

PATRIOT AQUATICS

Long Course Invitational

May 19-21, 2023

Sanctioned by: Florida Swimming of USA Swimming #FL-6433-2

“In granting this approval it is understood and agreed that 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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited and is strongly discouraged.

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 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.

COVID-19 Considerations: *In applying for this sanction(ed event), the Host, Patriot Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida and Seminole County.*

We have taken enhanced health and safety measures – for you, our other guests, and cast members. You must follow all posted instructions while visiting Patriot Aquatics. 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 guests with underlying medical conditions are especially vulnerable. By visiting Patriot Aquatics, you voluntarily assume all risks related to exposure to COVID-19.

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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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Hosted By: Patriot Aquatics

Type of Meet: 50 meter Age Group & Senior.

Date & Time: May 19 – 21, 2023
Friday, 4:30 pm Meet Begins; 3:00 pm Warm-ups
Saturday, 12 & under session, 9:00 am Meet Begins; 7:30 am Warm-ups
Saturday, 13, 14 & SR session, 1 hour after morning session concludes
Sunday, 12 & under session, 9:00 am Meet Begins; 7:30 am Warm-ups
Sunday, 13, 14, & SR session, 1 hour after morning session concludes
*warm up may be assigned TBA

Location: Lake Brantley Aquatic Center
991 Sand Lake Rd.
Altamonte Springs, FL 32714
* Please do not mail anything, including entry fee checks, to this address

Pool Specs: 50 Meter 8 Lane outdoor pool, Non turbulent lane lines. One Lane 25 yard warm up/warm down area. Pool Depth at Starting end for 50's is 4 ½ feet and for other events 7 ½ ' -13'. Depth at turn end of pool is 4 ½ feet.

Timing Equipment: Daktronics Timing system w/10-line scoreboard and 1 line scoreboard. Pads on both ends for 50mtr splits.

Medical Supervision: Lifeguards on duty and AED device available

Seeding: 50 Meter times will be used for seeding.

Scratches: No penalty for scratching on the block.

Eligibility: Open to USA registered swimmers from invited teams. The first 500 swimmers, or that number that keeps the meet within the 4-hour rule, will be accepted. Deck entries only available to athletes previously entered into the meet.

Invited teams: BD, SA, FSLA, LAKR, STAR, TPA, H4S, HIGH, RAC

Entry Limit: 4 events per session (800 free is a separate session)

Heat Sheets: Heat sheets will be posted on patriotaquatics.com and e-mailed to all competing teams' contact person no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$3.00 charge will be applied to each swimmer's entry fee. **NO HEAT SHEETS WILL BE AVAILABLE FOR PURCHASE AT THE MEET!** Coaches will also be required to print out their own heat sheet for this meet. **THERE WILL BE NO HEAT SHEETS AT THE MEET FOR COACHES!** Coaches, please make your teams aware of this.

Entry Form: Entries must be submitted in the SDIF or CL2 (HYTEK) format by email or on disk and followed up by a backup hard copy of the entry as well as the master entry form with all

applicable fees. Email to admin@patriotaquatics.com. If you do not use HYTEK you may use the enclosed entry form. Current USA Swimming registration numbers must be listed on the hard copy entry form. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent on receipt of file.

List all attending coaches and contact phone numbers in the body of the email if they are not part of your Hy-tek TM entry.

Include total number of swimmers, events, and relays in the body of the email.

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 \$2.00 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 Fee: \$10.00 facility fee, \$5.50 per individual event
\$3.00 per swimmer heat sheet fee
Please mail entry fees to: Patriot Aquatics, PO Box 916286, Longwood, FL 32791,
****Make check payable to "Patriot Aquatics"***

Deck Entries: Deck entries are only open to swimmers who were previously entered in the swim meet. 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 and must be paid at the time of entry. Deck entry will be accepted only if there are open lanes in the desired event. Swimmers must still comply with the maximum per session and per day entry limit. Swimmers may not scratch an event in order to deck enter a new event.

Entry Deadline: Monday, May 15, 2023 no later than 10 am.

Mail Entries To: Patriot Aquatics
P.O. Box 916286
Longwood, FL 32791

Awards:	<u>Individual Events</u>	<u>10 & U</u>	<u>11&12</u>	<u>13&14</u>	<u>Sr.</u>
	Medals	1 st -3 rd	1 st -3 rd	NA	NA
	Ribbons	4 th -8 th	4 th -8 th	1 st -8 th	NA
	High Point	1 st -3 rd	1 st -3 rd	1 st -3 rd	NA

Rules: 2023 USA Swimming rules will govern. Safety rules as outlined by USA Swimming and as recommended by the head marshal will be in effect during all warm up periods and in all warm up areas.

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.

- Team Representative: Prior to the start of the meet, the name of one person other than the coach will be given to the referee. The coach and that person only will be recognized by the referee regarding any matter pertaining to the meet.
- Officials: Referee: Bart Smith
Admin Ref: Michelle Heusel
Starter: Cheryl Pavlacka
Head Stroke & Turn: Chris Snively
Meet Marshall: Clay Parnell & Alyssa Rhein
Patriot Aquatics welcome the assistance of all certified officials interested in serving at this meet. Please contact us at bls9714@yahoo.com to volunteer to help.
- Coaches: Coaches must wear their USA Swimming credentials in a conspicuous location while on deck.
- Coach Supervision: Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-up and competition by a current coach member of USA Swimming. An unattached athlete or an athlete not escorted by a coach member must check in with the meet referee upon arrival at the meet. Such athletes must find a substitute coach who will supervise him/her during warm-up and competition and must submit the enclosed alternate coaches form (signed) to the meet referee.
- Starts: USA Swimming start procedures will be used as outlined in 102.14.4H. If a false start is called after the starting device sounds, the race will proceed and the swimmer will be notified at the completion of the race.
- Information: Michelle Heusel: admin@patriotaquatics.com

Warm-up Schedule for each session

First One Hour

Lane **(Push-offs 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 Last ½ Hour

Lane **(No equipment)**

- 1 Pace Only
- 2 Racing Start One Way Sprints
- 3 Swimming and Pulling only
- 4 Swimming and Pulling Only
- 5 Swimming and Pulling Only
- 6 Swimming and Pulling only
- 7 Racing Start One Way Sprints
- 8 Swimming and Pulling only

ORDER OF EVENTS

SESSION 1 FRIDAY MAY 19, 2023 – WARM-UP 3:00PM, TIMED FINALS 4:30PM

1-2	10 & Under	200 IM* (swum together by gender, scored separately by age-10, 9, 8 & Under)
3-4	Senior	400 IM* (swum together by gender, scored separately by age-Sr; 13/14; 12; 11)
5-6	10 & Under	400 Free* (swum together by gender, scored separately by age-10, 9, 8 & Under)
7-8	Senior	400 Free* (swum together by gender, scored separately by age-Sr; 13/14; 12; 11)

*Events 1-8 will swim fastest to slowest

SESSION 2 SATURDAY AM MAY 20, 2023 – WARM-UP 7:30AM TIMED FINALS 9:00AM

9-10	12	200 Free
11-12	11	200 Free
13-14	10	200 Free
15-16	9	200 Free
17-18	8 & Under	50 Free
19-20	12	50 Breast
21-22	11	50 Breast
23-24	10	50 Breast
25-26	9	50 Breast
27-28	8 & Under	50 Breast
29-30	12	100 Back
31-32	11	100 Back
33-34	10	100 Back
35-36	9	100 Back
37-38	8 & Under	50 Back
39-40	12	100 Fly
41-42	11	100 Fly
43-44	10	100 Fly
45-46	9	100 Fly
47-48	8 & Under	50 Fly
49-50	12	50 Free
51-52	11	50 Free
53-54	10	50 Free
55-56	9	50 Free

**SESSION 3 SATURDAY PM MAY 20, 2023 – WARM-UP AT THE CONCLUSION OF THE AM SESSION,
MEET WILL START 1 HOUR AFTER CONCLUSION OF AM SESSION.**

57-58	13/14	200 Free
59-60	Senior	200 Free
61-62	13/14	50 Fly
63-64	Senior	50 Fly
65-66	13/14	100 Breast
67-68	Senior	100 Breast
69-70	13/14	200 Fly
71-72	Senior	200 Fly
73-74	13/14	100 Back
75-76	Senior	100 Back
77-78	13/14	50 Free
79-80	Senior	50 Free

SESSION 4 SUNDAY AM MAY 21, 2023 – WARM-UP 7:30AM TIMED FINALS 9:00AM

81-82	12	100 Free
83-84	11	100 Free
85-86	10	100 Free
87-88	9	100 Free
89-90	8 & Under	100Free
91-92	12	100 Breast
93-94	11	100 Breast
95-96	10	100 Breast
97-98	9	100 Breast
99-100	8 & Under	100 Breast
101-102	12	50 Back
103-104	11	50 Back
105-106	10	50 Back
107-108	9	50 Back
109-110	8 & Under	50 Back
111-112	12	50 Fly
113-114	11	50 Fly
115-116	10	50 Fly
117-118	9	50 Fly
119-120	8 & Under	100 Fly
121-122	12	200 IM
123-124	11	200 IM

**SESSION 5 SUNDAY PM, MAY 21, 2023- WARM-UP AT THE CONCLUSION OF THE AM SESSION,
MEET WILL START 1 HOUR AFTER CONCLUSION OF AM SESSION.**

125-126	13/14	100 Free
127-128	Senior	100 Free
129-130	13/14	50 Back
131-132	Senior	50 Back
133-134	13/14	200 Breast
135-136	Senior	200 Breast
137-138	13/14	200 Back
139-140	Senior	200 Back
141-142	13/14	50 Breast
143-144	Senior	50 Breast
145-146	13/14	100 Fly
147-148	Senior	100 Fly
149-150	13/14	200 IM
151-152	Senior	200 IM

SESSION 6 Break

*153-154 Senior 800 Free (swum together by gender, scored separately, swum fastest to slowest Alt
Girl then Boy)

*Deck Seeded event. All swimmers must check in prior to 1:00 PM

**MASTER ENTRY FORM
PATRIOT AQUATICS
LONG COURSE INVITATIONAL
DATE OF MEET: May 19 – 21, 2023**

TEAM NAME _____ **CALL LETTERS** _____

ADDRESS _____

COACH _____ **HOME PHONE** _____ **(O)** _____

SWIMMERS/COACH REGISTRATION

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

NAME OF COACH

TEAM

I certify that all individuals listed are currently registered USA Swimming Coach Members, and that I am a current registered Non-Athlete member.

Signature (must be USA Swim member)

Team

Date

ENTRY DEADLINE

Entries must be received by May 15, 2023 no later than 10:00AM

Mail to: Patriot Aquatics
P.O. Box 916286
Longwood, Fl 32791

FINANCIAL RECAP

We have entered the following:

WOMEN'S IND. EVENTS	_____	AT \$5.50 EACH=\$	_____
MEN'S IND EVENTS	_____	AT \$5.50 EACH=\$	_____
HEAT SHEET FEE	_____	AT \$3.00 EACH=\$	_____
TOTAL SWIMMERS	_____	AT \$10.00 EACH=\$	_____

TOTAL FEES _____ \$ _____