

Long Course Season Opener  
Hosted by the Episcopal AmberJax  
April 15<sup>th</sup>-17<sup>th</sup>, 2016  
Episcopal School of Jacksonville  
Semmes Aquatic Center  
Jacksonville, Florida

- Sanctioned By: Florida Swimming of USA Swimming # 3639  
"In granting this approval it is understood and agreed that USA Swimming/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 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 compliant with this requirement.  
Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED!.
- Hosted By: Episcopal AmberJax
- Type of Meet: Friday, April 15<sup>th</sup>-Sunday, April 18<sup>th</sup> 50 Meter Long Course Timed Finals
- Dates & Times: Friday, April 15<sup>th</sup> Start 9:00am All Ages  
Saturday, April 16<sup>th</sup> Start 9:00am All Ages  
Ten Min Break before Session 3  
Sunday, April 17<sup>th</sup> Start 9:00am All Ages  
Ten Min Break before Session 5
- Location: Episcopal School of Jacksonville Semmes Aquatic Center,  
4455 Atlantic Blvd., Jacksonville, FL 32207
- Pool Specifications: Water depth at the competition starting end is a minimum of 5 feet & 5 feet at the turn end for both the short course and long course. Outdoor pool: Certified 20 lanes 25 yards & 10 lanes, 50 meters. **Up to 9 lanes** may be used for competition, depending on entry numbers and time-line restrictions. At least one lane for continuous warm up/warm down will be available.  
Non-turbulent lane lines; KDI Paragon Starting Blocks will be used.
- Timing Equipment: Colorado 6 Timing System will be used with touch pads and a Dolphin timing system 1 for each lane is available to be used for backup.  
Hy-Tek Meet Manager will be used to score the meet, with an 11 Line Colorado Display Scoreboard
- Warm-up: Friday Warm-up 4:00 pm Events 5:00pm  
Saturday Warm-up 7:30 am Events 9:00am  
Sunday Warm-up 7:30 am Events 9:00am  
\*If determined necessary, a detailed warm-up schedule will be provided via email and posted on the AmberJax web-site.  
\*At least one 50 Meter lane will be available for warm-up/warm-down.
- Eligibility: Open to all currently registered USA Swimming swimmers of **invited** teams. On deck registration will be allowed. 2016 USA-S form and fee must be presented to the Referee.

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- Entry Limit: The total number of entries will be limited. The team whose entries put the meet over 600 will be the final team allowed in the meet. Swimmers are limited to four (4) Individual events per session. Swimmers over entered will be considered as entered in the first (4) events.
- Seeding: The use of 50 Meter Long Course times to be used for seeding.
- Scratch Penalty: No penalty for scratching on the block with the exception of deck seeded events. Any swimmer entered in a deck seeded event that has checked in for the event must swim the event unless he/she notifies the admin referee before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer being barred from his/her next individual event in which he/she is entered on that day or the next day of the meet, whichever is first.
- Entries: 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 email 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 and contact phone numbers in the body of the e-mail. Include the total number of swimmers and events 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.
- Deck Entries Deck entries may be accepted by the Admin Referee or his/her designee, up to 30 minutes **before** the start of the session under the following conditions:  
\*Swimmers must meet all other eligibility and entry limit standard requirements of the meet.  
\* **Entry & Meet fees must be paid at time of entry**  
\* A swimmer may not scratch an event to deck enter an event.  
\* A swimmer may only deck enter an event if that entry will not put the meet over the 4 hour time rule.  
\* Admin Referee will not add a heat to accommodate a deck entry.
- Entry Fee: Timed Final Meet: \$4.00 per individual event; \$5.00 per relay entered  
\$10.00 facility fee per swimmer  
Deck Entry- \$10.00 per individual event  
Entry fees must accompany entries. Entries will not be accepted without payment.
- Entry Deadline: All entries must be received by **5:00pm April 8<sup>th</sup>, 2016**  
No phone or fax entries accepted, we recommend Express Mail or other rapid mail service. Make checks payable to "Episcopal AmberJax" and mail to:  
Martin Zubero (904) 396-5751  
4455 Atlantic Blvd  
Jacksonville, FL 32207  
Episcopal AmberJax website: [www.amberjax.org](http://www.amberjax.org)  
**FOR HYTEK ENTRIES ONLY:** email: [zuberom@esj.org](mailto:zuberom@esj.org)

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- Officials: Meet Referee: Keith Powell                      Admin Official: Drea Phillips  
Starter: Phyllis Powell                                      Stroke & Turn: Ed Phillips  
Meet Marshall: Greg Burgess
- Meet Workers: Parents from visiting teams wishing to work the meet in some capacity are requested to notify the AmberJax Meet Director: Martin Zuberom by Wednesday, April 13<sup>th</sup> at email address: [zuberom@esj.org](mailto:zuberom@esj.org) 904-396-5751
- Scoring: No Team scoring for this meet.
- Awards: Ribbons will be awarded for individual places 1st-8<sup>th</sup> in 12 & under events only. **NO AWARDS WILL BE MAILED.** Please pick up awards at the meet.
- Team Representative: 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.
- Identification: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet. Coaches must show proof of membership before swimmers compete in any event to the Meet Referee.
- Rules: Current USA Swimming Rules & Regulations will govern. Safety rules, as outlined by USA Swimming, and as recommended by the Head Marshall will be in effect during all warm-ups and sessions. Meet Manager may, at its discretion, combine heats.
- Officials Briefing: Officials briefings will be held one hour prior to the session. Visiting Officials are welcomed and appreciated. Uniform will be white shirts with blue shorts, skirts, skort or pants.
- Meet Committee: A meet committee to be composed of the Meet Manager, home team coach and three 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 that will have the power along with the meet referee to change the schedule of events with the best interest of the swimmers and traveling teams in mind.
- Supervision: A current USA Swimming member Coach must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. An unattached athlete or an athlete not escorted by a member Coach must check in with the meet referee upon arrival at the meet. Such athletes must find a substitute coach who will supervise him/her during warm-up and competition and must submit the enclosed alternate coaches form (signed) to the meet referee.

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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 race 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 areas, 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.

**WARM-UP SCHEDULE**

NO EQUIPMENT PERMITTED

SWIMMERS MUST ENTER THE WATER FEET FIRST AND BE SUPERVISED BY A COACH.

\* The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

Session 1- General Warm up 4:00- 4:40PM Controlled Warm Up 4:40-4:55PM  
Session 2- General Warm up 7:30- 8:30AM Controlled Warm Up 8:30-8:50AM  
Session 3- General Warm up- For ten minutes after the completion of Session 2  
Session 4- General Warm up 7:30- 8:30AM Controlled Warm Up 8:30-8:50AM  
Session 5- General Warm up- For ten minutes after the completion of Session 4

Controlled

Warm up

- 1 Pace 50s - push off
- 2 Racing Starts - one way only
- 3 Racing Starts - one way only
- 4 Circle swimming only
- 5 Circle swimming only
- 6 Circle swimming only
- 7 Circle swimming only
- 8 Racing Starts - one way only
- 9 Racing Starts - one way only
- 10 Pace 50s - push off

\*If determined necessary, a detailed warm-up schedule will be provided via email and posted on the AmberJax web-site.

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**Order of Events**

**Session 1**

Friday, April 15<sup>th</sup> Warm up – 4:00 PM Competition 5:00PM

Girls' Events		Boys' Events
*1	Open 400 IM	*2
3	Open 50 Fly	4
5	Open 50 Back	6
7	Open 50 Breast	8
9	Open 50 Free	10
*11	Open 400 Free	*12

**\* Event #1,#2, #11 and #12 will be swum as a mixed event and scored separately\***  
**\*Positive Check-in for event #1,#2, #11 and #12 will close 30 minutes prior to start of the meet\***

**Session 2**

Saturday, April 16<sup>th</sup> Warm up – 7:30 AM Competition 9:00 AM

13	Open 200 IM	14
15	13-14 200 IM	16
17	11-12 200 IM	18
19	10&U 200 IM	20
21	Open 100 Free	22
23	13-14 100 Free	24
25	11-12 50 Free	26
27	10 & Under 50 Free	28
29	Open 200 Breast	30
31	13-14 200 Breast	32
33	11-12 100 Breast	34
35	10 & U 100 Breast	36
37	Open 100 Fly	38
39	13-14 100 Fly	40
41	11-12 50 Fly	42
43	10 & U 50 Fly	44
45	Open 200 Back	46
47	13-14 200 Back	48
49	11-12 100 Back	50
51	10 & U 100 Back	52
53	Open 200 Free Relay	54
55	12&U 200 Free Relay	56
57	10 & U 200 Free Relay	58

**Session 3**

Ten minutes after the completion of Session 2

*59	Open 800	*60
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**\* Event #59 and #60 will be swum as a mixed event and scored separately\***

**Swimmer must provide their own timer and counter**

**\*Positive Check-in for event #59 and #60 will close 30 minutes prior to start of the meet Saturday\***

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**Order of Events  
 Session 4**

Sunday, April 17<sup>th</sup> Warm up – 7:30 AM Competition 9:00AM

61	Open 200 Free	62
63	13-14 200 Free	64
65	11-12 200 Free	66
67	10 & Under 200 Free	68
69	Open 100 Breast	70
71	13-14 100 Breast	72
73	11-12 50 Breast	74
75	10 & U 50 Breast	76
77	Open 200 Fly	78
79	13-14 200 Fly	80
81	11-12 100 Fly	82
83	10 & U 100 Fly	84
85	Open 100 Back	86
87	13-14 100 Back	88
89	11-12 50 Back	90
91	10 & U 50 Back	92
93	Open 50 Free	94
95	Open 200 Medley Relay	96
97	12&U Medley Relay	98
99	10 & U Medley Relay	100

**Session 5**

Ten minutes after the completion of Session 4

*101	Open 1500	*102
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**\* Event #101 and #102 will be swum as a mixed event and scored separately\*  
 Swimmer must provide their own counter and timer**

**\*Positive Check-in for event #101 and #102 will close 30 minutes prior to start of the meet Sunday\***

**Master Entry Form**

Team name: \_\_\_\_\_ Call Letters: \_\_\_\_\_

Address: \_\_\_\_\_

Coach: \_\_\_\_\_ Cell phone: \_\_\_\_\_ Office: \_\_\_\_\_

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Swimmers/Coach Registration

I certify that **all** individuals listed on the attached 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 USA Swimming listed member coaches will be on deck supervising during warm-up and competitive sessions at the meet.

Name of Coach:	Team:
_____	_____
_____	_____
_____	_____
_____	_____

I certify that all individuals listed above are currently registered USA Swimming Coach Members, and that I am a current USA Swimming registered Non-athlete member.

Signature (must be USA Swimming member)	Team	Date
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Entries must be received by April 8<sup>th</sup>, 2016 by 5:00 PM. Please submit entries to:

Martin Zubero 4455 Atlantic Blvd Jacksonville, FL 32207	(904) 396-5751  <a href="mailto:zuberom@esj.org">zuberom@esj.org</a>
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**Financial Recap**

We have entered the following:

Facility Fee per swimmer:	_____	@ \$10.00 EACH = \$ _____
Timed Finals	_____	@ \$4.00 EACH = \$ _____
Relays	_____	@ \$5.00 EACH = \$ _____
TOTAL FEES DUE: \$		_____

**\*\* Make check payable to Episcopal AmberJax \*\***