

# Trinity Prep Aquatics

## “2010 Orlando Open”

June 11-13, 2010  
Winter Park, Florida

- Sanctioned By:** Florida Swimming of USA Swimming – # 5141
- Type of Meet:** 50 Meter Course – All events are timed finals.
- Sponsored By:** Trinity Prep Aquatics, Trinity Preparatory School.
- Location:** Trinity Preparatory School Pool, 5700 Trinity Prep Lane, Winter Park, FL 32792
- Pool Specs:** 10 lane certified 50 Meter course with non-turbulent lane lines. Five lanes, 12.5 Meter continuous warm-up/down area.
- Pool & Timing:** Daktronics timing system and Hy-Tek Computer seeding and scoring will be used. The water depth at the competition meet starting end of the pool is 5 feet, 0 inches, turn end is 4 feet, 0 inches. The GalaxyPro™ light emitting diode (LED) Video Messaging Display by Daktronics set up for a 10 lane scoreboard will be used.

- Dates / Times:** **June 11-13, 2010**
- Session 1 -** Timed Finals 10 Lanes – Open Events.  
Warm-up – 3:00pm; Start – 4:00pm.
- Session 2 -** Timed Finals 10 Lanes – Open Events.  
Start immediately following session 1.
- Session 3 -** Timed Finals 10 Lanes – 13-14 & Open Relay Events.  
Warm-up – 7:00 am; Start – 8:30 am.
- Session 4 -** Timed Finals 10 Lanes – 13-14 & Open Events.  
Start immediately following Session 3.
- Session 5 -** Timed Finals 10 Lanes – 12U, 10U, 8U Relay events.  
Warm-up – Minimum 30 minutes before start; Start – not before 12:30 pm.
- Session 6 -** Timed Finals 10 Lanes – 12U, 10U, 8U events.  
Start immediately following Session 5.
- Session 7 -** Timed Finals 10 Lanes – 13-14 & Open Events.  
Warm-up –. 7:00 am; Start – 8:30 am.
- Session 8 -** Timed Finals 10 Lanes – 13-14 & Open Events.  
Start immediately following Session 7
- Session 9 -** Timed Finals – 800m Freestyle  
10 minutes after Session 7.
- Session 10 -** Timed Finals 10 Lanes – 12U, 10U Relay events.  
Warm-up – Minimum 30 minutes before start; Start – not before 12:30 pm.
- Session 11 -** Timed Finals 10 Lanes – 12U, 10U events.  
Start immediately following Session 9.

NOTE: Fly over starts may be used.

- Eligibility:** Open to all current USA Swimming registered athletes and foreign swimmers with proper travel credentials. Entries will close upon receipt of any team's entries that put any one session at the four hour limit.
- Disability:** Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
- Relays:** Each team may enter unlimited relays. An athlete may compete in a relay in their age group or in the Open category but not both in that relay event sequence.
- Seeding:** 50 Meter times will be seeded first followed by short course yards then short course meters. No conversions will be allowed.

- Entry Limit:** Five (5) individual events per day. Swimmers over-entered will be considered as entered in the first five (5) individual events of each day.
- Scratch Penalty:** No penalty for scratching on the block with the exception of deck seeded events. Any swimmer entered in a deck seeded event that has checked in for the event must swim the event unless he/she notifies the clerk of course before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer being 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.
- Entry Form:** **Entries in a Hy-Tek meet entry export file with associated printout should be emailed to [rbarron@eschoolsolutions.com](mailto:rbarron@eschoolsolutions.com).** Mailed and hand delivered disks will be accepted. Entries not submitted electronically either through email or diskette will be charged an additional \$50.00 fee. The current USA Swimming registration number must be listed on the hard copy of the meet entries or be in the Hy-Tek meet entry export file. Errors in entries submitted electronically are the responsibility of the applicant. **Submission of electronic entries certifies that all entered swimmers are USA Registered.**
- Entry Deadline:** Friday, June 4, 2010 @ 5:00 pm. Eastern – **Late Entries may be added if the heat sheet has not been printed.**  
Email entries to [rbarron@eschoolsolutions.com](mailto:rbarron@eschoolsolutions.com)  
Mail Entries to: Trinity Prep Aquatics  
c/o Rocco Aceto  
5700 Trinity Prep Lane  
Winter Park, FL 32792
- Entry Fee:** \$7.50 facility fee per swimmer, \$3.00 per individual event and \$5.00 per relay event. Deck entries are \$10.00 for each event plus the \$7.50 facility fee.
- Deck Entries:** Deck entries are to be submitted to the head referee no later than 30 minutes prior to the start of each session. The fee for deck entries is \$10.00 per individual event. If the swimmer is not already in the meet, the \$7.50 facility fee is also due. Deck entries will only be placed in empty lanes and heats will not be reseeded for deck entries. Swimmers must still comply with the maximum per session and per day entry limits and other eligibility requirements. Swimmers may not scratch an event to deck enter a new event. Proof of USA Swimming registration must be met.
- Distance Events:** 400 Free, 400IM and 800 Free are limited to the first 150 entries mixed male and female and will be swum as timed finals Fastest to Slowest mixed gender.  
**Positive Check in is required at least 30 minutes prior to the START of the meet.** If not scratched and swimmer does not show up, the swimmer will be barred from their next event.
- Officials:** *Meet Manager:* Rocco Aceto      *Starter:* Charles Travers      *Stroke and Turn:* Amy Mitchell, Dorlinda House  
*Head Referee:* Jeff Wright      *Head Marshall:* Rocco Aceto  
\* TPA welcomes the assistance of all certified officials interested in serving at this meet. Please contact us at 321-282-2558 to volunteer to help. Thank you.
- Rules:** Current USA Swimming Rules will govern the meet. "No Recall" starting procedures in effect. Safety rules as outlined by USA Swimming and recommended by the Referee will be in effect. Coaches & Officials shall wear their USA Swimming registration card in a conspicuous location while on deck at the meet.
- Awards:** Individual Events: 1<sup>st</sup> – 8<sup>th</sup> Ribbons: 14 & Under events. No Open Awards.  
Relay events: 1<sup>st</sup>-3<sup>rd</sup> Ribbons: 14 & Under events. No Open Awards  
NIKE T-shirts 1<sup>st</sup>-3<sup>rd</sup> for all Open 50m events.  
NIKE Back Pack for the winner of the 800 Free. No other Open awards.
- Scoring:** There will be no scoring for this meet.
- Concession:** Available All Sessions
- Info Update:** Call Rocco Aceto at 321.282.2558 or check for updates to meet information on the TPA web site. Time Lines and Psyche Sheets will be available the Tuesday prior to the meet at <http://www.tpaswim.org/hosted>.
- Coaches:** Rocco Aceto, Anne Marie Stricklin, Kary Goodman, Andrea Georoff, Jessica Miller, Bernie Guenther
- Supervision:** Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-up and competition by a current Coach member of USA Swimming. An unattached athlete or an athlete not escorted by a Coach member 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 Meet Referee.
- Team Rep:** Prior to the start of the meet, the name of another person other than the Coach who will check with the Referee about any matter pertaining to the meet must be given to the Referee. The Coach and that person only will be recognized.
- 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.

## ORDER OF EVENTS

**Key -**     **P** – Positive Check-in  
                   **T** – Timed Finals

**S** – Special Seeding – All Ages swum together and scored separately  
**F** – Swum Fasted to Slowest – Mixed Women and Men

Session 1				
Friday Warmups: 3:00pm, Start: 4:00pm				
Event No		Age Group	Stroke	Codes
1	2	Open	200 Medley Relay	T
3	4	Open	400 IM	P/S/T/F

Session 2				
Friday PM - Start immediately following Session 1				
Event No		Age Group	Stroke	Codes
5	6	Open	50 Fly	T
7	8	Open	50 Back	T
9	10	Open	50 Breast	T
11	12	Open	50 Free	T
13	14	Open	400 Free	P/S/T/F

Session 3				
Saturday AM Relay – Warmups: 7:00am, Start: 8:30am				
Event No		Age Group	Stroke	Codes
15	16	Open	200 Free Relay	T
17	18	13-14	200 Free Relay	T

Session 4				
Saturday AM - Start immediately following Session 3				
Event No		Age Group	Stroke	Codes
19	20	Open	100 Free	T
21	22	13-14	100 Free	T
23	24	Open	200 Breast	T
25	26	13-14	200 Breast	T
27	28	Open	100 Fly	T
29	30	13-14	100 Fly	T
31	32	Open	200 Back	T
33	34	13-14	200 Back	T

Session 5				
Saturday Relay - Start not before 12:30pm, 30 Minute warm-up				
Event No		Age Group	Stroke	Codes
35	36	12U	200 Free Relay	T
37	38	10U	200 Free Relay	T
39	40	8U	200 Free Relay	T

Session 6				
Saturday PM - Start immediately following Session 5				
Event No		Age Group	Stroke	Codes
41	42	11-12	100 Back	T
43	44	10U	100 Back	T
45	46	8U	**50 Back	T
47	48	11-12	100 Free	T
49	50	10U	100 Free	T
51	52	8U	50 Free	T
53	54	11-12	50 Breast	T
55	56	10U	50 Breast	T
57	58	8U	50 Breast	T
59	60	11-12	50 Fly	T
61	62	10U	50 Fly	T
63	64	8U	50 Fly	T

Session 7				
Sunday AM Warmups: 7:00am, Start: 8:30am				
Event No		Age Group	Stroke	Codes
65	66	Open	200 IM	T
67	68	13-14	200 IM	T
69	70	Open	100 Back	T
71	72	13-14	100 Back	T
73	74	Open	200 Fly	T
75	76	13-14	200 Fly	T

Session 8				
Sunday AM_2 - Start immediately following Session 7				
Event No		Age Group	Stroke	Codes
77	78	Open	100 Breast	T
79	80	13-14	100 Breast	T
81	82	Open	200 Free	T
83	84	13-14	200 Free	T

Session 9				
Sunday – Distance Session				
10 Minute Break before start of 800m Free				
Event No		Age Group	Stroke	Codes
85	86	Open	800 Free	P/S/T/F

Session 10				
Sunday Relay - Start not before 12:30pm, 30 Minute warm-up				
Event No		Age Group	Stroke	Codes
87	88	12U	200 Medley Relay	T
89	90	10U	200 Medley Relay	T

Session 11				
Sunday PM - Start immediately following Session 10				
Event No		Age Group	Stroke	Codes
91	92	11-12	200 IM	T
93	94	10U	200 IM	T
95	96	11-12	100 Breast	T
97	98	10U	100 Breast	T
99	100	11-12	200 Free	T
101	102	10U	200 Free	T
103	104	11-12	100 Fly	T
105	106	10U	100 Fly	T
107	108	11-12	50 Back	T
109	110	10U	50 Back	T
111	112	11-12	50 Free	T
113	114	10U	50 Free	T

- \* Odd Numbered Events are Female events and Even Numbered Events are Male Events. With the exception of the 400 Free, 400 IM and 800 Free with will be swum mixed gender.
- \* Positive Check-in events: **Positive Check in for events closes 30 minutes prior to the start of the Meet each day.**
- \* Relays for **event numbers 35-36 and 87-88** are ages 12 and under. This is to allow your relays to be completed with the lower aged athletes.
- \*\* **Event #45 and 46** will be started from the scoreboard end of the pool. All other 50 events will be started from the starting end of the pool.
- \* A timeline estimate will be emailed to the coach and available on our website at <http://tpaswim.org/hosted> for all entered teams after entries are complete.

**TRINITY PREP AQUATICS**  
**Alternate Coaches Form**  
**June 11-13, 2010**

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

Swimmer's Name	USA #	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 associated with this meet.**

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Coaches Team \_\_\_\_\_