



## 2013 Southern Zone Senior LC Championships

Hosted By

FLA Aquatics, Plantation Swim Team, The PST Booster Club, & City of Plantation

July 29 – August 2, 2013

USA-S Sanction #: 072913FG-50SRZ

Time Trial Sanction #: 072913FG-51SRZ-TT

**LOCATION:** Plantation Aquatic Complex, 9151 NW 2nd Street, Plantation, Florida 33324

**POOL:** 50 Meter, 8 lane, outdoor competitive pool with non-turbulent lane lines. A second 25-yard by 50-meter pool is available during the meet for warm-ups/warm-down. The pool depth is 4'6" at the start end and 11'6" at the turn end of the pool.

**TIME AND DATE:** Monday, July 29, 2013

General Meeting: 3:00 pm  
Timed Finals: Warm-up 3:30 pm / Start 5:00 pm

Tuesday through Friday, July 30 through August 2, 2013

Prelims:	Warm-up 7:00 am	Start 9:00 am
Finals:	Warm-up 3:30 pm	Start 5:00 pm

**MEET OPERATION:** This is a prelim-finals meet with the exception of relays and the 800/1500 freestyle events; which are timed finals. Finals will consist of A, B, C, and D heats; swum in that order. This meet may be run using chase starts from each end of the pool for preliminary heats in an effort to maximize the amount of time between the prelim and finals session each day.

**OFFICIALS:**

Head Referee: as assigned by SZ  
Admin Referee: as assigned by SZ  
Head Marshall: Howard Bilger and the City of Plantation Life Guard Staff  
Meet Directors:  
Duffy Dillon and Jimmy Parmenter  
DDillon@FLAswim.com and JimmyPPST@aol.com

**OFFICIALS CERTIFICATION:**

An application has been submitted to designate this meet as an Officials Qualifying Meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew at these levels of certification must apply to the Meet Referee.

**“Application to Officiate” and “Request for Evaluation” forms for this meet can be found on the Officials News Page of the Southern Zone and FGC websites.**

Follow directions on the form for submitting completed application. Additional information will be provided during the Officials briefings held one hour prior to each session.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:**

The 800 and 1500 freestyle and all relays will be deck-seeded events. Entrants in the 800 and 1500 freestyle and all relays must check in and confirm their intention to compete prior to the scratch deadline in order to be seeded.

- (1) Seeded heats for the 800 freestyle shall be published and available at approximately 4:45 PM on Monday, July 29, 2013.
- (2) Seeded heats for the 1500 freestyle shall be published and available at approximately 10:00 AM Friday, August 2, 2013.

For individual event distances 400 and less, the events will be pre-seeded with heats organized according to USA Swimming Rules 102.5. Seeding individual events shall be as follows:

- (1) All conforming times will be arranged in time order.
- (2) Non-conforming short course meter times will be arranged in time order followed by nonconforming yard times.
- (3) Bonus swimmers will be arranged in random order after the times that meet the qualifying standards.
- (4) After arranging the times as provided above, the event will be seeded in normal fashion.

**CHECK-IN/SCRATCH PROCEDURES:**

**Scratch Deadlines:**

<b>Monday</b>	<b>Monday events</b>	4:30 PM
	<b>Tuesday events</b>	4:30 PM
<b>Tuesday</b>	<b>Wednesday events</b>	4:30 PM
<b>Wednesday</b>	<b>Thursday events</b>	4:30 PM
<b>Thursday</b>	<b>Friday events (except 1500 FR)</b>	4:30 PM
<b>Friday</b>	<b>1500 Free</b>	8:30 AM

**Deck-Seeded Events:** Positive check-in is required for the 800/1500 free and all relays. Check-in sheets will be posted prior to the start of warm-ups on the day of the event and will be removed 30 minutes prior to the start of the session. Those athletes not checked-in by the deadline will be scratched from the event. Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming an event, the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name and place their initials next to the swimmer's name.

**Pre-Seeded Events:** Scratches for pre-seeded events shall be confirmed by properly filling out a scratch card and placing it in the scratch box prior to the scratch deadline. The scratch box is located at the Clerk of Course.

Empty lanes in pre-seeded events will be filled with on-deck entries.

**Relays:** Teams may enter a maximum of two (2) entries per relay event. Relays will be deck seeded Timed Finals and will swim slowest to fastest during Finals. Relay cards will be distributed in coaches' packets (available Monday morning). Cards must be completely and properly filled out and submitted to Clerk of Course by 5:30pm on the day of the event. The cards will remain with Clerk of Course and heat sheets will be distributed and posted as soon as possible. Each card must contain the first and last names and ages for all swimmers eligible to compete (there is no limit to the number of eligible swimmers). The competing swimmers must be listed in the order in which they will swim. Any changes in the names of the competing swimmers or their order of swimming must be declared to the lane timer prior to the start of the heat in which the relay is entered. Relay cards not received by the deadline will be considered scratches.

**Finals:** The 2013 USA Swimming National Scratch rules will be used during the meet. Swimmers qualifying for finals or consolation finals must notify the referee within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch by filling out a scratch card and either giving it to the referee or depositing it in the scratch box at Clerk of Course table within 30 minutes following the posting of the last preliminary event of the session.

**PENALTIES:**

**Deck-Seeded Events:** Failing to swim either an individual or relay event after a positive check-in will result in the swimmer being barred from his/her next individual event.

**Failure to swim Finals:** Any swimmer failing to properly scratch and failing to compete in the bonus (D or C final), consolation finals (B final) and finals (A final) shall be barred from the remainder of the meet unless relieved for good cause by the Meet Referee.

**ENTRY****INFORMATION:**

**Entry Times:** Times must be from USA Swimming meets. Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (SCY), short course meters (SCM), or long course meters (LCM). There are to be no conversions from yard to meters or meters to yards. If entries are submitted by paper, (not using HyTek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L).

Long course meters shall be the conforming course for this long course championship meet and events shall be seeded with conforming times first, followed by non-conforming short course meter (SCM) times followed by non-conforming short course yard (SCY) times. Entries submitted with a NO TIME (NT) are not permitted.

**Qualifying Times:** See Times Standards – attached with order of events.

**Cut-off Times:** Any swimmer who has achieved a current 2013 ConocoPhillips National Championship (U.S. Open) qualifying time in that event (LCM, SCM, SCY) prior to the entry deadline is ineligible to compete in that event (or in the same stroke and distance on a relay) in the 2013 Southern Zone Senior Championships.

**Age:** Swimmer's age as of July 29, 2013 will determine his or her age for the entire meet.

**Entry Qualification Period:** January 1, 2012 to July 28, 2013

**Number of Events:** Swimmers may compete in up to two (2) individual events per day (including time trials) and up to one (1) relay per day. Swimmers may compete in a total of six (6) individual events for the meet.

**Bonus Events:** The following "Bonus Event" Rule will be in effect for this meet:

- 1 qualifying time = 1 bonus swim
- 2 qualifying times = 2 bonus swims
- 3 qualifying times = 3 bonus swims.

The six (6) individual events limit for the meet is still applicable. A swimmer will not be required to prove times for those bonus events. To enter a bonus swim, a swimmer must enter as at the slowest non-conforming qualifying time for that event. Failure to identify each bonus event entered in this manner will result in the entry being treated the same as a non-bonus event. Events 800 meters and longer may not be swum as Bonus Events.

**Time Trials:** Time Trials shall be held each day at the discretion of the Meet Referee and time permitting. Time Trial events shall not count towards the maximum number of events for the meet but shall count toward the maximum number of events for the day according to this meet information.

**Deadline:** Entries must be in the hands of the Meet Entry Chairperson not before Monday, July 1, 2013, at 8:00am EST and no later than 11:59pm Monday, July 22, 2013. Emailed entries will be accepted for swims achieved between 12:00 midnight July 23, 2013 through 10:00 pm EST Sunday, July 28, 2013. No updated times will be allowed. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required.

Email or Mail entries to the Meet Entry Chairperson:

Duffy Dillon  
 FLA Aquatics  
 289 SE 3<sup>rd</sup> Terrace  
 Pompano Beach, FL 33060  
 Email: DDillon@FLAswim.com  
 Phone: 954-468-5590

**Entries:** All teams entering MUST submit their entries electronically via email, using the TeamUnify or HyTek Meet Manager/Team Manager compatible computer software, along with a hard copy printout of the entries in PDF format. Teams without TeamUnify or HyTek compatible software should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams who enter swimmers using a hard copy entry form only (without sending TeamUnify or HyTek compatible files).

Teams may e-mail their electronic entry files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

**ELIGIBLE TEAMS:**

This meet is open to all swimmers in the Southern Zone. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "registration applied for" will not be accepted.

**OUT OF ZONE ENTRY**

Up to 250 out of Zone and foreign athletes may be accepted into the meet.

**Invitations will be accepted via email to: Duffy Dillon at [DDillon@FLAswim.com](mailto:DDillon@FLAswim.com)**

on a first come first serve basis starting on June 1, 2013. Emails with a time stamp prior to this will be rejected. The following must be included in the email:

TEAMNAME:

COACH NAME, EMAIL and MOBILE NUMBER:

NUMBER OF MALE ATHLETES:

NUMBER OF FEMALE ATHLETES:

Accepted athletes and teams will be notified beginning June 1.

**ENTRY FEES:**

**IN SOUTHERN ZONE**

\$7.50 per individual event.

\$15.00 per relay entry.

\$7.50 surcharge per swimmer.

**Make checks payable to: TEAM FLA.**

Entry fees must accompany entries, if delivered by any method other than email.

**FROM OUTSIDE OF SOUTHERN ZONE**

\$10.00 per individual event

\$20.00 per relay entry.

\$10.00 surcharge per swimmer.

**AWARDS:** Individual events: USA medals for 1<sup>st</sup> – 8<sup>th</sup> place, ribbons for 9<sup>th</sup> – 16<sup>th</sup> place.

Relays: USA medals for 1st – 8th place, ribbons for 9<sup>th</sup> – 16<sup>th</sup> place.

Awards for Top 8 will be presented immediately following the conclusion of the Championship Final (A Final) of each event.

Team Awards: 1-5<sup>th</sup> Combined; 1<sup>st</sup>-3<sup>rd</sup> Women, 1<sup>st</sup>-3<sup>rd</sup> Men

**SCORING:** Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays events: score double points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

## **RULES &**

### **SANCTIONS:**

The meet will be held under the sanction of USA Swimming and Florida Gold Coast Swimming.

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.

## **POOL**

### **MEASUREMENT:**

The competition course has been certified in accordance with USA Swimming Rule 104.2.2c(4). The copy of such certification is on file with USA Swimming. Rule 202.3.7 Water Depth at start end is from 4'6" at the start end and 11'6" on the turn end (50 start end) depending on lane assignment.

### **TIMING SYSTEM:**

The Colorado System 5 automatic timing system with electronic scoreboard will be used.

## **POOL DECK**

### **RESTRICTION:**

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the Operation of all FG sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Psych/Heat Sheets and for admission to the Hospitality Room.

Special Note: Coaches, swimmers, and volunteers need to stay out of the roped-off area provided for the meet officials around the pool deck and honor Meet Official and Safety Marshal request's to allow room for USA Swimming officials to perform their duties.

### **PROOF OF TIME:**

Any swimmer who fails to swim the qualifying time in an individual event and is unable to provide appropriate proof-of-time for that event may be fined \$20.00 per event.

## **SWIMMERS WITH**

### **DISABILITIES:**

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment.

### **MEET RESULTS:**

[www.FLAswim.com](http://www.FLAswim.com) / [www.swimPST.com](http://www.swimPST.com) / Meet Mobile

**CAMERA FREE ZONE:**

The Florida Gold Coast Swimming Camera Free Zone policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during sanctioned event.

**SPECIAL OPERATIONS****NOTES:**

This meet may be run utilizing chase starts during the prelim sessions if needed. A final decision as to protocol to be used will be announced during the Tuesday General Meeting and will be dependent on the number of entries and resulting timeline.

**Distance Events – Competition Protocols**

**Relays:** ALL will be deck seeded, timed final events and will swim during each day's finals session. Relay heats will swim as described in the order of events.

**800 FREE (events 1 and 2):** is a timed final event. All heats will be swum, fastest to slowest, alternating women and men heats. **Check-in deadline is 5:00 PM Monday.**

**1500 FREE (events 41 and 42):** is a timed final event. The fastest 8 women and the fastest 8 men, who check-in and do not elect to swim in prelims, will swim during Friday's finals. All other heats will be swum, fastest to slowest, alternating women and men, as the last event of Friday's prelim session. **Check-in deadline is 8:30 AM Friday.**

**400 IM and 400 Free:** These events will be swum as prelim/finals events. In prelims, these events will be swum slowest to fastest with international seeding for the fastest three heats.

**GENERAL MEETING:** A general meeting will be held Monday, July 29, 2013 at 3:00 pm in the hospitality room.

Meet Directors – Duffy Dillon / Jimmy Parmenter;

DDillon@FLAswim.com / JimmyPPST@aol.com

Head Referee – as assigned by the SZ

The most up to date HOTEL INFORMATION will be available at

**[www.FLAswim.com](http://www.FLAswim.com)**

under the “Swim Meets / Hosted Meets” tab

**ORDER OF EVENTS**  
**Southern Zone Senior Long Course Championships**  
**Hosted by FLA Aquatics and Plantation Swim Team**  
**Monday, July 29 – Friday, August 2, 2013**

**Entry Rules:**

Type of meet	Prelim/Finals
Max # individual events per day	Two (2)
Max # individual events – meet	Six (6)
Max # Time Trials per day	Two (2)
Swimmers eligible from the following teams:	All USA Swimming Southern Zone Teams & Swimmers
Entry times in	LCM, SCM, SCY
Qualifying times	Listed in the order of events.
Cut-off times	Current ConocoPhillips National Championship (U.S. Open )qualifying time
Enter with “no time”? (Bonus events)	No; enter at slowest non-conforming cut time. Mark as BONUS.
Fees	Individual \$7.50 Relay \$15.00 Surcharge \$7.50

**Meet Schedule and Qualifying Times**

**Monday July 29, 2013**

Women				Event LCM	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
1	10:10.59	9:57.49	11:22.69	800 Free	10:38.29	9:18.59	9:35.69	2
<b>10 – minute Break</b>								
3		NTS		200 MED Relay		NTS		4
<b>5 – minute Break</b>								
5		NTS		200 FREE Relay		NTS		6
<p style="text-align: center;">All heats of the 800 Freestyle will be swum fastest to slowest alternating women’s and men’s heats.                      The 200 MEDLEY Relay and the 200 FREE Relay will be swum slowest to fastest; all women’s heats, then all men’s heats.                      Check-in deadline for all events is 4:30 pm.</p>								



Tuesday July 30, 2013								
Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
7	1:05.49	1:03.49	:57.49	100 Free	:51.99	:57.39	:59.59	8
9	2:57.99	2:52.39	2:35.99	200 Breast	2:21.99	2:36.89	2:42.89	10
11	2:35.49	2:29.59	2:15.29	200 Back	2:04.49	2:17.59	2:22.69	12
13	2:35.59	2:31.39	2:16.99	200 Fly	2:05.89	2:19.09	2:22.89	14
15	100 BREAST Q-TIME			50 Breast	100 BREAST Q-TIME			16

Wednesday July 31, 2013								
Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
17	100 BACK Q-TIME			50 Back	100 BACK Q-TIME			18
19	2:21.09	2:16.89	2:03.89	200 Free	1:53.59	2:05.49	2:10.79	20
21	5:35.09	5:25.39	4:54.49	400 IM	4:32.19	5:00.79	5:10.99	22
23	100 FLY Q-TIME			50 Fly	100 FLY Q-TIME			24
<b>10 – minute Break</b>								
25	NTS			800 FREE Relay	NTS			26
<p>The 800 FREE Relay will be swum 2<sup>nd</sup> fastest heat of women, 1<sup>st</sup> fastest heat of women.  Then 2<sup>nd</sup> fastest heat of men, 1<sup>st</sup> fastest heat of men.  All remaining heats will alternate women and men, fastest to slowest.  Relay Check-in deadline will be 4:30 pm.</p>								

Thursday August 1, 2013								
Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
27	1:12.79	1:09.19	1:02.69	100 Back	:57.29	1:03.29	1:06.79	28
29	4:55.99	4:48.49	5:29.69	400 Free	5:07.79	4:29.39	4:36.69	30
31	1:23.09	1:20.09	1:12.49	100 Breast	1:05.09	1:11.89	1:15.59	32
33	1:10.79	1:09.09	1:02.59	100 Fly	:56.49	1:02.39	1:04.29	34
<b>10 – minute Break</b>								
35	NTS			400 FREE Relay	NTS			36
<p>The 400 FREE Relay will be swum 2<sup>nd</sup> fastest heat of women, 1<sup>st</sup> fastest heat of women.  Then 2<sup>nd</sup> fastest heat of men, 1<sup>st</sup> fastest heat of men.  All remaining heats will alternate women and men, fastest to slowest.  Relay Check-in deadline will be 4:30 pm.</p>								



**Friday August 2, 2013**

Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event#
37	2:39.49	2:33.29	2:18.69	200 IM	2:06.79	2:20.09	2:26.39	38
39	19:36.29	18:52.09	18:58.69	1500 Free	17:53.29	17:47.09	18:19.89	40
41	:30.39	:29.29	:26.59	50 Free	:23.79	:26.29	:26.79	42
<b>10 – minute Break</b>								
43	NTS		400 MED Relay		NTS		44	

For the 1500 Freestyle check-in, swimmers may elect to swim the event during prelims. The fastest 8 women and the fastest 8 men who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1500 Freestyle will be swum as the last heats in Prelims, fastest to slowest alternating women and men. 1500 FREE check-in is 8:30 AM.

The 400 MEDLEY Relay will be swum 2<sup>nd</sup> fastest heat of women, 1<sup>st</sup> fastest heat of women.  
Then 2<sup>nd</sup> fastest heat of men, 1<sup>st</sup> fastest heat of men.

All remaining heats will alternate women and men, fastest to slowest.

Relay Check-in deadline will be 4:30 pm.

## SOUTHERN ZONE SENIOR CHAMPS – TIME TRIALS

July 29 – August 2, 2013

- Time:** Approximately 15 minutes after the conclusion of the final preliminary heats or timed finals heats each day.
- Pool:** One 8-lane, 50-Meter course for competition. Colorado Timing System.
- Eligibility:** Open to all swimmers already properly entered in the Southern Zone Senior Championships.
- Entry Limit:** Three (3) individual events per day, including events swum in the Southern Zone Senior Champs meet. The order of events will be swum only one time each day.
- Entry Fees:** \$15 per individual event. \$30 per relay event. Cash only will be accepted.
- Entries:** Will be accepted at the Clerk of course and will close one hour before the end of prelims (timed finals) each day.
- Seeding:** Enter with 50 meter long course times. **\*800/1500 distance events** will be offered on Monday and Friday only, and *may be* combined with the slowest heat(s) during the regular preliminary (timed finals) session. Time trial swimmers will not be scored and will be separated by at least one empty lane from the swimmers with qualifying times.
- Scratches:** No penalty for scratching at the block.
- Rules:** USA Swimming rules will apply.
- Officials:** Meet Referee: TBA
- Order of Events:**

MON, July 29, 2013		TUES, July 30, 2013		WED, July 31, 2013		THUR, AUG 1, 2013		FRI, AUG 2, 2013	
Event #	Event	Event #	Event	Event #	Event	Event #	Event	Event #	Event
101-102*	800 FR	201-202	100 FR	301-302	50 BA	401-402	100 BA	501-502	200 IM
103-104	200 M.R.	203-204	200 BR	303-304	200 FR	403-404	400 FR	503-504	50 FR
105-106	200 F.R.	205-206	200 BA	305-306	400 IM	405-406	100 BR	505-506	400 M.R.
		207-208	200 FL	307-308	50 FL	407-408	100 FL	507-508	100 FR
		209-210	50 BR	309-310	800 F.R.	409-410	400 F.R.	509-510	200 BR
		211-212	50 BA	311-312	100 BA	411-412	200 IM	511-512	200 BA
		213-214	200 FR	313-314	400 FR	413-414	50 FR	513-514	200 FL
		215-216	400 IM	315-316	100 BR	415-416	400 M.R.	515-516	50 BR
		217-218	50 FL	317-318	100 FL	417-418	100 FR	517-518	50 BA
		219-220	800 F.R.	319-320	400 F.R.	419-420	200 BR	519-520	200 FR
		221-222	100 BA	321-322	200 IM	421-422	200 BA	521-522	400 IM
		223-224	400 FR	323-324	50 FR	423-424	200 FL	523-524	50 FL
		225-226	100 BR	325-326	400 M.R.	425-426	50 BR	525-526	800 F.R.
		227-228	100 FL	327-328	100 FR	427-428	50 BA	527-528	100 BA
		229-230	400 F.R.	329-330	200 BR	429-430	200 FR	529-530	400 FR
		231-232	200 IM	331-332	200 BA	431-432	400 IM	531-532	100 BR
		233-234	50 FR	333-334	200 FL	433-434	50 FL	533-534	100 FL
		235-236	400 M.R.	335-336	50 BR	435-436	800 F.R.	535-536	400 F.R.
								537-538	1500 FR

## **SAFETY GUIDELINES AND WARM-UP PROCEDURES**

### **WARM-UP PROCEDURES**

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
1. **Lanes 2 & 7, RACING STARTS ONLY (ONE WAY ONLY)**, either from blocks or from backstroke starts.
  2. **Lanes 1 & 8, PUSH PACE ONLY**, 50s and 100s OK.

### **SAFETY GUIDELINES**

#### **A. Swimmers Responsibilities**

1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.

#### **B. Coaches Responsibilities**

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
3. Coaches shall actively supervise their swimmers throughout the warm-up session.
4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
5. Registered coaches of unattached swimmers should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.

#### **C. Safety Marshals**

1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**

#### **D. Miscellaneous**

1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
2. Backstroker's shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
6. All diving boards and equipment are OFF LIMITS.

#### **E. Pool Rules**

1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
2. Glass containers are prohibited.
3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.



## Southern Zone Senior Championships

### 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 are registered with USA Swimming and in compliance with required certifications. I also acknowledge that I am familiar with the rules of USA Swimming and Florida Gold Coast 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. FLA Aquatics, Plantation Swim Team, the City of Plantation, Florida Gold Coast Swimming, Inc. and USA Swimming, Inc., 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.

I further acknowledge my understanding of the following USA Swimming rule regarding registration:

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.

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.

<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>

## TEAM INFORMATION

<b>CLUB NAME:</b>		<b>INITIALS:</b>	
<b>ADDRESS:</b>			
<b>LSC:</b>		<b>HEAD COACH:</b>	
<b>CONTACT PERSON:</b>		<b>CONTACT CELL PHONE NUMBER:</b>	
<b>COACH PHONE NUMBER:</b>		<b>COACH CELL PHONE:</b>	<b>EMAIL:</b>
<b>COACHES ATTENDING:</b>	1.		
	2.		
	3.		
	4.		
<b>CERTIFIED OFFICIALS WHO MAY WISH TO WORK:</b>	1.		
	2.		
	3.		
	4.		
<b>NUMBER OF SWIMMERS ENTERED:</b>	<b>ATTACHED:</b>		
	<b>UNATTACHED:</b>		
	<b>TOTAL:</b>		

### SUMMARY OF FEES

<b>NUMBER OF IND. EVENTS</b>		X \$7.50 PER EVENT ENTRY FEE (IN) =	
		X \$10.00 PER EVENT ENTRY FEE (OUT) =	
<b>NUMBER OF RELAYS</b>		X \$15.00 PER RELAY ENTRY FEE (IN) =	
		X \$20.00 PER RELAY ENTRY FEE (OUT) =	
<b>NUMBER OF ATHLETES</b>		X \$7.50 PER ATHLETE (IN) =	
		X \$10.00 PER ATHLETE (OUT) =	
<b>TOTAL DUE:</b>			
<b>Make Checks Payable to Team FLA</b>			