The 2018 Elizabeth Kazeck Fall Sprint

HOSTED BY HIGHLANDER AQUATICS

and Lake Highland Preparatory School

September 22-23, 2018

SANCTIONED BY: Florida Swimming of USA Swimming #

“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.”

SPONSORED BY: HIGHLANDER AQUATICS

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.

DATE AND TIME: Saturday Session 1, September 22 AM Session start time: 8:30 am
Saturday Session 2, September 22 PM Session start time: Not before 12:30

Sunday Session 3, September 23 AM Session start time: 8:30 am
Sunday Session 4, September 23 PM Session start time: Not before 12:30

*Saturday Session 2 AND Sunday Session 4, will begin 45 minutes after the completion of Session 1 and 3, or at a time set by the meet referee but not before 12:30 pm*

TYPE OF MEET: Outdoor Short Course (25 yards). Timed Final If necessary each session will use two courses simultaneously.

 Meet Management may choose to run a 10 lane course to expedite sessions NO qualifying times will be required.

Meet Management may opt to use ‘fly-over” starts.

LOCATION: Lake Highland Preparatory School Aquatic Complex

 901 North Highland Avenue, Orlando, FL 32803

 407-206-1900 Ext. 1182

POOL Two certified 25 yard, 8/10 lane courses with non-turbulant lane lines. Regulation

SPECIFICATIONS: starting platforms, Two Daktronics timing systems and automatic touchpads with new digital scoreboard will be used**.** The competition water depth is 6 foot 9 inches at the start and the turn end.

ELIGIBILITY: Open to the first 800 currently registered USA Swimming athletes. On deck registration will be allowed. The 2018 USA-S form, fee, etc. must be presented to the Referee Meet will be limited as to not exceed the 4 hour rule.

SEEDING: Short course 25 yard times will be used for seeding. Conversions may be made using the formula found in the Florida Swimming Handbook.

SCRATCH PENALTY: No penalty for scratching pre-seeded events. Any swimmer entered in a deck seeded event, who 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.

ENTRY LIMITS: Swimmers are limited to five ENTERED events per day.

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

INDIVIDUAL **Individual Events:**

AWARDS: Ribbons 1st - 8th for all 12 and under age groups; no awards 13 and over

 **High Point:** Top swimmer in each age group

All awards must be picked up upon the completion of meet. No awards will be mailed.

RULES: USA Swimming Rules will govern the Meet. The USA Swimming Championship no recall start will be used as outlined in 102.14.4H in the USA Swimming Rules & Regulations.

OFFICIALS: Referees: Abraham Pretorius Starters: Rob Roy

Head Stroke and Turn: Mary Owens Head Marshall: Mike Curley
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.

MEET MANAGER: Mike Curley 407-206-1900 Ext. 1180

ENTRY FEE: $10.00 Meet Surcharge

$4.15 per individual event and $5 pre relay event

 $10.00 per event deck entered at the meet

$50.00 ***additional fee*** if team ***does not*** enter the meet using the Hy-tek format.

Checks payable to: ***Lake Highland***

**Entry Deadline: Master Entry Form** and entry fees must be received by Monday, September 17th at 5:00 PM.

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 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 $2.50 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.

ENTRY DEADLINE: Monday, September 17th, 2018 by 5:00 PM

MAIL ENTRIES TO: HIGHLANDER AQUATICS

 MIKE CURLEY

 901 NORTH HIGHLAND AVENUE

 ORLANDO, FLORIDA 32803

 ***Email entries to : curleyfamily5@aol.com***

COACH SUPERVISION: Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-ups and competition by a current coach member of USA Swimming.

COACHES & OFFICIALS: Coaches and Officials shall have their current USA Swimming registration card available upon request.

COACHES Each Team will receive one heat sheet for every coach listed on their proof of

HEAT SHEETS: entry form and with a current USA Swimming membership card.

**DECK ENTRIES:** Deck entries are to be submitted to meet management no later than 30

minutes prior to the start of each session. The fee for deck entries is

$10.00 per event. **If the swimmer is not already in the meet, the $10.00**

**meet surcharge is also due.** Fees must be paid at the time the entry is made.

Deck entries will be accepted only if there are open lanes in the desired

event. Swimmers must still comply with the maximum per session entry

limit and other eligibility requirements. Swimmers may not scratch an

event in order to deck enter a new event. Proof of USA Swimming

registration must be met.

TEAM REPRESENTIVE:     Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee.  For each team, the coach and that person only will be recognized.

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 strongly discouraged.

**Warm-up Schedule for Both Courses and Sessions**:

The first 1/2 hour is general warmup as follows:

ALL SWIMMERS WILL ENTER THE POOL FEET FIRST AND WITH ONE HAND ON THE DECK

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

The second 1/2 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 Swimming and Pulling only

4 Swimming and Pulling only

5 Swimming and Pulling only

6 Racing start one length only sprints

7 Racing start one length only sprints

8 Push off 50's pace (circle swimming)

**NO EQUIPMENT PERMITTED**

MASTER ENTRY FORM

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TEAM NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CALL LETTERS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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COACH \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LSC\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ OFFICE PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SWIMMER/COACH REGISTRATION

I certify that all individuals listed on the attached entry forms are current registered members of USA Swimming and are eligible to compete in the 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 Affiliation

 \_\_\_\_\_

 \_\_

I certify that the individuals listed above are current registered USA Swimming coach members, and that I am a current USA Swimming registered non-athlete member.

Signature (Must be a current USA Swimming member) Team Affiliation Date

**. . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .**

ENTRIES MUST BE RECEIVED BY MONDAY, SEPTEMBER 17, 2018

NO LATER THAN 5 pm

MAIL TO: MICHAEL H. CURLEY **EMAIL: Curleyfamily5@aol.com**

 901 N. HIGHLAND AVE.

 ORLANDO, FL 32803

**Financial Recap**

Number of Swimmers \_\_\_\_\_\_\_\_\_\_ x $10 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Individual Events \_\_\_\_\_\_\_\_\_\_ x $4.15 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of Relays \_\_\_\_\_\_\_\_\_\_ x $5.00 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TOTAL FEES PAID \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HIGHLANDER AQUATICS**

**Alternate Coaches Form**

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The following swimmers are entered in the Highlander Invitational and are attending without a coach.

|  |  |  |  |
| --- | --- | --- | --- |
| **Swimmer's Name** | **USA #** | **Team** | **Age** |
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**I am a certified coach of USA Swimming in good standing and I agree to coach the above named swimmer(s) during all warm-ups and competitions in which they participate associated with this meet.**

## Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coaches Team \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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SATURDAY SESSION ONE

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

### EVENT # AGE GROUP EVENTS

1-2 11-12 200 FREE RELAY

3-4 10 AND UNDER 200 FREE RELAY

5-6 8 AND UNDER 100 FREE RELAY

7-8 11-12 100 FLY

9-10 9-10 100 FLY
11-12 8 AND UNDER 25 FLY

13-14 11-12 50 FREE

15-16 9-10 50 FREE

17-18 8 AND UNDER 50 FREE

19-20 11-12 100 BREAST

21-22 9-10 100 BREAST

23-24 8 AND UNDER 25 BREAST

25-26 11-12 50 BACK

27-28 9-10 50 BACK

29-30 8 AND UNDER 50 BACK

31-32 11-12 100 IM

33-34 9-10 100 IM

35-36 8 AND UNDER 100 IM

SATURDAY SESSION TWO

WARMUPS: NOT BEFORE 11:30AM

### MEET STARTS: NOT BEFORE 12:30PMEVENT # AGE GROUP EVENTS

37-38 SENIOR 200 FREE RELAY

39-40 15 AND OVER 200 IM

41-42 13-14 200 IM

43-44 15 AND OVER 100 BACK

45-46 13-14 100 BACK

47-48 15 AND OVER 50 FLY

49-50 13-14 50 FLY

51-52 15 AND OVER 100 FREE
53-54 13-14 100 FREE

55-56 15 AND OVER 50 BREAST

57-58 13-14 50 BREAST

SUNDAY SESSION THREE

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

### EVENT # AGE GROUP EVENTS

59-60 11-12 200 MED RELAY

61-62 10 AND UNDER 200 MED RELAY

63-64 8 AND UNDER 100 MED RELAY

65-66 11-12 200 IM

67-68 9-10 200 IM
 8 AND UNDER 100 FREE

69-70 11-12 50 FLY

71-72 9-10 50 FLY

73-74 8 AND UNDER 50 FLY

75-76 11-12 100 FREE

77-78 9-10 100 FREE

79-80 8 AND UNDER 25 FREE

81-82 11-12 50 BREAST

83-84 9-10 50 BREAST

85-86 8 AND UNDER 50 BREAST

87-88 11-12 100 BACK

89-90 9-10 100 BACK

91-92 8 AND UNDER 25 BACK

**SUNDAY SESSION FOUR**

WARMUPS: NOT BEFORE 11:30 AM

### MEET STARTS: NOT BEFORE 12:30 PMEVENT # AGE GROUP EVENTS93-94 SENIOR 200 MEDLEY RELAY

### 95-96 15 AND OVER 200 FREE

97-98 13-14 200 FREE

99-100 15 AND OVER 100 FLY

101-102 13-14 100 FLY

103-104 15 AND OVER 50 FREE

105-106 13-14 50 FREE

107-108 15 AND OVER 100 BREAST
109-110 13-14 100 BREAST

111-112 15 AND OVER 50 BACK

113-114 13-14 50 BACK