

2010 Area 1 & 4 Championship
Hosted by: SPAC & BAC
March 13 – 14, 2010

- Sanctioned by: Florida Swimming of USA Swimming #5050
- Sponsored by: Spartan Aquatic Club & Beaches Aquatic Club
- 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.
- Type of Meet: Age Group & Senior Timed Finals, 25 yard Short Course. Each session will use one 8 or 10 lane course. Meet Management may opt to use 'fly-over' starts at the competition.
- Date and Time: Saturday, March 13, 2010
Morning Timed Final Session, 8:00 am (11-12, 13-14, & Senior)
Afternoon Timed Final Session, Not before 12:00 pm (10 & U, 8 & U)
Sunday, March 14, 2010
Morning Timed Final Session, 8:00 am (11-12, 13-14, & Senior)
Afternoon Timed Final Session, Not before 12:00 pm (10 & U, 8 & U)
- Location: Cecil Field
13611 Normandy Blvd.
Jacksonville, Fl 32221

Ph # (904) 573-8994
- Pool Specs: Certified indoor 8 or 10 lane, 25 yard course with minimum water depth at the competition starting end of 5'0", non-turbulent lane lines and an additional 25 yard pool for continuous warm-up during the swim meet.
- Timing Equip: Colorado timing system and back up; *HYTEK Meet Manager for Windows* will be used to score the meet
- Warm up: Saturday Morning – 7:00 am to 7:50 am, 8:00 am start
Saturday Afternoon – Guaranteed at least ½ hour warm up in the competition pool
Sunday Morning – 7:00 am to 7:50 am, 8:00 am start
Sunday Afternoon – Guaranteed at least ½ hour warm up in the competition pool
- Seeding: 25 yard times will be used. Conversions may be made using the Formula in the Florida Swimming Handbook.
- Scratches: No penalty for scratching on the blocks.
- Eligibility: Open to all Area 1 & 4 USA Swimming registered athletes who may only enter an event if they have not achieved 2010 Florida Swimming Junior Olympic or LSC Senior Championship qualification times for that specific event.

NOTE: Swimmers may not swim a stroke in a relay if they have achieved the cut in that stroke prior to the Area 1 & 4 Championships.
- Entry Limit: Four (4) individual events per session, maximum five (5) individual events per day. Swimmers over entered will be considered as entered in the first four individual events of each session/day. **Please send entries on disk.**

Entry Fee: \$7.50 facility fee per swimmer, \$3.00 per individual event, and \$5.00 for each relay 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 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.

If using the enclosed entry form, the form will serve as proof of entry. The legal name and current USA Swimming registration number for each swimmer must be listed on the entry form, including relay only swimmers. The master entry form must accompany the proof of entries and a current USA Swimming member must sign the form. These "non-electronic entries" will be accepted with an additional \$2.00 per swimmer entry fee with a max of \$50.00 per team.

A completed master entry form must be completed and signed by the member of USA Swimming completing the form for all entries.

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. 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.

Entry Deadline: ENTRY DEADLINE: Wednesday, March 3, 2010
CHECKS PAYABLE TO: Beaches Aquatic Club

Mail to: Beaches Aquatic Club
Bob Anderson
120 Atlantic Blvd.
Neptune Beach, Florida 32266

Email to: sleviser@pipeline.com Suzanne Leviser

Awards: Individual Events: 1st – 3rd medals and 4th – 16th ribbons
Relay Events: 1st – 3rd ribbons
High Point Award and Runner up Award for each age group and sex
Team Trophies: Championship, Runner Up, and 3rd Place Team Trophies will be awarded to the teams that score the 1st, 2nd, and 3rd most points respectively.

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: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
In accordance with the FloridaSwimming Handbook.

Officials: Head Referee: Sue Carlin
 Starter: Connie Overton
 Head Stroke and Turn: Rusty May
 Meet Marshall: George Paugh

SPAC & BAC welcome the assistance of all certified officials interested in serving at this meet. Please contact Sue Carlin at (904) 247-8907 to volunteer to help. Thank you!

NOTE: Officials should wear navy blue bottoms, white top with sleeves and collars, white shoes and socks.

Meet Manager: Bob Anderson (904) 626 – 1905
 Questions please Email anderson1@duvalschools.org

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 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.

Starts: USA Swimming Championship Start Procedures will be used as outlined in 102.14.4H. If a false start is called after the starting device sounds the race will proceed and the swimmer will be notified at the completion of the race.

Rules: Current USA Swimming Technical Rules will govern.

Information: Meet Manager: Bob Anderson (904) 626 – 1905
 Email: anderson1@duvalschools.org

 Head Referee: Sue Carlin (904) 247 – 8907
 Email: carclans@att.net

Deck Seeded events: Events # 35 & #36 (500 Freestyle) and events # 95-96 (400 IM) are deck seeded events. The heats will be swum fastest to slowest, alternating the fastest girls heat, then the fastest boys heat. The check in will close each day at 10:00 am.

Warm-up schedule for each session:

The first ½ hour is general warmup as follows:

- | Lane | (Push-off's only NO EQUIPMENT) |
|------|--------------------------------|
| 1. | Swimming and Pulling only |
| 2. | Swimming and Pulling only |
| 3. | Swimming and Pulling only |
| 4. | Swimming and Pulling only |
| 5. | Swimming and Pulling only |
| 6. | Swimming and Pulling only |
| 7. | Swimming and Pulling only |
| 8. | Swimming and Pulling only |
| 9. | Swimming and Pulling only |
| 10. | Swimming and Pulling only |

The second ½ hour is controlled warm-up as follows:

- | Lane | (NO EQUIPMENT) |
|------|--------------------------------------|
| 1. | Push off 50's pace (circle swimming) |
| 2. | Racing start one length only sprints |
| 3. | Racing start one length only sprints |
| 4. | Swimming and Pulling only |
| 5. | Swimming and Pulling only |
| 6. | Swimming and Pulling only |
| 7. | Swimming and Pulling only |
| 8. | Racing start one length only sprints |
| 9. | Racing start one length only sprints |
| 10. | Push off 50's pace (circle swimming) |

NO EQUIPMENT PERMITTED

Area 1 & 4 Championship Order of Events

Saturday AM: March 13, 2010

Session 1

1-2	11 – 12	200 Freestyle
3-4	13 – 14	200 Freestyle
5-6	Senior	200 Freestyle
7-8	11 – 12	100 Backstroke
9-10	13 – 14	200 Backstroke
11-12	Senior	200 Backstroke
13-14	11 – 12	50 Breaststroke
15-16	13 – 14	100 Breaststroke
17-18	Senior	100 Breaststroke
19-20	11 – 12	100 Butterfly
21-22	13 – 14	200 Butterfly
23-24	Senior	200 Butterfly
25-26	11 – 12	50 Freestyle
27-28	13 – 14	50 Freestyle
29-30	Senior	50 Freestyle
31-32	11 – 12	200 Med Relay
33-34	Senior	200 Med Relay

Session 2

35-36	Senior	500 Freestyle
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Saturday PM: March. 13, 2010

Session 3

37-38	8 & Under	100 Freestyle
39-40	10 & Under	200 Freestyle
41-42	8 & Under	50 Backstroke
43-44	10 & Under	100 Backstroke
45-46	8 & Under	25 Breaststroke
47-48	10 & Under	50 Breaststroke
49-50	8 & Under	50 Butterfly
51-52	10 & Under	100 Butterfly
53-54	8 & Under	25 Freestyle
55-56	10 U Under	50 Freestyle
57-58	8 & Under	100 Med Relay
59-60	10 & Under	200 Med Relay

Sunday: March 14, 2010

Session 4

61-62	11 – 12	100 Individual Medley
63-64	13 – 14	200 Individual Medley
65-66	Senior	200 Individual Medley
67-68	11 – 12	50 Backstroke
69-70	13 – 14	100 Backstroke
71-72	Senior	100 Backstroke
73-74	11 – 12	100 Breaststroke
75-76	13 – 14	200 Breaststroke
77-78	Senior	200 Breaststroke
79-80	11 – 12	50 Butterfly
81-82	13 – 14	100 Butterfly
83-84	Senior	100 Butterfly
85-86	11 – 12	100 Freestyle
87-88	13 – 14	100 Freestyle
89-90	Senior	100 Freestyle
91-92	11 – 12	200 Free Relay
93-94	Senior	200 Free Relay

Session 5

95-96	Senior	400 Individual Medley
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Sunday PM: March 14, 2010

Session 6

97-98	8 & Under	100 Individual Medley
99-100	10 & Under	100 Individual Medley
101-102	8 & Under	25 Backstroke
103-104	10 & Under	50 Backstroke
105-106	8 & Under	50 Breaststroke
107-108	10 & Under	100 Breaststroke
109-110	8 & Under	25 Butterfly
111-112	10 U Under	50 Butterfly
113-114	8 & Under	50 Freestyle
115-116	10 & Under	100 Freestyle
117-118	8 & Under	100 Free Relay
119-120	10 & Under	200 Free Relay

*There will be a 10 minute break before event 35 and 95.

*The afternoon session (10 & U and 8 & U) will not start before 12:00 pm.

*There will be a ½ hour warm up in the competition pool before the start of the afternoon session.

Area 1 & 4 Championships
Hosted by: SPAC & BAC
March 13 – 14, 2010

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 USA SWIMMING MEMBER)	TEAM	DATE

ENTRIES MUST BE RECEIVED BY WEDNESDAY, MARCH 3, 2010
 NO LATER THAN 5:00 PM

MAIL TO: Beaches Aquatic Club Email to: slevisieur@pipeline.com
 Bob Anderson
 280 15th Street
 Atlantic Beach, Florida 32233

WE HAVE ENTERED THE FOLLOWING:

Girls Individual Events _____ at \$3.00 each = \$ _____

Boys Individual Events _____ at \$3.00 each = \$ _____

Girls Relays _____ at \$5.00 each = \$ _____

Boys Relays _____ at \$5.00 each = \$ _____

Total Swimmers _____ at \$7.50 each = \$ _____

Total Entry Fees Paid \$ _____