

# 2020 Ron Nardozi Pre-Derby Sprint Invitational

HOSTED BY HIGHLANDER AQUATICS

and Lake Highland Preparatory School

April 24-26, 2020

- SANCTIONED BY:** Florida Swimming of USA Swimming # 5053  
“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.  
Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.  
All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- DATE AND TIME:** Friday Session, April 24 start time: 5:00 pm **Short Course (25 yards)**  
Saturday and Sunday **Long Course (50 meters)**  
Saturday Morning Session, April 25 AM Session start time: 8:30 am  
Saturday Afternoon Session, April 25 PM Session start time: Not before 1:00 pm  
*Saturday Afternoon Session, will begin 45 minutes after the completion of the Morning Sessions or at a time set by the meet referee but not before 1:00 pm*  
Sunday, Morning Session April 26 AM Session start time: 8:30 am  
Sunday, Afternoon Session April 26 PM Session start time: Not before 1:00 pm  
*Sunday Afternoon Session, will begin 45 minutes after the completion of Morning Sessions or at a time set by the meet referee but not before 1:00 pm*
- TYPE OF MEET:** **Outdoor Short Course (25 yards) and Long Course (50 meters).**  
Timed Final  
NO qualifying times will be required.  
Meet Management may opt to use ‘fly-over’ starts.
- LOCATION:** Lake Highland Preparatory School Aquatic Complex  
901 Highland Avenue, Orlando, FL 32803  
407-206-1900 Ext. 1182
- POOL SPECIFICATIONS:** Certified 25 yard and 50 meter, 8/10 lane course with non-turbulent 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 400 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 50 YARDS times** will be used for seeding. Conversions will be made for the Heat Sheets on Saturday and Sunday.

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: **On Friday Swimmers may swim five events, on Saturday and Sunday Swimmers are limited to four ENTERED events per day.**

SCORING: Individual: 9-7-6-5-4-3-2-1  
In accordance with the Florida Swimming Handbook.

AWARDS: **High Point Awards for Friday Night's Events:** Top swimmer in each age group  
SWIMMING ALL 5 EVENTS. Must Swim ALL 5 EVENTS to be Eligible.

**Individual Events FOR Saturday and Sunday:**  
Ribbons 1st - 8<sup>th</sup> for all 12 and under age groups; no awards 13 and over  
**High Point Awards for Saturday and Sunday's Events:** 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                                 A.O.: Stacy Wright  
Head Marshall: Ty Segrest  
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  
\$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 Friday, April 17<sup>th</sup> 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:** **Friday, April 17<sup>th</sup> by 5:00 PM**

**MAIL ENTRIES TO:** HIGHLANDER AQUATICS  
MIKE CURLEY  
901 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 wear their USA Swimming registration card in a conspicuous location at all times while on deck or prove current membership on Deck Pass, during a swim meet.**

**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 30minutes 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 prohibited.*

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

**Warm-up Schedule:**

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  
2020 Ron Nardoizzi Pre-Derby Sprint Invitational  
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and Lake Highland Preparatory School  
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TEAM NAME \_\_\_\_\_ CALL LETTERS \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

COACH \_\_\_\_\_ LSC \_\_\_\_\_

HOME PHONE \_\_\_\_\_ OFFICE PHONE \_\_\_\_\_

Email address: \_\_\_\_\_

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**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.

Name of Coach

Team Affiliation

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

.....  
ENTRIES MUST BE RECEIVED BY FRIDAY, April 17<sup>th</sup>, 2020  
NO LATER THAN 5 pm

MAIL TO: MICHAEL H. CURLEY

**EMAIL: Curleyfamily5@aol.com**

901 HIGHLAND AVE.  
ORLANDO, FL 32803

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**Financial Recap**

Number of Swimmers \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

Individual Events \_\_\_\_\_ x \$4.15 = \_\_\_\_\_

TOTAL FEES PAID \_\_\_\_\_

# HIGHLANDER AQUATICS

## Alternate Coaches Form

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The following swimmers are entered in the Ron Nardozzi 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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**FRIDAY SESSION ONE**

**This Session is Short Course Yards**

WARMUPS: 4:30 PM MEET STARTS: 5:30 PM

EVENT #	AGE GROUP	EVENTS
1-2	15 and Older	50 Back
3-4	13-14	50 Back
5-6	11-12	50 Back
7-8	9-10	50 Back
9-10	15 and Older	50 Breast
11-12	13-14	50 Breast
13-14	11-12	50 Breast
15-16	9-10	50 Breast

**5 Minute Break Referee's Discretion**

17-18	15 and Older	50 Fly
19-20	13-14	50 Fly
21-22	11-12	50 Fly
23-24	9-10	50 Fly
25-26	15 and Older	50 Free
27-28	13-14	50 Free
29-30	11-12	50 Free
31-32	9-10	50 Free

**5 Minute Break Referee's Discretion**

33-34	15 and Older	100 IM
35-36	13-14	100 IM
37-38	11-12	100 IM
39-40	9-10	100 IM

**SATURDAY SESSION TWO**

**Long Course Meters**

WARMUPS: 7:30 AM MEET STARTS: 8:30 AM

EVENT #	AGE GROUP	EVENTS
41-42	15 and Older	100 Fly
43-44	13-14	100 Fly
45-46	15 and Older	50 Breast
47-48	13-14	50 Breast
49-50	15 and Older	100 Free
51-52	13-14	100 Free
53-54	15 and Older	50 Back
55-56	13-14	50 Back

**SATURDAY SESSION THREE**

10 Minute Break after 50 Back Referee's Discretion

57-58	15 and Older	200 IM
59-60	13-14	200 IM

**SATURDAY SESSION FOUR**

**Long Course Meters**

WARMUPS: NOT BEFORE 12 NOON

MEET STARTS: NOT BEFORE 1:00 PM

EVENT #	AGE GROUP	EVENTS
61-62	11-12	100 Fly
63-64	9-10	100 Fly
65-66	11-12	50 Breast
67-68	9-10	50 Breast
69-70	11-12	100 Free
71-72	9-10	100 Free
73-74	11-12	50 Back
75-76	9-10	50 Back

**SATURDAY SESSION FIVE**

10 Minute Break After 50 Back Referee's Discretion

77-78	11-12	200 IM
79-80	9-10	200 IM

**SUNDAY SESSION SIX**

**Long Course Meters**

WARMUPS: 7:30 AM MEET STARTS: 8:30 AM

EVENT #	AGE GROUP	EVENTS
81-82	15 and Older	100 Back
83-84	13-14	100 Back
85-86	15 and Older	50 Free
87-88	13-14	50 Free
89-90	15 and Older	100 Breast
91-92	13-14	100 Breast
93-94	15 and Older	50 Fly
95-96	13-14	50 Fly

**SUNDAY SESSION SEVEN**

10 Minute Break after 50 Fly Referee's Discretion

97-98	15 and Older	200 Free
99-100	13-14	200 Free

**SUNDAY SESSION EIGHT**

**Long Course Meters**

WARMUPS: NOT BEFORE 12 NOON

MEET STARTS: NOT BEFORE 1:00 PM

101-102	9-10	100 Back
103-104	11-12	100 Back
105-106	9-10	50 Free
107-108	11-12	50 Free
109-110	9-10	100 Breast
111-112	11-12	100 Breast
113-114	9-10	50 Fly
115-116	11-12	50 Fly

**SUNDAY SESSION NINE**

10 Minute Break after 50 Fly Referee's Discretion

117-118	9-10	200 Free
119-120	11-12	200 Free



