

2023 Ron Nardozi Pre-Derby Sprint Invitational

HOSTED BY HIGHLANDER AQUATICS
and Lake Highland Preparatory School
April 22-23, 2023

- SANCTIONED BY:** Florida Swimming of USA Swimming # **FL-6412**
“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 and Lake Highland Preparatory School
- 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.
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 prohibited.
All 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 MAAPP is a condition of participation in the conduct of this competition.
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.
- COVID-19:** An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA**

SWIMMING AND FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

DATE AND TIME: Saturday Morning Session, April 22 AM Session start time: 8:30 am
Saturday Afternoon Session, April 22 PM Session start time: Referee's Discretion
Sunday, Morning Session April 23 AM Session start time: 8:30 am
Sunday, Afternoon Session April 23 PM Session start time: Referee's Discretion
Saturday and Sunday Afternoon Sessions, will begin approximately 45 minutes after the completion of the Morning Sessions or at a time set by the meet referee.

TYPE OF MEET: 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 50 meter, 8 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.

MEDICAL SUPERVISION: AEDs on pool site.

ELIGIBILITY: Open to the first 400 currently registered USA Swimming athletes.

SEEDING: Long Course 50 meters 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: 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:** **Individual Events FOR Saturday and Sunday:**
Ribbons 1st - 8th for all 12 and under age groups; no awards 13 and over
High Point Awards: 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.: Jan Curley
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
\$5.50 per individual event
\$10.00 per event deck entered at the meet
\$2.00 Travel Surcharge per each Non-FL LSC Swimmer
\$3.00 Heat Sheet Charge per swimmer
HEAT SHEETS will be posted on the Highlander webpage, and www.floridaswimming.org no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$3 charge will be applied to each swimmer's entry fee. Coaches, please email all swimmers and parents to make them aware of this.
\$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 14th 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 14th 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 with the USA Swimming App during a swim meet.**

DECK ENTRIES: Deck entries are only open to athletes entered into the meet. They 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. 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 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

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SATURDAY SESSION I

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

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
1-2	15 and Older	100 Fly
3-4	13-14	100 Fly
5-6	15 and Older	50 Breast
7-8	13-14	50 Breast
9-10	15 and Older	100 Free
11-12	13-14	100 Free
13-14	15 and Older	50 Back
15-16	13-14	50 Back

SATURDAY SESSION 2

10 Minute Break after 50 Back Referee's Discretion

17-18	15 and Older	200 IM
19-20	13-14	200 IM

SATURDAY SESSION 3

WARMUPS: TBA MEET STARTS: TBA

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
21-22	11-12	100 Fly
23-24	9-10	100 Fly
25-26	11-12	50 Breast
27-28	9-10	50 Breast
29-30	11-12	100 Free
31-32	9-10	100 Free
33-34	11-12	50 Back
35-36	9-10	50 Back

SATURDAY SESSION 4

10 Minute Break After 50 Back Referee's Discretion

37-38	11-12	200 IM
39-40	9-10	200 IM

SUNDAY SESSION 5

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

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

SUNDAY SESSION 6

10 Minute Break after 50 Fly Referee's Discretion

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

SUNDAY SESSION 7

WARMUPS: TBA MEET STARTS: TBA

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

SUNDAY SESSION 8

10 Minute Break after 50 Fly Referee's Discretion

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