

Summer Sizzler
Sponsored by the Episcopal AmberJax
July 7th – July 9th, 2014
Episcopal School of Jacksonville Semmes Aquatic Center
Jacksonville, Florida

- Sanctioned By: Florida Swimming of USA Swimming # 3011
"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 strongly discouraged.
- Hosted By: Episcopal AmberJax
- Type of Meet: Monday July 7th Tuesday 8th July, 50 Meter Long Course Timed Finals
Wednesday 9th July, 25 Yard Short Course Timed Finals
- Dates & Times: Monday, July 7th – Long Course Timed Finals 4:00 pm 13 & over + Open 1500
Tuesday, July 8th – Long Course Timed Finals 4:00 pm 12 & under + Open 400 IM & FR
Wednesday July 9th – Short Course Timed Finals 4:00 pm (All ages) + Open 1000 Free
* Events will be seeded by time for each session but scored by each individual age group for 12 & under awards only.
- 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. On Monday & Tuesday **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.
On Wednesday 1 **course of up to 10 lanes** or if time-line dictates a 2nd **course of up to 8 lanes** will be used for competition, the number of lanes will depend on entry numbers and time line restrictions. At least 4 lanes 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: Monday thru Wednesday PM Warm-up 2:30 pm Events 4:00 pm
*If determined necessary, a detailed warm-up schedule will be provided via email and posted on the AmberJax web-site on Friday July 4th
*At least 1 50 Meter lane will be available for warm-up/warm-down on Monday & Tuesday. On Wednesday At least 4 lanes for continuous warm up/warm down will be available.
- Eligibility: Open to all currently registered USA Swimming swimmers. Events will be seeded by time for each session but scored by each individual age group for individual awards only. On deck registration will be allowed. 2014 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 500 will be the final team allowed in the meet. Swimmers are limited to four (4) Individual events per session and twelve (12) individual events for the meet. Swimmers over entered will be considered as entered in the first (4) events per session.
- Seeding: The use of 50 Meter Long Course times to be used for seeding on for **all LC sessions** & 25 yard time for **all SC sessions**.
- 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 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.
* Meet Referee will not add a heat to accommodate a deck entry.
- 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 **5:00pm Wednesday July 2nd, 2014**
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
FOR HYTEK ENTRIES ONLY: email: zuberom@esj.org
- Official: Meet Referee: Robert Thompson Admin Official: Drea Phillips
Starter: Ed Phillips Stroke & Turn: Diana Morse
Meet Marshall: Paul Crawford

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- 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, July 2nd at email address: zuberom@esj.org 904-396-5751
- Scoring: No Team scoring for this meet.
- Awards: Ribbons will be awarded for individual places 1st-8th 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.
- Coaches' Meeting: There will be a coaches meeting prior to start of the Wednesday 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 & 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 start of each 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.
- 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.

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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 all sessions, the warm-up period will be 1 hour 20 minutes. The first 60 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 Saturday July 5th

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**Order of Events
 Session 1**

Monday evening: (Long Course) July 7th Warm up – 2:30 pm Competition 4:00 pm

Girls' Events		Boys' Events
1	13 & Over 200 Free	2
3	13 & Over 200 Breast	4
5	13 & Over 100 Back	6
7	13 & Over 200 Fly	8
9	13 & Over 50 Free	10
11	13 & Over 100 Breast	12
13	13 & Over 200 Back	14
15	13 & Over 100 Fly	16
17	13 & Over 100 Free	18
19	13 & Over 200 IM	20
	(10 Minute Break)	

**Order of Events
 Session 2**

*21	Open 1500 Free	* 22
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* Events 21-22 will be deck seeded, and swum fastest to slowest alternating genders and swim mixed gender. Swimmers must provide their own timer & counter for events 21-22.

Order of Events Session 3

Tuesday evening: (Long Course) July 8th Warm up – 2:30 pm Competition 4:00 pm

Girls' Events		Boys' Events
23	12 and Under 200 Free	24
25	12 and Under 100 Breast	26
27	12 and Under 50 Back	28
29	12 and Under 100 Fly	30
31	12 and Under 50 Free	32
33	12 and Under 50 Breast	34
35	12 and Under 100 Back	36
37	12 and Under 50 Fly	38
39	12 and Under 100 Free	40
41	12 and Under 200 IM	42
	(10 Minute Break)	

Order of Events Session 4

*43	Open 400 IM	*44
*45	Open 400 Free	*46

* Events 43-46 will be deck seeded, and swum fastest to slowest alternating genders and swim mixed gender. Swimmers must provide their own timer & counter for events 43-46.

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Order of Events Session 5

Wednesday evening: (Short Course) July 9th Warm up – 2:30 pm Competition 4:00 pm

Girls' Events

47	Open 200 Free
49	Open 100 Breast
51	Open 200 Back
53	Open 100 Fly
55	12 & Under 50 Back
57	Open 100 Free
59	Open 200 Breast
61	12 & Under 50 Fly
63	Open 100 Back
65	Open 200 Fly
67	12 & under 50 Breast
69	Open 200 IM
71	Open 50 free

Boys' Events

48
50
52
54
56
58
60
62
64
66
68
70
72

(10 Minute Break)

Order of Events Session 6

*73	Open 1000 Free	* 74
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* Events 73-74 will be deck seeded, and swum fastest to slowest alternating genders and swim mixed gender. Swimmers must provide timer & counter for events 73-74.

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Master Entry Form

Team name: _____ Call Letters: _____

Address: _____

Coach: _____ Cell 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
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Entries must be received by Wednesday July 2nd, 2014 by 5:00 PM. Please submit entries to:

Martin Zubero 4455 Atlantic Blvd Jacksonville, FL 32207	(904) 396-5751 zuberom@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 = \$	_____

TOTAL FEES DUE: \$ _____

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