

# 2023 Sunshine State Games

June 2-4, 2023

Hosted by Makos Aquatics Club of Gainesville  
Gainesville, FL

**Sanctioned by:** Florida Swimming, Inc. Sanction #FL-6451

Conditions of The competition course has been certified in accordance with 104.2.2C(4).

Sanction: The copy of such certification is on file with USA Swimming.

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.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with the requirement.

Use of audio, visual, or cell phone recording devices is permitted only in designated areas. Changing into or out of swimsuits on the pool deck is strictly 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.

All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

In applying for this sanction, Makos Aquatics Club of Gainesville agrees to comply with and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida, Alachua County, and the City of Gainesville facility.

AN INHERENT RISK OF EXPOSURE TO COVID-19 EXISTS IN ANY PUBLIC PLACE WHERE PEOPLE ARE PRESENT. COVID-19 IS AN EXTREMELY CONTAGIOUS DISEASE THAT CAN LEAD TO SEVERE ILLNESS AND DEATH. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, SENIOR CITIZENS AND INDIVIDUALS WITH UNDERLYING MEDICAL CONDITIONS ARE ESPECIALLY VULNERABLE. USA SWIMMING

INC. CANNOT PREVENT YOU OR YOUR CHILD(REN) FROM BECOMING EXPOSED TO, CONTRACTING, OR SPREADING COVID-19 WHILE PARTICIPATING IN USA SWIMMING SANCTIONED EVENTS. THEREFORE, IF YOU CHOOSE TO PARTICIPATE IN A USA SWIMMING SANCTIONED EVENT, YOU MAY BE EXPOSED TO AND/OR INCREASING YOUR RISK OF CONTRACTING OR SPREADING COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, FLORIDA SWIMMING, AND MAKOS AQUATICS CLUB OF GAINESVILLE AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES, OR REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE, AND GIVE UP AND CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**Hosted by:** Makos Aquatics Club of Gainesville

**Location:** Dwight Hunter Municipal Pool, 1100 NE 14th St., Gainesville, FL 32601 Tel: (352) 334-2191 \*\* Do not mail anything, including entry fee checks, to this address\*\*

**Type of Meet:** Long Course Meters, timed finals swimming in age groups 8 & Under, 10 & Under, 11-12, 13-14, and Open . When age groups compete together they will be separated for awards and scoring.

**Pool Specs:** Outdoor pool. Certified 8 lanes, 50 Meters, Non-turbulent lane lines. The water depth is at least 7 feet at the starting end and at least 3 feet 8 inches at the turn end. Diving well will be used for warm up and cool down for competitors only. The warm up area will be monitored and is to be used strictly by competitors in the current session. Feet first entry is to be used only. Swimmers will be asked to exit if they are playing or being disruptive.

**Medical Supervision:** Lifeguards on duty and AED device available.

**Timing Equipment:** Daktronics Timing system, non-slip touch pads, back up buttons and eight lane display board.for events 100 meters and above. .At least one hand timer per lane and one button. Two semi-automatic Daktronics buttons and one hand timer will be used for 50 meter events.

**Eligibility:** Open to all currently registered USA Swimming Inc. swimmers **WHO RESIDE IN FLORIDA.** Deck entries are only for athletes already entered in the meet.

**Dates & Times:**

Friday, June 2nd (session #1)

Warm Up: TBA (at least 40 min) Meet Start 4:30PM

Saturday, June 3rd (session #2) 13 -14 & Open  
Warm Up: TBA (at least 40 min) Meet Start 8:30AM

Saturday, June 3rd (session #3) 13-14 & Open BOYS 1500 FR  
Warm Up: at conclusion of session #2 (at least 10 min) Meet Start: TBA

Saturday, June 3rd (session #4) 8 & U, 10 & U, 11-12  
Warm Up: at conclusion of session #3 (at least 30 min) Meet Start: TBA

Sunday, June 4th (session #5) 13 -14 & Open  
Warm Up: TBA (at least 40 min) Meet Start 8:30AM

Sunday, June 4th (session #6) 13-14 & Open GIRLS 1500 FR  
Warm Up: at conclusion of session #2 (at least 10 min) Meet Start: TBA

Sunday, June 4th (session #7) 8 & U, 10 & U, 11-12  
Warm Up: at conclusion of session #3 (at least 30 min) Meet Start: TBA

\*\*A detailed warm up schedule and timeline will be sent to coaches on Wednesday, May 31st.

**Disabilities:** Swimmers with disabilities are welcome to enter this meet. The athlete (or the athlete's coach) is responsible for notifying the Referee prior to the competition of any disability of athlete.

**Seeding:** 50 Meter Long Course times will be used

All entries must be legal LC times or conversions from short course for all 400 Freestyle, 400 IM and 1500 races.

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) 50, 100, 200, 400 yards to meters Meter time = (yard time x 1.105) + T

(b) 500 or 1000 yards to meters Meter time = (yard time x .8751) + T

(c) 1650 Yard to 1500 meters Meter time = (yard time + 30 seconds)

**Entry Limit:** Entries will be limited to the first 450 swimmers. Teams will not be broken up, but no additional teams will be accepted after the 450 mark is reached.

All age groups are limited to one (1) event Friday, three (3) individual events Saturday, three (3) individual events for Sunday and seven (7) individual events for the meet, plus relays. Entries that exceed the entry limit(s) will be dropped when they exceed the limit for the meet or day.

Each team may enter unlimited relays per event and should designate their entries A, B, C etc.

An athlete may compete in a relay in their age group or the Open age group, but only one relay in that relay sequence.

Meet management reserves the right to eliminate relay events or limit the number of individual swims to accommodate the meet timeline and 4 hour rule.

**Scratches:** No penalty for scratching on the block, except for deck seeded events. Failure to swim once checked in to a positive check in event will result in the swimmer being barred from the next individual event he/she is entered. Swimmers may not scratch an event to enter another event.

**Entries:** Entries must be in USA Swimming SDIF format or Hy-tek, CL2 format. 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 the file.

**Email Entries to:** Joy Kraus: coachjoy1@yahoo.com 304-654-0240

**Mail Payment to:** MACG, % Leonard Kraus 1114 SW 91st Street, Gainesville, FL 32607

**Entry Deadline:** All entries must be received no later than **WEDNESDAY, MAY 24TH, 2023**. The meet will close when there are 450 committed athletes. **Entries received after the entry deadline will be considered DECK ENTRIES (\$10 PER EVENT) and accepted only to fill empty lanes.**

**Entry Fees:**

\$10.00 facility fee per swimmer

\$3.00 electronic heat sheet fee

\$5.50 per individual event \$6.00 per relay event

\$10.00 per DECK entered event. - Deck entries close 45 minutes prior to the start of the meet

Make Checks Payable to: Makos Aquatics Club of Gainesville

**Scoring:** Individual events: 9-7-6-5-4-3-2-1 Relay events: 18-14-12-10-8-6-4-2

**Awards:**

Individual events: Medals (1st-3rd), Ribbons 12 & under events only (4th-8th)

Relay events: Medals (1st-3rd)

High Point: (1st & 2nd) per age group and gender (8&U, 10&U, 11-12, 13-14 and Open)

Team Awards: 1st & 2nd

**Rules:** Current USA Swimming Inc. Rules govern the meet.  
Florida Swimming Rules and Regulations 223.10

**Officials:**

Meet Director: Leonard Kraus    Meet Referee: Quinn Sampson  
Starter: Ale Maruniak            Head Marshal: John Whitaker  
Stroke & Turn: Michelle Lamoso Administrative Referee: Joy Kraus  
\*\*Officials wishing to volunteer at any session, please contact:  
Ale Maruniak: alejandra.maruniak@gmail.com

**Coaches Meeting::** There will be a coaches meeting on Saturday, June 3rd Prior to the start of the meet.

**Officials Briefing:** Officials briefings will be held one hour prior to the start of each session in the hospitality room.

**Meet Committee:** A meet committee to be composed of the Meet Director, home team coach, and three visiting coaches will make decisions regarding the meet schedule in the event of inclement weather or at other times as requested by the Meet Director. In case of weather delays, the meet committee will have the power to cancel the meet or events or postpone it to a future date or time with the best interest of the swimmers and traveling teams in mind.

**Coach Supervision::** Each swimmer participating in a Florida Swimming Sanctioned meet must be supervised during warm-up and competition by a currently registered 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 an 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 show proof of current USA-S coach membership on the USA Swimming App. Coaches and officials will be required to sign in that their credentials are current.

**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 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 race course(s) while they are in use for "race start 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.

**Spectators & Swimmer Areas:**

Swimmers and spectators will be allowed to set up tents outside the pool fence.

Spectators will be allowed on deck in designated “standing room” only areas. No chairs/tents etc will be allowed in the spectator areas.

Swimmers will be allowed on the pool deck throughout the duration of the meet. Swimmers may have tents and chairs.

**Information:** Leonard Kraus, Meet Director / kraus.leonard@gmail.com/ 304-360-3478

**12-&-Under Tech Suit Restriction:**

No technical suits may be worn by any 12-&-under USA Swimming athlete member in competition at any sanctioned, approved or observed meet.

A Technical Suit is one that has the following components:

- a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b. Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.)

FRIDAY, JUNE 2, 2023 – SESSION #1

START: 4:30PM

Girls	Age Group	Stroke & Distance	Boys
1	10 & Under	200 IM	2
3	11-12	200 IM	4
5	13-14	400 IM *#	6
7	OPEN	400 IM *#	8
9	10 & Under	400 FR *	10
11	11-12	400 FR *	12
13	13-14	400 FR *#	14
15	OPEN	400 FR *#	16

\*400 IM & 400 FREE events will be positive check-in by 3:45PM and swim FASTEST to SLOWEST #13-14 & OPEN events will be swum together by gender but scored separately

SATURDAY, JUNE 3rd – SESSION #2

START:8:30AM

Girls	Age Group	Stroke & Distance	Boys
17	OPEN	400 FREE RELAY	18
19	13-14	100 FLY	20
21	OPEN	100 FLY	22
23	13-14	200 BK	24
25	OPEN	200 BK	26
27	13-14	100 BR	28
29	OPEN	100 BR	30
31	13-14	200 FR	32
33	OPEN	200 FR	34

5 MINUTE BREAK (POOL CLOSED)

35	13-14	50 FR	36
37	OPEN	50 FR	38

SATURDAY, JUNE 3, 2023 – SESSION #3      START: TBA

Girls	Age Group	Stroke & Distance	Boys
XXX	13-14	1500 FR**	39
XXX	OPEN	1500 FR**	40

\*\*Limited to top 12 by age group 13-14 & Open. Swam together but scored separately by age group. Positive check in by 9:30AM. Swimmers must provide their own counter and timer.

SATURDAY, JUNE 3, 2023 - Session #4      START: TBA

Girls	Age Group	Stroke & Distance	Boys
41	10 & UNDER	200 FREE RELAY*	42
43	12 & UNDER	200 FREE RELAY*	44

5 MINUTE BREAK (Pool Closed)

45	8 & UNDER	50 FLY	46
47	10 & UNDER	50 FLY	48
49	11-12	50 FLY	50
51	8 & UNDER	50 BK	52
53	10 & UNDER	50 BK	54
55	11-12	50 BK	56
57	8 & UNDER	50 BR	58
59	10 & UNDER	50 BR	60
61	11-12	50 BR	62
63	8 & UNDER	50 FR	64
65	10 & UNDER	50 FR	66
67	11-12	50 FR	68

\*In water exchange at shallow end



## SUNDAY, JUNE 4, 2023 – SESSION #5

START:8:30AM

Girls	Age Group	Stroke & Distance	Boys
69	OPEN	400 MEDLEY RELAY	70
71	13-14	200 BR	72
73	OPEN	200 BR	74
75	13-14	100 FR	76
77	OPEN	100 FR	78
79	13-14	200 FLY	80
81	OPEN	200 FLY	82
83	13-14	100 BK	84
85	OPEN	100 BK	86
87	13-14	200 IM	88
89	OPEN	200 IM	90

## SUNDAY, JUNE 4, 2023 – SESSION #6

START: TBA

Girls	Age Group	Stroke & Distance	Boys
91	13-14	1500 FR**	XXX
92	OPEN	1500 FR**	XXX

\*\*Limited to top 12 by age group 13-14 & Open. Swam together but scored separately by age group. Positive check in by 9:30AM. Swimmers must provide their own counter and timer.

SUNDAY, JUNE 4, 2023 – SESSION #7

START: TBA

Girls	Age Group	Stroke & Distance	Boys
93	10 & UNDER	200 MEDLEY RELAY*	94
95	12 & UNDER	200 MEDLEY RELAY*	96
97	10 & UNDER	200 FR	98
99	11-12	200 FR	100
101	10 & UNDER	100 FLY	102
103	11-12	100 FLY	104
105	10 & UNDER	100 BK	106
107	11-12	100 BK	108
109	10 & UNDER	100 BR	110
111	11-12	100 BR	112
113	10 & UNDER	100 FR	114
115	11-12	100 FR	116

\*In water exchange at shallow end