

AMBERJAX Love to Swim Sponsored
by the Episcopal AmberJax
February 14 – February 15, 2015
Cecil Field Aquatic Center
Jacksonville, Florida

Sanctioned By: Florida Swimming of USA Swimming # 3214
“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.
*Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
*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 this requirement.

CAMERA ZONES:

*Use of audio or visual recording devices, including a cell phone is permitted only in designated areas. 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.

Hosted By: Episcopal AmberJax

Type of Meet: Indoor, 25 yard – 6, 8 or 10 lane short course meet; the size of the meet will determine the pool configuration, 6/8, 6/10, 8/8, , or one 8 or 10 lane course.
Timed Finals (Age Groups & Seniors)
No qualifying times will be required.
Meet management will use fly-over starts at this competition.

Dates & Times: Saturday, February 14th – Timed Finals 8:30am, 13 – 14, 15 & Over events
Saturday, February 14th – Timed Finals 30 minutes after the completion of the morning session.
12&Under Events
Sunday, February 15th – Timed Finals, 8:30am 13-14, 15 & Over events
Sunday, February 15th -Timed Finals, 30 minutes after the completion of the morning session
Distance Session

Location: Cecil Aquatics Center
13611 Normandy Blvd.
Jacksonville, FL 32221
Ph# (904) 573-8994

To see pictures of the venue please click on to the link below

<http://www.coj.net/Departments/Parks+and+Recreation/Recreation+Activities/Cecil+Recreation+Complex/default.htm>

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- Pool Specifications:** Two indoor certified 25 yard, 6, 8 or 10 lane courses with non-turbulent lane lines. The configuration for the meet will be determined at the time of the entry deadline and will be communicated along with a psych-sheet before the meet.
Water depth at the competition starting & turn end is a minimum of 5 feet.
Regulation KDI Paragon Starting Blocks.
If two courses are used for competition then there will be one buffer lane and at least 2 lanes for continuous warm up/warm down.
- Timing Equipment:** Up to 2 SST Timing Systems or Colorado and touch pads and a dolphin back up system will be used, as will a Dolphin back timing system. Hy-Tek Meet Manager will be used to score the meet
11 Line Colorado Display & a single line display will be used on the second course if needed.
- Warm-up:** Saturday AM Warm-up 7:00am Events 8:30am
Saturday PM Warm-up guaranteed 30 min. prior to start of afternoon sessions
Sunday AM Warm-up 7:00am Events 8:30am
Sunday PM Warm-up guaranteed 30 min. prior to start of afternoon sessions
- * If two courses are used then at least Two 25 yard lanes will be available for warm-up/warm-down during the meet. There will also be an empty buffer lane at all times between the warm-up lane and the last competition lane.
- Eligibility:** Open to all currently registered USA Swimming swimmers
- 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 800 will be the final team allowed in the meet. 13 and over swimmers are limited to three (3) individual events per session, and limited to five (5) events per day. 12 & under swimmers are limited to five (5) events per session, and five (5) per day Swimmers over entered will be considered as entered in the first 3 or 5 events. No Relays at this meet
- Seeding:** Use of 25 Yard Short 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 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, 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 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. 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.

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- 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.
* A swimmer may only deck enters an event that has an existing empty lane, no new heats will be established.
- Entry Fee: Timed Final Meet: \$3.00 per individual event
\$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 **9:00am Friday February 6th, 2015**
No phone or fax entries accepted, we recommend Express Mail or other rapid mail service.
Make checks payable to “AmberJax Swim Team” and mail to:

Martin Zuberom (Meet Director) (904)
4455 Atlantic Boulevard 396-5752 Ext 1627
Jacksonville, FL 32207
Episcopal AmberJax website: www.amberjax.org

Email ENTRIES ONLY: email: zuberom@esj.org
- Officials: Meet Referee: Ed Phillips
Admin Referee: Drea Phillips
Starter: Keith Powell
Stroke & Turn: Diana Morse
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, February 11th at email address: zuberom@esj.org or (904) 396-5752.
- Scoring: No Team Scoring for this event.
- Awards: No individual awards given at this meet.
- Meet Information: Meet Director: Martin Zuberom (904) 396-5752 Ext 1627
- Team Representative: Prior to the start of the meet, the name of one person other than the coach, who will check with the Admin Referee about any matter pertaining to the meet, may be given to the Admin Referee. For each team, the coach and that person only will be recognized.
- Coaches' Meeting: There will be a coaches meeting prior to start of the Saturday 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.

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- Rules:** Current USA Swimming Rules & Regulations will govern.
Safety rules, as outlined by USA Swimming, and as recommended by the Meet Marshall 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 briefings will be held one hour prior to the start of each session. Visiting Officials are welcomed and appreciated. Please contact: Martin Zubero at 396-5752 Ext 1627
Uniform will be white shirts with blue shorts, skirts, skorts or pants.
- 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 times 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 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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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 February 10th

* Swimmers in the afternoon session will be given at least 30 minute warm-up on the completion of the morning distance session before the start of the afternoon session.

*If 2 courses are used Two 25 Yard lanes will be available for warm-up/warm-down during the meet. There will also be an empty buffer lane at all times between the warm-up lane and the last competition lanes.

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Florida

**AMBERJAX Love to Swim
Order of Events**

SATURDAY SESSION ONE

WARMUPS: 7:00 AM MEET STARTS: 8:30 AM

EVENT #	AGE GROUP	EVENTS
1-2	13-14	200 FREE
3-4	15&Over	200 FREE
5-6	13-14	100 BREAST
7-8	15&Over	100 BREAST
9-10	13-14	200 BACK
11-12	15&Over	200 BACK
13-14	13-14	100 FLY
15-16	15&Over	100 FLY
17-18	13-14	50 FREE
19-20	15&Over	50 FREE

SUNDAY SESSION THREE

WARMUPS: 7:00 AM MEET STARTS: 8:30 AM

EVENT #	AGE GROUP	EVENTS
39-40	13-14	200 IM
41-42	15&Over	200 IM
43-44	13-14	200 BREAST
45-46	15&Over	200 BREAST
47-48	13-14	100 BACK
49-50	15&Over	100 BACK
51-52	13-14	200 FLY
53-54	15&Over	200 FLY
55-56	13-14	100 FREE
57-58	15&Over	100 FREE

SATURDAY SESSION TWO

WARMUPS: NOT BEFORE 11 : 00 AM
MEET STARTS: NOT BEFORE 11:30 AM

EVENT #	AGE GROUP	EVENTS
21-22	12&Under	100 FREE
23-24	12&Under	50 BREAST
25-26	12&Under	100 BACK
27-28	12&Under	50 FLY
29-30	12&Under	100 IM
31-32	12 & Under	50 FREE
33-34	12 & Under	100 BREAST
35-36	12 & Under	50 BACK
37-38	12 & Under	100 FLY

SUNDAY SESSION FOUR

WARMUPS: NOT BEFORE 11:00 AM
MEET STARTS: NOT BEROFE 11:30 AM

EVENT #	AGE GROUP	EVENTS
59-60	12&Under	200 FREE
61-62	11&Over *	500 FREE
63-64	12&Under	200 IM
65-66	11&Over*	400 IM
67-68	11& Over*	1650 FREE

*DECK SEEDED EVENTS, SWUM TOGETHER AND SWUM FASTEST TO SLOWEST, SCORED SEPARATELY (LIMITED TO A TOTAL OF 48 or 24 SWIMMERS PER GENDER, CHECK IN BY 10:00AM)

Swimmers must provide a counter for events 61- 62

Swimmers must provide a timer and a counter for events 67-68

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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:
_____	_____
_____	_____
_____	_____
_____	_____

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

Entries must be received by Friday, February 6th, by 9:00 AM. Please submit entries to:
Meet Director: Martin Zubero (904) 396-5752 Ext 1627
4455 Atlantic Blvd
Jacksonville, FL 32207 [e-mail: mzubero@esj.org](mailto:mzubero@esj.org)

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Financial Recap

We have entered the following:

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

** Make check payable to AmberJax Swim Team ** **NET FEES DUE = \$ _____**