



**2016 CAT Valentine's Day Last Chance
Hosted by the Clearwater Aquatic Team (CAT)
February 13, 2016**

SANCTIONED BY:

Florida Swimming Sanction #3577

"in granting this approval it is understood and agreed that USA Swimming/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:

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-S 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.

CAMERA ZONE:

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 of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side course of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start end." 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 race course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas. 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.

Smoking/related paraphernalia:

Smoking of any kind, electronic or ignited is not allowed on the sun deck, stair wells, or immediate parking spaces adjacent to the athlete entries. No smoking of any kind in athlete accessed locations.

TYPE OF MEET:

Mixed gender seeded 25 yard, Timed Final meet held on Saturday February 13th Two courses may be used if Meet Management deems necessary due to number of entries and 4 hour time limit constraints.

DATES & TIMES: Warm-ups Meet Start

Warmup: 3:00pm

Meet Start: 4:00pm

LOCATION:

The Doyle Aquatic Center at the Long Center, 1501 N Belcher Rd, Clearwater, FL 33765

POOL & FACILITY SPECS:

The Doyle Aquatic Center is a 10 lane 50 meter X 20 lane 25 yd pool that varies in depth from twelve feet at the start end to four feet at the turn end. A separate 3 lane 25 yard pool will be available for continuous warm-up and warm-down throughout the meet. There is permanent bleacher seating available for 294 people along with an additional standing room only section directly behind the bleachers for viewing the competition.

Pool filtration system:

State of the art UV system that requires little to no chlorine.

Pool grounded lightning system:

The Doyle Aquatic Center is the only pool around that is grounded with technology that enables the pool to be utilized during inclement weather, to better insure the kids get to swim.

Timing System:

A Daktronics timing system, touch pads, manual watches and electronic starting system will be used. Times will be displayed our two 10 lane scoreboards.

ELIGIBILITY:

Must be a 2016 USA Swimming registered athlete. No on deck registration will be allowed.

SEEDING:

Yard times used for seeding, or NT can be used. LCM to SCY Conversions using the formula in the current Florida Swimming Handbook may be used.

RULES:

Current USA Swimming Technical Rules will govern. (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.)

The meet management may combine any heat if deemed necessary if the meet is too long, meet management may call breaks in the swimming at any time deemed necessary if the meet is too fast so the athletes have the best chance to achieve their goals.

DECK CHANGING:

The practice of deck changing is prohibited. Swimmers must use the locker rooms to change in and out of their swim suits. Swimmers participating in the practice of deck changing can be subject to removal from further competition. Clearwater Aquatic Team policy prohibits "deck changing" at all CAT hosted meets.

AWARDS:

No Awards

WARM-UP: Enclosed warm-up schedule will be used. Warm-up will be 60 minutes guaranteed prior to the start of each session. The host club (Clearwater Aquatic Team) can specify individual team's warmup lanes and schedule depending on the amount of entries. Clearwater Aquatic Team reserves the right to use two guaranteed lanes for CAT swimmers.

SCRATCHES: Prelims/timed finals:

No penalty for scratching on the block.

Any swimmer properly entered in a deck seeded event, who fails to check in for that event, will be allowed to swim in an open lane for that event only. No new heats will be created – first come first served.

ENTRY LIMIT:

Swimmers will be limited to five (5) events per day. If a swimmer is over-entered in a session, any events entered over the five individual (5) event limit will be dropped at the point of over-entry. Entries will be accepted on a first come, first served basis until the session is a maximum of four (4) hours in length.

DECK ENTRIES:

Deck entries will be accepted to fill heats only. No new heats will be created. Fees are \$10.00 per individual deck entry, plus \$10.00 facility charge if not previously entered in meet, fees must be paid at time of entry. Deck entries will be accepted by the administrative referee or designated representative and assigned a lane no later than **45 minutes** prior to the start of the meet. A swimmer may not drop an event to deck enter another event. **The entry limit applies.**

ENTRY FEES: Individual: \$4.00 per each event
Facility charge: \$10.00 per swimmer
Deck Entries: \$10.00 per event

ENTRY DEADLINE:

All entries must be received by 5:00 p.m. Tuesday, February 9th, 2016. Enclose payment to the Clearwater Aquatic Team (CAT) with team entry. Please mail by Express Mail, Federal Express, UPS or other rapid mail service. Mail early, this meet is likely to fill up. Email entries to swimresultsbytrg@aol.com are preferred. Mail hardcopies along with disk and payment to:

**Clearwater Aquatic Team (CAT)
c/o Eva Gronke
3534 Chessington Drive
Land O Lakes, FL 34638**

ENTRY FORMS:

Entries may be submitted on the enclosed entry forms (please print legibly). Hy-tek electronic email entry is preferred. Please note that there is an additional \$50 fee for entries submitted on the entry forms.

OFFICIALS:

Head Referee: Tony Uselis
Admin Referee: Eva Gronke
Starter: Kevin Doel
Chief Stroke & Turn: Carolyn Cote
Meet Manager: Kevin Reese
Meet Marshall: Bobbie Newton

COACHES/OFFICIALS:

Coaches/officials must visibly display a valid USA membership card at all times while on deck. A 2016 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee or head marshal upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer(s) during warm-up and competition. There will be a coaches meeting before the first session of the meet on Friday. No Parents on deck unless designated by their coach as a shepherd. You must go to the meet referee, sign in each session and obtain a badge.

TEAM REPRESENTATIVE:

Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.

INFORMATION:

Bobbie Newton 727-791-9542, email catmanager@clearwateraquatics.com

NOTE:

*Events/heats may be combined at the discretion of the meet referee. Finals start time may be adjusted at meet management discretion.

WARM-UP SCHEDULE:

First ½ hour will be warm-up as follows: Last hour of warm-ups will be as follows:

Lane 1 pace 50 & 100 circle swimming	Lane 1 pace 50 & 100 circle swimming
Lane 2 push off 25s one way only	Lane 2 racing starts 25s one length
Lane 3 swim & pulling, push off	Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off	Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off	Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off	Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off	Lane 7 swim & pulling, push off
Lane 8 swim & pulling, push off	Lane 8 racing starts 25s one length
Lane 9 push off 25s, one way only	Lane 9 racing starts 25s one length
Lane 10 pace 50 & 100 circle swimming	Lane 10 pace 50 & 100 circle swimming

NO EQUIPMENT TO BE USED DURING WARM-UP

NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET

Swimmers must enter the water feet first with at least one hand on the pool deck.

ORDER OF EVENTS

Saturday, February 13th , 2016
Warm-ups - 3:00pm; Meet Starts - 4:00pm

1	Mixed	400 IM
2	Mixed	50 Breast
3	Mixed	100 Fly
4	Mixed	200 Free
5	Mixed	50 Back
6	Mixed	100 Breast
7	Mixed	200 Fly
8	Mixed	50 Free
9	Mixed	100 IM
10	Mixed	200 Back
11	Mixed	50 Fly
12	Mixed	100 Back
13	Mixed	200 Breast
14	Mixed	100 Free
15	Mixed	200 IM
16	Mixed	200 Butterfly
17	Mixed	500 Free



**2016 CAT LAST CHANCE
HOSTED BY THE CLEARWATER AQUATIC TEAM
February 16, 2016**

Master Entry Form

Hosted by Clearwater Aquatics Team Mail all Entries to Be Received by
At The Long Center by 5:00pm, Tuesday, February 9th, 2016
1501 N. Belcher Rd
Clearwater, FL 33765 CAT Office (727) 791-9542

Team Name _____ Call Letters _____
Address _____
Coach _____ LSC _____
Home Phone _____ Office Phone _____
FAX# _____ EMAIL _____

Swimmer/Coach Registration

I certify that all individuals listed on 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 warm up and competitive sessions at the meet.

Name(s) of Coach(es)

I Certify that the individuals listed above are currently registered USA Swimming Coach Members.

Signature of USA Swimming Member Team Date _____

Financial Recap

Total Numbers of Swimmers _____ @ \$10.00 Each=\$ _____

Total Individual Timed final Entries _____ @ \$4.00 Each=\$ _____

Total Entry Fees Paid \$ _____

**Due by 5pm on Tuesday, February 9th, 2016
Make Checks payable to CAT
MAIL ENTRIES TO: Clearwater Aquatic Team (CAT)
c/o Eva Gronke
3534 Chessington Drive
Land O Lakes, FL 34638**

