



**Florida Swimming, Inc.**  
 a member of USA Swimming, Inc.  
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**FLORIDA SWIMMING**  
**BOARD OF DIRECTORS MEETING**

**Saturday, March ,13 , 2004**  
**(Between Prelims & Finals)**  
**2004 SC Florida Swimming Junior Olympics, Orlando, Florida**

**AGENDA**

Call Meeting to Order.

Approval of the Minutes from previous meetings.

Report of Officers:

General Chairman.....	Bill Vargo
Administrative Vice-Chairman.....	Chuck Burgess
Senior Vice-Chairman.....	Mac Kennedy
Age-Group Vice-Chairman.....	Nancy Hennessy
Treasurer.....	Stuart Michelson

Other Reports:

Executive Director.....	Helen Kelly
Officials .....	Jack Goltz
Registration .....	Helen Kelly
Safety .....	Tish Kimball
Adapted Swimming.....	Apryle Nickson
Technical Planning .....	Steve Lochte
Coaches' Representative.....	Scott Caron
Athletes' Representatives.....	Lindsay Largo & Julie Carusone

Old Business:

1. "B" Meet Format – Nancy Hennessy
2. FL SC JO Format for 2005 – Todd Mann
3. Attendance Requirement for HOD & Club Charter – Steve Altheimer
4. Zone Meet Wild Card Athlete Selection – Nancy Hennessy
5. Reimbursement for 2004 National Meets – Mac Kennedy
6. 4 Hour Limit Fine Structure – Fred Lewis
7. Other

New Business:

- 1.

Executive Session:

1. If Needed.

Set Date For Next Meeting:

Adjourn

Subj: **2005 Short Course LSC Championship Proposal**  
Date: 3/9/2004 11:41:36 AM Eastern Standard Time  
From: [Poppell.J@Bolles.org](mailto:Poppell.J@Bolles.org)  
To: [rbenner@lhps.org](mailto:rbenner@lhps.org), [s.caron@ncfymca.org](mailto:s.caron@ncfymca.org), [mcurley@lhps.org](mailto:mcurley@lhps.org), [goltzjd@aol.com](mailto:goltzjd@aol.com),  
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[perfenh@aol.com](mailto:perfenh@aol.com), [jocflybon@aol.com](mailto:jocflybon@aol.com), [spacecoastswim@aol.com](mailto:spacecoastswim@aol.com), [wfla@hotmail.com](mailto:wfla@hotmail.com),  
[ocalamarlins@aol.com](mailto:ocalamarlins@aol.com), [sysharks@hotmail.com](mailto:sysharks@hotmail.com), [tcatmike@aol.com](mailto:tcatmike@aol.com), [grant15@tampabay.rr.com](mailto:grant15@tampabay.rr.com),  
[sfenning@ateds.org](mailto:sfenning@ateds.org), [swimstpete@aol.com](mailto:swimstpete@aol.com), [cburgess@ymcaaquaticcenter.com](mailto:cburgess@ymcaaquaticcenter.com)

Coaches,

First of all, let me say thank you for all the great ideas, suggestions, and feedback and that we have received from several of you in our efforts to create an LSC Championship meet, combining our age group and senior swimmers, to be held annually in the Spring. I hope that you will look closely over the attached documents so that we may discuss the feasibility and probability of hosting such an event. This proposal was completed last Friday but when the 2004 JO Psyche Sheet was published, it gave us an opportunity to plug numbers into our proposed format with new time standards to try to develop a more accurate session timeline. I think that we should perform the same analysis when the 2004 Sr. Championship Psyche Sheet is published early next week. As you will see, some of the girls' time standards were reduced to increase the competitiveness of some age groups while also controlling the number of competitors to represent a more even distribution or representation across all ages and genders. 10&Under and Boys Standards were not changed. Just note that "nothing is in stone" and hopefully concerns will be addressed at Saturday's Board Meeting and hopefully we can put the finishing touches on the meet information so that we may publish it, promote it, and prepare for it for March 2005. Thanks again for everyone's contributions and especially to Todd Mann and Martin Zubero for helping with all the tedious leg work and analysis that were performed to create this draft.  
See you all this weekend!

Sincerely,

Jeff Poppell  
Head Swimming Coach  
The Bolles School & Bolles School Sharks  
[poppellj@bolles.org](mailto:poppellj@bolles.org)  
(904) 256-5210

## 2005 Florida Swimming Short Course LSC Championship March 17-20, 2005

- Sanctioned By:** Florida Swimming member of USA Swimming Sanction #
- Sponsored By:** Florida Swimming, Inc.
- Hosted By:** YMCA Team Orlando
- Type of Meet:** 25 Yard Short Course;  
10&under Timed Finals in Prelims with the Fastest 8 seeded in Championship Finals  
11-12, 13-14, 15-16 & Senior Timed Finals, Prelims, and Championship Finals
- Dates & Times:** **Session I** – Timed Finals- Thursday, March 18<sup>th</sup>, 2005. Warm-up 2:00pm. Meet starts 4:00pm – Course #1 & Course #2.  
**Session II** – Prelims – Friday, March 19<sup>th</sup>, 2005. Warm-up 6:30 am. Meet starts 8:30 am. – Course #1 & Course #2  
**Session III** –Finals – Friday, March 19<sup>th</sup>, 2005. Warm-up 4:00 pm. Finals Start 5:30 pm - Course #1  
**Session IV** - Prelims- Saturday, March 20<sup>th</sup>, 2005. Warm-up 6:30 am. Meet starts 8:30 am. – Course #1 & Course #2  
**Session V** –Finals – Saturday, March 20<sup>th</sup>, 2005. Warm-up 4:00 pm. Finals Start 5:30 pm. –Course #1  
**Session VI** - Prelims- Sunday, March 21<sup>st</sup>, 2005. Warm-up 6:30 am. Meet starts 8:30 am. – Course #1 & Course #2  
**Session VII** –Finals – Sunday, March 21<sup>st</sup>, 2005. Warm-up 4:00 pm. Finals Start 5:00 pm. – Course #1
- NOTE:** Meet management reserves the right to adjust start time times of sessions to ensure an efficient meet.
- Location:** YMCA Aquatic Center, 8422 International Drive, Orlando, FL 32819  
Course #1- 10&U, 11-12, 13-14 & all Finals (except Thurs.)  
Course #2- 15-16, Senior
- Pool Specs:** Two (2) Eight (8) lane certified 25-yard courses with non-turbulent lane lines.  
Warm-up/down is available during competition.  
Water depth at the competition starting end is a minimum of 7 feet, 0 inches.
- Timing Equipment:** Colorado Automatic Timing System
- Eligibility:** Open to all 2005 Florida Swimming registered swimmers who have achieved the 2005 LSC Championship Qualifying Time Standards, as listed in the Meet Information Letter, from March 11, 2004 to the 2005 Entry Deadline or during the Fax Entry Time Period
- Entry Limit:** Each swimmer will be limited to six (6) individual events but no more than three (3) events a day, plus relays. Over-entries will be automatically dropped when the limit is met for the meet and/or day. No deck entries.
- Relay Entries:** Clubs may enter a maximum of two (2) relay teams per event and they must be designated “A” and “B”. Each club must have at least two (2) swimmers who are entered in individual events during the meet for **EACH** relay entered. Swimmers swimming in “relay only” events must be entered on the entry form and designated as such.
- Relays:** **Relays will be swum in Finals on Thursday, and both Prelims and Finals on Friday and Saturday. “A” and “B” relays only in each relay event.**
- Entry Forms:** Entries must be submitted on the enclosed entry form or in the SDIF or CL2 format via 1.44mb disk. Disk entries must be accompanied by a back up hard copy including relay only swimmers, which will serve as proof of entry. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Swimmer’s current USA Swimming registration number must be listed on the proof of entry form and a current USA Swimming Non-Athlete Member must sign the form. The Master Entry Form must accompany the proof of entries.
- Proof of Times:** Swimmers who are listed in the National Data Base or the Florida Swimming Data Base with qualifying times will be permitted to swim individual events. Swimmers with qualifying times that are not listed in these data bases must provide proof of times with their LSC Championship Meet Entry Application, providing a copy of the results of an approved or sanctioned meet, including the sanction number, name, location, and date of the meet, and the results page (s) with the athlete’s name and time (s). Swimmers qualifying during the fax deadline time period must provide that proof of time before their swim or before the end of prelims on Friday, March 18, 2005, whichever is first. Conversions may not be used to prove times; the swimmer must have achieved the qualifying time as published in the type of course used to achieve the qualifying time.
- Seeding:** All swimmers must be entered with their actual times. Non-conforming times will be seeded after short course yard qualifying times. Seeding is as follows:
1. Short Course Yards
  2. Long Course Meters
  3. Short Course Meters

A FS LSC Championship qualifier club listing will be mailed to all FS clubs prior to the entry deadline. A club email address is required with entry for use if there are any questions with the entry.

**Entry Fees:** \$5.00 per individual event.  
\$10.00 per relay  
\$7.50 facility fee per swimmer  
\$1.00 Swimmer support fee per swimmer

**Entry Deadline:** All entries must be received by Tuesday, March 8, 2005 by 5:00 PM. No faxed entries, except for time standards achieved for the first time between Tuesday, March 8, 2005 and Sunday March 13, 2005. Florida Swimming must receive the faxed entry in the swimming office on the enclosed entry form by Sunday, March 13, 2005 at 11:59 PM

Mail Entries to:  
Florida Swimming  
297 E. Hwy, 50, Suite 3  
Clermont, FL 34711

Make Check payable to:  
YMCA Team Orlando

**Scratches:** **Prelims:** No penalty for scratching on the block in the morning prelims, **WITH THE EXCEPTION OF DECK SEEDED EVENTS**. Any swimmer entered in an individual event who has checked in for that event must swim the event unless he/she notifies the clerk of course before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer being barred from the next individual event in which he/she is entered on that day or the next day of the meet, whichever is first. Deck seeded events shall be closed for seeding as listed on the order of events.

**Championship Finals:** Any swimmer who competes in a preliminary heat and qualifies as one of the original eight (8) finalists must swim in that event's final; or must notify the clerk of the course that he/she intends to scratch from that final's event, within thirty (30) minutes of the announcement of the qualifiers. Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within thirty (30) minutes of their last preliminary event of the day. Any swimmer seeded in a final who fails to swim that event will be barred from further competition in the meet unless excused by the meet referee because of illness or injury. A swimmer not originally qualified for finals who is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final. Declared false starts and/or deliberate delay of meet will be treated the same as a failure to swim (Same as rule 207.5.9D. for National Championship meets.

**NOTE:** Alternates wishing to swim in an open lane in finals must be standing at the starter's stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer.

**Awards:**

Individual Events:	Medals 1 <sup>st</sup> – 3 <sup>rd</sup>	Ribbons 4 <sup>th</sup> – 8 <sup>th</sup>
Relay Events:	Medals 1 <sup>st</sup> – 3 <sup>rd</sup>	Ribbons 4 <sup>th</sup> – 8 <sup>th</sup>
Individual High Point Awards:	1 <sup>st</sup> Place in each gender and age group	
Team High Point Awards:	Overall Combined Team High Point - Trophies 1 <sup>st</sup> – 8 <sup>th</sup>	
	Overall Female Team High Point - Trophies 1 <sup>st</sup> – 3 <sup>rd</sup>	
	Overall Male Team High Point - Trophies 1 <sup>st</sup> – 3 <sup>rd</sup>	
Team Spirit Award:	Total Team Wares Team Spirit Banner	

**Scoring:** Individual: 9-7-6-5-4-3-2-1  
Relay: 18-14-12-10-8-6-4-2

No points will be awarded if the qualifying time is not achieved in either the prelims or finals.

**Rules:** Current USA Swimming Technical rules will govern. Declared false starts and/or a deliberate delay of meet will be treated the same as a "failure to swim" (same as rule 207.5.9D for National Championship meets).

**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.

**Officials:** Referee:  
Administrative Referee:  
Starter:  
Chief Judge:  
Head Marshall:  
Meet Manager:

**For Information:** **Florida Swimming Office (352) 242-5145 Fax (352) 242-5245**  
Updates to meet information as well as Time Lines and Psyche Sheets for the meet will be posted on the internet after entries are processed. Look for the information at the following web address:

**Identification:** Coaches and Officials shall wear their USA Swimming registration card in conspicuous location at all times while on deck during a swim meet.

**Warm-up Schedule**

\*\*\*NO EQUIPMENT PERMITTED\*\*\*

\*\*\*EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL\*\*\*

The Head Marshall may vary the scheduled warm-up as it fits the needs of the competitors

**Thursday, March 17, 2005**

***Course #1- 10&U, 11-12, 13-14***

***Course #2- 15-16, Senior***

2:00 – 3:00 PM General Warm-up

No Racing Starts  
Swimming and Pulling only, Push Off  
No sprinting or Pace Work

3:00 – 3:30 PM Controlled Warm-up

Lane 1 Pace, 50 & 100 Circle swim, Push Off  
Lane 2 Racing Starts (One length from start end only)  
Lane 3 Swimming & Pulling, Push Off  
Lane 4 Swimming & Pulling, Push Off  
Lane 5 Swimming & Pulling, Push Off  
Lane 6 Swimming & Pulling, Push Off  
Lane 7 Racing Starts (One length from start end only)  
Lane 8 Pace, 50 & 100 Circle swim, Push Off

3:30 – 3:50 PM Open Warm-up

Lane 1 Pace, 50 & 100 Circle swim. Push Off  
Lane 2 Racing Starts (One length from start end only)  
Lane 3 Racing Starts (One length from start end only)  
Lane 4 Swimming & Pulling, Push Off  
Lane 5 Swimming & Pulling, Push Off  
Lane 6 Racing Starts (One length from start end only)  
Lane 7 Racing Starts (One length from start end only)  
Lane 8 Pace, 50 & 100 Circle swim. Push Off

**Friday, Saturday & Sunday Preliminaries:**

***Course #1- 10&U, 11-12, 13-14***

***Course #2- 15-16, Senior***

6:30 – 7:00 AM General Warm-up – See above  
7:00 – 7:30 AM Controlled Warm-up – See above  
7:30 – 8:20 AM Open Warm-up – See above

**Friday & Saturday Finals:**

***On the Competition Course – Evening's Finalists Only***

4:00 – 4:30 PM General Warm up – See above  
4:30 – 5:00 PM Controlled Warm up – See above  
5:00 – 5:20 PM Open Warm up – See above

**Sunday Finals:**

***On the Competition Course – Evening's Finalists Only***

4:00 – 4:20 PM General Warm up – See above  
4:20 – 4:50 PM Controlled Warm up – See above

## Order of Events

### TIMED FINALS - Thursday, March 17<sup>th</sup> -W/U 2:00pm, Start 4:00pm, Pool #1 – Girls / Pool#2 - Boys

Girls	Girls Q	Age	Event	Boys Q	Boys
1	6:29.39	10&U	500 Free *	6:26.49	2
3	12:08.39	11-12	1000 Free *	12:27.79	4
5	11:18.19	13-14	1000 Free **	11:14.49	6
7	11:05.89	15-16	1000 Free **	10:40.79	8
9	11:01.89	Senior	1000 Free **	10:30.59	10
11		11-12	400 Free Relay ***		12
13		13-14	800 Free Relay ***		14
15		Senior	800 Free Relay ***		16

\* NOTE: Events 1 through 4 are Deck Seeded Positive Check in Timed Final Events seeded fastest to slowest. **Positive check in is required before 3:00 PM to be seeded.** Swimmers failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

\*\* NOTE: Events 5 through 10 are Special Seeded Events with all ages swum together but scored separately (13-14, 15-16, Senior). They are also deck seeded positive check in timed final events seeded fastest to slowest. **Positive check in is required before 3:00 PM to be seeded.** Swimmers failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

\*\*\*NOTE: Events 11 through 16 are Deck Seeded Positive Check in Timed Final Events. **Positive check in is required before 4:00 PM to be seeded.** Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

### PRELIMS - Friday, March 18<sup>th</sup> -W/U 6:30am, Start 8:30am – Pool #2

Girls	Girls Q	Age	Event	Boys Q	Boys
17	2:01.29	15-16	200 Free	1:55.79	18
19	2:00.49	Senior	200 Free	1:50.19	20
21	2:21.29	15-16	200 Back	2:14.89	22
23	2:20.49	Senior	200 Back	2:13.59	24
25	1:04.19	15-16	100 Fly	58.39	26
27	1:03.79	Senior	100 Fly	57.19	28
29	4:53.09	15-16	400IM*	4:50.89	30
31	4:51.49	Senior	400IM*	4:34.09	32
33		Senior	400 Free Relay **		34

\*NOTE: Events 29 through 32 are Deck Seeded Positive Check in Prelim/Final Events circle seeded fastest to slowest. **Positive check in is required before 8:30AM to be seeded.** Swimmers failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

\*\*NOTE: Events 33 through 34 are Deck Seeded Positive Check in Timed Final Events. The fastest two heats will swim in the Finals Session; all other heats will swim in the Preliminary session. **Positive check in is required before 8:30 AM to be seeded.** Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

**PRELIMS - Friday, March 18<sup>th</sup> -W/U 6:30am, Start 8:30am – Pool #1**

Girls	Girls Q	Age	Event	Boys Q	Boys
35		11-12	400 Medley Relay*		36
37	2:31.59	10&U	200 Free	2:31.89	38
39	2:09.69	11-12	200 Free	2:14.39	40
41	2:02.59	13-14	200 Free	2:01.39	42
43	1:21.39	10&U	100 Back	1:21.69	44
45	1:11.69	11-12	100 Back	1:12.99	46
47	2:22.39	13-14	200 Back	2:21.19	48
49	35.99	10&U	50 Fly	36.69	50
51	31.09	11-12	50 Fly	32.39	52
53	1:04.89	13-14	100 Fly	1:04.09	54
55	1:19.79	10&U	100 IM	1:21.49	56
57	1:10.99	11-12	100 IM	1:11.29	58
59	4:56.29	13-14	400 IM **	4:51.59	60
61		10&U	200 Free Relay ***		62
63		11-12	200 Free Relay ***		64
65		13-14	400 Free Relay ***		66

\*NOTE: Events 35 through 36 are Deck Seeded Positive Check in Timed Final Events. All heats will swim in the Preliminary session. **Positive check in is required before 7:30 AM to be seeded.** Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

\*\*NOTE: Events 59 through 60 are Deck Seeded Positive Check in Prelim/Final Events circle seeded fastest to slowest. **Positive check in is required before 8:30AM to be seeded.** Swimmers failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

\*\*\*NOTE: Events 61 through 66 are Deck Seeded Positive Check in Timed Final Events. The fastest two heats will swim in the Finals Session; all other heats will swim in the Preliminary session. **Positive check in is required before 8:30 AM to be seeded.** Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

**FINALS – Friday, March 18<sup>th</sup> Pool #1  
W/U 3:30pm, Start 5:00pm - Top 8 Finalists**

Girls	Age	Event	Boys
37	10&U	200 Free	38
39	11-12	200 Free	40
41	13-14	200 Free	42
17	15-16	200 Free	18
19	Senior	200 Free	20
43	10&U	100 Back	44
45	11-12	100 Back	46
47	13-14	200 Back	48
21	15-16	200 Back	22
23	Senior	200 Back	24
49	10&U	50 Fly	50
51	11-12	50 Fly	52
53	13-14	100 Fly	54
25	15-16	100 Fly	26
27	Senior	100 Fly	28
55	10&U	100 IM	56
57	11-12	100 IM	58
59	13-14	400 IM	60
29	15-16	400 IM	30
31	Senior	400 IM	32
61	10&U	200 Free Relay	62
63	11-12	200 Free Relay	64
65	13-14	400 Free Relay	66
33	Senior	400 Free Relay	34

**PRELIMS - Saturday, March 19<sup>th</sup> - W/U 6:30am, Start 8:30am – Pool #2**

Girls	Girls Q	Age	Event	Boys Q	Boys
67		Senior	200 Free Relay *		68
69	2:41.89	15-16	200Breast	2:28.79	70
71	2:41.09	Senior	200 Breast	2:27.99	72
73	26.69	15-16	50 Free	24.49	74
75	26.49	Senior	50 Free	23.39	76
77	1:06.59	15-16	100 Back	1:01.49	78
79	1:06.19	Senior	100 Back	1:01.49	80
81	5:19.29	15-16	500 Free**	5:11.69	82
83	5:17.29	Senior	500 Free **	5:00.79	84
85		Senior	400 Medley Relay ***		86

\*NOTE: Events 67 and 68 are Deck Seeded Positive Check in Timed Final Events. All heats will swim in the Preliminary session. **Positive check in is required before 7:30 AM to be seeded.** Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

\*\*NOTE: Events 81 through 84 are Deck Seeded Positive Check in Prelim/Final Events circle seeded fastest to slowest. **Positive check in is required before 8:30AM to be seeded.** Swimmers failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

\*\*\*NOTE: Events 85 and 86 are Deck Seeded Positive Check in Timed Final Events. The fastest two heats will swim in the Finals Session; all other heats will swim in the Preliminary session. **Positive check in is required before 8:30 AM to be seeded.** Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

**PRELIMS - Saturday, March 19<sup>th</sup> - W/U 6:30am, Start 8:30am – Pool #1**

Girls	Girls Q	Age	Event	Boys Q	Boys
87		13-14	200 Free Relay *		88
89	1:32.69	10&U	100 Breast	1:33.09	90
91	1:20.79	11-12	100 Breast	1:21.59	92
93	2:42.09	13-14	200Breast	2:39.19	94
95	31.59	10&U	50 Free	31.89	96
97	27.99	11-12	50 Free	28.29	98
99	26.69	13-14	50 Free	25.69	100
101	37.39	10&U	50 Back	38.09	102
103	33.09	11-12	50 Back	33.79	104
105	1:06.59	13-14	100 Back	1:04.99	106
107	2:51.49	10&U	200 IM	2:55.29	108
109	2:27.69	11-12	200 IM	2:34.79	110
111	5:24.19	13-14	500 Free **	5:26.79	112
113		10 & U	200 Medley Relay ***		114
115		11-12	200 Medley Relay ***		116
117		13-14	400 Medley Relay ***		118

\*NOTE: Events 87 and 88 are Deck Seeded Positive Check in Timed Final Events. All heats will swim in the Preliminary session. **Positive check in is required before 7:30 AM to be seeded.** Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

\*\*NOTE: Events 111 through 112 are Deck Seeded Positive Check in Prelim/Final Events circle seeded fastest to slowest. **Positive check in is required before 8:30AM to be seeded.** Swimmers failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

\*\*\*NOTE: Events 113 and 118 are Deck Seeded Positive Check in Timed Final Events. The fastest two heats will swim in the Finals Session; all other heats will swim in the Preliminary session. **Positive check in is required before 8:30 AM to be seeded.** Teams failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

**FINALS - Saturday, March 19<sup>th</sup> Pool #1**  
**W/U 3:30pm, Start 5:00pm - Top 8 Finalists**

Girls	Age	Event	Boys
89	10&U	100 Breast	90
91	11-12	100 Breast	92
93	13-14	200 Breast	94
69	15-16	200 Breast	70
71	Senior	200 Breast	72
95	10&U	50 Free	96
97	11-12	50 Free	98
99	13-14	50 Free	100
73	15-16	50 Free	74
75	Senior	50 Free	76
101	10&U	50 Back	102
103	11-12	50 Back	104
105	13-14	100 Back	106
77	15-16	100 Back	78
79	Senior	100 Back	80
107	10&U	200 IM	108
109	11-12	200 IM	110
111	13-14	500 Free	112
81	15-16	500 Free	82
83	Senior	500 Free	84
113	10 & U	200 Medley Relay	114
115	11-12	200 Medley Relay	116
117	13-14	400 Medley Relay	118
85	Senior	400 Medley Relay	86

**PRELIMS - Sunday, March 20<sup>th</sup> - W/U 6:30am, Start 8:30am - Pool #2**

Girls	Girls Q	Age	Event	Boys Q	Boys
119	2:21.39	15-16	200 IM	2:11.29	120
121	2:20.59	Senior	200 IM	2:08.39	122
123	56.69	15-16	100 Free	53.09	124
125	56.29	Senior	100 Free	51.09	126
127	2:21.19	15-16	200 Fly	2:14.99	128
129	2:20.39	Senior	200 Fly	2:13.69	130
131	1:15.19	15-16	100Breast	1:08.19	132
133	1:14.79	Senior	100Breast	1:07.79	134
135	18:20.89	15-16	1650 Free *	17:52.79	136
137	18:14.29	Senior	1650 Free *	17:36.99	138

**PRELIMS - Sunday, March 20<sup>th</sup> - W/U 6:30am, Start 8:30am - Pool #1**

Girls	Girls Q	Age	Event	Boys Q	Boys
139	2:21.49	13-14	200 IM	2:22.49	140
141	1:09.39	10&U	100 Free	1:10.59	142
143	59.49	11-12	100 Free	1:01.89	144
145	56.89	13-14	100 Free	56.69	146
147	1:23.29	10&U	100 Fly	1:25.69	148
149	1:09.19	11-12	100 Fly	1:11.19	150
151	2:24.39	13-14	200 Fly	2:22.69	152
153	41.99	10&U	50 Breast	42.49	154
155	36.99	11-12	50 Breast	37.59	156
157	1:15.19	13-14	100Breast	1:12.29	158
159	5:39.89	11-12	500 Free **	5:53.29	160
161	18:43.49	13-14	1650 Free *	18:10.59	162

\* **NOTE:** Events 135-138 and 161-162 are Special Seeded Events with all ages swum together but scored separately (13-14, 15-16, Senior). These events are also deck seeded positive check timed final events with the fastest heat swimming at the beginning of finals starting at 5:00pm. All other heats will swim slowest to fastest leading up to the start of the warm-up for the finals session (4:00pm). **Positive Check in is required before 8:30 AM to be seeded.** Swimmers failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. Please note: We will be using two courses, girls on Course #1, boys on Course #2.

\*\* **NOTE:** Events 159 and 160 are Deck Seeded Positive Check Timed Final Events. The fastest heat will swim in the Finals. All other heats will swim fastest to slowest. **Positive Check in is required before 8:30 AM to be seeded.** Swimmers failing to check in may swim in open lanes if available. No new heats will be established. Open lanes will be filled in the order requested until filled, or by draw if there is a conflict as to what swimmer gets an open lane.

**FINALS – Sunday, March 20<sup>th</sup> Pool #1**  
**W/U 3:30pm, Start 5:00pm - Top 8 Finalists**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
135, 137, 161	Sr./15-16/13-14	1650 Free - Top 8	136, 138, 162
159	11-12	500 Free - Top 8	160
139	13-14	200 IM	140
119	15-16	200 IM	120
121	Senior	200 IM	122
141	10&U	100 Free	142
143	11-12	100 Free	144
145	13-14	100 Free	146
123	15-16	100 Free	124
125	Senior	100 Free	126
147	10&U	100 Fly	148
149	11-12	100 Fly	150
151	13-14	200 Fly	152
127	15-16	200 Fly	128
129	Senior	200 Fly	130
153	10&U	50 Breast	154
155	11-12	50 Breast	156
157	13-14	100 Breast	158
131	15-16	100 Breast	132
133	Senior	100 Breast	134



**2005 Florida Swimming Short Course LSC Championship  
March 17-20, 2005**

**Estimated Timeline Per Session**

**TIMED FINALS - Thursday, March 17<sup>th</sup> -W/U 2:00pm, Start 4:00pm, Pool #1 – Girls**

Girls	Girls Q	Age	Event	Est. Time (Minutes)
1	6:29.39	10&U	500 Free *	16
3	12:08.39	11-12	1000 Free *	39
5	11:18.19	13-14	1000 Free **	
7	11:05.89	15-16	1000 Free **	
9	11:01.89	Senior	1000 Free **	107 (Combined Ages)
11		11-12	400 Free Relay ***	15
13		13-14	800 Free Relay ***	24
Estimated Finish Time				7:21 pm

**TIMED FINALS - Thursday, March 17<sup>th</sup> -W/U 2:00pm, Start 4:00pm, Pool#2 - Boys**

Age	Event	Boys Q	Boys	Est. Time (Minutes)
10&U	500 Free *	6:26.49	2	8
11-12	1000 Free *	12:27.79	4	25
13-14	1000 Free **	10:50.99	6	
15-16	1000 Free **	10:40.79	8	
Senior	1000 Free **	10:30.59	10	75 (Combined Ages)
11-12	400 Free Relay ***		12	10
13-14	800 Free Relay ***		14	24
Senior Boys	800 Free Relay ***		16	24
**10 Minute Break Following the Conclusion of the Girl's 1000 Free**				
Senior Girls	800 Free Relay ***		15	24
Estimated Finish Time				7:20pm

**PRELIMS - Friday, March 18th - W/U 6:30am, Start 8:30am – Pool #2**

<b>Girls</b>	<b>Girls Q</b>	<b>Age</b>	<b>Event</b>	<b>Boys Q</b>	<b>Boys</b>	<b>Est. Time (Minutes)</b>
17	2:01.29	15-16	200 Free	1:55.79	18	31
19	2:00.49	Senior	200 Free	1:50.19	20	25
21	2:21.29	15-16	200 Back	2:14.89	22	44
23	2:20.49	Senior	200 Back	2:13.59	24	42
25	1:04.19	15-16	100 Fly	58.39	26	17
27	1:03.79	Senior	100 Fly	57.19	28	18
29	4:53.09	15-16	400IM*	4:50.89	30	52
31	4:51.49	Senior	400IM*	4:34.09	32	38
33		Senior	400 Free Relay **		34	9
						Estimated Finish Time 1:06pm

**PRELIMS - Friday, March 18<sup>th</sup> -W/U 6:30am, Start 8:30am – Pool #1**

<b>Girls</b>	<b>Girls Q</b>	<b>Age</b>	<b>Event</b>	<b>Boys Q</b>	<b>Boys</b>	<b>Est. Time (Minutes)</b>
35		11-12	400 Medley Relay*		36	30
37	2:31.59	10&U	200 Free	2:31.89	38	21
39	2:09.69	11-12	200 Free	2:14.39	40	24
41	2:02.59	13-14	200 Free	2:01.39	42	33
43	1:21.39	10&U	100 Back	1:21.69	44	14
45	1:11.69	11-12	100 Back	1:12.99	46	20
47	2:22.39	13-14	200 Back	2:21.19	48	24
49	35.99	10&U	50 Fly	36.69	50	7
51	31.09	11-12	50 Fly	32.39	52	10
53	1:04.89	13-14	100 Fly	1:04.09	54	16
55	1:19.79	10&U	100 IM	1:21.49	56	12
57	1:10.99	11-12	100 IM	1:11.29	58	18
59	4:56.29	13-14	400 IM **	4:51.59	60	42
61		10&U	200 Free Relay ***		62	0
63		11-12	200 Free Relay ***		64	5
65		13-14	400 Free Relay ***		66	10
						Estimated Finish Time 1:16pm

**FINALS – Friday, March 18<sup>th</sup> Pool #1  
W/U 4:00pm, Start 5:30pm - Top 8 Finalists**

Girls	Age	Event	Boys	Est. Time (Minutes)
37	10&U	200 Free	38	6
39	11-12	200 Free	40	6
41	13-14	200 Free	42	6
17	15-16	200 Free	18	6
19	Senior	200 Free	20	6
43	10&U	100 Back	44	4
45	11-12	100 Back	46	4
47	13-14	200 Back	48	7
21	15-16	200 Back	22	7
23	Senior	200 Back	24	7
49	10&U	50 Fly	50	3
51	11-12	50 Fly	52	3
53	13-14	100 Fly	54	5
25	15-16	100 Fly	26	5
27	Senior	100 Fly	28	5
55	10&U	100 IM	56	5
57	11-12	100 IM	58	5
59	13-14	400 IM	60	12
29	15-16	400 IM	30	12
31	Senior	400 IM	32	12
61	10&U	200 Free Relay	62	10
63	11-12	200 Free Relay	64	10
65	13-14	400 Free Relay	66	18
33	Senior	400 Free Relay	34	18
Estimated Finish Time 8:32pm				

**PRELIMS - Saturday, March 19<sup>th</sup> - W/U 6:30am, Start 8:30am – Pool #2**

Girls	Girls Q	Age	Event	Boys Q	Boys	Est. Time (Minutes)
67		Senior	200 Free Relay *		68	12
69	2:41.89	15-16	200 Breast	2:28.79	70	26
71	2:41.09	Senior	200 Breast	2:27.99	72	20
73	26.69	15-16	50 Free	24.49	74	13
75	26.49	Senior	50 Free	23.39	76	15
77	1:06.59	15-16	100 Back	1:01.49	78	19
79	1:06.19	Senior	100 Back	1:01.49	80	17
81	5:19.29	15-16	500 Free**	5:11.69	82	74
83	5:17.29	Senior	500 Free **	5:00.79	84	48
85		Senior	400 Medley Relay ***		86	10
Estimated Finish Time 12:44pm						

**PRELIMS - Saturday, March 19<sup>th</sup> - W/U 6:30am, Start 8:30am – Pool #1**

Girls	Girls Q	Age	Event	Boys Q	Boys	Est. Time (Minutes)
87		13-14	200 Free Relay *		88	5
89	1:32.69	10&U	100 Breast	1:33.09	90	15
91	1:20.79	11-12	100 Breast	1:21.59	92	12
93	2:42.09	13-14	200Breast	2:39.19	94	24
95	31.59	10&U	50 Free	31.89	96	8
97	27.99	11-12	50 Free	28.29	98	9
99	26.69	13-14	50 Free	25.69	100	10
101	37.39	10&U	50 Back	38.09	102	7
103	33.09	11-12	50 Back	33.79	104	11
105	1:06.59	13-14	100 Back	1:04.99	106	16
107	2:51.49	10&U	200 IM	2:55.29	108	16
109	2:27.69	11-12	200 IM	2:34.79	110	32
111	5:24.19	13-14	500 Free **	5:26.79	112	70
113		10 & U	200 Medley Relay ***		114	0
115		11-12	200 Medley Relay ***		116	5
117		13-14	400 Medley Relay ***		118	5
Estimated Finish Time 12:35pm						

**FINALS - Saturday, March 19<sup>th</sup> Pool #1  
W/U 4:00pm, Start 5:30pm - Top 8 Finalists**

Girls	Age	Event	Boys	Est. Time (Minutes)
89	10&U	100 Breast	90	5
91	11-12	100 Breast	92	5
93	13-14	200 Breast	94	7
69	15-16	200 Breast	70	7
71	Senior	200 Breast	72	7
95	10&U	50 Free	96	3
97	11-12	50 Free	98	3
99	13-14	50 Free	100	3
73	15-16	50 Free	74	3
75	Senior	50 Free	76	3
101	10&U	50 Back	102	4
103	11-12	50 Back	104	4
105	13-14	100 Back	106	4
77	15-16	100 Back	78	4
79	Senior	100 Back	80	4
107	10&U	200 IM	108	7
109	11-12	200 IM	110	7
111	13-14	500 Free	112	13
81	15-16	500 Free	82	13
83	Senior	500 Free	84	13
113	10 & U	200 Medley Relay	114	12
115	11-12	200 Medley Relay	116	12
117	13-14	400 Medley Relay	118	20
85	Senior	400 Medley Relay	86	20
Estimated Finish Time 8:33pm				

**PRELIMS - Sunday, March 20<sup>th</sup> - W/U 6:30am, Start 8:30am – Pool #2**

Girls	Girls Q	Age	Event	Boys Q	Boys	Est. Time (Minutes)
119	2:21.39	15-16	200 IM	2:11.29	120	45
121	2:20.59	Senior	200 IM	2:08.39	122	39
123	56.69	15-16	100 Free	53.09	124	19
125	56.29	Senior	100 Free	51.09	126	16
127	2:21.19	15-16	200 Fly	2:14.99	128	31
129	2:20.39	Senior	200 Fly	2:13.69	130	26
131	1:15.19	15-16	100Breast	1:08.19	132	19
133	1:14.79	Senior	100Breast	1:07.79	134	14
Estimated Finish Time 11:59pm						

**PRELIMS - Sunday, March 20<sup>th</sup> - W/U 6:30am, Start 8:30am – Pool #1**

Girls	Girls Q	Age	Event	Boys Q	Boys	Est. Time (Minutes)
139	2:21.49	13-14	200 IM	2:22.49	140	36
141	1:09.39	10&U	100 Free	1:10.59	142	14
143	59.49	11-12	100 Free	1:01.89	144	14
145	56.89	13-14	100 Free	56.69	146	22
147	1:23.29	10&U	100 Fly	1:25.69	148	12
149	1:09.19	11-12	100 Fly	1:11.19	150	16
151	2:24.39	13-14	200 Fly	2:22.69	152	24
153	41.99	10&U	50 Breast	42.49	154	6
155	36.99	11-12	50 Breast	37.59	156	6
157	1:15.19	13-14	100Breast	1:12.29	158	14
159	5:39.89	11-12	500 Free **	5:53.29	160	56
Estimated Finish Time 12:10pm						

**PRELIMS - Sunday, March 20<sup>th</sup> - Start Approximately 1:44pm – Pool #1 - Girls**

Girls	Girls Q	Age	Event	Est. Time (Minutes)
161	18:43.49	13-14	1650 Free *	
135	18:20.89	15-16	1650 Free *	
137	18:14.29	Senior	1650 Free *	136 (Combined Ages)
Estimated Finish Time 4:00pm				

**PRELIMS - Sunday, March 20<sup>th</sup> - Start Approximately 1:49pm – Pool #2 - Boys**

Age	Event	Boys Q	Boys	Est. Time (Minutes)
13-14	1650 Free *	18:10.59	162	
15-16	1650 Free *	17:52.79	136	
Senior	1650 Free *	17:36.99	138	131 (Combined Ages)
Estimated Finish Time 4:00pm				

**FINALS – Sunday, March 20<sup>th</sup> Pool #1**  
**W/U 4:00pm, Start 5:00pm - Top 8 Finalists**

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>	<b>Est. Time (Minutes)</b>
135, 137, 161	Sr./15-16/13-14	1650 Free - Top 8	136, 138, 162	36
159	11-12	500 Free - Top 8	160	14
139	13-14	200 IM	140	7
119	15-16	200 IM	120	7
121	Senior	200 IM	122	7
141	10&U	100 Free	142	5
143	11-12	100 Free	144	5
145	13-14	100 Free	146	5
123	15-16	100 Free	124	5
125	Senior	100 Free	126	5
147	10&U	100 Fly	148	5
149	11-12	100 Fly	150	5
151	13-14	200 Fly	152	7
127	15-16	200 Fly	128	7
129	Senior	200 Fly	130	7
153	10&U	50 Breast	154	3
155	11-12	50 Breast	156	3
157	13-14	100 Breast	158	5
131	15-16	100 Breast	132	5
133	Senior	100 Breast	134	5
Estimated Finish Time 7:28pm				

## 2005 Florida Swimming Short Course LSC Championship Highlights

### ◆ **10&U, 11-12, 13-14, 15-16, Senior Age Groups Compete in One Championship Meet**

- Creates a visible connection between Age Group Swimming and the progression to Senior Swimming through exposure
- A Combined Championship Meet held annually in the Spring with the Summer Championships split separately
- Facilitates the selection of a Florida Zone All-Star Team for the Summer
- Format and make-up of the meet should help promote a TEAM focus which always adds to the excitement level of a competition

### ◆ **Qualifying Time Standards Become Faster for 11-12, 13-14, 15-16, & Senior Girls**

- 11-12 Girls Standards
  - For events 50 – 200 yards, 32<sup>nd</sup> fastest times from the 2003 J.O.'s
  - For events 400-1000 yards, 24<sup>th</sup> fastest times from the 2003 J.O.'s
  - 2003 J.O.'s was used solely for the purpose of making these standards as the 2002 meet offered several additional events (200's of stroke, 1650, etc.) therefore greatly reducing the number of swimmers competing and the quality of each event.
- 13-14 Girls Standards
  - For events 50 – 200 yards, Average of the 32<sup>nd</sup> fastest times from the 2002 and 2003 J.O.'s
  - For events 400-1000 yards, Average of the 24<sup>th</sup> fastest times from the 2002 and 2003 J.O.'s
  - For the 1650 Free, Average of the 16<sup>th</sup> fastest times from the 2002 and 2003 J.O.'s
- 15-16 Girls Standards
  - For events 50 – 200 yards, Average of the 32<sup>nd</sup> fastest times from the 2002 and 2003 Sr. Champs
  - For events 400-1000 yards, Average of the 24<sup>th</sup> fastest times from the 2002 and 2003 Sr. Champs
  - For the 1650 Free, Average of the 16<sup>th</sup> fastest times from the 2002 and 2003 Sr. Champs
  - 2002 Sr. Champs results were used primarily or solely for the purpose of making these standards as the 2003 meet was sparsely attended and/or there were no consistency in times (not even close) between the 2 meets.
  - Our goals were to create a progression and/or atleast the same difficulty in time standards from 13-14 through Sr. while also making the time standards faster. As a result, if the average of times (15-16) did not constitute a progression in the time standards, then the old Sr. Standard was used in its place.
- Sr. Girls Standards
  - Established by reducing the new 15-16 Girl Standards by .2 per 50 in every event.
- Boys Standards for all age groups were left the same
- 10&Under Time Standards were left as is for both Girls and Boys as to not reduce the number of swimmers that make up the base of our Championship progression (10&U).
- It is our hope that these time standards represent a fair way to create a more even representation in our LSC by age group and gender, create a progression of improvement (faster standards) in the girl age groups, from 11-12 through Senior, and put controls on the size and length of the meet
- It is suggested that these time standards be averaged with the times from the upcoming 2004 Championship meet results.

### ◆ **Championship Finals – All Age Groups**

- Very Competitive Meet for Senior Swimmers Forcing Fast Preliminary Swims to Swim again in Finals, like Jr. Nationals and U.S. Nationals
- Each age group provides the same number of opportunities for swimming in finals, no bias

### ◆ **Two Courses Run Simultaneously During Thursday's Finals and all Preliminary Sessions, and One Competition Course for Finals**

- Thursday Night and Sunday's 1650's: Two Courses Split by Gender, Girls and Boys
- Preliminary Sessions: Two Courses Split by Age Groups, 10& Under, 11-12, 13-14 and 15-16, Senior
- Helps control the length (elapsed time) of these respective sessions

### ◆ **Evening Relays for All Age Groups**

- Fastest 2 Heats in Finals
- Allows more swimmers (in all age groups) to participate and be exposed to the excitement of the Finals Sessions

### ◆ **Timed Finals for the 10&U Age Group with the Fastest 8 Seeded Swimming in Finals**

- Fastest Heat of 10&Unders, 2 Fastest Heats of 10&Under Relays Swim in Finals, based on FS Database of provable times
- 10&Unders will have the opportunity to compete in the Finals Sessions

### ◆ **Lots of Excitement and Emphasis Placed on the TEAM Championship**

- Trophies for the Top 8 Teams (Combined High Scores), Trophies for the Top 3 Female and Male Division Winners

### ◆ **Best Senior Swimmers in the LSC Compete Against One Another at the LSC Championship**

- Addresses an Identified Problem attributing to Weaker Senior Swimming in our LSC
- With Faster Qualifying Times required and only the top 8 swimming in Finals at night, the competitiveness of the meet should help provide senior swimmers with increased motivation and focus on this Championship competition.

◆ **Financial Savings for Both Clubs and Families with Swimmers Competing at both the Florida Junior Olympics and Senior Championships**

- Helps alleviate the Financial Burden placed on Clubs and Families having to attend 2 Championships on different Weekends

◆ **Time Savings for Both Clubs and Family with Swimmers Competing at both the Florida Junior Olympics and Senior Championships**

- One less weekend (4 days) spent at an additional competition that can be used for time spent with family, time spent at work, time spent focusing on training groups not attending one of the two championship competitions, etc. "Time is a precious commodity"