fly	1:13.19	1:22.89	1:11.69	1:21.49
75-76	13-14	200 Fly	2:28.59	2:48.29	2:20.29	2:38.79
77-78	15-18	200 Fly	2:24.49	2:42.69	2:13.39	2:30.59
79-80	11-12	50 Back	33.89	38.99	33.49	38.69
81-82	13-14	100 Back	1:08.49	1:17.79	1:04.19	1:14.49
83-84	15-18	100 Back	1:06.59	1:16.29	1:01.09	1:10.59
85-86	11-12	100 Breast	1:22.19	1:33.79	1:20.49	1:32.49
87-88	13-14	200 Breast	2:46.79	3:11.99	2:36.29	3:01.99
89-90	15-18	200 Breast	2:42.79	3:05.69	2:30.09	2:54.29
91-92	11-12	50 Free	29.49	33.69	28.59	32.59
93-94	13-14	50 Free	28.69	32.49	26.29	30.29
95-96	15-18	50 Free	27.99	31.79	25.29	28.79
97-98	11-12	*100 Medley Relay	-----	-----	-----	-----
99-100	13-14	*100 Medley Relay	-----	-----	-----	-----
101-102	Open	200 Medley Relay	-----	-----	-----	-----
103-104	11-12	200 IM	2:37.59	2:59.79	2:35.59	2:58.09
105-106	Open	400 IM	5:09.89	6:00.99	5:00.49	5:44.49

**Session 4 Warm up not to start before 11:00 am  
Noon****Meet not to start before**

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Girls</u>		<u>Boys</u>	
			<u>SCY</u>	<u>LCM</u>	<u>SCY</u>	<u>LCM</u>
107-108	8&U	25 Free	-----	-----	-----	-----
109-110	10&U	50 Free	32.19	36.39	31.59	36.09
111-112	8&U	50 Fly	37.29	42.09	36.69	40.99
113-114	10&U	100 Fly	1:26.69	1:37.89	1:25.59	1:36.49
115-116	8&U	25 Back	-----	-----	-----	-----
117-118	10&U	50 Back	38.09	43.69	38.29	43.89
119-120	8&U	50 Breast	41.99	48.29	42.19	48.49
121-122	10&U	100 Breast	1:33.39	1:46.99	1:31.79	1:45.99
123-124	8&U	100 Medley Relay	-----	-----	-----	-----
125-126	10&U	*100 Medley Relay	-----	-----	-----	-----
127-128	8&U	100 Free	1:11.89	1:21.89	1:10.79	1:20.59
129-130	10&U	200 IM	2:55.99	3:19.89	2:55.29	3:18.89

\* THESE EVENTS ARE NOT RECOGNIZED BY USA SWIMMING AND FLORIDA SWIMMING  
AND ARE ONLY INCLUDED IN THIS MEET FOR THE PURPOSES OF HAVING FUN

**MASTER ENTRY FORM  
2009 FLORIDA SWIMMING SHORT COURSE  
"B" CHAMPIONSHIP - WEST**

**COURSE: 25 YARD  
DATE OF MEET: DECEMBER 5-6, 2009**

TEAM NAME \_\_\_\_\_ CALL \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

COACH \_\_\_\_\_ LSC \_\_\_\_\_

HOME PHONE \_\_\_\_\_ OFFICE PHONE \_\_\_\_\_

**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.

NAME OF COACH	TEAM
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA-S Coach Members, and that I am a current USA-S registered Non-athlete member.

Signature (MUST be a USA-S member)	Team	Date
_____	_____	_____

**ENTRY DEADLINE**

**Entries must be received by Wednesday, November 25, no later than 5:00 p.m..**

Email to [swimresultsbytrg@aol.com](mailto:swimresultsbytrg@aol.com) and mail paper and HY Tek Export entries to:

**Eva Gronke  
3534 Chessington Dr.  
Land O'Lakes, FL 34638**

**FINANCIAL RECAP**

WE HAVE ENTERED THE FOLLOWING:

Total number of swimmers entered	_____	
Women's individual events	_____	at \$ 2.50 each = \$ _____
Men's individual events	_____	at \$ 2.50 each = \$ _____
Women's relay events	_____	at \$ 4.00 each = \$ _____
Men's relay events	_____	at \$ 4.00 each = \$ _____
Facility surcharge	_____	at \$ 5.00 each = \$ _____

TOTAL ENTRY FEES PAID = \$ \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: St. Petersburg Aquatics**