

Midnight Madness Long Course Meet
Sponsored by the Episcopal AmberJax
May 28th – May 29th, 2016
Episcopal School of Jacksonville Semmes Aquatic Center
Jacksonville, Florida

- Sanctioned By: Florida Swimming of USA Swimming #3667
“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 compliance 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: 50 Meter Course
Timed Finals
- Dates & Times: Saturday, May 28th – Timed Finals 8:30AM 13/14, Open
Saturday, May 28th – Timed Finals 30 minutes after the completion of the morning session, 8&U, 10&U, 11/12
Saturday, May 28th– Timed Finals 5:00PM Distance events ***Depending on meet size the host team may elect to add a separate distance session for 8&U, 10&U, 11/12.**
Sunday, May 29th– Timed Finals 9:00AM 10&U, 11/12
Sunday, May 29th – Timed Finals 60 minutes after the completion of the morning session, 13-14, Open
- 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. Outdoor pool. Certified 10 lanes, 50 meters. 8 or 9 lanes will be used for competition with a double lane line buffer and one or two lanes for continuous warm up/warm down. Non-turbulent lane lines. KDI Paragon Starting Blocks
- Timing Equipment: Colorado 6 Timing System and touch pads and Dolphin system back up
Hy-Tek Meet Manager will be used to score the meet
11 Line Colorado Display,
- Warm-up: Saturday AM Warm-up 7:00am Events 8:30am
Saturday PM Warm-up immediately after the morning session (30 minutes guaranteed)
Saturday Night Warm-up 4:00pm Events 5:00pm
Sunday AM Warm-up 8:00am Events 9:00 am
Sunday PM Warm up immediately after the morning session (60 minutes guaranteed)
* Warm-up schedule is attached.
*If determined necessary, a detailed warm-up schedule will be provided via email on Wednesday, May 25th
*One or Two 50 Meter lanes available for warm-up/warm-down during the meet.
- Eligibility: Open to all currently registered USA Swimming swimmers of invited teams

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- Entry Limit: The total number of entries will be limited. The team whose entries put the meet over 500 will be the final team allowed in the meet. Swimmers are limited to three (3) individual events per session, five (5) per day plus relays. Swimmers over entered will be considered as entered in the first three events. No limit on relay teams, please designate as A, B, C, etc.
- Seeding: Use of 50 Meter Long 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. 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 Meet Referee or his/her designee, up to 1 hr 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
- Entry Fee: Timed Final Meet: \$4.00 per individual event; \$5.00 per Relay
\$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 Friday, May 13th, 2016**
No phone or fax entries accepted, we recommend Express Mail or other rapid mail service.

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Make checks payable to "Episcopal AmberJax" and mail to:

Martin Zubero 904-396-5751
4455 Atlantic Blvd
Jacksonville, FL 32207
FOR HYTEK ENTRIES ONLY: email: zuberom@esj.org

- Officials: Meet Referee: Ed Phillips Admin Official: Drea Phillips
 Starter: John Dupee Head Stroke and Turn: Diane Morse
 Marshal: Greg Burgess Meet Manager: Martin Zubero
- Meet Workers: Parents from visiting teams wishing to work the meet in some capacity are requested to notify The Meet Director: Martin Zubero by Tuesday, May 17th at email address: zuberom@esj.org or (904) 396-5757 .
- Scoring: Scoring will be as the follows: Points will be awarded for 1st through 16th place as follows. 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relays will be double.
- Awards: Ribbons will be awarded for individual places 12 & Under events 1-8th, Relays 1-3rd.
NO AWARDS WILL BE MAILED. Please pick up awards at the meet.
- Meet Director: Martin Zubero
- 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 Marshal will be in effect during all warm-ups and sessions.
FLY OVER starts will be used at this competition.
Meet Manager may, at his/her 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: Ed Phillips:
eddrea1990@yahoo.com Uniform will be white shirts with blue shorts, skirts, skorts 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

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supervise him/her during warm-up and competition and must submit the enclosed alternate coaches form (signed) to the meet referee.

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.

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 all 13 & over 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 | 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 on Tuesday, May 17th

*One 50 Meter lane available for warm-up/warm-down during the meet. *

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Order of Events

Saturday Morning: May 28th Warm up – 7:00am, Competition – 8:30am

| Girls' Events | | Boys' Events |
|---------------|--------------------------|--------------|
| 1 | 13 - 14 200 Free | 2 |
| 3 | Open 200 Free | 4 |
| 5 | 13 - 14 100 Fly | 6 |
| 7 | Open 100 Fly | 8 |
| 9 | 13 - 14 200 Back | 10 |
| 11 | Open 200 Back | 12 |
| 13 | 13 - 14 100 Breast | 14 |
| 15 | Open 100 Breast | 16 |
| 17 | 13 - 14 50 Free | 18 |
| 19 | Open 50 Free | 20 |
| 21 | 13 - 14 200 Medley Relay | 22 |
| 23 | Open 200 Medley Relay | 24 |

Order of Events

Saturday Afternoon: May 28th Warm-up immediately after the morning session (30 minutes guaranteed)

| Girls' Events | | Boys' Events |
|---------------|-----------------------------|--------------|
| 25 | 9 - 10 200 Freestyle | 26 |
| 27 | 11 - 12 200 Freestyle | 28 |
| 29 | 8 & Under 50 Fly | 30 |
| 31 | 9 - 10 100 Fly | 32 |
| 33 | 11 - 12 100 Fly | 34 |
| 35 | 8 & Under 50 Back | 36 |
| 37 | 9 - 10 50 Back | 38 |
| 39 | 11 - 12 50 Back | 40 |
| 41 | 8 & Under 50 Breast | 42 |
| 43 | 9 - 10 100 Breast | 44 |
| 45 | 11 - 12 100 Breast | 46 |
| 47 | 8 & Under 50 Free | 48 |
| 49 | 9 - 10 50 Free | 50 |
| 51 | 11 - 12 50 Free | 52 |
| 53 | 10 & Under 200 Medley Relay | 54 |
| 55 | 11 - 12 200 Medley Relay | 56 |

Order of Events

Saturday Night: May 28th Warm up – 4:00 pm, Competition – 5:00pm

| Girls' Events | | Boys' Events |
|---------------|-------------------------|--------------|
| **57 | 8 & under 200 Free | **58 |
| **59 | 9-10 400 Free | **60 |
| **61 | 11-12 800 Free | **62 |
| **63 | 11 & over 1,500 Free | **64 |
| **65 | 13 & Over Open 800 Free | **66 |

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Events 57-66 will be deck seeded, and swum fastest to slowest mixed genders. Swimmers must check in by 4:15 pm to be seeded. The number of heats may be limited to prevent the session from violating the 4-hour rule. Meet officials may combine age groups to fill empty lane but will score separately. *Depending on meet Size the host team may elect to add a separate distance session for 8&U, 10&U, 11/12.**

**Events 57-66 swimmers will need to provide their own timer & counter.

** Events 57-66 - Swimmers entered in the event, but failing to check in may swim in an open lane if one exists after seeding. Swimmers not being seeded because of this limitation, who have checked into swim the event, will receive a refund for the event, or may deck enter another event in which they are qualified. There will be no reseeding or establishing additional heats for those deck entries. Daily entry limit restrictions will apply.

Order of Events

Sunday Morning: May 29th Warm up – 8:00am, Competition – 9:00am

| Girls' Events | | Boys' Events |
|---------------|---------------------------|--------------|
| 67 | 10 & Under 100 Free | 68 |
| 69 | 11 - 12 100 Free | 69 |
| 71 | 10 & Under 200 IM | 71 |
| 73 | 11 - 12 200 IM | 74 |
| 75 | 9 - 10 50 Fly | 76 |
| 77 | 11 - 12 50 Fly | 78 |
| 79 | 9 - 10 100 Back | 80 |
| 81 | 11 - 12 100 Back | 82 |
| 83 | 9 - 10 50 Breast | 84 |
| 85 | 11 - 12 50 Breast | 86 |
| 87 | 10 & Under 200 Free Relay | 88 |
| 89 | 11 - 12 200 Free Relay | 90 |

Order of Events

Sunday Afternoon: May 29th Warm-up immediately after the morning session (60 minutes guaranteed)

| Girls' Events | | Boys' Events |
|---------------|------------------------|--------------|
| 91 | 13 - 14 100 Free | 92 |
| 93 | Open 100 Free | 94 |
| 95 | 13 - 14 200 IM | 96 |
| 97 | Open 200 IM | 98 |
| 99 | 13 - 14 200 Fly | 100 |
| 101 | Open 200 Fly | 102 |
| 103 | 13 - 14 100 Back | 104 |
| 105 | Open 100 Back | 106 |
| 107 | 13 - 14 200 Breast | 108 |
| 109 | Open 200 Breast | 110 |
| 111 | 13 - 14 200 Free Relay | 112 |
| 113 | Open 200 Free Relay | 114 |

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Master Entry Form

Team name: _____ Call Letters: _____

Address: _____

Coach: _____ Home phone: _____ Office: _____

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, May 13, 2016 by 5:00 PM. Please submit entries to:

Martin Zuberom
 4455 Atlantic Blvd e-mail:zuberom@esj.org
 Jacksonville, FL 32207

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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 \$ _____

NET FEES DUE \$ _____

** Make check payable to Episcopal AmberJax **