



TREASURE COAST AQUATICS H₂O ZONE SUMMER LONG COURSE MEET

- Sanction by: Florida Swimming of USA Swimming # 4045
In granting this sanction it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.
- Condition of Sanction: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Use of audio or visual recording devices, including a cell phone is permitted only in designated areas.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.
- 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: Age Group, 50 Meter, Long Course, Timed Finals
- Host: Treasure Coast Aquatics Swim Team
- Date and Time: **Friday, June 9th, Saturday June 10th, and Sunday June 11th, 2017**
Friday evening session will start at 5:00 PM.
Morning sessions begin at 8:30 AM.
Afternoon sessions will not begin before 11:00 AM.
- Warm up: **One hour prior** to start of Friday evening and Morning sessions;
Guarantee of 60 minutes prior to start of the afternoon sessions.
- Location: **Sailfish Splash Waterpark** - 931 SE Ruhnke St, Stuart, FL 34994
- Pool Specs: Eight lane, 50-meter, outdoor heated/chilled pool, non-turbulent lane lines. Water depth at the competition-starting end is a minimum of 7 feet and the turn end is a minimum of 12 feet. Separate six-lane 25-yard heated/chilled pool available for warm up and warm down.
- Timing System: Colorado Electronic Timing Equipment with Electronic Display
- Eligibility: Open to all USA Swimming registered swimmers. Limited to first 450 swimmers. Registered swimmers and teams from foreign countries are welcome. On deck registration not allowed.



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- Seeding:** 50-meter times will be used for seeding purposes. Conversions may be made using the formula in the current Florida Swimming Handbook or by the standard computer software used to prepare your entry.
- Friday night events will be seeded fastest to slowest. Saturday and Sunday events will be seeded slowest to fastest.
- Distance Events:** There will be no positive check-in, however we appreciate coaches notifying the meet referee of any known no shows so that we may combine heats if possible.
- Scratches:** No penalty for scratches on the block.
- Entry Limit:** Swimmers may enter five (6) individual events per day and unlimited relays.
- Awards:**
- **Team Awards:** 1st - 3rd Place
 - **High Point Awards:** 1st – 3rd place Male and Female in each age group
 - **Ribbons 12&Under only**
 - Individual Events:** 1st- 8th Ribbons;
 - Relays:** 1st - 3rd Ribbons;
 - Heat Winner ribbons
- Scoring:** **Individual:** 9-7-6-5-4-3-2-1; **Relays:** 18-14-12-10-8-6-4-2
Scored age groups will be 8&Under, 9-10, 11-12, 13-14, Senior
- Rules:** Current USA Swimming Rules & Regulations will govern. Safety rules, as outlined by USA Swimming and as recommended by the Head Marshal, will be in effect during all warm-up periods and in all warm-up/warm-down areas. The USA Swimming “no recall” start will be used as outlined in 101.1.3B. Fly-over starts will be used at the discretion of the head referee. Meet Management reserves the right to cancel relays in accordance with the 4 hour rule.
- Entry Forms:** Entries must be in USA Swimming SDIF format. Sent by email using Hy-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant.
- Preferred:** Entries will be accepted via electronic mail. You may e-mail entries to: tcaswimclub@gmail.com Free text email will not be accepted.
- Please list all attending coaches and contact phone numbers in the body of the email. Email confirmation will be sent upon receipt of the file. A signed hard copy printout also serves as proof of entry. The legal name and current USA Swimming registration number for each swimmer must be listed on the entry file, including “relay only” swimmers.
- Deck Entries:** Deck entries are to be submitted to meet management no later than 45 minutes prior to the start of each session. The fee for deck entries is \$10.00 per event. If the swimmer is not already in the meet, the \$10.00 facility fee is also due. Fees



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must be paid at the time the entry is made. Deck entries will be accepted only if there are open lanes in the desired event. Swimmers must still comply with the maximum per session entry limit and other eligibility requirements. Swimmers may not scratch an event in order to deck enter a new event. Proof of USA Swimming registration must be met.

- Entry Fees: \$10.00 per swimmer Facility Fee; \$4.00 per individual event, \$5.00 per relay. \$50.00 **additional fee** if team **does not** enter the meet using the Hy-Tek format. Checks payable to: **TREASURE COAST AQUATICS**
- Entry Deadline: **Entries must be received by TUESDAY, May 30th, 2017 at 5PM.**
Email entries (preferred) to: tcaswimclub@gmail.com
- Information: Meet Director: Pat Toner – Head Coach, Treasure Coast Aquatics
772-678-6061 Email: tcaswimclub@gmail.com
- Meet Committee: A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.
- Representative: Prior to the start of the meet, the name of the team representative, other than the Head Coach, must be given to the Head Referee. Only the Coach and the team representative will be recognized. A certified USA Swimming member coach must represent all swimmers. The coach must show proof of membership before their swimmers compete in any event.
- Identification: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous manner, on their person, at all times while on deck during the meet or be able to prove current USA-S membership on Deck Pass.
- Officials: Meet Referee: Joe Glennon
Head Starter Jim Chemel
Head Stroke and Turn: David Weller, Al Ragl
Admin Official: Matt Stoneburg
Head Marshall: TBD
- All currently certified and apprentice USA Swimming officials are cordially invited to participate. All officials must be registered with USA Swimming and FL Swimming for 2017 and be current with Athlete Protection Training & Background Check acknowledged by USA Swimming
- Uniform for officials will be white polo shirt and navy shorts, slack or skirt (as appropriate) and white closed toe shoes. Sunscreen, hats, and raingear as necessary.
- Any officials wishing to help with the meet, please email Joe Glennon at joeglennon@comcast.net
- Coach Supervision: A current coach member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. An unattached athlete or an athlete not escorted by a coach member



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must check in with the meet referee upon arrival at the meet. Such athletes must find a substitute coach who will supervise him/her during warm-up and competition and must submit the enclosed alternate coaches form (signed) to the Referee.

- Conduct: Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is Prohibited.
- Camera Zones: Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn end of competition course when not in use as a "start-end." Etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at each end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.



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WARM UP SCHEDULE

<u>LANE FIRST 1/2 HOUR-General Warm-up</u>		<u>SECOND 1/2 HOUR-Controlled Warm-up</u>
1	Push off 50's pace (circle swimming)	Push off 50's pace (circle swimming)
2	Swimming and pulling only (push off)	Racing start, one length only
3	Swimming and pulling only (push off)	Swimming and pulling only (push off)
4	Swimming and pulling only (push off)	Swimming and pulling only (push off)
5	Swimming and pulling only (push off)	Swimming and pulling only (push off)
6	Swimming and pulling only (push off)	Racing start, one length only
7	Swimming and pulling only (push off)	Racing start, one length only
8	Push off 50's pace (circle swimming)	Push off 50's pace (circle swimming)

- ❖ **NO EQUIPMENT IS TO BE USED DURING WARM-UP**
- ❖ **NO RACING STARTS IN WARM UP OR WARM DOWN Pool**
- ❖ **AT ALL TIMES DURING THE WARM-UP SWIMMERS MUST ENTER THE WATER FEET FIRST WITH ONE HAND ON THE DECK INCLUDING WHEN SWIMMERS ARE NOT DOING A RACING START**

**DIRECTIONS: SAILFISH SPLASH WATERPARK
931 SE Ruhnke St, Stuart, FL 34994**

From FL Turnpike: **Exit 133 Palm City/Stuart**
Straight (North - thru light) on **Martin Downs Blvd** for 4 miles. (Over Palm City bridge road changes name to Monterey Rd)
Right (South) on to **Willoughby Blvd**. Aquatics Center will be on the left.

From I-95: Exit 101 SR 76.
North on **SR76 (Kanner Hwy)** - 3.5 miles
Right (East) on to **Indian St** - 0.5 miles.
Left (North) on to **Willoughby BLVD** - ½ mile. Aquatics Center will be on the right.



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TCA H2O Zone Summer Open Long Course Swim Meet

Order of Events

Scoring will be by age group based on the swimmers age, regardless of the event swum.

Scored age groups will be 8&U, 9-10, 11-12, 13-14, and 15&Older

Session 1: Friday, June 9th, 2017

Girls	Boys	Age Group	Event
1	2	Open	400 Free
3	4	12 & Under	200 IM
5	6	13 & Older	400 IM
7	8	11 & Older	800 Free

Note: Events #1-8 will be swum fastest to slowest. #9-60 will be swum slowest to fastest

MORNING SESSIONS:

Session 2: Saturday June 10th, 2017

Girls	Boys	Age Group	Event
9	10	12 & Under	200 Free
11	12	12 & Under	100 Back
13	14	12 & Under	50 Fly
15	16	12 & Under	100 Breast
17	18	12 & Under	50 Free
19	20	12 & Under	200 M. Relay

Session 4: Sunday June 11th, 2017

Girls	Boys	Age Group	Event
35	36	12 & Under	50 Back
37	38	12 & Under	100 Fly
39	40	12 & Under	50 Breast
41	42	12 & Under	100 Free
43	44	12 & Under	200 Free Relay

AFTERNOON SESSIONS:

Session 3: Saturday June 10th, 2017

Girls	Boys	Age Group	Event
21	22	13 & Older	50 Back
23	24	13 & Older	200 Free
25	26	13 & Older	100 Fly
27	28	13 & Older	200 Back
29	30	13 & Older	100 Breast
31	32	13 & Older	50 Free
33	34	13 & Older	200 M. Relay

Session 5: Sunday June 11th, 2017

Girls	Boys	Age Group	Event
45	46	13 & Older	50 Fly
47	48	13 & Older	200 IM
49	50	13 & Older	100 Free
51	52	13 & Older	200 Breast
53	54	13 & Older	100 Back
55	56	13 & Older	200 Fly
57	58	13 & Older	50 Breast
59	60	13 & Older	200 Free Relay



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MASTER ENTRY FORM

TEAM NAME _____ CALL LETTERS _____

ADDRESS _____

COACH _____ PHONE _____

Swimmers/Coach Registration

I certify that all individuals listed on the attached 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 USA Swimming listed member coaches will be on deck supervising during warm-up and competitive sessions at the meet.

Name of Coach: _____

Team: _____

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

Signature (must be USA Swimming Member)

Date

Entries must be received by Tuesday, May 30th, 2017

E-mail entries to (Preferred): tcaswimclub@gmail.com

Mail entries (No signature required) to:

Pat Toner
H2O Zone Winter Open Invitational
1909 SW Winners Drive
Palm City, FL 34990
772-678-6061

Financial Recap

We have entered the following:

Total Swimmers	@ \$10.00
Individual Events	@ \$4.00
Relays	@ \$5.00
Hy-tek Fee (team <i>not</i> using Hy-tek)	\$50.00
Total Fees Paid	_____ \$



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Alternate Coaches Form

The following swimmers are entered in the meet and are attending without a coach:

Swimmers Name	USAS ID #	Team	Age

I am a certified coach of USA Swimming in good standing and I agree to coach the above named swimmer(s) during all warm-ups and competitions in which they participate in during this meet.

Signature: _____

Print Name: _____

Coaches Team: _____