

2009 SARASOTA YMCA TOM HERRINGTON INVITATIONAL
NOVEMBER 20, 21, 22, 2009
SANCTIONED BY: FLORIDA SWIMMING OF USA SWIMMING: # 4951
HOSTED BY: SARASOTA YMCA SHARKS SWIM TEAM

CONDITION of Sanction: The competition course has been certified in accordance with 104.2.2C(\$). The copy of such certification is on file with WUS Swimming

TYPE OF MEET: Timed Finals for all age groups fastest to slowest.

DATE & TIME: Friday, Nov. 20, 5:30pm – Timed Finals
Saturday, Nov. 21, 8:30am – Second session will not begin before 12:00 noon.
Sunday, Nov. 22, 8:30am – Second session will not begin before 12:00 noon.

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

POOL SPECS: Certified, outdoor, heated, 2 x 25 yard courses, if needed. The size of the meet, by age group and/or gender, will determine the pool configuration, 8/8, 8/10. or one 10 lane course. Depth is 5 ft to 12 ft

TIMING & SCORING: Colorado Automatic Time Systems with scoreboard.

WARMUP PROCEDURES See separate page for warm-up schedule on the course.

ELIGIBILITY: Open to all USA Swimming registered swimmers, with a current registration number. The meet director reserves the right to limit the entries in order to insure each session is four hours or less.

SEEDING: Short course, 25 yard times will be used for seeding. Conversions allowed using the formula in the 2009 Florida Swimming Handbook, Standing Rules and Regulations.

SCRATCHES: No penalty for scratches on the block except in deck seeded events. Any swimmer entered and seeded in a deck seeded event, must swim that event. Failure to do so will result in being scratched for the next event in which he/she is entered on that day or the next day, which ever is first. Deck seeded events close for seeding at the specified times in the order of events. Check-in must be done with the clerk of the course prior to the listed check-in time to be seeded in that event. Any swimmer, properly entered in an event, who fails to check in for that event by the cutoff time, will be allowed to swim, if open lanes are available. No new heats will be formed.

ENTRY LIMIT: Swimmers will be limited to a maximum of (8) eight events for the meet with a maximum of (4) four events per day not including relays. Swimmers posting entries over the entry limit will be considered as entered in the first four events. No limit on relay entries, but each team should designate relay teams "A", "B", "C" etc.

DECK ENTRIES Deck Entries will be accepted by the referee in both individual and relays, provided that no new heats are created; that the swimmer does not exceed the permitted number of events. The fee is \$10.00 per individual and 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 on SDIF, Hy-Tek DISKETTE. The entry recap and coaching certification must also be completed and signed. Order of Events, Master Entry Form, Entry Forms and Proof of Registration attached. Manual entries will be accepted with a \$50.00 charge.

ENTRY FEE:

Individual Events	\$2.50
Relay Events	\$4.50
Pool surcharge per swimmer	\$5.00

ENTRY DEADLINE: All entries must be received by 6:00pm Tuesday, November 10th. Please mail by Express Mail, Federal Express, UPS Next Day, or other rapid mail service.

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

PHONE: (941) 922-9622 1331/1323

AWARDS: Individual Events 1st thru 3rd place Medals, 4th thru 8th Ribons

Relay Events 1st thru 8th place Ribbons 14 & under only. 15-16 & Senior will not receive awards for Relay events.

Heat winner ribbons for 10 & under & 8 & under
Age groups

High Point Awards 1st & 2nd place for all age groups

Team Awards 1st & 2nd place Awards. The host team is ineligible.

SCORING: Individual Events 9-7-6-5-4-3-2-1
Relay Events 18-14-12-10-8-6-4-2

RULES: 2009 USA Swimming rules will govern the competition. Safety rules, as outlined by U.S. Swimming and as recommended by the Head Marshall, will be in effect during all warm-up periods and in all warm-up areas. USA Swimming Championship no recall start procedures will be used as outlined in 102 14 4H.

TEAM REPRESENTATIVE: Prior to the start of the meet, one person other than the Coach, must give their name to the referee and that person will serve as your team representative.

COACHES & OFFICIALS: USA Swimming credentials must be visible at all times .

OFFICIALS: Head Referee: Dave Evenson
Administrative Referee: Rick Maglich
Starter: Mark Davis
Head Stroke & Turn: Kurt Lee
Marshal: Mike Bowers
Meet Manager: Sherwood Watts

The Sarasota YMCA Sharks welcome the assistance of all certified officials interested in serving at this meet. Please e-mail David Evenson at DavidEven@verizon.net to volunteer to help. Thank you!

ORDER OF EVENTS

<u>Friday, Nov. 20, 2009</u>	Warm-up 4:00 pm	Timed Finals 5:30 pm
1 – 2	13 & 14	1650 yd Freestyle ##
3 – 4	15 & 16	1650 yd Freestyle ##
5 – 6	Senior	1650 yd Freestyle ##
7 – 8	11 & 12	1000 yd Freestyle
9 – 10	10 & Under	500 yd Freestyle

All Friday Events will be swum multi gender (boy & girls together) fastest to slowest.

1650 events are timed final events, deck seeded and swum together, but scored by age group. Swimmers must check in by 4:30 pm to be seeded in events 1-6. Heats will be swum FASTEST to SLOWEST. These combined events will be scored separately.

<u>Saturday Nov. 21, 2009</u>	Warm-up 7:30am,	Meet Starts 9:00am
11 – 12	13 & 14	200 yd Individual Medley
13 – 14	15 & 16	200 yd Individual Medley
15 – 16	Senior	200 yd Individual Medley
17 – 18	13 & 14	100 yd Butterfly
19 – 20	15 & 16	100 yd Butterfly
21 – 22	Senior	100 yd Butterfly
23 – 24	13 & 14	50 yd Backstroke
25 – 26	15 & 16	50 yd Backstroke
27 – 28	Senior	50 yd Backstroke
29 – 30	13 & 14	100 yd Breaststroke
31 – 32	15 & 16	100 yd Breaststroke
33 – 34	Senior	100 yd Breaststroke
35 – 36	13 & 14	500 yd Freestyle ###
37 – 38	15 & 16	500 yd Freestyle ###
39 – 40	Senior	500 yd Freestyle ###
41 – 42	13 & 14	200 yd Backstroke
43 – 44	15 & 16	200 yd Backstroke
45 – 46	Senior	200 yd Backstroke
47 – 48	13 & 14	50 yd Breaststroke
49 – 50	15 & 16	50 yd Breaststroke
51 – 52	Senior	50 yd Breaststroke
53 – 54	13 & 14	100 yd Freestyle
55 – 56	15 & 16	100 yd Freestyle
57 – 58	Senior	100 yd Freestyle

This session will have all events swum together but scored separately.

Note The 500 Freestyle events, swimmers MUST check in by 8:30am to be seeded. Fastest to Slowest multi gender seeding (girls & boys will swim together). Two courses may be used depending on the size of the meet.

<u>Saturday Nov. 21, 2009</u>	Warm up 45 minutes prior to start, Meet will not start before 12:00 noon	
59 – 60	11 & 12	200 yd Free Relay
61 – 62	10 & Under	200 yd Free Relay
63 – 64	8 & Under	100 yd Free Relay
65 – 66	11 & 12	200 yd Individual Medley

67 – 68	10 & Under	200 yd Individual Medley
69 – 70	8 & Under	100 yd Individual Medley
71 – 72	11 & 12	50 yd Breaststroke
73 – 74	10 & Under	50 yd Breaststroke
75 – 76	8 & Under	50 yd Breaststroke
77 – 78	11 & 12	100 yd Freestyle
79 – 80	10 & Under	100 yd Freestyle
81 – 82	8 & Under	100 yd Freestyle
83 – 84	11 & 12	100 yd Butterfly
85 – 86	10 & Under	100 yd Butterfly
87 – 88	8 & Under	25 yd Butterfly
89 - 90	11 – 12	50 yd Backstroke
91 - 92	10 & Under	50 yd Backstroke
93 - 94	8 & Under	50 yd Backstroke
95 – 96	11 & 12	500 yd Freestyle###

Note The 500 Freestyle events, swimmers MUST check in by 12:30pm to be seeded. The 500 Free will be seeded fastest to slowest, multi gender, (girls & boys swimming together). Two courses may be used depending on the size of the meet.

Sunday Nov. 22 2009 Warm-up 7:00am

Meet Starts 8:30am

97 - 98	13 & 14	200 yd Freestyle
99 - 100	15 & 16	200 yd Freestyle
101 -102	Senior	200 yd Freestyle
103- 104	13 & 14	50 yd Butterfly
105 - 106	15 & 16	50 yd Butterfly
107 - 108	Senior	50 yd Butterfly
109 - 110	13 & 14	200 yd Breaststroke
111 - 112	15 & 16	200 yd Breaststroke
113 - 114	Senior	200 yd Breaststroke
115 – 116	13 & 14	400 yd Individual Medley #####
117 – 118	15 & 16	400 yd Individual Medley #####
119 – 120	Senior	400 yd Individual Medley #####
121 - 122	13 & 14	100 yd Backstroke
123 - 124	15 & 16	100 yd Backstroke
125 - 126	Senior	100 yd Backstroke
127 - 128	13 & 14	200 yd Butterfly
129 - 130	15 & 16	200 yd Butterfly
131 - 132	Senior	200 yd Butterfly
133 - 134	13 & 14	50 yd Freestyle
135 - 136	15 & 16	50 yd Freestyle
137 - 138	Senior	50 yd Freestyle

This session will have all events swum together but scored separately.

Note The 400 Individual Medley events, swimmers MUST check in by 8:30am to be seeded. The 400 IM will be seeded fastest to slowest – multi gender seeding, (girls & boys swim together) two courses may be used depending on the size of the meet.

Sunday Nov. 22, 2009 Warm-up 45 minutes prior to Start, Meet will not start before 12:00 noon

139 – 140	11 & 12	200 yd Medley Relay
141 - 142	10 & Under	200 yd Medley Relay

143 - 144	8 & Under	100 yd Medley Relay
145 - 146	11 & 12	200 yd Freestyle
147 - 148	10 & under	200 yd Freestyle
149 - 150	8 & Under	25 yd Freestyle
151 - 152	11 & 12	100 yd Breaststroke
153 - 154	10 & Under	100 yd Breaststroke
155 - 156	8 & Under	25 yd Breaststroke
157 - 158	11 & 12	100 yd Backstroke
159 - 160	10 & Under	100 yd Backstroke
161 - 162	8 & Under	25 yd Backstroke
163 - 164	11 & 12	50 yd Butterfly
165 - 166	10 & Under	50 yd Butterfly
165 - 168	8 & Under	50 yd Butterfly
169 - 170	11 & 12	50 yd Freestyle
171 - 172	10 & under	50 yd Freestyle
173 - 174	8 & under	50 yd Freestyle

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.**