

Highlander Long Course Invitational

Hosted By: Highlander Aquatics
and Lake Highland Preparatory School

April 29th – May 1st, 2016

- Sanctioned by: Florida Swimming of USA Swimming # 3626
“In granting this sanction it is understood and agreed that USA-S and FL 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: The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA-S 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.
- Sponsored by: HIGHLANDER AQUATICS and Lake Highland Preparatory School
- Date and Times: April 29th – May 1st, 2016
Friday: Session Meet start time 5:00 pm, Warm ups 4:00 pm
Saturday: AM Session Meet start time: 8:30 am
PM Session, Meet start time: Not Before 1:00 pm
Sunday: AM Session, Meet start time: 8:30 am
PM Session, Meet start time: Not before 1:00 pm
The 12 and under sessions will be guaranteed at least 30 minutes for warmup.
- Type of Meet: Outdoor Long Course (50 Meters). Timed Final. NO qualifying times will be required.
- Location: Lake Highland Preparatory School Aquatic Center
901 North Highland Avenue
Orlando, FL 32803
407-206-1900 Ext. 1180
- Pool Specs: One certified 50 Meter, 8 lane course with non-turbulent lane lines.
A 25-Yard, 3 lane pool will be available for continuous warm up and warm down during all meet sessions. The competition water depth is 6 foot 9 inches at the start and turn ends. Regulation starting platforms,
- Timing Equipment: Daktronics Timing Systems, automatic touchpads and Digital Scoreboard will be used.
- Seeding: 50 Meter times will be used. Conversions may be made using the formula in the Florida Swimming Handbook.
- Scratch Penalty: No penalty for scratching pre-seeded events. Any swimmer entered in a deck seeded event, which has checked in for that event, must swim the event unless she/he notified the clerk of course before the seeding of that event has begun. Failure to do so will result in the swimmer being barred from the next individual event in which he/she is entered that day or the first event the following day.
- Eligibility: Open to the first 500 USA Swimming registered swimmers or whatever puts us over Florida Swimming’s 4 hour rule. On deck registration will be allowed. 2016 USA-S form and fee must be presented to the Referee.
- Entry Limit: Three (3) individual events per day. Swimmers over entered will be considered as entered in the first three individual events of each session/day.
- Entry Fee: \$10.00 facility fee per swimmer, \$4.00 per individual event.
- Entry Form: Entries must be in USA Swimming SDIF format or HY-TekCL2 submitted on a Hy-Tek disk with hard copy printout or 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. Email confirmation will be sent upon receipt of the file. Those entering with a disk may receive meet results on a disk prior to leaving the meet on Sunday. A completed Master Entry Sheet must be included. The current USA Swimming registration number must be listed on the entry form and the entry form must be signed.

List all attending coaches and contact phone numbers in the body of the email if they are not part of your Hy-Tek team manager entry.

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. Athletes must also pay \$10.00 facility charge. Deck entries will only be accepted if there is available room in an open lane without adding heats. 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.

ENTRY DEADLINE: Friday, April 22nd, 2016
CHECKS PAYABLE TO: LAKE HIGHLAND

Mail To: **Email to: Curleyfamily5@aol.com**
HIGHLANDER AQUATICS
MIKE CURLEY
901 NORTH HIGHLAND AVENUE
ORLANDO, FLORIDA 32803

Awards: No event awards for 13 and over
12 and under individual events: 1st – 8th place Ribbons
High Point Award for each age group and gender.
All awards must be picked up upon the completion of the meet.
No awards will be mailed.

Distance Events: The Senior 400 Free will be a deck seeded event. The event will be limited to the top 48 checked in swimmers per event of each gender, swum together (boys and girls) and be swum fastest to slowest.
*Swimmers not checked in by the deadline may swim in available heats and lanes, but no new heats will be created. At the discretion of the meet management, swimmers entered in the distance events, who are not in the fastest 48, may still be permitted to swim within the constraints of time management. In the event that several swimmers are tied with their seed time or at no time, for the last spot qualifying to swim; meet management once again will use discretion.

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.

Scoring: Individual: 9-7-6-5-4-3-2-1
In accordance with the Florida Swimming Handbook.

Officials: Referee: Braam Pretorius Starters: Alex Pena
Head Stroke and Turn: Rob Roy AO: Mike Curley/Stacy Wright

Highlander Aquatics welcomes the assistance of all certified officials interested in serving at this meet. Please contact us at 407-206-1900 ext. 1180 to volunteer to help. Thank you.

Coaches/Officials: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

Coaches Heat Sheets:	Each Team will receive one heat sheet for every coach listed on their proof of entry form and with a current USA Swimming membership card.
Coach 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
Rules:	Current USA Swimming Technical Rules will govern.
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 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. 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.
Locker Rooms	Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED.
Meet Manager:	Mike Curley 407-206-1900 ext. 1180
More Information	Host Hotel - Courtyard by Marriott Call (407) 996-1000 ccrooms@turnberry.com www.orlandocourtyarddowntown.com

Highlander Long Course Invitational

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and Lake Highland Preparatory School
April 29th – May 1st, 2016

SESSION I: FRIDAY AFTERNOON

WARMUPS: 4:00 PM MEET STARTS: 5:00 PM

EVENT #	AGE GROUP	EVENTS
1-2	SENIOR	400 FREE*
3-4	11-12	200 FREE
5-6	10 & UNDER	200 FREE
7-8	SENIOR	200 IM
9-10	13-14	200 IM
11-12	11-12	200 IM
13-14	10 & UNDER	200 IM

* DECK SEEDED EVENT, SWUM FASTEST TO SLOWEST. EVENTS WILL BE COMBINED FOR SEEDING BUT SCORED SEPARATELY BY GENDER. A TOTAL OF 48 SWIMMERS PER EVENT OF EACH GENDER WILL BE SEEDED IN THE 400 FREE, REGARDLESS OF AGE. *IF THERE ARE NOT 48 SWIMMERS PER EVENT IN ONE PARTICULAR GENDER CHECKED-IN; BY REFEREES DISCRETION OTHERS SWIMMERS MAY BE ADDED TO REACH A TOTAL OF 96 FOR THAT SPECIFIC EVENT.*

CHECK IN BY 4:15 PM ON FRIDAY

SESSION II: SATURDAY MORNING

WARMUPS: 7:30 AM MEET STARTS: 8:30 AM

EVENT #	AGE GROUP	EVENTS
15-16	SENIOR	100 FREE
17-18	13-14	100 FREE
19-20	SENIOR	200 BACK
21-22	13-14	200 BACK
23-24	SENIOR	50 BREAST
25-26	13-14	50 BREAST
27-28	SENIOR	50 BACK
29-30	13-14	50 BACK
31-32	SENIOR	200 BREAST
33-34	13-14	200 BREAST
35-36	SENIOR	100 FLY
37-38	13-14	100 FLY

SESSION IV: SUNDAY MORNING

WARMUPS: 7:30 AM MEET STARTS: 8:30 AM

EVENT #	AGE GROUP	EVENTS
55-56	SENIOR	200 FLY
57-58	13-14	200 FLY
59-60	SENIOR	100 BREAST
61-62	13-14	100 BREAST
63-64	SENIOR	50 FREE
65-66	13-14	50 FREE
67-68	SENIOR	100 BACK
69-70	13-14	100 BACK
71-72	SENIOR	200 FREE
73-74	13-14	200 FREE
75-76	SENIOR	50 FLY
77-78	13-14	50 FLY

SESSION III: SATURDAY AFTERNOON

WARMUPS: Guaranteed 30 minutes

MEET STARTS: NOT BEFORE 1:00 PM

EVENT #	AGE GROUP	EVENTS
39-40	11-12	100 FREE
41-42	10 & UNDER	100 FREE
43-44	11-12	50 BACK
45-46	10 & UNDER	50 BACK
47-48	11-12	100 BREAST
49-50	10 & UNDER	100 BREAST
51-52	11-12	50 FLY
53-54	10 & UNDER	50 FLY

SESSION V: SUNDAY AFTERNOON

WARMUPS: Guaranteed 30 minutes

MEET STARTS: NOT BEFORE 1:00 PM

EVENT #	AGE GROUP	EVENTS
79-80	11-12	100 BACK
81-82	10 & UNDER	100 BACK
83-84	11-12	50 FREE
85-86	10 & UNDER	50 FREE
87-88	11-12	100 FLY
89-90	10 & UNDER	100 FLY
91-92	11-12	50 BREAST
93-94	10 & UNDER	50 BREAST

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TEAM NAME _____ CALL LETTERS _____

ADDRESS _____

COACH _____ LSC _____

HOME PHONE _____ OFFICE PHONE _____

SWIMMER/COACH REGISTRATION

I CERTIFY THAT ALL INDIVIDUALS LISTED ON THE ATTACHED ENTRY 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 FOLLOWING COACHES WILL BE ON DECK SUPERVISING THE ACTIVITIES OF THESE INDIVIDUALS DURING ALL WARM-UP AND COMPETITIVE SESSIONS AT THE MEET.

NAME OF COACH	TEAM
_____	_____
_____	_____

I CERTIFY THAT THE 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) TEAM DATE
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ENTRIES MUST BE RECEIVED BY FRIDAY, APRIL 22nd, 2016
NO LATER THAN 5:00 PM

MAIL TO: LAKE HIGHLAND PREPARATORY SCHOOL
 MICHAEL H. CURLEY
 901 N. HIGHLAND AVE.
 ORLANDO, FL 32803

CHECKS MADE PAYABLE TO LAKE HIGHLAND

FINANCIAL RECAP

WE HAVE ENTERED THE FOLLOWING:

Girls Individual Events _____ at \$4.00 each = \$ _____
Boys Individual Events _____ at \$4.00 each = \$ _____
Total Swimmers _____ at \$10.00 each = \$ _____
Total Entry Fees Paid \$ _____