

The 2019 Elizabeth Kazeck Fall Sprint
HOSTED BY HIGHLANDER AQUATICS
and Lake Highland Preparatory School
September 28-29, 2019

- SANCTIONED BY:** Florida Swimming of USA Swimming # 4856
“In granting this sanction it is understood and agreed that USA-S and FL 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.”
- SPONSORED BY:** HIGHLANDER AQUATICS
- 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 Swimming 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.
- DATE AND TIME:**
- | | |
|----------------------------------|--|
| Saturday Session 1, September 28 | AM Session start time: 8:30 am |
| Saturday Session 2, September 28 | PM Session start time: <u>Not before 12:30</u> |
| Sunday Session 3, September 29 | AM Session start time: 8:30 am |
| Sunday Session 4, September 29 | PM Session start time: <u>Not before 12:30</u> |
- Saturday Session 2 AND Sunday Session 4, will begin 45 minutes after the completion of Session 1 and 3, or at a time set by the meet referee but not before 12:30 pm*
- TYPE OF MEET:** Outdoor Short Course (25 yards). Timed Final
If necessary each session will use two courses simultaneously.
NO qualifying times will be required.
Meet Management may opt to use ‘fly-over’ starts.
- LOCATION:** Lake Highland Preparatory School Aquatic Complex
901 North Highland Avenue, Orlando, FL 32803
407-206-1900 Ext. 1182
- POOL SPECIFICATIONS:** Two certified 25 yard, 8 lane courses with non-turbulant lane lines. Regulation starting platforms, Two Daktronics timing systems and automatic touchpads with new digital scoreboard will be used. The competition water depth is 6 foot 9 inches at the start and the turn end.
- ELIGIBILITY:** Open to the first 600 currently registered USA Swimming athletes. On deck registration will be allowed. The 2020 USA-S form, fee, etc. must be presented to the Referee Meet will be limited as to not exceed the 4 hour rule.
- SEEDING:** Short course 25 yard times will be used for seeding. Conversions may be made using the formula found in the Florida Swimming Handbook.
- SCRATCH PENALTY:** No penalty for scratching pre-seeded events. Any swimmer entered in a deck seeded event, who has checked in for that event, must swim the event unless she/he notified the clerk of course before the seeding of that event has begun. Failure to do so will result in the swimmer being barred from the next individual event in which he/she is entered that day or the first event the following day.

ENTRY LIMITS: Swimmers are limited to five ENTERED events per day.
SCORING: Individual: 9-7-6-5-4-3-2-1
In accordance with the Florida Swimming Handbook.

INDIVIDUAL AWARDS: **Individual Events:**
Ribbons 1st - 8th for all 12 and under age groups; no awards 13 and over
High Point: Top swimmer in each age group
All awards must be picked up upon the completion of meet. No awards will be mailed.

RULES: USA Swimming Rules will govern the Meet. The USA Swimming Championship no recall start will be used as outlined in 102.14.4H in the USA Swimming Rules & Regulations.

OFFICIALS: Referees: Abraham Pretorius Starters: Rob Roy
Head Stroke and Turn: Mary Owens Head Marshall: Mike Curley
A.O.: Stacy Wright and Jan Curley
Highlander Aquatics welcomes the assistance of all certified officials interested in serving at this meet. Please contact us at 407-206-1900 ext. 1180 to volunteer to help. Thank you.

MEET MANAGER: Mike Curley 407-206-1900 Ext. 1180

ENTRY FEE: \$10.00 Meet Surcharge
\$4.15 per individual event and \$5 per relay event
\$10.00 per event deck entered at the meet
\$50.00 **additional fee** if team **does not** enter the meet using the Hy-tek format.
Checks payable to: **Lake Highland**
Entry Deadline: Master Entry Form and entry fees must be received by Monday, September 23rd at 5:00 PM.

ENTRY FORM: Entries must be in USA Swimming SDIF format or HY-TekCL2 submitted on a Hy-Tek disk with hard copy printout or sent by email using HY-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent upon receipt of the file. Those entering with a disk may receive meet results on a disk prior to leaving the meet on Sunday. A completed Master Entry Sheet must be included. The current USA Swimming registration number must be listed on the entry form and the form must be signed. List all attending coaches and contact phone numbers in the body of the email if they are not part of your Hy-Tek team manager entry.

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. These “non-electronic entries” will be accepted with an additional \$2.50 per swimmer entry fee with a max of \$50.00 per team. A completed master entry form must be completed and signed by the member of USA Swimming completing the form for all entries.

ENTRY DEADLINE: **Monday, September 23, 2019 by 5:00 PM**

MAIL ENTRIES TO: HIGHLANDER AQUATICS
MIKE CURLEY
901 NORTH HIGHLAND AVENUE
ORLANDO, FLORIDA 32803

Email entries to: curleyfamily5@aol.com

COACH SUPERVISION: Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-ups and competition by a current coach member of USA Swimming.

COACHES & OFFICIALS: **Coaches and Officials shall have their current USA Swimming registration card available upon request or prove current registration through Deck Pass.**

**COACHES
HEAT SHEETS:** Each Team will receive one heat sheet for every coach listed on their proof of entry form and with a current USA Swimming membership card.

DECK ENTRIES: Deck entries are to be submitted to meet management no later than 30 minutes prior to the start of each session. The fee for deck entries is \$10.00 per event. **If the swimmer is not already in the meet, the \$10.00 meet surcharge is also due.** Fees must be paid at the time the entry is made. Deck entries will be accepted only if there are open lanes in the desired event. Swimmers must still comply with the maximum per session entry limit and other eligibility requirements. Swimmers may not scratch an event in order to deck enter a new event. Proof of USA Swimming registration must be met.

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.

CAMERA ZONES: Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end," etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

LOCKER ROOMS:

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

In accordance with the MAAPP program (USASWIMMING), spectators will not be allowed to use the locker rooms/restrooms located in the poolhouse. Spectator bathrooms will be in the gymnasium located across the parking lot. No athletes should be utilizing those bathrooms.

Warm-up Schedule for Both Courses and Sessions:

The first 1/2 hour is general warmup as follows:

ALL SWIMMERS WILL ENTER THE POOL FEET FIRST AND WITH ONE HAND ON THE DECK

Lane (Push-off's only NO EQUIPMENT)

- 1 Swimming and Pulling only
- 2 Swimming and Pulling only
- 3 Swimming and Pulling only
- 4 Swimming and Pulling only
- 5 Swimming and Pulling only
- 6 Swimming and Pulling only
- 7 Swimming and Pulling only
- 8 Swimming and Pulling only

The second 1/2 hour is controlled warm-up as follows:

Lane (NO EQUIPMENT)

- 1 Push off 50's pace (circle swimming)
- 2 Racing start one length only sprints)
- 3 Swimming and Pulling only
- 4 Swimming and Pulling only
- 5 Swimming and Pulling only
- 6 Racing start one length only sprints
- 7 Racing start one length only sprints
- 8 Push off 50's pace (circle swimming)

NO EQUIPMENT PERMITTED

MASTER ENTRY FORM
The Elizabeth Kazeck Fall Sprint
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September 28-29, 2019

TEAM NAME _____ CALL LETTERS _____

ADDRESS _____

COACH _____ LSC _____

HOME PHONE _____ OFFICE PHONE _____

Email address: _____

SWIMMER/COACH REGISTRATION

I certify that all individuals listed on the attached entry forms are current registered members of USA Swimming and are eligible to compete in the meet. I further certify that one or more of the following coaches will be on-deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

<u>Name of Coach</u>	<u>Team Affiliation</u>
_____	_____
_____	_____

I certify that the individuals listed above are current registered USA Swimming coach members, and that I am a current USA Swimming registered non-athlete member.

_____	_____	_____
Signature (Must be a current USA Swimming member)	Team Affiliation	Date

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ENTRIES MUST BE RECEIVED BY MONDAY, SEPTEMBER 23rd, 2019
NO LATER THAN 5 pm

MAIL TO: MICHAEL H. CURLEY **EMAIL: Curleyfamily5@aol.com**
 901 N. HIGHLAND AVE.
 ORLANDO, FL 32803

Financial Recap

Number of Swimmers	_____	x \$10.00 = _____
Individual Events	_____	x \$4.15 = _____
Number of Relays	_____	x \$5.00 = _____

TOTAL FEES PAID _____

HIGHLANDER AQUATICS
Alternate Coaches Form
Elizabeth Kazeck Fall Sprint
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The following swimmers are entered in the Highlander Invitational and are attending without a coach.

Swimmer's Name	USA #	Team	Age

I am a certified coach of USA Swimming in good standing and I agree to coach the above named swimmer(s) during all warm-ups and competitions in which they participate associated with this meet.

Signature _____

Print Name _____

Coaches Team _____

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SATURDAY SESSION ONE

WARMUPS: 7:30 AM		MEET STARTS: 8:30 AM
<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
1-2	11-12	200 FREE RELAY
3-4	10 AND UNDER	200 FREE RELAY
5-6	11-12	100 FLY
7-8	9-10	100 FLY
9-10	8 AND UNDER	25 FLY
11-12	11-12	50 FREE
13-14	9-10	50 FREE
15-16	8 AND UNDER	50 FREE
17-18	11-12	100 BREAST
19-20	9-10	100 BREAST
21-22	8 AND UNDER	25 BREAST
23-24	11-12	50 BACK
25-26	9-10	50 BACK
27-28	8 AND UNDER	50 BACK
29-30	11-12	100 IM
31-32	9-10	100 IM

SUNDAY SESSION THREE

WARMUPS: 7:30 AM		MEET STARTS: 8:30 AM
<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
55-56	10 AND UNDER	200 MED RELAY
57-58	11-12	200 MED RELAY
59-60	8 AND UNDER	50 FLY
61-62	9-10	50 FLY
63-64	11-12	50 FLY
65-66	8 AND UNDER	25 FREE
67-68	9-10	100 FREE
69-70	11-12	100 FREE
71-72	8 AND UNDER	50 BREAST
73-74	9-10	50 BREAST
75-76	11-12	50 BREAST
77-78	8 AND UNDER	25 BACK
79-80	9-10	100 BACK
81-82	11-12	100 BACK

SATURDAY SESSION TWO

WARMUPS: NOT BEFORE 11:30AM		MEET STARTS: NOT BEFORE 12:30PM
<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
33-34	SENIOR	200 FREE RELAY
35-36	15 AND OVER	200 IM
37-38	13-14	200 IM
39-40	15 AND OVER	100 BACK
41-42	13-14	100 BACK
43-44	15 AND OVER	50 FLY
45-46	13-14	50 FLY
47-48	15 AND OVER	100 FREE
49-50	13-14	100 FREE
51-52	15 AND OVER	50 BREAST
53-54	13-14	50 BREAST

SUNDAY SESSION FOUR

WARMUPS: NOT BEFORE 11:30 AM		MEET STARTS: NOT BEFORE 12:30 PM
<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
83-84	SENIOR	200 MEDLEY RELAY
85-86	15 AND OVER	200 FREE
87-88	13-14	200 FREE
89-90	15 AND OVER	50 BACK
91-92	13-14	50 BACK
93-94	15 AND OVER	100 FLY
95-96	13-14	100 FLY
97-98	15 AND OVER	50 FREE
99-100	13-14	50 FREE
101-102	15 AND OVER	100 BREAST
103-104	13-14	100 BREAST