

2012 CAT Jingle Bell Meet
Hosted by the Clearwater Aquatic Team (CAT)
December 14-16, 2012

SANCTIONED BY: Florida Swimming Sanction # 2-6032
"In granting this approval it is understood and agreed that USA Swimming/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: 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-S 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.

CAMERA ZONE: 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 race course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, 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.

TYPE OF MEET: Prelims-finals on Friday, Saturday, and Sunday. Two courses may be used for pre-lims if Meet Management deems necessary due to number of entries and 4 hour time limit constraints.

DATES & TIMES:	Warm-ups	Meet Start
Prelims	7:00am	8:30am
Finals	5:00pm	6:00pm

LOCATION: The Doyle Aquatic Center at the Long Center, 1501 N Belcher Rd, Clearwater, FL 33765

POOL & FACILITY SPECS: The Doyle Aquatic Center is a 10 lane 50 meter X 20 lane 25 yd pool that varies in depth from twelve feet at the start end to four feet at the turn end. A separate 3 lane 25 yard pool will be available for continuous warm-up and warm-down throughout the meet. There is permanent bleacher seating available for 294 people along with an additional standing room only section directly behind the bleachers for viewing the competition. Depending on the number of guests, swimmers and parents will also be able to rest and relax in the Long Center Gym where we will have 42" TVs set up that will show a live feed of the competition scoreboards.
Pool filtration system: State of the art UV system that requires little to no chlorine. The pool is also grounded with technology that enables the pool to be utilized during inclement weather.

TIMING SYSTEM: A Daktronics timing system, touch pads, and starting system will be used. Times will be displayed on one of our two scoreboards.

- ELIGIBILITY:** Must be a 2012 and/or 2013 USA Swimming registered athlete.
- SEEDING:** All entry times must be submitted in short course yards (SCY). LCM to SCY Conversions using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes. Check-in will be required for all events 400 yards and higher.
- In prelims, all events will be seeded fastest to slowest with the fastest three heats being circle seeded. All finals and timed finals events will be seeded fastest to slowest. There will be one heat of finals for 10 & Under, 11-12, 13-14, 15-16 and two heats of finals for Senior (except SR 400IM and 500 Fr will have only an "A" final). All 8 & Under are timed finals.
- A/B Flight format: Dependent on the number of entries, and at the discretion of the Meet Referee, the 400 IM, 500 free and 1650 free preliminaries may be conducted in an "A/B flight" format. Meet Management may elect to swim 2 swimmers per lane for the 500 and 1650 to adhere to the 4 hour limit rule. If swimming two per lane, the swimmers start the first heat on the right and then the second heat starts 15 seconds later on the left. If so, swimmers must provide 2 timers.
- The 1650 is a timed final and may be combined by gender, in the AM, at meet management's discretion. The fastest 10 males and 10 females who declare PM will swim at finals. It will be the first event on Sunday's Finals.
- If a swimmer is trying to achieve a cut for the 1000 Free, they can do so within the 1650 and must provide two additional timers.
- RULES:** Current USA Swimming Technical Rules will govern. (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.)
- AWARDS:** Individual events will be awarded 1st - 10th place ribbons. High Point medals will be awarded for 8&U, 10&U, 11-12, 13-14, 15-16 and Senior. High point team award.
- SCORING:** 11-9-8-7-6-5-4-3-2-1
- WARM-UP:** Enclosed warm-up schedule will be used. Warm-up will be 60 minutes guaranteed prior to the start of each session.
- SCRATCHES:** **Prelims/timed finals:** No penalty for scratching on the block with the exception of deck seeded events. No penalty for failure to swim a deck seeded event that the swimmer checked in for. Check in must be done with the clerk of course prior to the listed check in time to be seeded in that event. **Any swimmer properly entered in a deck seeded event, who fails to check in for that event, will be allowed to swim in an open lane for that event only. No new heats will be created – first come first served.**
- Finals:** Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals unless the swimmer announced his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. He/she has until 30 minutes after his or her final prelim of the day to finalize his/her scratch with the clerk of course. Failure to do so will result in the swimmer being barred from his/her next individual event of the meet. Meet Referee has discretion to excuse athletes for medical reasons.

- DISTANCE CHECK-IN:** Check-in with the clerk of course will be at the announcer's table. The check-in times will be the following:
- 500Fr – Friday, Dec 14th, 9:00am
400IM – Saturday, Dec 15th, 9:00am
1650Fr – Sunday, Dec 16th, 9:00am
- ENTRY LIMIT:** Swimmers will be limited to three events per day. If a swimmer is over-entered in a session, any events entered over the three event limit will be dropped at the point of over-entry. Entries will be accepted on a first come, first served basis until the sessions are a maximum of four (4) hours in length.
- DECK ENTRIES:** Deck entries will be accepted to fill heats only. No new heats will be created. Fees are \$10.00 per individual deck entry, plus \$10.00 surcharge if not previously entered in meet. Must be paid at time of entry. Deck entries will be accepted by the administrative referee or designated representative and assigned a lane no later than **45 minutes** prior to the start of each session. A swimmer may not drop an event to deck enter another event. The entry limit of three individual swims per day applies.
- ENTRY FEES:** Individual: \$4.00 per event
Relay: \$8.00 per event
Facility charge: \$10.00 per swimmer
- ENTRY DEADLINE:** All entries must be received by 5:00 p.m. Tuesday, December 4th, 2012. Enclose payment to the Clearwater Aquatic Team (CAT) with team entry. Please mail by Express Mail, Federal Express, UPS or other rapid mail service. Mail early, this meet is likely to fill up. Email entries to swimresultsbytrg@aol.com are preferred. Mail hardcopies along with disk and payment to:
- Clearwater Aquatic Team (CAT)**
c/o Eva Gronke
3534 Chessington Drive
Land O Lakes, FL 34638
- ENTRY FORMS:** Entries may be submitted on the enclosed entry forms (please print legibly). Hy-tek electronic email entry is preferred. Please note that there is an additional \$50 fee for entries submitted on the entry forms.
- OFFICIALS:**
- | | |
|---------------------|--------------------|
| Head Referee | James Hirschberger |
| Admin Referee | Tony Uselis |
| Starter | Patricia Ellingham |
| Chief Stroke & Turn | Kimberly Smith |
| Meet Manager | Brandon Wittman |
| Meet Marshall | Rich Rogers |
- COACHES/OFFICIALS:** Coaches/officials must visibly display a valid USA membership card at all times while on deck. A 2012/2013 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee or head marshal upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer(s) during warm-up and competition. There will be a coaches meeting before the first session of the meet on Friday.
- No Parents on deck unless designated by their coach as a shepherd. You must go to the meet referee, sign in each session and obtain a badge.

TEAM REPRESENTATIVE: Prior to the start of the meet, the name of one person for each team 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.

INFORMATION: Randy Reese/Brandon Wittman 727-791-9542, email catmanager@clearwateraquatics.com

NOTE: *Events/heats may be combined at the discretion of the meet referee. Finals start time may be adjusted at meet management discretion.

Changing into or out of swimsuits other than in locker rooms is not appropriate and is strongly discouraged.

WARM-UP SCHEDULE:

First ½ hour will be warm-up as follows:

Lane 1 pace 50 & 100 circle swimming
Lane 2 push off 25s one way only
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 swim & pulling, push off
Lane 9 push off 25s, one way only
Lane 10 pace 50 & 100 circle swimming

Last hour of warm-ups will be as follows:

Lane 1 pace 50 & 100 circle swimming
Lane 2 racing starts 25s one length
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 racing starts 25s one length
Lane 9 racing starts 25s one length
Lane 10 pace 50 & 100 circle swimming

NO EQUIPMENT TO BE USED DURING WARM-UP
NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET
Swimmers must enter the water feet first with at least one hand on the pool deck.

ORDER OF EVENTS

Friday, December 14th, 2012

Warm-ups - 7:00am; Meet Starts - 8:30am

Event #	Age	Event
W/M		
1-2	10 & U	100 Butterfly
3-4	11-12	100 Butterfly
5-6	13-14	100 Butterfly
7-8	15-16	100 Butterfly
9-10	Senior	100 Butterfly
11-12	10 & U	50 Back
13-14	11-12	50 Back
15-16	13-14	50 Back
17-18	15-16	50 Back
19-20	Senior	50 Back
21-22	10 & U	200 IM
23-24	11-12	200 IM
25-26	13-14	200 IM
27-28	15-16	200 IM
29-30	Senior	200 IM
31-32	10 & U	50 Free
33-34	11-12	50 Free
35-36	13-14	50 Free
37-38	15-16	50 Free
39-40	Senior	50 Free
41-42	10 & U	500 Free *
43-44	11-12	500 Free *
45-46	13-14	500 Free *
47-48	15-16	500 Free *
49-50	Senior	500 Free *

*** Women and Men 10&Under, 11-12 500Fr – Qualifying Time**

6:50.00 or 2:29.09 in 200 Fr

*** Women--Senior, 15-16 & 13-14 500Fr – Qualifying Time**

5:52.99

*** Men--Senior, 15-15 & 13-14 500Fr – Qualifying Time**

5:35.19

Saturday, December 15th, 2012
Warm-ups - 7:00am; Meet Starts - 8:30am

Event #	Age	Event
W/M		
51-52	10 & U	200 Free
53-54	11-12	200 Free
55-56	13-14	200 Free
57-58	15-16	200 Free
59-60	Senior	200 Free
61-62	8 & U	25 Breast
63-64	10 & U	100 Breast
65-66	11-12	100 Breast
67-68	13-14	100 Breast
69-70	15-16	100 Breast
71-72	Senior	100 Breast
73-74	8 & U	25 Back
75-76	10 & U	200 Back
77-78	11-12	200 Back
79-80	13-14	200 Back
81-82	15-16	200 Back
83-84	Senior	200 Back
85-86	10 & U	50 Fly
87-88	11-12	50 Fly
89-90	13-14	50 Fly
91-92	15-16	50 Fly
93-94	Senior	50 Fly
95-96	10 & U	100 IM
97-98	11-12	100 IM
99-100	13-14	400 IM **
101-102	15-16	400 IM **
103-104	Senior	400 IM **

**** Women Senior, 15-16 & 13-14 400IM – Qualifying Time 5:17.79**

**** Men Senior, 15-16 & 13-14 400IM – Qualifying Time 5:00.49**

Sunday, December 16th, 2012
Warm-ups - 7:00am; Meet Starts - 8:30am

Event #	Age	Event
W/M		
105-106	10 & U	100 Free
107-108	11-12	100 Free
109-110	13-14	100 Free
111-112	15-16	100 Free
113-114	Senior	100 Free
115-116	8 & U	25 Free
117-118	10 & U	200 Breast
119-120	11-12	200 Breast
121-122	13-14	200 Breast
123-124	15-16	200 Breast
125-126	Senior	200 Breast
127-128	10 & U	100 Back
129-130	11-12	100 Back
131-132	13-14	100 Back
133-134	15-16	100 Back
135-136	Senior	100 Back
137-138	8 & U	25 Butterfly
139-140	10 & U	200 Butterfly
141-142	11-12	200 Butterfly
143-144	13-14	200 Butterfly
145-146	15-16	200 Butterfly
147-148	Senior	200 Butterfly
149-150	10 & U	50 Breast
151-152	11-12	50 Breast
153-154	13-14	50 Breast
155-156	15-16	50 Breast
157-158	Senior	50 Breast
159-160	Senior	1650 Free ***

*** Women Senior 1650Fr – Qualifying Time

20:12.19 or 5:43.99 in 500 Fr

*** Men Senior 1650Fr – Qualifying Time

19:15.69 or 5:21.19 in 500 Fr

**2012 CAT JINGLE BELL MEET
HOSTED BY THE CLEARWATER AQUATIC TEAM
DECEMBER 14-16, 2012**

Master Entry Form

Hosted by Clearwater Aquatics Team
At The Long Center
1501 N. Belcher Rd Suite 229
Clearwater, FL 33765

Mail all Entries to Be Received by
5:00 PM Tuesday, December 4th, 2012
CAT Office (727) 791-9542

Team Name _____ Call Letters _____

Address _____

Coach _____ LSC _____

Home Phone _____ Office Phone _____

FAX# _____ EMAIL _____

Swimmer/Coach Registration

I certify that all individuals listed on attached entry 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 deck supervising the activities of these individuals during warm up and competitive sessions at the meet.

Name(s) of Coach(es)

I Certify that the individuals listed above are currently registered USA Swimming Coach Members.

Signature of USA Swimming Member

Team

Date

Financial Recap

Total Numbers of Swimmers _____ @ \$10.00 Each=\$ _____

Total Individual Entries _____ @ \$4.00 Each=\$ _____

Total Relay Entries _____ @ \$8.00 Each=\$ _____

Total Entry Fees Paid \$ _____

Due by 5PM Tuesday, December 4th, 2012

Make Checks payable to CAT

MAIL ENTRIES TO:

**Clearwater Aquatic Team (CAT)
c/o Eva Gronke
3534 Chessington Drive
Land O Lakes, FL 34638**

