

Summer Sizzler
Sponsored by the Episcopal AmberJax
July 1st-July 3rd,2016
Episcopal School of Jacksonville Semmes Aquatic Center
Jacksonville, Florida

- Sanctioned By: Florida Swimming of USA Swimming # 3724
"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 & Saturday, July 1st & 2nd , 50 Meter Long Course Timed Finals
Sunday, July 3rd , 25 Yard Short Course Timed Finals
- Dates & Times: Friday, July 1st - Long Course Timed Finals 5:00 pm Open Distance Session
Saturday Morning, July 2nd - Long Course Timed Finals 8:30 am 12 & under
Saturday Afternoon, July 2nd - Long Course Timed Finals
Not before 11 :00 am 13& Over
Sunday Morning, July 3rd - Short Course Timed Finals 8:30am All Ages*
* 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 Friday & Saturday **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 Sunday 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: Friday Warm-up 3:30 pm Events 5:00 pm
Saturday Warm-up 7:00am Events 8:30 am
Saturday Afternoon Warm-up not before 10 am
Sunday Morning 7:00 am Events 8:30 am
Sunday Afternoon ten min break before Distance session
*If determined necessary, a detailed warm-up schedule will be provided via email and posted on the AmberJax web-site on Thursday June 30th

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*At least one 50 Meter lane will be available for warm-up/warm-down on Friday & Saturday. On Sunday At least 4 lanes for continuous warm up/warm down will be available.

- Eligibility: Open to all currently registered USA Swimming swimmers of invited teams. 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. 2016 USA-S form and fee must be presented to the Referee.
- 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 five (5) Individual events per day and twelve (12) individual events for the meet. Swimmers over entered will be considered as entered in the first (5) 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: \$4.00 per individual event; \$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.

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Entry Deadline: All entries must be received by **5:00pm Friday, June 24th, 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 Zuberо (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: Keith Powell Admin Official: Drea Phillips
Starter: Ed Phillips 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 Zuberо by Wednesday, June 29th 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 Friday 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.

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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 Thursday, June 30th

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**Order of Events
 Session 1**

Friday Evening: (Long Course) July 1st Warm-up 3:30pm Events 5:00pm

*1	Open 400 IM	*2
*3	Open 400 Free	*4
*5	Open 800 Free	*6
*7	Open 1500 Free	*8

* Events 1-8 will be deck seeded, and swum fastest to slowest mixed gender. Swimmers must provide their own timer & counter for events 5-8.

**Order of Events
 Session 2**

Saturday Morning: (Long Course) July 2nd Warm up – 7:30 am Competition 8:30 am

Girls' Events		Boys' Events
9	12 and Under 200 Free	10
11	12 and Under 100 Breast	12
13	12 and Under 50 Back	14
15	12 and Under 100 Fly	16
17	12 and Under 50 Free	18
19	12 and Under 50 Breast	20
21	12 and Under 100 Back	22
23	12 and Under 50 Fly	24
25	12 and Under 100 Free	26
27	12 and Under 200 IM	28

Order of Events Session 3

Saturday Afternoon: (Long Course) July 2nd Warm up – Not before 10 am Competition Not before 11am

Girls' Events		Boys' Events
29	13 and Over 200 Free	30
31	13 and Over 200 Breast	32
33	13 and Over 100 Back	34
35	13 and Over 200 Fly	36
37	13 and Over 50 Free	38
39	13 and Over 100 Breast	40
41	13 and Over 200 Back	42
43	13 and Over 100 Fly	44
45	13 and Over 100 Free	46
47	13 and Over 200 IM	48

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Order of Events Session 4

Sunday morning: (Short Course) July 3rd Warm up – 7:00 am Competition 8:30 am

Girls' Events

49	Open 200 Free
51	Open 100 Breast
53	Open 200 Back
55	Open 100 Fly
57	Open 50 Back
59	Open 100 Free
61	Open 200 Breast
63	Open 50 Fly
65	Open 100 Back
67	Open 200 Fly
69	Open 50 Breast
71	Open 200 IM
73	Open 50 free
75	Open 100 IM

Boys' Events

50
52
54
56
58
60
62
64
66
68
70
72
74
76

Order of Events Session 5

*77	Open 400 IM	* 78
*79	Open 1650 Free	* 80

* Events 77-80 will be deck seeded, and swum fastest to slowest mixed gender. Swimmers must provide timer for 77-78, as well as timer and counter for events 79-80.

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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

Entries must be received by Wednesday June 24th, 2016 by 5:00 PM. Please submit entries

to: Martin Zuberu (904) 396-5751
4455 Atlantic Blvd
Jacksonville, FL 32207 zuberom@esj.org

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 ****