

Speedo Fall Short Course Invitational  
Sponsored by the Episcopal Amberjax  
September 18-20, 2015  
Episcopal School of Jacksonville Semmes Aquatic Center  
Jacksonville, Florida

- Sanctioned by: Florida Swimming of USA Swimming # \_\_\_\_\_  
"In granting this approval it is understood and agreed the USA Swimming/Florida Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during 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 in the water. It is the responsibility of the swimmer or the swimmers legal guardian to ensure compliance with this requirement.  
Changing into or out of swimsuits other than in locker rooms or designated areas is discouraged
- Hosted by: Episcopal Amberjax of Jacksonville
- Type of Meet: 25 yard Course, Timed Finals  
We reserve the right to use 2 courses simultaneously if time-line dictates. No qualifying times will be required. Meet management will use fly-over starts at this competition.
- Dates & Times: Friday, September 18- Timed Finals 4:30PM, all ages (Session 1)  
Saturday, September 19- Timed Finals 8:30 AM, all ages (Session 2)  
Saturday, September 19- Timed Finals Begins 10 minutes after completion of session two, all ages. (Session 3)  
Sunday, September 20- Time Finals 8:30AM, all ages (Session 4)  
Sunday September 20- Time Finals begins 10 minutes after completion of session 4, all ages. (Session 5)
- Location: Episcopal School of Jacksonville Semmes Aquatic Center  
4455 Atlantic Blvd  
Jacksonville, Florida 32207
- Pool Specifications: Two outdoor 25 yard, 6, 8, 10 lane courses with no-turbulent lane lines.  
Water depth at all parts of the pool is a minimum of 5 feet.  
Regulation KDI Paragon Starting Blocks.  
If two courses are used for competition there will be one buffer lane and at least 4 lanes for continuous warm up/warm down.
- Timing Equipment: 1 Colorado 6 timing system and 1 Colorado 5 timing system, touch pads and a dolphin backup timing system will be used. Hy-Tek Meet Manager will be used to score the meet.

- Warm-up:** Friday Warm-ups 3:00PM Events 4:30PM  
Saturday and Sunday Warm-up 7:00AM Events 8:30AM  
Warm up schedule is attached
- If determined necessary a detailed warm-up schedule will be provided via email and posted on the AmberJax web site on Tuesday September 15, 2015.
- Eligibility:** Open to all currently registered USA Swimming swimmers who are members of the invited teams. On deck registration will be allowed. 2015 USA-S form and fee must be presented to the Referee.
- Entry Limit:** The total number of entries will be limited as not to exceed the 4 hour rule. The team whose entries put the meet over 500 will be the final team allowed in the meet. Swimmers are limited to four (4) individual events per session plus relays. Swimmers over entered will be considered as entered in the first four events. No limit on relay teams, please designate as A,B,C, etc. \*The host team reserves the right to drop the relays to meet time line requirements.
- Seeding:** Use of 25 yard course times to be used for seeding. Conversions, using the formula in the current Florida Swimming handbook may be used for entry and seeding purposes.
- Scratch Penalty:** No penalty for scratching on the blocks.
- Entries:** Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. A signed hard copy printout is acceptable as proof if entry in place of the enclosed entry forms. Free test emails 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. Include the total number of swimmers and events in the body of the email. 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 theirs in Hy-Tek format.
- Deck Entries:** Deck entries may be accepted by the meet referee or his/her designee, up to 1 hour 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.
- Deck Entries Cont:** \*A swimmer may only deck enter an event that has an existing empty lane, no new heats will be established.

Entry Fee: Timed Final Meet; \$3.00 per individual event: \$5.00 per Relay  
\$7.50 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 **9:00 pm Friday September 11, 2015**.  
No phone or fax entries accepted, we recommend Express Mail or other rapid mail service. FOR HYTEK ENTRIES ONLY: email: [zuberom@@esj.org](mailto:zuberom@@esj.org)  
Make checks payable to "Episcopal School of Jacksonville" and mail to:  
  
Meet Director: Martin Zubero 904-396-5751 ex 1627  
4455 Atlantic Blvd  
Jacksonville, Florida 32207

Officials: Meet Referee: Keith Powell Admin Referee: Drea Phillips  
Starter: Ed Phillips: Stroke & Turn: Phyllis Powell

Meet Workers: Parents from visiting teams wishing to work the meet in some capacity are requested to notify the meet director: Martin Zubero by Wednesday, September 17<sup>th</sup> at the email address: [zuberom@esj.org](mailto:zuberom@esj.org) or (904) 396-5751 ex 1627.

Awards: Ribbons will be awarded for 1-8<sup>th</sup> place. NO AWARDS WILL BE MAILED. Please pick up awards at the meet. By age group 13 & over, 11-12, 9-10, 7-8, 6 & under

Meet Information: Director: Martin Zubero (904) 396-5751 ex. 1627.

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.

Coaches' Meeting: There will be a coaches meeting prior to the start of the Friday PM Session & Saturday AM Session.

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 and Regulations will govern.  
Safety Rules, as outlined by USA Swimming, will be in effect during all warm ups and sessions.  
Fly Over starts will be used at this competition  
Meet Referee may, at its discretion, combine heats.

- Officials Briefing:** Officials Briefing will be held one hour prior to the start of each session. Visiting officials are welcomed and appreciated. Please contact Ed Phillips at [edrea1990@yahoo.com](mailto:edrea1990@yahoo.com)
- Meet Committee:** A meet committee to be composed of the meet referee, home team coach and three other coaches chosen at the first coaches meeting will meet as needed to make decisions regarding the meet, in the event of inclement weather or at other time as requested by the Meet Referee.
- 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 Admin Referee upon arrival at the meet. Such athlete must find a substitute coach who will supervise him/her during warm-up and competition and must submit the enclosed alternate contact form (signed) to the Admin Referee.
- Camera Zone:** 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 of 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". 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 start purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. Any individual failing to abide by this rule could be subject to Florida Code of Conduct violation as defined in Rule 239.2.

Speedo Fall Short Course Meet  
Order of Events

**FRIDAY SESSION ONE**

Warmups: 3:30 PM Meet Starts 4:30 PM

Event#	Age Group	Events
1-2	12 and under	500 Free*
3-4	13 and over	500 Free**
5-6	12 and under	400 IM*
7-8	13 and over	400 IM**

1-8 are Deck seeded events, swum mixed gender fastest to slowest, scored separately.

\*- Limited to a total of 32 swimmers per gender. \*\*Limited to a total of 48 swimmers per gender checked in by 4:00 PM. **ALL SWIMMERS MUST PROVIDED THEIR OWN TIMERS FOR THESE EVENTS.**

**SATURDAY SESSION TWO**

Warm ups 7:30 am Meet Starts 8:30 am

Event#	Age Group	Events
9-10	13 and over	200 Free Relay
11-12	12 and under	200 Free Relay
13-14	10 and under	100 Free Relay
15-16	8 and under	100 Free Relay
17-18	13 and over	50 Free
19-20	12 and under	50 Free
21-22	8 and under	25 Free
23-24	13 and over	200 Back
25-26	12 and under	50 Back
27-28	8 and under	25 Back
29-30	13 and over	100 Fly
31-32	12 and under	100 Fly
33-34	8 and under	25 Fly
35-36	13 and over	200 Free
37-38	12 and under	200 Free
39-40	13 and over	100 Breast
41-42	12 and under	100 Breast
43-44	8 and under	25 Breast

**Saturday Session Three**

**Begins 10 minutes after completion of Session 2.**

45-46 OPEN 1650 Free\*

**\*Deck seeded event mixed gender and swum fastest to Slowest, scored separately. (limited to a total of 24 swimmers Per gender checked in by 9:30 AM. SWIMMER MUST PROVIDE TIMER**

### Sunday Session Four

Warm ups 7:30 am Meet starts 8:30 am

47-48	13 and over	200 Medley Relay
49-50	12 and under	200 Medley Relay
51-52	10 and under	100 Medley Relay
53-54	8 and under	100 Medley Relay
55-56	13 and over	100 Free
57-58	12 and under	100 Free
59-60	10 and under	50 Free
61-62	13 and over	200 Fly
63-64	12 and under	50 Fly
65-66	13 and over	100 Back
67-68	12 and under	100 Back
69-70	10 and under	50 Back
71-72	13 and over	200 Breast
73-74	12 and under	50 Breast
75-76	13 and over	200 IM
77-78	12 and under	200 IM
79-80	10 and under	100 IM

### Sunday Session Five

Begins 15 minutes after the completion of Session 4

81-82	OPEN	1000 Free*
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**\*Deck Seeded Event, mixed Gender and swum Fastest to Slowest, scored separately (limited to a total of 32 swimmers per gender, Check in by 9:30AM) SWIMMERS MUST PROVIDE THEIR OWN TIMERS.**

#### 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.

In the morning sessions, the warm-period will be at least 1 hour. The first 40 minutes are general warm-up and the last 20 minutes will be a controlled as specified below.

Controlled Warm UP

Lane(s)

1 & 9	Pace 50s - push off
2 & 10	Racing Starts - one way only
3 & 11	Circle swimming only
4 & 12	Circle swimming only
5 & 13	Racing Starts - one way only
6 & 14	Circle swimming only
7 & 15	Racing Starts - one way only
8 & 16	Pace 50s - push off

\*If determined necessary, a detailed warm-up schedule will be provided via email and posted on the Amberjax web-site on Tuesday September 15<sup>th</sup>

## Master Entry Form

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

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

Coach: \_\_\_\_\_ Home phone: \_\_\_\_\_ Office: \_\_\_\_\_

**Coach Email:)** \_\_\_\_\_ **Coach Cell:** \_\_\_\_\_

### 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: _____ _____ _____ _____
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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 Friday, September 11, 2015 at 9:00 PM. Please submit entries to: Meet Director: Martin Zubero (904) 396-5751 Ext 1627  
4455 Atlantic Blvd  
Jacksonville, FL 32207 e-mail: [zuberom@esj.org](mailto:zuberom@esj.org)



### Financial Recap

We have entered the following:

Facility Fee per swimmer:	_____	@ \$7.50 EACH = \$ _____
Timed Finals	_____	@ \$3.00 EACH = \$ _____
Relays	_____	@ \$5.00 EACH = \$ _____

TOTAL FEES DUE = \$ \_\_\_\_\_

\*\* Make checks payable to Episcopal Amberjax \*\*