

***NORTH FLORIDA SWIMMING***  
***2012 WINTER INDOOR INVITATIONAL***  
*AT THE UNIVERSITY OF NORTH FLORIDA AQUATIC CENTER*

**SANCTIONED BY:** Florida Swimming of U.S.A. Swimming, Inc.: Sanction # 5713

"In granting this approval it is understood and agreed that USA-S/FL 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".

**HOSTED BY:** North Florida Swimming

**TYPE OF MEET:**

**Timed Finals for 11&12, 10&U and 8&U.**

**Prelim/Finals for 13&14 and Senior Events:** Prelims and timed finals will run 8 or 10 lanes at the discretion of meet management. Sixteen (16) swimmers will advance to finals; 8 each for "A" and "B" finals. "A" Final heat shall precede "B" Final heat to facilitate use of alternates.

All relay events will be timed finals and all heats will be conducted in the Preliminary and Timed Final sessions only. Fly over starts may be used in all Preliminary and Timed Final Sessions.

**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.

**DATES, TIMES:** Friday through Sunday, January 27 – 29, 2012

**Friday Evening:** 4:30 p.m. Warm up; 5:30 p.m. Start for All Age Groups

**Saturday Morning:** 7:30 a.m. Warm up; 9:00 a.m. Start for Senior and 13&14 Age Groups

**Saturday Afternoon:** Will not start before 12:00 p.m. with 30 minutes warm-up on course guaranteed for 11&12, 10&U and 8&U Age Groups

**Saturday Evening:** 5:00 p.m. Warm up; 6:00 p.m. Start for Senior and 13&14 Age Groups

**Sunday Morning:** 7:30 a.m. Warm up; 9:00 a.m. Start for Senior and 13&14 Age Groups

**Sunday Afternoon:** Will not start before 12:00 p.m. with 30 minutes warm-up on course guaranteed for 11&12, 10&U and 8&U Age Groups

**Sunday Night:** \*5:00 p.m. Warm up; 6:00 p.m. Start for Senior and 13&14 Age Groups

\*Start times for this session may be moved earlier at the discretion of meet management if time lines for morning and afternoon sessions will allow.

**Friday events:** The 400 IM and 500 Freestyle events will each be seeded together by gender, but scored separately by age group. Swimmers in the 500 Freestyle must provide their own counter. These events will be seeded fastest to slowest.

**LOCATION:** University of North Florida

Aquatic Center, Building 26, 1 UNF Drive, Jacksonville, Florida 32224

**POOL SPECS:** Indoor twenty-five (25) yard short course yards with single ten (10) lanes, non-turbulent lane lines and numeric scoreboard. Water depth at the competition starting end is a minimum of 4 feet. Warm-up/warm-down lanes will be available during meet.

**TIMING EQUIPMENT:** Colorado Automatic Timing Equipment with computer scoring

**ELIGIBILITY:** Open to currently registered U.S.A. Swimming, Inc. members and International swimmers with reciprocal membership privileges with USA swimming.

**2012 REGISTRATIONS:** Reminder to Club Administrators to please handle all 2012 Registrations with Florida Swimming early in January.

**ENTRY LIMIT:** Maximum of three (3) individual events per day for any athlete competing in the prelim sessions that day, not counting relays. Maximum of four (4) individual entries plus relays per day accepted for any athlete competing in only the timed final session that day. Entries that exceed the daily



**SCORING:** Scoring for individual and relay events for top 16 places.

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

Relays: 40-36-34-32-30-28-26-24; 18-14-12-10-8-6-4-2

**AWARDS:** Medals for places 1- 3, Ribbons for places 4 – 8 in individual events. Individual High point awarded per age group/gender. Please pick up awards at the meet.

**TEAM REPRESENTATIVE:** The name of a team representative other than the coach may be given to the head referee prior to the start of the competition. The coach and that person only will be recognized.

**IDENTIFICATION:** Coaches and officials must display current USA swimming registration card on deck at all times. Foreign coaches must present reciprocal membership identification recognized by USA swimming. All athletes without properly registered coaches must file a form with meet management showing name of substitute coach.

**RULES:** Current U.S.A. Swimming, Inc. and Florida Swimming rules apply. Declared false starts and deliberate delays of meet will not be permitted in this meet and will be treated the same as a "failure to swim" (same as rule 207.5.9D for National Championship meets).

**INFORMATION: Send Entries to:** [Cary@Hirapara.com](mailto:Cary@Hirapara.com)

Additional information: Carol Nash, Meet Director

Phone – (904-619-9438) or [CarolNash@gmail.com](mailto:CarolNash@gmail.com)

**Send Payments and hard copies to:**

North Florida Swimming

P.O. Box 551504

Jacksonville, FL 32255

Attn: Swim Meet

**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. Camera Zones are located on the sides of the competition pool.

## **WARM-UP SCHEDULE**

\*NO EQUIPMENT

\*Except for racing starts, swimmers must enter pool feet first, with at least one hand in contact with the pool deck.

**WARM-UP UNTIL 30 MINUTES (15 min. for midday session) PRIOR TO START OF SESSION**  
**Continuous warm-up/warm down lanes are available in Dive Well area.**

### **LANE**

- 1 Pace 50 and 100 circle swimming, push off
- 2 Open Warm up
- 3 Open Warm up
- 4 Open Warm up
- 5 Open Warm up
- 6 Open Warm up
- 7 Open Warm up
- 8 Open Warm up
- 9 Open Warm up
- 10 Pace 50 and 100 circle swimming, push off

**CONTROLLED WARM-UP FOR FINAL 30 MINUTES (15 min. for midday session) PRIOR TO SESSION**

### **LANE**

- 1 Pace 50 and 100 circle swimming, push off
- 2 Racing start 25's (one length) from start end only
- 3 Racing start 25's (one length) from start end only
- 4 Open Warm up
- 5 Open Warm up
- 6 Open Warm up
- 7 Open Warm up
- 8 Open Warm up
- 9 Racing start 25's (one length) from start end only
- 10 Pace 50 and 100 circle swimming, push off

### **ORDER OF EVENTS**

#### **Friday Session 1, January 27th** – Warm up 4:30pm, Start 5:30pm ALL **FRIDAY EVENTS TIMED FINALS**

1	2	Senior	500 Free
3	4	13 & 14	500 Free
5	6	11&12	500 Free
7	8	Senior	400 IM
9	10	13 & 14	400 IM
11	12	11&12	200 IM
13	14	10&Under	200 IM

#### **Saturday Session 2, January 28<sup>th</sup>** – Warm up 7:30am, Start 9:00 am.

15	16	13 & 14	200 Medley Relay
17	18	Senior	200 Medley Relay
19	20	13 & 14	200 Free
21	22	Senior	200 Free
23	24	13 & 14	100 Breaststroke
25	26	Senior	100 Breaststroke
27	28	13 & 14	200 Fly
29	30	Senior	200 Fly
31	32	13 & 14	200 Backstroke
33	34	Senior	200 Backstroke
35	36	13 & 14	50 Free
37	38	Senior	50 Free

#### **Saturday Session 3, January 28<sup>th</sup>** – Start time – not before 12:00pm.

39	40	11&12	200 Free
41	42	10 & Under	200 Free
43	44	8 & Under	25 Breast
45	46	11 & 12	50 Breast
47	48	10 & Under	50 Breast
49	50	8 & Under	25 Fly
51	52	11 & 12	100 Fly
53	54	10 & Under	100 Fly
55	56	8 & Under	25 Backstroke
57	58	11 & 12	100 Back
59	60	10 & Under	100 Back
61	62	8 & under	25 Free
63	64	11 & 12	50 Free
65	66	10 & Under	50 Free
67	68	8 & Under	100 Free Relay
69	70	10 & Under	200 Free Relay
71	72	11 & 12	200 Free Relay

#### **Saturday, Session 4 Finals** – Warm up 5pm, Start 6pm

Same event order as morning but no relays

**Sunday, Session 5 January 29th** - Warm up 7:30 am, Start 9:00am

73	74	13 & 14	200 Free Relay
75	76	Senior	200 Free Relay
77	78	13 & 14	100 Free
79	80	Senior	100 Free
81	82	13 & 14	200 IM
83	84	Senior	200 IM
85	86	13 & 14	100 Fly
87	88	Senior	100 Fly
89	90	13 & 14	200 Breaststroke
91	92	Senior	200 Breaststroke
93	94	13 & 14	100 Backstroke
95	96	Senior	100 Backstroke

**Sunday Session 6, January 29th** – Start not before 12:00pm.

97	98	11 & 12	100 Free
99	100	10 & Under	100 Free
101	102	11 & 12	100 IM
103	104	10 & Under	100 IM
105	106	11 & 12	50 Butterfly
107	108	10 & Under	50 Butterfly
109	110	11 & 12	100 Breaststroke
111	112	10 & Under	100 Breaststroke
113	114	11 & 12	50 Backstroke
115	116	10 & Under	50 Backstroke
117	118	11 & 12	200 Medley Relay
119	120	10 & Under	200 Medley Relay

**Sunday, Session 7, Finals** – Warm up 5pm, Start 6pm \*\*May be moved to earlier times

*Same event order as morning but no relays*

INDOOR INVITATIONAL 2012

JACKSONVILLE, FLORIDA

AT THE UNIVERSITY OF NORTH FLORIDA AQUATIC CENTER

*\*Optional Paper Form – May send information via email*

**Team Name** \_\_\_\_\_ **Team Letters** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_

**Team 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.*

**NAME OF COACH**

**Phone**

_____	_____
_____	_____
_____	_____
_____	_____

*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 Team Date

**Entry Deadline:**

Friday, January 20, 2012 by 9pm.

Email entries: Cary@Hirapara.com

Make checks payable and mail to: **North Florida Swimming, P.O. Box 551504, Jacksonville, FL 32255. Attn: Swim Meet.**

**Financial Recap:**

Total Number of Swimmers	_____	
Individual Prelim/Final	_____	at \$4.00 each = \$ _____
Individual Timed Final	_____	at \$3.00 each = \$ _____
Relays	_____	at \$5.00 each = \$ _____
Facility Charge	_____	at \$10.00 each = \$ _____
\$2 Heat Sheet Fee	_____	at \$2.00 each = \$ _____
Total fees		\$ _____