



**Hosted by the Greater Pensacola
Aquatic Club**

UWF Aquatic Center

May 6 & 7

2015 SE GPAC FLIP FLOP INVITATIONAL

University of West Florida Aquatic Center

Pensacola, Florida

May 6-7, 2016

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc.

Held under the sanction of USA Swimming and Southeastern Swimming, Inc -

SANCTION NUMBER: 16SEGPAC5-6

SANCTION NUMBER FOR TIME TRIAL: 16SEGPAC5-6TT

HOSTED BY: Greater Pensacola Aquatic Club, Inc. 850/484-1312 www.gpacswimteam.org

LOCATION: The University of West Florida Aquatic Center
11000 University Parkway, Building 73, Pensacola FL 32514

DIRECTIONS:

From US 90 East or West - Turn North on University Parkway to end of the road and turn left, the UWF Aquatic Center is at top of hill on your right.

From I-10 East or West - Exit at Davis Hwy, go north to University Pkwy and turn left (3rd light from the east; 4th light from the west); take University Parkway North to end of the road and turn left. The UWF Aquatic Center is at top of hill on your right.

PARKING: Parking is available next to the gym (Lot B) and across the street next to the water tower (Lot J). Cars parked in driveways, drop-off circles, on the grass, or adjacent to the buildings near the pool are subject to being towed by the University Police at owner's expense. Please see page 6 for a map of the area.

FACILITIES: World class indoor 8-lane 50 meter competition pool with a 4 foot minimum depth and non-turbulent lane lines. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

An eight (8) lane course will be utilized during each session. Meet Director and Referee reserve the right to alter number of lanes utilized as necessary. The course will have fully automatic electronic timing provided by Colorado Timing System with HYTEK interface and an 8-lane scoreboard with lane/time/place display. Manual back-up will be used. A warm-down lane will be provided in the competition pool adjacent to the course on the side closest to the grandstands. Entry to the warm down lane will be at the deep end only. Coaches are asked to help direct their swimmers to comply with this requirement.

RULES: Current USA Swimming rules will govern the conduct of the meet unless otherwise noted herein.

SAFETY: In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and conduct themselves in a safe manner. Nobody will be allowed to climb on the diving boards for any reason. All swimmers and coaches are asked to remain on the pool deck and not climb the stairs to the skybox. Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course which is located at deck level between the locker rooms. **ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK AREA BEHIND**

THE STARTING BLOCKS. Coaches are asked to help control the crowded pool deck by asking the parents of their swimmers to stay away from the starting block area of the pool. Swimmers must enter the warm-down lanes feet first only. Swimmers are to be encouraged by their coaches and parents to remain in the spectator area until their events.

Please be advised that the Pensacola area is subject to severe weather and therefore delays during the meet when thunder storms and lightning are in the vicinity should be anticipated. The UWF aquatic facility has strict rules prohibiting swimming while thunder and lightning storms are in the vicinity and these rules will be followed at all times. If a lightning strike is recorded within 5 nm of UWF Aquatic Facility, swimming will be halted and will not resume until a 15 minute period absent of local lightning strikes has expired.

The use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, restrooms or locker rooms.

All changing of clothes must be done in changing areas, restrooms or locker rooms as “Deck Changes” are prohibited.

OFFICIALS: Meet Director: Philip Kraus (850) 316-1213 gpacswimcoach@gmail.com
Referee: Mary Anne Petruska 850-4852460 petruska@cox.net
Administrative Official: Rocky Parra gpac.meet.entires@gmail.com

ELIGIBILITY: All participants must be USA Swimming registered athletes. **No on-deck USA Swimming registration will be allowed at the meet.** Entries will not be accepted without 2016 registration numbers. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet.

DISABILITIES: Swimmers with disabilities are welcome and highly encouraged. Coaches with disabled swimmers are requested to complete the attached Information Form for Disabled Swimmers and return it with the entries in order to efficiently make swimmer accommodations prior to the start of the meet.

MEET FORMAT: This is a timed finals Long Course Meter meet. **All events will be swum fast to slow.** All events will be pre-seeded except for the 1500 Free, 800 Free, 400 Free, 400 IM, and Saturday's 10 & over 200 IM & 200 Free which will be heat limited and deck-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Sign-in deadlines will be 30 minutes prior to the session start for sessions I, III and IV. Fly over starts may be used. **Swimmers will be required to provide their own timers and counters for the 1500 and 800 events.**

WARM UP AND MEET START TIMES: **Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.** The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. There will be a 45 minute warm up prior to sessions I and III. Warm up sessions may be altered in order to provide sufficient warm up for all swimmers.

Friday	Warm-up	Competition
Session I (all ages)	4:00-4:30 PM CT	4:45 PM CT
Session II (12 & Over)	After Session I plus 30 min	approx 7:30 PM CT
Saturday		
Session III (all ages)	7:15-7:45 AM CT	8:00 AM CT
Session IV (12 & Over)	After Session III plus 30 min	approx 10:30 AM CT

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.

The Host Team reserves the right to modify the warm-up schedule and/or competition start times after entries have been processed and an estimated timeline has been determined.

ENTRIES: Teams who have HYTEK's Meet/Team Manager should submit their entries via e-mail. Entry forms must be completely filled out including the swimmers' best times for Long Course Meters. Please provide a written copy of entries with the event numbers and event description in published event order for verification purposes. Teams without "Team Manager" are encouraged to use Hytek's Team Manager Lite which is available free for download direct from Hytek via the following website: <http://www.hytek.com/downloads.html>

Otherwise, teams without "Team Manager" or other suitable Hytek product must use the enclosed entry forms and are subject to a **\$30.00 surcharge** for requiring manual entry processing. Entries are to be listed in long course meters or "NT".

All teams are asked to completely fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials affiliated with the team that are willing to serve as a meet official during the weekend. If possible, teams submitting their entries via email are asked to send their completed forms either by fax or as scanned documents attached to email. If these delivery methods are not available, the completed forms should be submitted by physical mail for prompt delivery.

Any teams with outstanding fees from previous GPAC meets WILL NOT have any entries accepted until ALL outstanding fees are paid.

ENTRY ERRORS: If due to GPAC's error, the swimmer will be deck entered into an open lane of the heat nearest his/her entry time or in a new heat. The entire event WILL NOT be re-seeded.

SCRATCHES: All scratches should be submitted to the Clerk of Course as soon as possible to identify open lanes for potential deck entries. The sign-in deadline for deck-seeded events is no later than 30 minutes prior to the scheduled start of each session. If the swimmer is not signed in by that time the swimmer will be scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events.

Any swimmer entered in an individual event that is seeded at the meet, and who has been signed in for the event, must swim the event unless he/she notifies the Clerk of Course before the seeding for that event has begun. Failure to swim the event will result in the swimmer being barred from the next individual event in which he/she is entered, whether it is that day or the next day.

LIMITS: Swimmers are limited to five (5) individual events per day, inclusive of time trials. The deck seeded events will be limited to a set number of heats per gender: the 1500 Free will be limited to 21-24 participants per gender; the 800 Free, 400 Free, and 400 IM will be limited to 28-32 participants per gender; the 10 & over 200 IM and the 10 & over 200 Free on Saturday will be limited to 28-32 participants per gender. The host team reserves the right to further limit the number of heats in deck-seeded events in order to run the meet in the allotted time.

TIME TRIALS: Requests for time trials will be accepted by the Clerk of the Course. Payment for any requested time trial must accompany the request. Requested Time Trials for swimmers not already entered in the meet must be accompanied by proof of current USA Swimming registration. Swimmers not already entered into the meet must submit facility fees, SES surcharges and any other meet related fees with their request.

The deadline for submitting Time Trial requests will be two hours following the start of competition. The actually scheduling of the time trials will depend on the number of requests, but they will likely be scheduled for the end of the day after all competition is complete.

FEES: Please make checks payable to: Greater Pensacola Aquatic Club. **All entry fees are nonrefundable.**

Individual:	\$6.00 per event	(\$8.00 late entry)
SES surcharge:	\$3.00	(\$5.00 non-SES registered swimmers)
Facility surcharge:	\$7.00 (waived for outreach athletes)	

Team checks are required for all entry fees. If a team check is not available, entry fees must be paid by cashier's check or money order. All entry fees are nonrefundable.

DEADLINE: Entry files and entry reports or manual entry forms and entry fees including surcharges must be received by the Meet Entries Chair on or before 11:59 PM Central Time on Tuesday, April 26, 2016. **Late entries** will be accepted for available lanes only until 5:00 PM Central Time on Tuesday, May 3, 2016. No new heats will be formed.

Total entries will be limited based on meeting a three hour time limit for sessions II and IV and a four time limit for sessions I and III. In the event that entries must be turned away, priority will be given to teams who have paid their entry fees in a timely manner in the order their entries are received.

If entries are e-mailed, a hard copy (including all information and release forms) and payment of all entry fees must follow by mail or express delivery service (FedEx, etc.) and be postmarked or submitted to the express delivery service no later than on Friday, May 1, 2015.

E-mailed entries will not be considered complete for processing until the GPAC Meet Entries Chair has received written entry forms, written copy of all entries for verification purposes, release/recap sheet and entry fees including surcharges. Email confirmations will be sent out as entries are received. Please contact the GPAC Meet Director or Meet Entries Chair if a confirmation of your team's entries is not received within 24 hours of submission.

Completed entries should be submitted by e-mail, fax, overnight delivery or U.S. mail to:

Rocky Parra, GPAC Meet Entries Chair
4575 Francisco Road
Pensacola, FL 32504
Telephone: 850-469-1701 Fax: 850-432-9985
gpac.meet.entires@gmail.com

(Please include the words "Meet Entry Info" in the subject line of all e-mail)

In the event that it becomes necessary to limit swimmers, priority will be given to teams in the order their entries are received.

SCORING: Points for first through eighth places in individual events will be awarded as follows: 9-7-6-5-4-3-2-1. Events will be run with all eligible ages swimming together but with events scored separately by age groups based on the following breakdown: 7&U, 8-9, 10-11, 12-13, 14-15 16&O.

AWARDS: Ribbons will be awarded for first through eighth place by age group in all individual events. Team high point (1-3) and individual awards (male/female for each age group) will be presented.

SPECTATOR CORNER: The UWF Aquatic Center has bleacher seating – personal chairs are not allowed in the Aquatic Center. Seating by spectators or athletes is not allowed on the pool deck. Tents, tarps, and chairs are welcome in the paved courtyard areas outside the pool provided they do not impede access to the entrances to university facilities and handicapped access ramps. Spectators are prohibited in the area behind the starting blocks and may be prohibited in other designated areas. Spectators must comply with all signs or verbal directions from university and meet officials limiting or restricting the use of certain areas for seating.

Spectators are not allowed to use the locker rooms as restroom facilities, three locations outside the aquatic facility will be used by spectators. The three areas are; the bathrooms located in the same building as the pool (building 73) which are located under the overhang connecting it to the Field House (building 54), the bathrooms located in the Field House (building 54) that are adjacent to the concession stand (North entrance) (exit pool turn left then turn right at the end of the building) and the bathrooms on the main floor of the Health, Leisure & Sports (HLS) building (building 72) which is to the right upon exiting the pool. Please see page 6 for a map of the area.

OFFICIALS' CORNER: Certified officials who are members of USA Swimming and are available to work the meet are asked to notify the Meet Referee by email. Please specify which day(s) and session(s) you can help. This information should be sent via email to:

Mary Anne Petruska – petruska@cox.net

Teams are asked to also include the names of these officials in the appropriate section of the Team Information page to be returned with entries.

COACHES' CORNER: Before picking up the team's packet, coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

SES rules dictate that “coaches shall display, when requested, their USAS Membership cards to be allowed on deck at any SES sanctioned meet. Compliance shall be the responsibility of the Host Meet Referee/director – they may assign the responsibility to other meet personal. Therefore all coaches are required to sign in with the Clerk of Course and must be prepared to show their coaching credentials at any time.

A coaches' meeting will be held at 10 minutes prior to the start of competition on Friday and, if deemed necessary by the referee on Saturday, in the hospitality area. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting(s).

Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and GPAC Meet Director by email.

PHOTOGRAPHY POLICY: No team or parent photographers will be permitted on deck unless they are registered non-athlete members of USA Swimming with a current valid level 1 background check and current valid Athlete Protection training. Press photographers will not be permitted on deck unless they have been issued a credential by the Meet Director. Credentials must be visible and on display at all times.

Under NO circumstances will video or still photography be allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Acceptable areas include the side courses of the pool, team gathering areas, concession areas, and the turn-end of the competition pool(s) when not in use as a “start end”.

HOSPITALITY: There will be a hospitality area available for coaches, meet workers and officials only.

HEAT SHEETS AND CONCESSIONS: Heat sheets will be on sale at near the east entrance to the aquatic center. There will be a concession stand operated by GPAC on the pool deck.

RECYCLING: GPAC is supporting the SES recycling initiative (pilot program for USA Swimming) at its home meets. Please look for additional information about this initiative posted at the swimming venue and assist GPAC with this initiative.

MEET EVALUATIONS:

Please send any comments, suggestions, or evaluations concerning the meet to:

Philip Kraus- SES General Chairman

PO Box 30318

Pensacola, Fl 32504

ses.general.chair@gmail.com

The following forms are attached after the order of events as an integral part of this meet invitation and are required for entry processing:

SES 2015-16 Waiver, Acknowledgment and Liability Release Form

Team Information Form and Summary of Fees

SES Consolidated Entry Form (duplicate as needed)

SES Information Form for Disabled Swimmers (duplicate as needed)

GPAC Time Trial Form

Unaccompanied Swimmer Coaching Assignment Form

Pool Area Map

Parking Lot J –
Tennis Court Lot

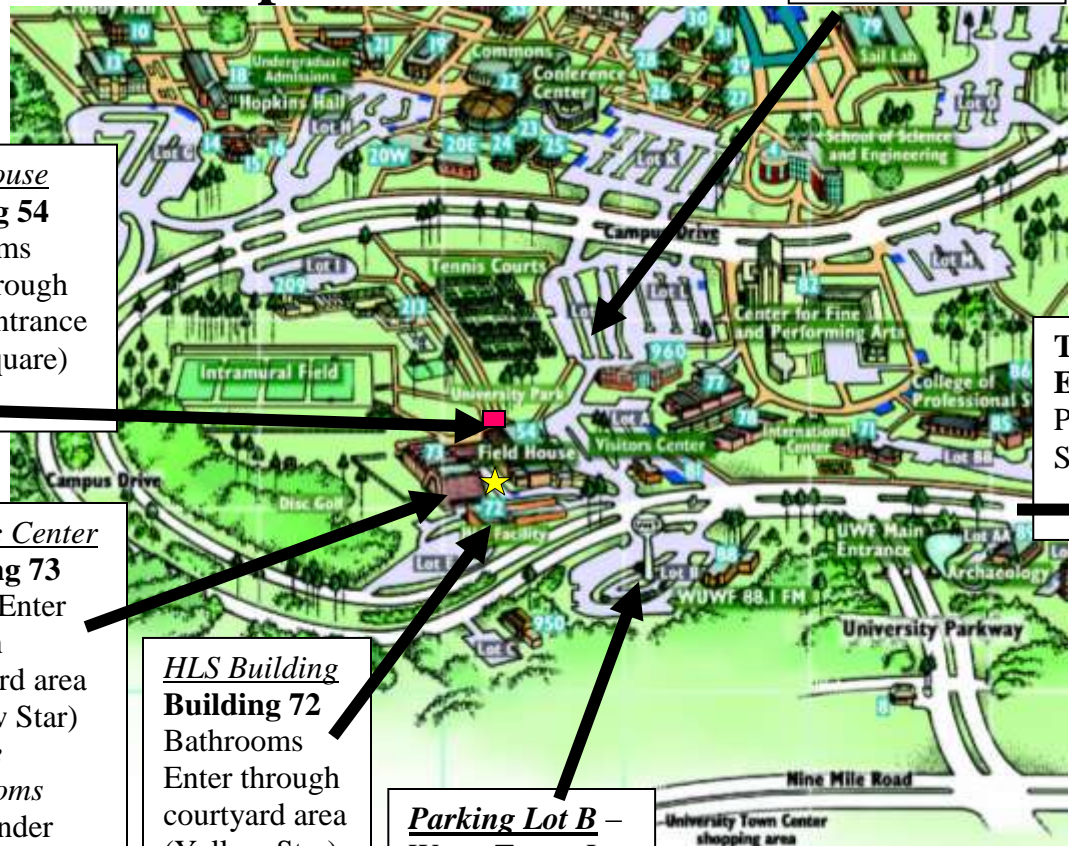
Field House
Building 54
Bathrooms
Enter through
North Entrance
(Pink Square)

To East
Entrance –
Pace and
Scenic Hwy

Aquatic Center
Building 73
Pool ~ Enter
through
courtyard area
(Yellow Star)
Outside
Bathrooms
Enter under
connecting
overhang.

HLS Building
Building 72
Bathrooms
Enter through
courtyard area
(Yellow Star)

Parking Lot B –
Water Tower Lot



2016 SE GPAC Flip Flop Invitational

Order of Events

Friday, May 6, 2016

Girls	Events	Boys
Session I – All Ages		
1	Open 50m butterfly	2
3	Open 100m backstroke	4
5	Open 50m breaststroke	6
7	Open 100m freestyle	8
Session II—12 & Over		
9	12 & Over 400m IM (limited to 4 heats per gender)	10
11	12 & Over 200m backstroke	12
13	12 & Over 1500m freestyle (limited to 3 heats per gender)	14

Saturday, May 7, 2016

Girls	Events	Boys
Session III – All Ages		
15	10 & Over 200m IM (limited to 4 heats per gender)	16
17	Open 100m butterfly	18
19	Open 50m backstroke	20
21	Open 100m breaststroke	22
23	Open 50m freestyle	24
25	10 & Over 200m freestyle (limited to 4 heats per gender)	26
Session IV– 12 & Over		
27	12 & Over 400m freestyle	28
29	12 & Over 200m breaststroke	30
31	12 & Over 200m freestyle	32
33	12 & Over 200m butterfly	34
35	12 & Over 800m freestyle (limited to 4 heats per gender)	36

2015-2016 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The Greater Pensacola Aquatic Club, Inc., The Club, A Family Sports Complex, the University of West Florida, Pensacola State College, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

CLUB NAME:		INITIALS:	
ADDRESS:			
LSC:		HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:	
FAX NUMBER:		CELL PHONE:	EMAIL:
COACHES ATTENDING:	NAME	COACHES	CARD EXPIRATION DATE
	1.		
	2.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	3.		
	1.		
	2.		
	3.		
NUMBER OF SWIMMERS ENTERED:	ATTACHED:		
	UNATTACHED:		
	TOTAL:		

SUMMARY OF FEES

SES TEAMS NUMBER OF SWIMMERS:		X \$3.00 SES SURCHARGE =	
NON-SES TEAMS NUMBER OF SWIMMERS:		X \$5.00 SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$7.00 FACILITY SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$6.00 PER EVENT ENTRY FEE =	
TOTAL DUE:			

CONSOLIDATED ENTRY FORM

Times should be in SHORT COURSE YARDS

Please duplicate as needed

	EVENT #	EVENT NAME	BEST TIME	EVENT #	EVENT NAME	BEST TIME
NAME OF SWIMMER						
USS REGISTRATION NO.						
DATE OF BIRTH	SEX					
NAME OF SWIMMER						
USS REGISTRATION NO.						
DATE OF BIRTH	SEX					
NAME OF SWIMMER						
USS REGISTRATION NO.						
DATE OF BIRTH	SEX					
NAME OF SWIMMER						
USS REGISTRATION NO.						
DATE OF BIRTH	SEX					

SOUTHEASTERN LSC INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non mandatory form is for accommodation purposes.

Name _____

Address _____ Team _____

USA Registration # _____ Age and Birth date: _____ Events to

be swum: _____/_____/_____/_____/

_____/_____/_____/_____/_____/_____/_____/_____/

Type of Disability Blind ___ Cognitive/Intellectual ___ Deaf ___ Physical ___ Other ___

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

The following person(s) will accompany the swimmer for any needed assistance:

Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc. _____

Information gathered on this form will only be used for swimmers accommodation during Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking Swimmers attendance and performance. The Disability Chair welcomes any feedback and or comments concerning your Meet experience.

Meet Director Email: gpacswimcoach@gmail.com

Meet Referee Email: dave_smith-ses@cox.net

Disability Chair Email: robin@seastarsaquatics.org

2016 SE GPAC SPRING FLING INVITATIONAL

May 6-7, 2016 ~ UWF Aquatic Center ~ Pensacola, Florida

Time Trial Sanction No. 16SEGPAC5-6TT

Time Trial Request

Time Trials to meet SES, Sectional or National qualifying times for swimmers otherwise meeting the eligibility criteria for any long course event listed below may be held upon reasonable request at the sole discretion of the Meet Referee and Meet Director. Such swims when combined with the swimmer's entered events must fall within daily individual entry limits otherwise applicable and will be held, if time permits, after the final competition session each day. Swimmers requesting time trials must supply their own lane timers. Entry fees for each time trial swim will be \$10.00 per individual event (plus applicable SES surcharge and facility fee for swimmers not otherwise entered in the meet) due at the time the request for time trial is submitted.

Swimmers must sign up for time trials at the Clerk of Course table by 11:00 a.m. by submitting a copy of this form with the applicable fees.

The time trial order of events will generally be as follows: current day's events, previous day's events and future day's events. Different strokes of the same distance may be combined and swum at the same time in order to consolidate heats.

Team Name: _____ Team Abbreviation: _____

Swimmer's Name: _____ USA Swimming ID #: _____

Gender: M / F

Event Description (Stroke & Distance: _____ Seed Time: _____

Coach/Swimmer Signature: _____

PAID _____
Clerk of Course INITIALS

UNACCOMPANIED SWIMMER COACHING ASSIGNMENT FORM

Name of Meet: _____

Date(s): _____

The following swimmers from _____ (swimmer's team) will not be accompanied by a team coach and therefore I request that the Meet Referee/Meet Director assign them to a coach for all purposes during the meet sessions on the dates noted above. Each of the swimmers listed below are certified as proficient in performing a racing start unless specifically noted otherwise (non-certified swimmers must start each race from within the water).

Coach's Signature

Date

Swimmer Name(s):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I agree to act as coach for the above named swimmer(s) during the pre-meet practice, warm-up and the competition.

Assigned Coach's Signature

Date

Assigned Coach's Team Name