

2010 AREA 3 – 5 CHAMPIONSHIPS

March 19th through 21st, 2010

Selby Aquatic Center

- Sanctioned By: Florida Swimming of USA Swimming # 5054
- 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: Sarasota YMCA Sharks swim team
- Type of Meet: Outdoor, 25 Yard – dual 8 or 10 lane courses (or 8/10) may be used for each session depending on entries received
 Timed Finals (8 & Under, 10 & Under, and 9 & 10 Age Groups)
 Prelims, Finals (Consolation & Championship – 11 & 12, 13 & 14, 15 – 18, and Senior)
 Championship Finals will be followed by Consolation Finals for 11 & over's
 The 500 Free, 400 IM, 1000 Free, and all Relays will be swum as timed final events in prelims (except for fastest heat of each gender in the 1000 freestyle which will be swum during finals).
 All relays will be conducted as timed final events and swum in preliminaries
 Meet management may opt to use fly-over starts at this competition
- Dates & Times: Friday, March 19th: 3:30 pm warm-up; 5:00 pm session start
 Saturday, March 20th & Sunday, March 21st:
 Morning Sessions: 7:00 am warm-up; 8:00 am session start
 Afternoon Sessions: warm-up - 45 min. prior to start; session start no earlier than 12 noon
 Finals Sessions: Saturday - 3:30 pm warm-up; 4:30 pm session start
 Sunday - 3:00 pm warm-up; 4:00 pm session start
- Location: Selby Aquatic Center
 8301 Potter Park Drive
 Sarasota, FL 34238
 Directions to Pool at <http://sysharks.org/map.html>
- SYS Official Host Hotel: **HOLIDAY INN EXPRESS – SIESTA KEY/SARASOTA**
 6600 South Tamiami Trail (US 41)
 Sarasota, Florida 34231 (3 miles from the pool)
(941) 924-4900 and ask for “**Sharks Swim Rate**”.
 Stay includes bagged “breakfast to go” for early morning swimmers and a \$25 charge for the option of Sunday 4pm checkout for all finals swimmers.
- Pool Specifications: Water depth at the competition starting and turn end is a minimum of 5 feet, 0 inches.
 Outdoor, short course yards
 Certified 25 yard, 26 lane pool
 8 or 10 lane courses may be used for each session depending on entries received
 Kiefer, non-turbulent lane lines; KDI Paragon starting blocks
- Timing Equipment: Stop watches
 Colorado Automatic Timing, pads & buttons
 Computer scoring
 Colorado Timing Score Board
- Warm-up: Friday, March 19th: 3:30 pm warm-up
 Saturday, March 20th and
 Sunday, March 21st:
 Morning Sessions: 7:00 am warm-up
 Afternoon Sessions: warm-up - 45 min. prior to start; session start no earlier than 12 noon
 Finals Sessions: Saturday - 3:30 pm warm-up
 Sunday - 3:00 pm warm-up
 * 25 yard, 8 lane warm up/warm down available during meet

Eligibility: Open to all currently registered USA Swimming swimmers in Areas 3 and 5 only who have not achieved a current JO or Senior Champs qualifying time standard 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 standard for that event will not be allowed to swim in that event.

Entry Limit: Limited to 3 individual events per day plus Relays
 Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the day
 Teams - No limit on relay teams, but please designate as A, B, C, etc.

Seeding: Use 25 Yard Short Course times. Conversions, using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes.

Scratch Penalty: Prelims: No penalty for scratching on the block in prelims with the exception of deck seeded distance events.

Distance events (500 Free, 400 IM and 1,000 Free) will require an athlete to positively check in to compete in that event. If an athlete checks in to compete in to positively swim and then does NOT show for that event, a penalty will then be in effect for that athlete's next individual event.

Finals: Any swimmer who competes in a preliminary heat and qualifies as one of the finalists, as originally seeded, must swim in that event's final; or must notify the clerk of course that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers. Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within 30 minutes of their last preliminary event of the day. Any swimmer seeded in a final who fails to swim that event will be barred from his/her next individual event in which he/she is entered on that day or the next day of the meet, whichever is first, unless excused by the meet referee because of illness or injury. A swimmer not originally qualified for finals who is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final.

Scratches must be done individually. Team scratches will not be accepted.

Alternates wishing to swim in an open lane in finals must be standing at the starter's stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer. The fastest swimmer from the consolation heat will be moved into championship finals and an alternate into consolation finals.

Entries: **Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format.** A signed hard copy printout is acceptable as proof of entry in place of the enclosed entry forms. **Disk or e-mailed entries must be accompanied by a backup hard copy of the entry. Free text e-mail entries will not be accepted.** List all attending coaches, and contact phone numbers in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file. If using the enclosed Entry Form, the form will serve as proof of entry. The legal name and current USA Swimming Registration Number for each swimmer must be listed on the Entry Form. The Master Entry Form must accompany the proof of entries and a current USA Swimming Member must sign the form.

Deck Entries Deck entries may be accepted by the Meet Referee or his/her designee, up to **45** minutes before the start of the session under the following conditions:

- * Swimmers must meet all other standard requirements of the meet.
- * Entry & meet fees must be paid at time of entry (\$10.00/individual)
- * A swimmer may not scratch an event to deck enter an event.
- * A swimmer may only deck enter an event that has an existing empty lane, no new heats will be established.

- Entry Fee: 10 & Under Events: **\$3.00** per individual event; **\$5.00** per Relay
 11 & Over Events: **\$4.00** per individual event; **\$8.00** per Relay
 Facility Fee: **\$7.50** per swimmer
 Entry fees must accompany entries. Entries will not be accepted without payment.
- Entry Deadline: All entries must be received by **6:00 pm on Wednesday, March 10th, 2010**
 No phone or fax entries accepted, we recommend Express Mail or other rapid mail service.
- Mail Entries to: Sherwood Watts E-mail Hy-Tek entries to: **swatts@sarasota-ymca.org**
 c/o Sarasota YMCA Sharks
 8301 Potter Park Drive
 Sarasota, FL 34238
 (941) 922-9622
Make checks payable to: SARASOTA YMCA SHARKS
- Officials: Meet Referee: Allen Hillman
 Administrative Referee: Angela Caldwell
 Starter: Mark Davis
 Head Stroke & Turn: Peter Hegwein
 Marshall: Randy Averett
 Meet Manager: Sherwood Watts
- Scoring: No Individual or Team Scoring
- Awards: Age Group Events: Medals - 1st thru 3rd Place
 Ribbons - 4th thru 10th Place
 Heat Winner Ribbons for 10 & Under Events
 Senior Events: Ribbons - 1st thru 10th Place
 Relay Events: Ribbons - 1st thru 10th Place
- Team Representative: Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. For each team, the coach and that person only will be recognized.
- 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. ***NO SPECTATOR, 18 & OVER, WILL BE ADMITTED INTO THE SELBY AQUATIC FACILITY WITHOUT SHOWING A PHOTO ID (i.e. Drivers License) - This is YMCA Policy for your children's safety. COACHES PLEASE INFORM YOUR SWIM PARENTS.**
- For Information: SARASOTA SHARKS OFFICE (941) 922-9622 Sherwood Watts or Steve Brown
- Rules: Current USA Swimming Rules & Regulations will govern.
- Disabilities: Please notify the Meet Manager or Meet Referee PRIOR to the meet if you have an athlete with a disability and let us know how we can assist the athlete. It is the coach's and/or athlete's responsibility to notify meet management prior to the meet.
- Spectator Seating: Spectators will NOT be allowed on the competition pool deck. Spectator seating will be clearly designated.

WARM-UP SCHEDULE

NO EQUIPMENT PERMITTED

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.

- The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

General Warm Up (Start of warm-up period until the last half-hour)

Lane(s)

| | |
|---|--|
| 1 | Pace 50s - push off – circle swimming |
| 2 | Racing Starts - one way only |
| 3 | Swimming and pulling only – push off - circle swimming |
| 4 | Swimming and pulling only – push off - circle swimming |
| 5 | Swimming and pulling only – push off - circle swimming |
| 6 | Swimming and pulling only – push off - circle swimming |
| 7 | Swimming and pulling only – push off - circle swimming |
| 8 | Pace 50s - push off – circle swimming |

Controlled Warm Up (Last half-hour of warm-up period)

Lane(s)

| | |
|---|--|
| 1 | Pace 50s - push off – circle swimming |
| 2 | Racing Starts - one way only |
| 3 | Swimming and pulling only – push off - circle swimming |
| 4 | Swimming and pulling only – push off - circle swimming |
| 5 | Swimming and pulling only – push off - circle swimming |
| 6 | Racing Starts - one way only |
| 7 | Racing Starts - one way only |
| 8 | Pace 50s - push off – circle swimming |

Order of Events

Friday, March 19, 2010

Warm-up 3:30 pm

Timed Finals 5:00 pm

| EVENT # | AGE | EVENT | NOTE |
|---------|------------|----------|------|
| 1-2 | Senior | 25 Free | * 4 |
| 3-4 | 10 & Under | 200 Free | |
| 5-6 | 11 & 12 | 500 Free | * 1 |
| | 13 & 14 | 500 Free | * 1 |
| | 15-18 | 500 Free | * 1 |
| | Senior | 500 Free | * 1 |
| 7-8 | 10 & Under | 200 IM | |
| 9-10 | 11 & 12 | 200 IM | |
| 11-12 | 13 & 14 | 400 IM | * 2 |
| | 15-18 | 400 IM | * 2 |
| | Senior | 400 IM | * 2 |

Saturday, March 20, 2010

Warm-up 7:00 am

Prelims 8:00 am

Finals 4:30 pm

| EVENT # | AGE | EVENT | NOTE |
|---------|---------|------------------|------|
| 13-14 | 11 & 12 | 50 Free | |
| 15-16 | 13 & 14 | 50 Free | |
| 17-18 | 15-18 | 50 Free | |
| 19-20 | Senior | 50 Free | |
| 21-22 | 11 & 12 | 50 Breast | |
| 23-24 | 13 & 14 | 100 Breast | |
| 25-26 | 15-18 | 100 Breast | |
| 27-28 | Senior | 100 Breast | |
| 29-30 | 11 & 12 | 100 Back | |
| 31-32 | 13 & 14 | 200 Back | |
| 33-34 | 15-18 | 200 Back | |
| 35-36 | Senior | 200 Back | |
| 37-38 | 11 & 12 | 200 Medley Relay | |
| 39-40 | 13 & 14 | 200 Medley Relay | |
| 41-42 | Senior | 200 Medley Relay | |
| 43-44 | 11 & 12 | 100 Fly | |
| 45-46 | 13 & 14 | 100 Fly | |
| 47-48 | 15-18 | 100 Fly | |
| 49-50 | Senior | 100 Fly | |
| 51-52 | 11 & 12 | 100 IM | |
| 53-54 | 13 & 14 | 200 IM | |
| 55-56 | 15-18 | 200 IM | |
| 57-58 | Senior | 200 IM | * 6 |
| 59-60 | Senior | 1000 Free | * 3 |

Saturday, March 20, 2010

Warm-up 45 min. prior to PM session

Timed Finals not before Noon

| EVENT # | AGE | EVENT | NOTE |
|---------|------------|------------------|------|
| 61-62 | 9 & 10 | 25 Fly | * 4 |
| 63-64 | 8 & Under | 25 Free | * 4 |
| 65-66 | 9 & 10 | 50 Free | |
| 67-68 | 8 & Under | 25 Breast | * 4 |
| 69-70 | 9 & 10 | 50 Breast | |
| 71-72 | 8 & Under | 50 Back | |
| 73-74 | 9 & 10 | 100 Back | |
| 75-76 | 8 & Under | 100 Medley Relay | |
| 77-78 | 10 & Under | 100 Medley Relay | |
| 79-80 | 8 & Under | 50 Fly | |
| 81-82 | 9 & 10 | 100 Fly | |
| 83-84 | 8 & Under | 100 IM | * 5 |
| 85-86 | 9 & 10 | 100 IM | |
| 87-88 | 9 & 10 | 25 Free | * 4 |

Sunday, March 21, 2010

Warm-up 7:00 am

Prelims 8:00 am

Finals 4:00 pm

| EVENT # | AGE | EVENT |
|---------|---------|----------------|
| 89-90 | 11 & 12 | 200 Free |
| 91-92 | 13 & 14 | 200 Free |
| 93-94 | 15-18 | 200 Free |
| 95-96 | Senior | 200 Free |
| 97-98 | 11 & 12 | 50 Back |
| 99-100 | 13 & 14 | 100 Back |
| 101-102 | 15-18 | 100 Back |
| 103-104 | Senior | 100 Back |
| 105-106 | 11 & 12 | 200 Free Relay |
| 107-108 | 13 & 14 | 200 Free Relay |
| 109-110 | Senior | 200 Free Relay |
| 111-112 | 11 & 12 | 100 Breast |
| 113-114 | 13 & 14 | 200 Breast |
| 115-116 | 15-18 | 200 Breast |
| 117-118 | Senior | 200 Breast |
| 119-120 | 11 & 12 | 100 Free |
| 121-122 | 13 & 14 | 100 Free |
| 123-124 | 15-18 | 100 Free |
| 125-126 | Senior | 100 Free |
| 127-128 | 11 & 12 | 50 Fly |
| 129-130 | 13 & 14 | 200 Fly |
| 131-132 | 15-18 | 200 Fly |
| 133-134 | Senior | 200 Fly |





Sunday, March 21, 2010

Warm-up 45 min. prior to P.M. session

Timed Finals not before Noon

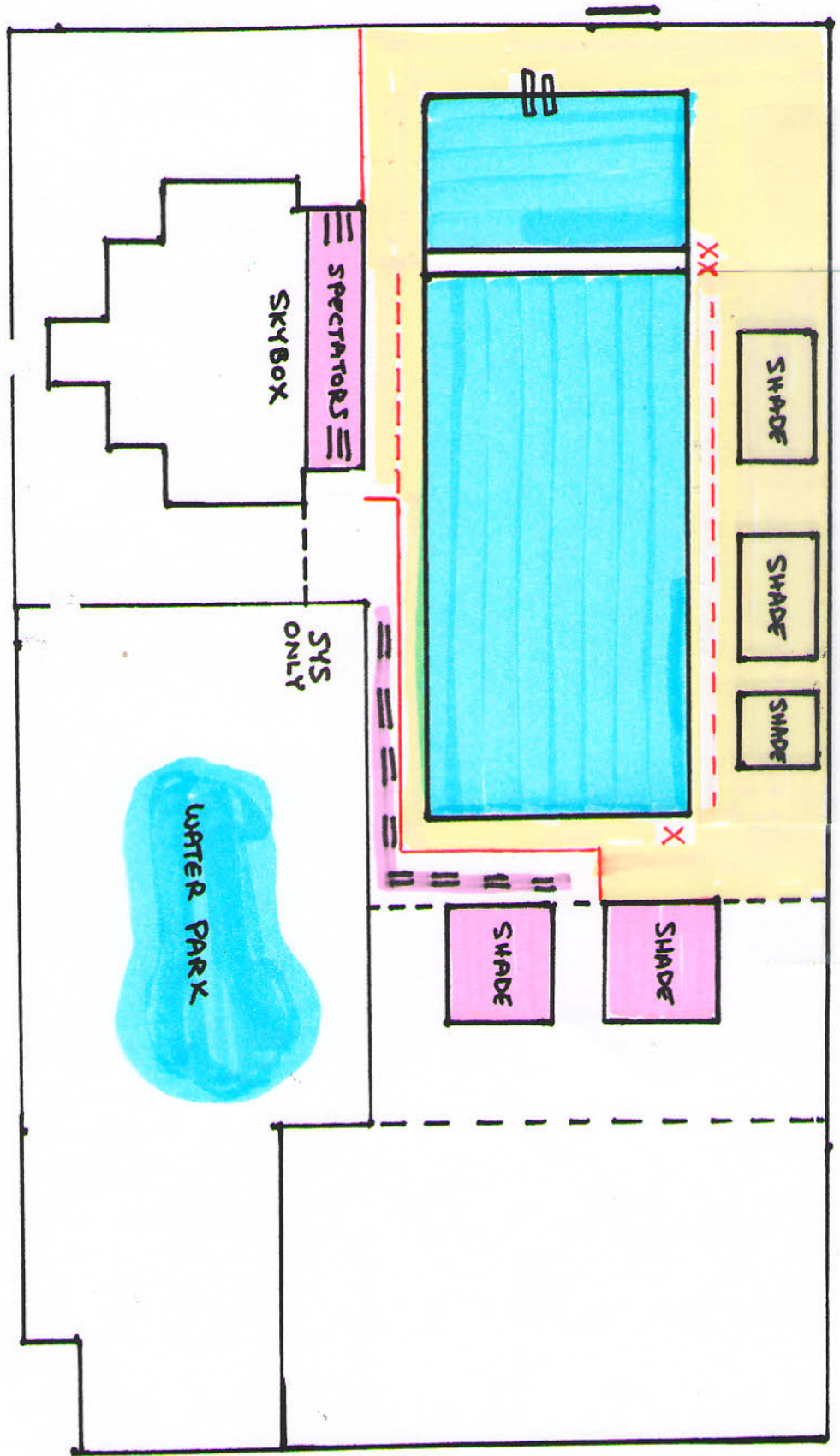
| EVENT # | AGE | EVENT | NOTE |
|---------|-----------|----------------|------|
| 135-136 | 9 & 10 | 25 Back | * 4 |
| 137-138 | 8 & Under | 50 Free | |
| 139-140 | 9 & 10 | 100 Free | |
| 141-142 | 8 & Under | 50 Breast | |
| 143-144 | 9 & 10 | 100 Breast | |
| 145-146 | 8 & Under | 100 Free Relay | |
| 147-148 | 9 & 10 | 100 Free Relay | |
| 149-150 | 8 & Under | 25 Back | * 4 |
| 151-152 | 9 & 10 | 50 Back | |
| 153-154 | 8 & Under | 25 Fly | * 4 |
| 155-156 | 9 & 10 | 50 Fly | |
| 157-158 | 9 & 10 | 25 Breast | * 4 |

- * 1 All **500 Freestyles** will be deck seeded and swum together fastest to slowest by gender regardless of age, and results will be posted separately by age group. All swimmers must check in by **4:00 p.m.**
- * 2 All **400 IMs** will be deck seeded and swum together fastest to slowest by gender regardless of age, and results will be posted separately by age group. All swimmers must check in by **4:30 p.m.**
- * 3 All **1000 Freestyles** will be deck seeded and swum fastest to slowest by gender, and may be limited to two heats each. All swimmers must check in by **8:00 am and provide their own timer and counter. The fastest seeded heat of each gender will swim during the finals session as a timed final – however, swimmers may have the option during the check-in period to swim in the morning session.**
- * 4 Not a recognized Florida Swimming event for this age group.
- * 5 Coaches please do not enter swimmers who are not strong enough for 4 lengths of the pool...thanks.
- * 6 There will be a 10 minute break between events 57-58 and the beginning of the 1000s.

-  SOLID FENCE LINE
-  ROPE
-  SWIMMERS + COACHES ONLY
-  SPECTATOR SEATING

GRASS PARKING LOT

ENTRY



ADD'L
PARKING



MAIN LOT (NO PARKING)

ENTRANCE

N