



JUNIOR NATIONAL CHAMPIONSHIP CUP

Clearwater, Florida

March, 15 - 19, 2016

SANCTION: Held under sanction of USA Swimming/Florida Swimming Inc. Sanction # -
_. "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.

CAMERAZONE: 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 of a race or a competitor in a race may be taken. Acceptable
"Camera Zones" may include, but are not limited to the side course of a pool,
team gathering areas, concession area, and 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 race course(s) while
they are in use for "race starting purposes" during competition and warm-ups,
locker rooms, rest rooms, or any other dressing areas.*** 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. 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.

IMAGE AUTHORIZATION: All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

TYPE OF MEET: All Finals sessions will be ran in LONG COURSE METERS format. All Prelim sessions, including the timed finals session on Tuesday, will be ran in SHORT COURSE YARDS format. Two eight-lane SCY courses will be used for prelims and one eight-lane course will be set-up for evening finals. There will be four finals heats. There will be a Consolation Final and a Championship Final for both 16 & Under and Senior categories.

SCHEDULE: No equipment will be allowed during warm-up times. This includes fins, paddles, and snorkels.

Tuesday - SCY Timed Finals Sessions	SCY Preliminaries:
Meet Warm Up..... 2:30-3:50PM	General Warm Up..... 6:00-7:50AM
Meet Start 4:00PM	Specific Warm Up..... 7:50-8:20AM
Wed, Thurs, Fri – LCM Finals:	Meet Start..... 8:30AM
General Warm Up..... 4:30-5:30PM	Saturday - LCM Finals:
Specific Warm Up..... 5:30-5:50PM	General Warm Up..... 3:30-4:30PM
Meet Start..... 6:00PM	Specific Warm Up..... 4:30-4:50PM
	Meet Start..... 5:00PM

LOCATION: The Doyle Aquatic Center at the Long Center
1501 N Belcher Rd, Suite 229
Clearwater, FL 33765

CAT: (727)791-9542 Fax: (727)791-9550 Facility: (727)793-2320

POOL & FACILITY SPECS: The Doyle Aquatic Center is a 10 lane 50 meter X 20 lane 25 yard pool that varies in depth from twelve feet at the start end to four feet at the turn end. A separate 3 lane 25 yard pool will also be available for continuous warm-up and warm-down throughout the meet.

Pool filtration system: State of the art UV system that requires little to no chlorine. The pool is also grounded with technology that enables the pool to be utilized during inclement weather.

TIMING SYSTEM: A Daktronics timing system, touch pads, and starting system will be used. Times will be displayed on two scoreboards.

ELIGIBILITY: Must be a 2016 USA Swimming registered athlete. On deck Registration will be allowed at the Meet Admin table. An Athlete must be at least 12 years of age, and not older than 21 years of age on the first day of the meet. **Any student who represents or has at any time represented an educational institution beyond grade 12 in any level of competitive swimming shall be ineligible to participate.**

ALL ENTRIES ARE TO BE SUBMITTED IN SCY FORMAT

SEEDING:

Submit entry times according to the time swum – DO NOT SUBMIT CONVERTED TIMES. Non-conforming meter times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. All yard times, even if they are bonus event times, will be seeded for prelims slowest to fastest.

Prelims will be seeded combined 16 & Under and Senior. Finals qualifiers will be seeded according to the event entered in 16 & Under or Senior. For example, a 16 & Under aged swimmer who enters into a Senior event and qualifies for Finals must compete in the Senior category for that event.

Events 1 & 2, the Women's 1650 Freestyle and Men's 1000 Freestyle will be swum on Tuesday as a timed finals event, alternating heats of women and men, fastest to slowest. Events 41 & 42, the Women's 800 Freestyle and Men's 1500 Meter Freestyle, will be swum as a timed final event on Saturday, beginning one hour after the completion of the prelim session, alternating heats of women and men, fastest to slowest with the 10 fastest seeded women and the 10 fastest seeded men swimming as the first event in finals. Relays: Positive check in required.

RULES:

Relays will be swum Timed Finals. 16 & Under relays and the Senior 200 Medley/Freestyle relays will take place during prelims in SCY. Senior relays will take place during finals in LCM. 16 & Under swimmers may compete in Senior relays in addition to the 16 & Under relays. All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. TWO RELAYS PER CLUB MAXIMUM.

Current USA Swimming Technical Rules will govern. (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.) No parents will be allowed on the pool deck unless they have 2016 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, they MUST go directly to the meet Referee to receive a deck pass and/or a coaching assignment. Age as of the first day of the meet (March 15th, 2016) will determine the swimmer's age for competition. **Times must have been achieved between January 1, 2015 - March 7, 2016.**

The practice of Deck Changing is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing could be subject to removal from further competition in the meet.

AWARDS:

INDIVIDUAL	Custom Medals	1 st through 8 th
RELAYS	Custom Medals	1 st through 3 rd

INDIVIDUAL HIGH POINT: 16 - Under Men's & Women's

Senior Men's & Women's

TEAM AWARDS:

TOP COMBINED TEAM	TOP MALE PERFORMANCE AWARD
TOP WOMEN'S TEAM	TOP FEMALE PERFORMANCE AWARD
TOP MEN'S TEAM	

SCORING:

Scored to the top 8 Places for 16 & Under Aged Swimmers and to the top 8 Places for Senior aged swimmers. Points 9-7-6-5- 4-3-2-1, double points for relays.

WARM-UP:

Enclosed warm-up schedule will be used. Warm-up will be **60 minutes guaranteed** prior to the start of each session.

SCRATCHES: Prelims/timed finals: No penalty for scratching on the block with the exception of deck seeded events. Check in must be done with the clerk of course prior to the listed check in time to be seeded in that event. Any swimmer properly entered in a deck seeded event, who fails to check in for that event, will be allowed to swim in an open lane for that event only. No new heats will be created – first come first served.

Finals: Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals unless the swimmer announces his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. He/she has until 30 minutes after his or her final prelim of the day to finalize his/her scratch with the clerk of course. **Any swimmer not reporting to a final event in which the results were posted for his/her swim will be barred from competition in their next individual event in the meet, PLUS a \$50.00 fee will be assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee.**

POSITIVE CHECK-IN: Check-in with the clerk of course will be just outside of the CAT office. The Women's 1650 Free and Men's 1000 Free check in must be done by the end of the coaches meeting on Tuesday, March 15th. The Women's 800 Meter Free and Men's 1500 Meter Free must be checked in by the start of Friday Finals, March 18th.

ENTRY LIMIT: **Swimmers will be limited to (3) - three individual events per day and a total of (8) - eight for the entire meet.** If a swimmer is over-entered in a session, any events entered over the three event limit will be dropped at the point of over-entry.

BONUSEVENTS

For 1 or 2 QualifyingTimes You Earn 3 BonusEvents
For 3 or More QualifyingTimes You Earn 2 BonusEvents

Bonus events must be entered with a time. NT will not be accepted. Bonus entries in the 400/500 FR, 400 IM, 800/1000 FR and 1500/1650 FR must have a qualifying time in one of those events.

TIME TRIALS Time Trials will be offered Wednesday, Thursday and Friday upon conclusion of the prelim sessions. All Time Trials sessions will be held in SCY ONLY. Cost per event - \$10.00. Sign up will be at the admin table each morning.

ENTRY FEES: ENTRY FEES
Fee per individual Event \$6.00
Fee per Relay Event \$12.00

LATE ENTRY FEES
Late Fee per Individual Event \$10.00
Late Fee per Relay Event \$20.00

Facility Surcharge per swimmer \$20.00
Athlete Surcharge per swimmer \$45.00

ENTRY DEADLINE: All entries must be received by midnight Monday March 07, 2016.

OME ENTRY PROCEDURES – READ CAREFULLY

On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry (OME) ONLY. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome>. Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”.

OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.

OME OPENS: 12:01 AM EST MONDAY February 15, 2016

OME CLOSES: 11:59 PM EST MONDAY March 07, 2016

ONLINE PAYMENT IS NOT PERMITTED FOR THIS MEET

OME HELP: Eva Gronke 727-644-5925 – SWimresultsbyTRG@aol.com

Anthony Buhr 719-866-3581 – abuhr@usaswimming.org

Individual Entries: Use a time in the national database for entry that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an "Override Time" for times that are not in the national database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. 16 & Under aged swimmers may enter 16 & Under and Senior events, bearing in mind that they are bound to that age category if they qualify for Finals in that event.

OME RELAY ENTRY PROCEDURES: ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. A team may enter no more than 2 relays in each relay event. Relays must be pre-entered and relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event.

TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link. Unregistered swimmers must provide proof of registration prior to the swimmers first event.

INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. Access to the OME system at the address <http://www.usaswimming.org/ome> - log in and select "Enter Individual." On deck registrations will not be accepted.

Payments must be made payable to: ISCA

**DO NOT MAIL CHECKS. PAYMENT SUBMITTED
AT REGISTRATION TABLE ONLY**

Entry Chairman: ISCA (International Swimming Coaches Association)
c/o Eva Gronke
3534 Chessington Drive
Land O Lakes, FL 34638

ENTRY FORMS: If you do not have access to OME, entries may be submitted on the enclosed entry forms (please print legibly). Please note that there is an additional \$50 fee for entries submitted on the entry forms. Any events with NT will not be accepted. Relay only swimmers must be listed. All entries must be sent to Entry Chairman. DO NOT send to the pool.

FOREIGN ATHLETES: Foreign athletes are welcome to attend. They must be a member with FINA or USA Swimming registration. Entries for foreign teams must be submitted through HY-TEK MEET MANAGER, COMMLINK, or contact Doug Fonder at (540) 397-0505.

OFFICIALS: Head Referee Tony Uselis (twuselis@verizon.net)
Admin Referee/Official

 Starter Patricia Ellingham
 Chief Stroke & Turn Kevin Doel
 Meet Director Doug Fonder
 Meet Marshall Kevin Reese

COACHES/OFFICIALS: Coaches/officials must visibly display a valid USA membership card at all times while on deck. A 2016 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming approved/sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer(s) during warm-up and competition. ***There will be a coaches meeting Tuesday, March 15 at 12:00 pm Noon at the Long Center.***

MEETVOLUNTEERS: As per ISCA policy, all volunteers must present a valid photo ID or meet credentials to gain deck access.

TEAM REPRESENTATIVE: Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.

INFORMATION:

Meet Director
Doug Fonder
2721 Brambleton Ave.
Roanoke, VA 24015
(540) 397-0505 - CELL
dougfonder@gmail.com

Entry Chairman
Eva Gronke
Clearwater Aquatic Team
3534 Chessington Drive
Land O Lakes, FL 34638
swimresultsbytrg@aol.com

Meet Referee
Tony Uselis
Cell: 727-742-0523
twuselis@verizon.net

This Meet may be a
National Certification
for Officials

NASA Contact
Doug Fonder
International Swim
Coaches Association
2721 Brambleton Ave.
Roanoke, VA 24015
(540) 397-0505 - CELL
(540) 772-0578 - FAX
dougfonder@gmail.com

NOTE: *Events/heats may be combined at the discretion of the meet referee. Official start times may be amended at the discretion of meet referee.

WARM-UP SCHEDULE:

First ½ hour will be warm-up as follows:

Lane 1 pace 50 & 100 circle swimming
Lane 2 push off 25s one way only
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 swim & pulling, push off
Lane 9 push off 25s, one way only
Lane 10 pace 50 & 100 circle swimming

Last hour of warm-ups will be as follows:

Lane 1 pace 50 & 100 circle swimming
Lane 2 racing starts 25s one length
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 racing starts 25s one length
Lane 9 racing starts 25s one length
Lane 10 pace 50 & 100 circle swimming

NO EQUIPMENT TO BE USED DURING WARM-UP

NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET

Swimmers must enter the water feet first with at least one hand on the pool deck.

 **JUNIOR NATIONAL**
CHAMPIONSHIP CUP

MARCH 15-19, 2016

WOMEN	Tuesday 3/15/16	MEN
1	Senior 200 Medley Relay	2
3	16&U Women 1650 Freestyle	
	16&U Men 1000 Freestyle	4
5	Senior Women 1650 Freestyle	
	Senior Men 1000 Freestyle	6
7	Senior 200 Freestyle Relay	8

WOMEN	Wednesday 3/16/16	MEN
9	16&U 200 IM	10
11	Senior 200 IM	12
13	16&U 100 Backstroke	14
15	Senior 100 Backstroke	16
17	16&U 200 Breaststroke	18
19	Senior 200 Breaststroke	20
21	16&U 50 Butterfly	22
23	Senior 50 Butterfly	24
27	*16&200 Medley Relay*	28
29	**Sen. 800 Freestyle Relay**	30

WOMEN	Thursday 3/17/16	MEN
31	16&U 50 Breaststroke	32
33	Senior 50 Breaststroke	34
35	16&U 200 Backstroke	36
37	Senior 200 Backstroke	38
39	16&U 50 Freestyle	40
41	Senior 50 Freestyle	42
43	16&U 400/500 Freestyle	44
45	Senior 400/500 Freestyle	46
47	*16&U 200 Freestyle Relay*	48

WOMEN	Friday 3/18/16	MEN
49	16&U 400 IM	50
51	Senior 400 IM	52
53	16&U 100 Butterfly	54
55	Senior 100 Butterfly	56
57	16&U 50 Backstroke	58
59	Senior 50 Backstroke	60
61	16&U 200 Freestyle	62
63	Senior 200 Freestyle	64
65	*16&U 400 Medley Relay*	66
67	**Sen. 400 Medley Relay**	68

WOMEN	Saturday 3/19/16	Men
69	**16&U W.800 Freestyle**	
	16&U M. 1500 Freestyle	70
71	**Senior W.800 Freestyle**	
	Senior M.1500 Freestyle	72
73	16&U 100 Freestyle	74
75	Senior 100 Freestyle	76
77	16&U 200 Butterfly	78
79	Senior 200 Butterfly	80
81	16&U 100 Breaststroke	82
83	Senior 100 Breaststroke	84
85	*16&U 400 Freestyle Relay*	86
87	**Sen. 400 Freestyle Relay**	88

** Senior 400/800 Relays, 800 (W) & 1500 (M) Meter Freestyle Events will be swum as timed finals in LCM. **

* 16 & Under Relay Events will be swum as timed finals in SCY during the prelims sessions. *

DOLFIN[®] JUNIOR NATIONAL
CHAMPIONSHIP CUP
MARCH 15-19, 2016

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.01	27.49	24.69	50 Freestyle	21.99	24.59	25.29
1:00.79	59.39	53.49	100 Freestyle	48.59	53.89	55.69
2:10.39	2:07.49	1:55.29	200 Freestyle	1:44.89	1:56.09	1:59.99
4:30.99	4:23.69	5:03.99	500 Freestyle	4:41.49	4:07.19	4:12.49
9:08.69	8:57.79	10:19.99	1000 Freestyle	9:43.69	8:26.29	8:43.49
17:35.89	17:06.69	17:19.99	1650 Freestyle	16:19.69	16:07.09	16:44.79
<i>100 Back Qualifying/Entry Times</i>			50 Backstroke	<i>100 Back Qualifying/Entry Times</i>		
1:08.29	1:06.19	59.59	100 Backstroke	53.69	59.69	1:02.79
2:25.09	2:21.59	2:07.29	200 Backstroke	1:55.29	2:08.09	2:12.69
<i>100 Breast Qualifying/Entry Times</i>			50 Breaststroke	<i>100 Breast Qualifying/Entry Times</i>		
1:17.09	1:15.49	1:07.89	100 Breaststroke	1:00.99	1:07.59	1:10.29
2:44.79	2:42.39	2:25.89	200 Breaststroke	2:10.69	2:25.09	2:30.59
<i>100 Fly Qualifying/Entry Times</i>			50 Butterfly	<i>100 Fly Qualifying/Entry Times</i>		
1:06.89	1:05.49	58.99	100 Butterfly	53.29	59.29	1:00.59
2:24.49	2:22.99	2:08.69	200 Butterfly	1:56.79	2:10.09	2:13.29
2:28.89	2:24.99	2:10.79	200 Individual Medley	1:58.99	2:11.99	2:16.99
5:09.29	5:00.69	4:30.89	400 Individual Medley	4:10.19	4:37.99	4:49.19
<i>400 FR Relay Qualifying/Entry Times</i>			200 Freestyle Relay	<i>400 FR Relay Qualifying/Entry Times</i>		
4:02.19	3:57.69	3:35.89	400 Freestyle Relay	3:15.79	3:34.49	3:40.59
8:39.19	8:27.69	7:44.79	800 Freestyle Relay	7:06.79	7:44.49	7:56.99
<i>400 MED Relay Qualifying/Entry Times</i>			200 Medley Relay	<i>400 MED Relay Qualifying/Entry Times</i>		
4:38.39	4:30.69	4:03.89	400 Medley Relay	3:37.29	4:01.69	4:11.49

QUALIFYING PERIOD: January 1, 2015 through March 7, 2016

ENTRY TIMES FOR 50's FLY/BACK/BREAST: Must be correlating 100 time for the stroke

BONUS EVENTS: MAKE 1-2 CUTS, ADD 3 BONUS EVENTS.

MAKE 3 OR MORE CUTS, ADD 2 BONUS EVENTS.

DOLFIN JUNIORNATIONAL

CHAMPIONSHIPCUP

Clearwater, FL

March 15-19, 2016

Master Entry Form

Hosted by Clearwater Aquatics Team at:

The LongCenter

501 N. Belcher Rd. Suite229
Clearwater, FL33765

Mail Entries toISCA

c/o: Eva Gronke

Entry Chairman

3534 Chessington Drive Land OLakes,
FL 34638 by: Tuesday, March 18, 2014

CAT Office (727)791-9542

Team Name _____

Call Letters _____

Address _____

Coach _____

LSC _____

Home Phone _____

Office Phone _____

FAX # _____

EMAIL _____

Swimmer/Coach Registration

I certify that all individuals listed on attached entry 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 following coaches will be on deck supervising the activities of these individuals during warm up and competitive sessions at the meet.

Name(s) of Coach(es)

I certify that the individuals listed above are currently registered USA Swimming Coach Members.

Signature of USA Swimming Member

Team

Date

Financial Recap

Total Number of Athletes Surcharge _____ @ \$45.00 Each = \$ _____

Total Number of Facility Surcharge _____ @ \$20.00 Each = \$ _____

Total Individual Entry Fees _____ @ \$6.00 Each = \$ _____

Late Individual Entry Fees _____ @ \$12.00 Each = \$ _____

Total Relay Entry Fees _____ @ \$8.00 Each = \$ _____

Late Relay Entry Fees _____ @ \$20.00 Each = \$ _____

Non OME Manual Entry Fees (per team) _____ @ \$50.00 Each = \$ _____

***Checks payable to: ISCA**

Total Entry Fees Paid \$ _____