



**AREA TALLAHASSEE AQUATIC CLUB
LONG COURSE INVITATIONAL
June 27- 30, 2019**

SANCTIONED BY: Florida Swimming of U.S.A. Swimming, Inc.: Sanction # 4776

In granting this approval it is understood and agreed that USA Swimming and 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 U.S.A. Swimming, Inc.

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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

SPONSORED BY: The Area Tallahassee Aquatic Club in cooperation with Tallahassee Parks & Recreation Department

TYPE OF MEET: Fifty (50) Meters Long-Course

8&U, 10&U, and 11-12 age groups are all timed finals.

13-14, 15-16, and Senior age groups have prelims and championship/consolation finals for all events except the 1500 and 800 freestyle events. The 1500 and 800 freestyle events are timed final events only. Additionally, there will only be a championship final of the 400 freestyle and 400 IM events for the 13-14 and 15-16 age groups. For the Senior age group, there will be a championship final and the option of an 18 and under Consolation or "B" final. Meet management reserves the right to add an 18&U "C" final for the Senior age groups. All relays for 13 and over age groups will be timed finals and will be swum in the Friday and Saturday finals' sessions (Sessions 4 and 7). All

finals are swum championship heat followed by consolation heat, except as noted above.

The 13-14, 15-16, and Senior age groups will be combined for the 1500, 800, and 400 freestyle events but scored separately. The 11-12 and 10&U age groups will be combined for the 800 freestyle events but scored separately. 10&U age group individual events for the 100, 200, and 400 distances will be swum and awarded combined, but scored as 8&U and 9-10.

For the purposes of keeping the meet within the allotted schedule, meet management reserves the right to limit the following events:

- The 400 freestyle events for 12 and under age groups to the top 24 swimmers of each age group of each gender;
- The 400 IM and 400 freestyle events for the combined 13 and over age group to the top 40 swimmers per gender;
- The 1500 freestyle events for the combined 13 and over age groups to the top 24 swimmers of each gender;
- The 800 freestyle events for the combined 13 and over age groups to the top 32 swimmers of each gender; and
- The 800 freestyle events for the combined 12 and under age groups to the top 16 swimmers of each gender

Coaches will be notified prior to the start of the meet if this limitation is necessary. Swimmers excluded will be allowed to deck enter events with open lanes available.

Age on the first day of the meet shall determine the swimmer's age for the entire meet. Swimmers must be at least 13 years old by the first day of the meet to swim in Senior age group events.

All entries must be legal LC times or conversions from short course for all 400 freestyle, 800 freestyle, 400 IM, and 1500 freestyle races. No time (NT) entries will not be accepted and entry times will be checked on the USA swimming database!

Conversions will be allowed from Short Course Yards using the approved formulas below:

Let T = difference in number of turns between short and long course.

(a) For converting 50, 100, and 200 yards to meters:
meter time = (yard time X 1.1) + T

(b) For converting 500 and 1000 yards to 400 and 800 meters:
meter time = (yard time X 0.9) + T

(c) For converting 1650 yards to 1500 meters
meter time = (yard time + 30 seconds)

Meet Management reserves the right to use fly-over starts. Coaches will be notified before start of any session where fly-over starts will be used.

DATES & TIMES: **Thursday, June 27, 2019**
Timed finals at 6:00 pm

Friday, June 28 and Saturday, June 29, 2019:

13-14, 15-16, and Senior age groups: Prelims at 8:00 AM; Finals at 6:00 PM.
10&U and 11-12 age groups: Timed finals no earlier than 1:00 PM.

Sunday, June 30, 2019:

13-14, 15-16, and Senior age groups: Prelims at 8:00 AM; Finals at 6:00 PM.
10&U and 11-12 age groups: Timed finals no earlier than 2:00 PM.

Warm-up: One-and-a-half hours before the morning prelim sessions; one hour before all other sessions, unless otherwise notified. Meet management reserves the right to assign teams to two 45-minute warm-up sessions prior to the morning preliminaries if necessary to accommodate large numbers of swimmers.

LOCATION: Trousdell Aquatic Center, 298 John Knox Road, Tallahassee, Florida

POOL SPECS: Outdoor pool. Certified 10 lanes, 50 Meters. Non-turbulent lane lines. Eight lanes will be used for competition. A Warm-up/down lane will be available during the meet. Water depth at the competition start end is a minimum of ten (10) feet zero inches and the turn end is a minimum of four (4) feet zero inches. The starting blocks are twenty-nine (29) inches above the surface of the water. Fly-over starts may be utilized at this competition.

TIMING

EQUIPMENT: Automatic or semi-automatic using Superior Swim Timing with Colorado pads, back up buttons, and hand-held watches, numeric scoreboard, and Hy-Tek Meet Manager Software.

ELIGIBILITY: Open to currently registered U.S.A. Swimming, Inc. swimmers. On deck registration will be allowed. The 2018 USA-S form, fee, etc. must be presented to the Referee.

SEEDING: Use Fifty (50) Meter Long Course times.
All 400 IM, 400 freestyle, 800 freestyle, and 1500 freestyle events will be deck seeded. To be seeded, swimmers must check in **45 minutes** before the start of each session. If a swimmer enters, but fails to check in, the swimmer may be allowed to swim only if space is available - no new heats will be added.

ENTRY LIMIT: Entries will be limited to 500 swimmers.

All age groups are limited to one (1) event on Thursday and three (3) individual events per day on Friday, Saturday, and Sunday with no more than nine (9) individual events total for the meet, excluding relays. Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the meet or day.

SCRATCHES: **PRELIMS** - No penalty for scratching on the block in the morning prelims with the exception of deck seeded events.

DECK SEEDED EVENTS - Any swimmer entered in a deck seeded event who checks in for that event must swim the event unless he/she notifies the referee before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer either being barred from the next individual event or being fined \$10.00 prior to being able to swim his or her next individual event in which the swimmer is entered unless excused by the referee for illness or emergency.

FINALS AND CONSOLATIONS - Any swimmer who competes in a preliminary heat and is a qualifier for either a consolation or a championship final heat must swim that event during finals unless the swimmer scratches from the event with the announcer no later than 30 minutes following conclusion of the preliminary session. Failure to do so will result in the swimmer either being barred from the next individual event or being fined \$10.00 prior to being able to swim his or her next individual event in which the swimmer is entered unless excused by the referee for illness or emergency. Alternate swimmers are encouraged to check with the announcer after the scratch deadline to determine if they will be swimming, but a swimmer not originally qualified for finals who is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final.

12 AND UNDER TIMED FINALS - No penalty for scratches except for deck seeded events (see above).

RULES: Current U.S.A. Swimming, Inc. Rules govern the meet.
Florida Swimming Rules & Regulations 223.10.

MEET MANAGEMENT RESERVES THE RIGHT TO REMOVE A SPECTATOR OR PARENT WHO BECOMES AN EXTREME NUISANCE FROM THE MEET AREA.

ENTRY FORMS: Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. A signed hard copy printout is acceptable as proof of entry in place of the enclosed entry forms. Free text e-mail entries will not be accepted. Disk and e-mail entries will not be accepted that are not accompanied by a hard copy entry, including the Master Entry Form. **List all attending coaches, contact phone numbers, and RELAY ONLY swimmers in the body of the e-mail.** Corrupted, unreadable,

or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file. 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. Florida Swimming rules require a \$50 penalty from teams that do not submit their entries in Hy-Tek format.

ENTRY FEE:

12 and Under Events:	\$4.15 per timed final individual event \$5.00 per timed final relay
13 and Over Events:	\$4.15 per timed final individual event \$6.10 per prelim and final individual event \$5.00 per timed final relay
Deck Entries:	\$10.00 per event (individual or relay)
Heat Sheet Fee:	\$2.00 per athlete (will be posted on ATAC website by noon Tuesday, June 25, 2019)

SCORING:

Individual events:	20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 point(s)
Relay events:	40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 points

AWARDS¹:

Ribbons for individual places 1 through 8 for all age groups and relay places 1 through 3 for 12 and under age groups.
ATAC will present Individual High Point and Runner-up Winner awards for each age group and gender.
Awards will be awarded to the top two (2) visiting teams overall.

OFFICIALS:

Head Referee:	Silky Labie
Admin Official:	Jaqueline Ayers and Susie Holmes
Head Starter:	John Labie
Head Stroke &Turn:	Karla Bass
Head Marshal:	Shanin Frost

**MEET
MANAGER(S):** Shanin Speas-Frost (850) 508-1809 and Kim Autrey (850) 491-0288
meetmanager@swimatac.com

ENTRY

DEADLINE: All entries must be received no later than **5:30 PM ON MONDAY, JUNE 17, 2019**. No fax entries or verbal commitments. This is a popular summer meet and fills up quickly. Teams are encouraged to submit their entries well in advance of the stated deadline.
Make checks payable to: ATAC (1700 North Monroe St., #11-163, Tallahassee, FL 32303)

¹ Pick-up of awards (end of meet vs. mailed) will be discussed during coaches meeting.

DECK ENTRIES: Deck entries may be allowed at the discretion of meet management. Entries will be accepted if there was an error in the processing of the team entry. Other deck entries may be allowed if: (1) The swimmer is not already entered in the maximum allowable events for the day; (2) The requested event is not a substitute for another event; and (3) There is an empty lane in the requested event. No new heats will be added. Deck entries must be requested at least **45 minutes** before the start of the session in which the deck entry is made. It is not mandatory for swimmers to be pre-registered for the meet to be deck entered.

SEND ENTRIES TO: Meet Manager: meetmanager@swimatac.com

COACHES' MEETING: There will be a coaches' meeting at 7:45 am on Friday morning in the ATAC Team Room.

OFFICIALS' BRIEFINGS: Officials' briefings will be held one hour prior to the start of each session in the ATAC Team Room.

MEET COMMITTEE: A meet committee to be composed of the Head Meet Referee, Meet Manager, home team coach, two participating swimmers, and two other coaches chosen at the first coaches' meeting will meet as needed to make decisions regarding the meet schedule in the event of inclement weather or at other times as requested by the Meet Manager. In case of weather delays, the meet committee will have the power to cancel the meet or event or postpone it to a future date or time with the best interest of the swimmers and traveling teams in mind.

SPECTATOR SEATING: For insurance purposes, USA Swimming limits the competition area to swimmers, coaches, officials, and recognized volunteers only. Spectators are to remain behind the retaining wall. There is ample space for canopies and seating in the allowed area. **NO CANOPIES ARE ALLOWED ON THURSDAY.**

COACH SUPERVISION: Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-up and competition by a currently licensed USA Swimming Coach. 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 them during warm-up and competition and must submit the attached Alternate Coach Form (signed by the accepting coach) to the Meet Referee prior to beginning any warm-up or competition.

IDENTIFICATION: Coaches and officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during the meet or prove current membership on Deck Pass.

CAMERA ZONES: Per Florida Swimming Rule 223.13, 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 “racing starting purposes” during competition and warm-ups, locker rooms, restrooms, 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.

For the purposes of this meet the “Camera Zones” are considered to be between the backstroke flags and from behind the spectator wall (unless other arrangements are made in advance).

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

**MEET PROGRAM
& MERCHANDISE:**

The meet program, including all sessions heat sheets for pre-seeded events, will be available **ONLINE ONLY** on the meet website accessible from www.swimatac.com. Heat sheets for finals, consolations, and deck seeded events will be posted near concessions. No programs will be available for sale at the meet².

Meet shirts may be available for pre-order to local and visiting teams from the ATAC website at www.swimatac.com. **Shirt pre-orders usually close around two weeks prior to the meet.** Meet shirts may also be available for sale in concessions at the meet but in limited quantities.

² Meet management will do its best to broadcast the meet on Meet Mobile.



ATAC LONG COURSE INVITATIONAL
June 27 – June 30, 2019

WARM-UP SCHEDULE

NO EQUIPMENT ALLOWED AT ANY TIME.

Warm-ups **must be supervised by a coach.**

Except for controlled racing starts, every swimmer must enter the water **FEET FIRST** with at least one hand touching the deck.

The warm-ups will be broken up into **two 45-minute warm-up sessions** prior to the morning preliminary sessions and **two 30-minute sessions** prior to the afternoon and evening timed final and finals sessions.

TEAMS WILL BE ASSIGNED WARM-UP LANES AND TIMES.

Teams will be allowed to use their assigned lanes during their assigned times for either circle swimming, pace 50's, or race starts, at their discretion, as long as the entire warm-up is supervised by a coach.

Race starts are to be conducted as follows: swimmers will start from the deep end, clear the start area quickly, continue to the far end one-way only, exit the pool and walk back to the blocks. Coaches must ensure the start area is cleared before instructed the next swimmer to dive in safely.

NOTE: Warm-up procedures may be altered by the meet management to fit the needs of the swimmers.

*Again, coaches are asked to supervise swimmers in the water **at all times** to help ensure the safety of all competitors.*

Have fun and great swimming!!!

ORDER OF EVENTS
ATAC LONG COURSE INVITATIONAL
 June 27 – June 30, 2019



THURSDAY, JUNE 27, 2019¹

SESSION 1: Timed finals for individual events in all age groups.
Warm-up 5:00 pm. Start 6:00 pm. 5:15 PM check-in required.

Girls	Qual. Time	Age Group	Distance and Stroke	Qual. Time	Boys
1**	12:35.99	13 and over	800 Freestyle*	12:05.89	2**
3**	13:26.79	12 and under	800 Freestyle*	13:11.69	4**

1. NO CANOPIES WILL BE ALLOWED ON THE DECK ON THURSDAY EVENING AND ALL CHAIRS, COOLERS, ETC., MUST BE REMOVED AT THE END OF THE SESSION.

* Swimmers must check in by 5:15 pm to be seeded. NT entries will not be accepted. Heats will be swum fastest to slowest alternating by gender. **Meet management reserves the right to limit events 1 and 2 to the top 32 swimmers entered in each event, and events 3 and 4 to the top 16 swimmers entered in each event to finish at an appropriate time for swimmers for the next morning's session.** Coaches will be notified prior to the start of the meet if this limitation will be necessary.

** Events 1 and 2 will be swum 13 and over but will be scored as 13-14, 15-16, and Senior. Events 3 and 4 will be swum 12 and under but scored 11-12 and 10&U.

FRIDAY, JUNE 28, 2019

SESSION 2: Prelims for individual events in 13-14, 15-16, and Senior age groups.
Warm-up 6:20 am. Start 8:00 am. 7:15 AM check-in required for 400 IM.

Girls	Qual. Time	Age Group	Distance and Stroke	Qual. Time	Boys
5	n/a	13-14	200 Freestyle	n/a	6
7	n/a	15-16	200 Freestyle	n/a	8
9	n/a	Senior*	200 Freestyle	n/a	10
11	n/a	13-14	200 Breaststroke	n/a	12
13	n/a	15-16	200 Breaststroke	n/a	14
15	n/a	Senior*	200 Breaststroke	n/a	16
17	n/a	13-14	100 Butterfly	n/a	18
19	n/a	15-16	100 Butterfly	n/a	20
21	n/a	Senior*	100 Butterfly	n/a	22 ¹
23**	6:57.39	13 and over*	400 IM***	6:32.69	24**

1. A 10-minute-break may be added at the end of event 22, if deemed necessary at the coaches meeting.

* Swimmer must be at least 13 to swim these events.

** Swimmers must check in by 7:15 am to be seeded. NT entries will not be accepted. Heats will be swum fastest to slowest alternating gender. This event will be swum all together in the morning but will be broken into one final per each age group of 13-14, 15-16 and Senior at finals.

*** **Meet management reserves the right to limit the event to the top 40 swimmers per gender to maintain the approximate starting time for next session.** Coaches will be notified prior to the start of the meet if this limitation will be necessary. Swimmers excluded will be allowed to deck enter events with open lanes available.

SESSION 3: Timed finals for 10&U and 11-12 age groups.
Warm-up not before noon. Start not before 1:00 pm.

Girls	Age Group	Distance and Stroke	Boys
25	10&U	200 Medley Relay	26
27	11-12	200 Medley Relay	28
29	10&U	200 Freestyle	30
31	11-12	200 Freestyle	32
33	10&U	100 Breaststroke	34
35	11-12	100 Breaststroke	36
37	10&U	50 Butterfly	38
39	11-12	50 Butterfly	40

SESSION 4: Finals of events 5 through 24 with championship heats followed by consolation heats, except there will only be a championship final of events 23 and 24¹. The 400 Medley Relay is a timed final.

Warm-up 5:00 pm. Start 6:00 pm. Relays to be swum last².

Girls	Age Group	Distance and Stroke	Boys
41	13-14	400 Medley Relay	42
43	Senior*	400 Medley Relay	44

1. Meet management reserves the option of an 18 and under Consolation or "B" final.

2. A 10-minute break may be added at the end of event 24 Finals, if deemed necessary at the coaches meeting.

* Swimmer must be at least 13 to swim these events.

SATURDAY, JUNE 29, 2019

SESSION 5: Prelims for individual events in 13-14, 15-16, and Senior age groups.

Warm-up 6:20 am. Start 8:00 am. 7:15 AM check-in required for 400 Free.

Girls	Qual. Time	Age Group	Distance and Stroke	Qual. Time	Boys
45	n/a	13-14	50 Freestyle	n/a	46
47	n/a	15-16	50 Freestyle	n/a	48
49	n/a	Senior*	50 Freestyle	n/a	50
51	n/a	13-14	200 IM	n/a	52
53	n/a	15-16	200 IM	n/a	54
55	n/a	Senior*	200 IM	n/a	56
57	n/a	13-14	100 Backstroke	n/a	58
59	n/a	15-16	100 Backstroke	n/a	60
61	n/a	Senior*	100 Backstroke ¹	n/a	62
63**	6:07.19	13 and over*	400 Freestyle***	5:49.09	64**

1. A 10-minute break may be added at the end of event 62, if deemed necessary at the coaches meeting.

* Swimmer must be at least 13 to swim these events.

** Swimmers must check in by 7:15 am to be seeded. NT entries will not be accepted. Heats will be swum fastest to slowest alternating gender. This event will be swum altogether in the morning but will be broken up into one final per age group Saturday night.

*** Meet management reserves the right to limit events 63 and 64 to the top 40 swimmers per gender to maintain the approximate starting time for next session. Coaches will be notified prior to the start of the meet if this limitation will be necessary. Swimmers excluded will be allowed to deck enter events with open lanes available.

SESSION 6: Timed finals for 8&U, 9-10, 10&U, and 11-12 age groups.

Warm-up not before noon. Start not before 1:00 pm. 12:15 PM check-in required for 400 Free.

Girls	Qual. Time	Age Group	Distance and Stroke	Qual. Time	Boys
65	n/a	10&U	200 Freestyle Relay	n/a	66
67	n/a	11-12	200 Freestyle Relay	n/a	68
69	n/a	10&U	50 Freestyle	n/a	70
71	n/a	11-12	50 Freestyle	n/a	72
73	n/a	8&U	50 Butterfly	n/a	74
75	n/a	10&U	100 Butterfly	n/a	76
77	n/a	11-12	100 Butterfly	n/a	78
79	n/a	8&U	50 Backstroke	n/a	80
81	n/a	9-10	50 Backstroke	n/a	82
83	n/a	11-12	50 Backstroke	n/a	84
85*	7:36.79	10&U	400 Freestyle**	7:29.49	86*
87*	6:23.89	11-12	400 Freestyle**	6:15.49	88*

* Events 85 through 88 are deck seeded events. Swimmers must check in by 12:15 pm to be seeded. Swimmers must enter with a legal LC time or a conversion from a legal short course 500 yard time. NT entries will not be accepted.

** Meet management reserves the right to limit the events to the top 24 swimmers of each gender in each event. Coaches will be notified prior to the start of the meet if this limitation will be necessary. Swimmers excluded will be allowed to deck enter events with open lanes available.

SESSION 7: Finals of events 45 through 64 with championship heats followed by consolation heats, except there will only be a championship final of events 63 and 64¹. The 400 Freestyle Relay is a timed final.

Warm-up 5:00 pm. Start 6:00 pm. Relays will be swum last².

Girls	Age Group	Distance and Stroke	Boys
89	13-14	400 Freestyle Relay	90
91	Senior*	400 Freestyle Relay	92

1. Meet management reserves the option of an 18 and under Consolation or "B" final..

2. A 10-minute break may be added at the end of event 62 Finals, if deemed necessary at the coaches meeting.

* Swimmer must be at least 13 to swim these events.

SUNDAY, JUNE 30, 2019

SESSION 8: Prelims for individual events 13-14, 15-16, and Senior age groups, except that the 1500 Freestyle will be a timed final.

Warm-up 6:20 am. Start 8:00 am. 7:15 AM check-in required for 1500 Free.

Girls	Qual. Time	Age Group	Distance and Stroke	Qual. Time	Boys
93	n/a	13-14	200 Butterfly	n/a	94
95	n/a	15-16	200 Butterfly	n/a	96
97	n/a	Senior*	200 Butterfly	n/a	98
99	n/a	13-14	100 Freestyle	n/a	100
101	n/a	15-16	100 Freestyle	n/a	102
103	n/a	Senior*	100 Freestyle	n/a	104
105	n/a	13-14	100 Breaststroke	n/a	106
107	n/a	15-16	100 Breaststroke	n/a	108
109	n/a	Senior*	100 Breaststroke	n/a	110
111	n/a	13-14	200 Backstroke	n/a	112
113	n/a	15-16	200 Backstroke	n/a	114
115	n/a	Senior*	200 Backstroke ¹	n/a	116
117**	24:06.39	13 & over*	1500 Freestyle***	23:06.49	118**

1. A 10-minute break may be added the end of event 116, if deemed necessary at the coaches meeting.

* Swimmer must be at least 13 to swim these events.

** For events 117 and 118, the 13-14, 15-16, and Senior age groups will be swum combined but scored separately. NT entries will not be accepted. Swimmers must check in by 7:15 to be seeded.

*** **Meet management reserves the right to limit events 117 and 118 to the top 24 swimmers of each gender.** Coaches will be notified prior to the start of the meet if this limitation will be necessary. Swimmers excluded will be allowed to deck enter events with open lanes available. Events will be swum fastest to slowest alternating gender. The 13-14, 15-16, and Senior age groups will be combined in the 1500 freestyle and scored separately.

SESSION 9: Timed finals for 8&U, 9-10, 10&U, and 11-12 age groups.

Warm-up not before 1:00. Start not before 2:00 pm.

Girls	Age Group	Distance and Stroke	Boys
119	10&U	200 IM	120
121	11-12	200 IM	122
123	8&U	50 Breaststroke	124
125	9-10	50 Breaststroke	126
127	11-12	50 Breaststroke	128
129	8&U	50 Freestyle	130
131	10&U	100 Freestyle	132
133	11-12	100 Freestyle	134
135	10&U	100 Backstroke	136
137	11-12	100 Backstroke	138

SESSION 10: Finals of events 93 through 116.

Warm-up immediately following the afternoon session. Start not before 6:00 pm.



MASTER ENTRY FORM
ATAC LONG COURSE INVITATIONAL
 June 27 – June 30, 2019

Team Name: _____ Call Letters: _____

Address: _____

City: _____ State: _____ Zip: _____

Coach: _____ LSC: _____ Phone: (____) _____

SWIMMER/COACH REGISTRATION

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming, Inc. 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-S Coach Members, and that I am a current USA-S registered non-athlete member.

 Signature (must be USA-S member) Team Date (____) Phone

ENTRY DEADLINE: 5:30 PM, Monday, June 17, 2019

MAIL ENTRIES TO: Meet Manager: Shanin Frost
meetmanager@swimatac.com
 1700 North Monroe St., #11-163, Tallahassee, FL 32303
 (850) 508-1809

Financial Recap: We have entered the following:

12 and under: Individual Events _____ @ \$4.15 + Relays _____ @ \$5.00 = \$_____

13 and over: Individual Prelim Events _____ @ \$6.10, + Timed Final Events _____ @ \$4.15
 + Relays _____ @ \$5.00 = \$_____

Total swimmers: _____ @ \$2.00 (heat sheet fee) = \$_____

GRAND TOTAL \$ _____

ALTERNATIVE COACH FORM
AREA TALLAHASSEE AQUATIC CLUB
ATTN: Meet Manager: Shanin Frost
meetmanager@swimatac.com
(850) 508-1809

The following swimmers are entered in the 2019 ATAC Long Course Invitational and are present without a member coach:

NAME OF SWIMMER	TEAM
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I am a certified coach of USA Swimming in good standing, and I agree to coach the above-named swimmer(s) during all warm-up and competition in which they participate.

Signature

Date

Team

