SouthWest STARS
"DISTANCE WEDNESDAY"
(closed, intrasquad)
SWIM MEET
JANUARY 22, 2020; 5:30 PM*

Sanctioned By: Florida Swimming of USA Swimming # **4980**
In granting this approval it is understood and agreed that SouthWest Aquatics, SouthWest Stars Swim Team, USA Swimming and 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: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming 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. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Changing clothing on the pool deck: Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strictly prohibited.

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 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, 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 racecourse(s) while they are in use for "race starting purposes during competition and warm-ups, locker rooms, restrooms, 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.

Drones: Operation of a drone, or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

MAAPP: Minor Athlete Abuse Prevention Policy: Adult athletes will be required to complete the USA Swimming Athlete Protection Training (APT). This is the same membership requirement for all non-athlete members (coach, owner, official, etc.).

Hosted by: The SouthWest STARS Swim Team.

Type of Meet: TWO SESSION, Closed meet, age group, 25-Yard, Short Course, **indoor and/or outdoor**, Timed Finals meet.

Fly Over Starts: Meet management may opt to use fly-over starts at this competition.

***Date & Time**: Wednesday, January 22, 2020; 5:30 PM * Start time may be adjusted to accommodate athletes and parents who have late arrival times.

Warm Up: 4:30PM* Warm up may be adjusted to accommodate practice times.

Location: SouthWest Aquatics 205 Windermere Rd. Winter Garden, FL 34787 Phone: 407-905-0999

Website: www.swastars.com

Pool Specifications: One, ten lane, 25-yard outdoor heated pool, **and one 8 lane indoor heated pool**, non-turbulent lane lines for competition. One four lane indoor 17-yard pool may be used for warm up/warm down. Water depth at the competition starting end is a minimum of 6 feet, 9 inches and the turn end is a minimum of 4 feet.

Ten lanes or fewer may be used for competition in the outdoor pool and fewer than 8 lanes may be used in the indoor pool for competition.

Timing Equipment: Daktronics Timing System, pads, buttons and scoreboard. Manual watches for back-up. Hy-Tek/Team Unify Meet Manager will be used for scoring. "Meet Mobile" **MAY** be used for dissemination of scores and times.**

Eligibility: Open to **all 2020** USA-S Registered SouthWest Stars swimmers with current registration number. On deck registration will be allowed. Only 2020 USA-S forms may be used, and 2020 fee ($75) must be presented to the Meet Referee prior to competition.

Seeding: Events will be seeded **MIXED GENDER**. For seeding purposes, Coaches are asked to closely estimate each swimmer's potential times so heats may be formed more competitively for the athletes. All events will be swum **FAST TO SLOW**. Meet Management reserves the right to limit the number of athletes entered in any event in the interest of time and to keep from exceeding the 4-hour rule. The 4-hour rule is not expected to be exceeded in this meet.

Positive Check In: A **PRELIMINARY HEAT SHEET** may be published on the SouthWest Stars website but the **final heat sheet** will be prepared and posted approximately **30 minutes prior to the start of the meet**. **Athletes are asked to scratch at the Admin table if they are unable to swim** so that heat sheets may be adjusted prior to the meet.

Rules: Current USA Swimming Technical Rules will govern the meet. Safety rules, as outlined by USA Swimming, and as recommended by the Head Marshall, will be in effect during the meet, during all warm-up times, and in all warm-up areas.

Timers: Each participating athlete is required to provide TWO (2) Timers (12 years of age or Older, or approved by the Meet Referee) for their own event(s).

Lap Counters: Each participating athlete is **allowed ONE (1) PERSON** to serve as counter for their event of 500 yards or longer, if desired.

Awards: No awards.

Scoring: No scoring.

Warm Up: Warm up will begin at 4:30 PM in designated lanes.

Scratches: No penalty for scratching on the block, but athletes and coaches are asked to notify the Administrative Official as soon as possible if an athlete is scratching their event.

Entry Limit: Athletes are limited to **TWO EVENTS**.

Adapted Swimmers: Swimmers with disabilities are welcome to enter the meet. For Adapted Athletes, coaches are asked to: 1. Enter the swimmers on Hy- Tek or the paper entry form; 2. Provide advance notice of any necessary accommodations to the Meet Referee and/or Administrative Officials; 3. List in the email with the entries (or on paper) the swimmer's name, entry times, strokes/distance, days/sessions, and how the swimmer prefers to be seeded.

Swimmers with Disabilities: Swimmers with a disability will be seeded with the same age grouping in either the same distance race or a longer distance race (i.e. 400 Free during the 1000 Free). Qualifying time standards at regular season meets are waived for swimmers with a disability. For more information please contact the Meet Referee.

Deck Entries: Deck entries will be accepted to fill heats only - **no later than 45 minutes prior to the session start**. No new heats will be created. Each deck entry will cost $10.00 plus the flat $15 fee, if a swimmer is not already entered in meet. All deck entries must be paid and accepted by the Administrative Referee and payable at the Front Desk of SouthWest Aquatics. Swimmers are not allowed to exceed the maximum two events for the meet, nor will they be allowed to scratch an event and replace it with a deck entry if they are already entered in the maximum number of events for the meet.

Entry Forms: All entries must be submitted through the SouthWest Stars website or as deck entries.

Entries Due: All entries are due Monday, **Jan. 20**, by 8 PM.

Fees: **$4.00 per individual event**
$7.50 per individual – facility fee

Heat Sheets: Will be posted at the pool prior to the start and provided to coaches and officials as needed and will be posted online at the SouthWest Stars website prior to the meet.

Entry Deadline: Entry changes and late entries due 45 Minutes prior to the start of the meet.

MEET COMMITTEE: A committee consisting of the Meet Manager, Meet Referee, and one senior athlete entered in the meet, will be formed prior to the meet, and shall be wholly responsible for making decisions regarding delaying, postponing or canceling the meet or any portion of the meet in the event of inclement weather or other threatening conditions, or any situation requiring a decision of the Committee regarding the meet. The committee will meet as needed.

Visiting Officials: Even though this is a closed Stars meet, visiting officials and apprentices are encouraged to bring USA-S certified Florida Swimming (or other LSC) credentials and may assist with officiating the meet.

Officials:
Meet Referee: David Nesper
Administrative Officials: Melissa Klyce
Starter: Susan Nesper
Stroke and Turn: Marta Gonzalez, Dominique Kiefer, Sandra Hamberg
Meet Director: Justin Correia
Meet Marshall: Mike McGinty

Coaches/Officials Credentials: Coaches and Officials shall wear their 2020 USA Swimming/Florida Swimming registration card in a conspicuous location at all times while on deck during the swim meet or show current membership on Deck Pass if asked.

Coach Sign In: All coaches will be required to sign in on a form provided at the Administrative table on deck and show current requirements met for USA-S and FLS coaching, including 2020 Registration, BGC, APT, Foundations of Coaching 101 and 201 (as appropriate), Rules and Regulations Test, USADA Coach Advantage Tutorial passed, CPR, Content Safety Training, Water Safety Training and CPT.

A current coach member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned met during warm up and competition.

Team Representative: Prior to the start of the meet, the name of one person 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.

Meet Director: Justin Correia, Phone (407) 905-0999, E-mail: coachjustincorreia@gmail.com. Please, only coaches or team representative may contact for information between 9:00 a.m. and 3:00 p.m.

Notes:

Heats may be combined at the discretion of the meet referee.

Athletes are encouraged to enter events in which they may qualify for state age group competition. For instance, only athletes in the 13-14 age group compete in the 400 IM and 1,650 YD Freestyle at the FLAG meet, and only 11 and over athletes compete in the 1,000 YD competition at the FLAG meet.

During warm up, swimmers must enter feet first with at least one hand in contact with the pool deck except when executing a controlled racing start supervised by a coach.

The Referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

Warm Up Schedule: Because practice will be continuing at the facility, several lanes will be designated for both competition and warm up. When warm up begins at 4:30 PM, those lanes will be used for warm up for meet participants only, and following warm up, the lanes will be cleared and used for competition. At least one lane will be designated as a buffer between competition and practice.

Directions: Southwest Aquatics is located on the corner of Windermere Rd and Warrior Rd in Winter Garden. Coming from the intersection of HWY 50 and Toll Road 429 or Turnpike (same area), go east on HWY 50 and take a right on Maguire Rd. Go over the overpass and turn right at

the light which is Tomyn Rd. Take first right which is Warrior Rd. As you go under the overpass, you'll see SWA to your right. Turn right at the stop sign which will put you on Windermere Rd. Park across the street at the Children's Lighthouse Day Care Center or in the empty field adjacent to SWA which will be designated for parking.

** **Meet Mobile:** Meet Mobile is a **PAID SUBSCRIPTION** Apple and Android application owned by Team Unify that can be installed on the iPhone, the iPad, the iTouch, and Android phones and Android devices. This application displays meet results and team scores in real time as MEET MANAGER receives data from the Administrative Official. In addition, psych sheets, team rosters, records and time standards are available before the meet starts. The upload of heat results from MEET MANAGER is performed automatically without user intervention if there is an Internet connection. Meet Mobile can display results by event or by swimmer including splits and places. Parents and coaches will be able to follow the meet from any location in the world. **ALL TIMES SHOWN IN MEET MOBILE ARE UNOFFICIAL AND SHOULD BE USED ONLY FOR REFERENCE. Actual FINAL and OFFICIAL RESULTS will be posted on Deck Pass, at the Stars website, and given to coaches following the meet.**

ORDER OF EVENTS
STARS DISTANCE WEDNESDAY

Wednesday, Jan. 22, 2020

Warm up 4:30 pm – Timed Finals 5:30 pm*

(Events are seeded MIXED GENDER and swum FAST TO SLOW)

SESSION 1:

EVENT NUMBER	AGE	STROKE
1	8 AND UNDER	100 YD FREESTYLE
2	12 AND UNDER	200 YD FREESTYLE
3	OPEN	500 YD FREESTYLE

SESSION 2:

EVENT NUMBER	AGE	STROKE
4	8 AND UNDER	100 INDIVIDUAL MEDLEY
5	12 AND UNDER	200 YD INDIVIDUAL MEDLEY
6	OPEN	400 YD INDIVIDUAL MEDLEY
7	11 AND UP	1000 YD FREESTYLE