

SwimOrlandoYMCA Winter Open Meet * 2010

SWIM ORLANDO YMCA

WINTER MEET * 2010

SANCTIONED BY: Florida Swimming of U.S.A. Swimming, Inc.: Sanction # 4995
HOSTED BY: Swim Orlando YMCA

LOCATION: The YMCA Aquatic Center
 8422 International Drive
 Orlando, FL 32819
 407-363-1911

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.

TYPE OF MEET: Indoor Twenty-five (25) yard short course. Timed Finals. Meet Management reserves the right to use 2 courses if needed. Fly over starts may be used.

DATES, TIMES & GROUPS: January 22 – 24, 2010

Friday PM	3:00 pm warm up, 4:30 pm start - 15&Over, 13&14, 11&12, 10&U
Saturday AM	7:30 am warm up, 9:00 am start - 15&Over, 13&14
Saturday Mid-Day	<i>Start not less than 30 min after previous session - 11&12, 10&U</i>
Saturday Mini Session	<i>Start not less than 20 min after previous session - 8&U, 6&U</i>
Sunday AM	7:30 am warm up, 9:00 am start - 15&Over, 13&14
Sunday Mid-Day	<i>Start not less than 30 min after previous session - 11&12, 10&U</i>

POOL SPECS: Two certified indoor, 25-yard, 8-lane competition pools with non-turbulent lane lines. Water depth in the competition pool is 7 feet minimum.

TIMING EQUIPMENT: Full Video Display Scoreboard, Colorado Automatic and/or Semi-Automatic Timing Equipment.

ELIGIBILITY: Open to currently registered U.S.A. Swimming, Inc. members and International swimmers with reciprocal membership privileges with USA swimming.

2010 REGISTRATIONS: Athletes, Coaches and Officials **MUST** be registered for 2010 by the entry deadline. Please handle all paperwork with Florida Swimming before sending your entries.

Friday Evening Events are pre-seeded and do not require check in. The 400 IM and 500 events will be seeded together by gender, but scored separately by age group and gender. We reserve the right to alternate heats by gender (depending on timeline). Swimmers in the 500 must provide own counter.

MINI-Session Information: The Mini-Session is a separate session on Saturday afternoon for swimmers ages 8 and younger. Swimmers are expected to report to a "ready area" before the start of their event. Please enter event-capable swimmers only.

VOLUNTEERS: Swim Orlando YMCA and our Referee welcome visiting officials and volunteer timers from other teams. Contact: SwimOrlando@gmail.com.

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SCRATCHES: No penalty for scratching on the block. A swimmer may not scratch an event in order to deck enter another event.

TEAM REPRESENTATIVE: The name of a team representative other than the coach may be given to the head referee prior to the start of the competition. The coach and that person only will be recognized.

RULES: Current U.S.A. Swimming, Inc. and Florida Swimming rules apply.

IDENTIFICATION: Coaches and officials must display current USA swimming registration card on deck at all times. Foreign coaches must present reciprocal membership identification recognized by USA swimming. All athletes without properly registered coaches must file a form with meet management showing name of substitute coach.

AWARDS: Ribbons for places 1-8 in individual events.
Individual High point awarded per age group/gender. Please pick up awards at the meet.

SCORING: Standard individual and relay scoring for top 16 places.

OFFICIALS:

Head Referee: Charlie Travers
Head Stroke & Turn: Kyle Kliewer
Head Marshal: Steve Corrie
Head Starter: Ellen Johnson

Carol Nash, Meet Director: 407-363-1911x241 SwimOrlando@gmail.com

ENTRIES:

- **ENTRY DEADLINE:** 9:00 PM Wednesday, January 13, 2009. Late entries may be added at the discretion of Meet management.
- **SEND: Entries:** E-Mail: SwimOrlandoYEntries@gmail.com.
Payments: Make Payments to: YMCA Aquatic Center. For: SOY Winter Meet.
Mail to: YMCA Aquatic Center, 8422 International Dr, Orlando, FL 32819
- **FORMATS:** E-Mail entries preferred. Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. Errors in entries submitted electronically are the responsibility of the applicant. In body of email or as attachment: List total athletes, total individual entries, total relay entries, names of coaches attending and contact information.
Please attach: A report of your meet entries including athlete names, registration IDs, individual and relay entries for our use as a backup.
- **LIMITS:** Maximum of 4 individual events per day, not counting relays. Entries that exceed the daily individual limits will be dropped. No limits on team relay entries. Entries that put timeline over the Florida Swimming 4-hour rule will not be accepted.
- **SEEDING:** Use 25 yard short course times.
- **ENTRY FEES:** \$3.00 per individual events, \$5.00 per relay, \$7.50 facility fee.
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- **DECK ENTRIES:** \$10 per event. Swimmers not already entered in the meet must also pay the \$7.50 facility fee. Deck entries are accepted at the discretion of meet management. Entries in individual and relay events must be received by 30 minutes before the start of the session. Swimmers will be placed in an empty lane; no new heats will be created.

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WARM-UP SCHEDULE

*NO EQUIPMENT

*Except for racing starts, swimmers must enter pool feet first, with at least one hand in contact with the pool deck.

WARM-UP UNTIL 30 MINUTES (15 min. for midday session) PRIOR TO START OF SESSION

Continuous warm-up/warm down lanes available in Dive Well.

LANE

- 1 Pace 50 and 100 circle swimming, push off
- 2 Open Warm up
- 3 Open Warm up
- 4 Open Warm up
- 5 Open Warm up
- 6 Open Warm up
- 7 Open Warm up
- 8 Pace 50 and 100 circle swimming, push off

CONTROLLED WARM-UP FINAL 30 MINUTES (15 min. for midday session) PRIOR TO SESSION

LANE

- 1 Pace 50 and 100 circle swimming, push off
- 2 Racing start 25's (one length) from start end only
- 3 Racing start 25's (one length) from start end only
- 4 Open Warm up
- 5 Open Warm up
- 6 Open Warm up
- 7 Racing start 25's (one length) from start end only
- 8 Pace 50 and 100 circle swimming, push off

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ORDER OF EVENTS

Friday Evening - Warm up 3:00 pm, Start 4:30 pm.

<u>GIRLS</u>	<u>BOYS</u>	<u>AGE GROUP</u>	<u>EVENT</u>
1	2	15 & Over	500 Free
3	4	13 & 14	500 Free
5	6	11 & 12	500 Free
7	8	10 & Under	200 Free
9	10	15 & Over	400 yd Individual Medley
11	12	13 & 14	400 yd Individual Medley
13	14	11 & 12	200 yd Individual Medley
15	16	10 & Under	200 yd Individual Medley

Saturday Morning - Warm up 6:45 am, Start 8:00 am.

17	18	13 & 14	200 Free Relay
19	20	Open	200 Free Relay
21	22	13 & 14	200 Free
23	24	15 & Over	200 Free
25	26	13 & 14	200 Breaststroke
27	28	15 & Over	200 Breaststroke
29	30	13 & 14	100 Fly
31	32	15 & Over	100 Fly
33	34	13 & 14	200 Backstroke
35	36	15 & Over	200 Backstroke
37	38	13 & 14	50 Free
39	40	15 & Over	50 Free

Saturday Afternoon - Start time - not less than 30minutes after previous session.

41	42	10 & Under	100 Free
43	44	11 & 12	100 Free
45	46	10 & Under	100 Backstroke
47	48	11 & 12	100 Backstroke
49	50	10 & Under	100 Breaststroke
51	52	11 & 12	100 Breaststroke
53	54	10 & Under	100 Fly
55	56	11 & 12	100 Fly
57	58	10 & Under	200 Free Relay
59	60	11 & 12	200 Free Relay

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Saturday Mini-Session – Start time – not less than 20minutes after previous session.

61	62	8 & Under	25 Free
63	64	6 & Under	25 Free
65	66	8 & Under	25 Backstroke
67	68	6 & Under	25 Backstroke
69	70	8 & Under	25 Breaststroke
71	72	6 & Under	25 Breaststroke
73	74	8 & Under	25 Fly
75	76	6 & Under	25 Fly
77	78	8 & Under	100 Free Relay

Sunday - Warm up 7:45 am, Start 9:00 am

79	80	13 & 14	200 Medley Relay
81	82	Open	200 Medley Relay
83	84	13 & 14	200 IM
85	86	15 & Over	200 IM
87	88	13 & 14	100 Free
89	90	15 & Over	100 Free
91	92	13 & 14	100 Breaststroke
93	94	15 & Over	100 Breaststroke
95	96	13 & 14	100 Backstroke
97	98	15 & Over	100 Backstroke
99	100	13 & 14	200 Fly
101	102	15 & Over	200 Fly

Sunday Afternoon – Start time – not less than 30minutes after previous session.

103	104	11 & 12	200 Free
105	106	10 & Under	50 Breaststroke
107	108	11 & 12	50 Breaststroke
109	110	10 & Under	50 Backstroke
111	112	11 & 12	50 Backstroke
113	114	10 & Under	100 IM
115	116	11 & 12	100 IM
117	118	10 & Under	50 Free
119	120	11 & 12	50 Free
121	122	10 & Under	50 Fly
123	124	11 & 12	50 Fly
125	126	10 & Under	200 Medley Relay
127	128	11 & 12	200 Medley Relay

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January 22 - 24, 2010

**Optional Paper Form - May send information via email*

Team Name _____ **Call letters** _____

Address _____

Email _____

Phones _____

Swimmer/Coach Registration

I certify that all individuals listed on the 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 all warm up and competitive sessions.

NAME OF COACH

Phone

_____	_____
_____	_____
_____	_____
_____	_____

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

Signature Team Date

Entry Deadline:

Wednesday, January 13, 9:00pm.

Email: SwimOrlandoYEntries@gmail.com

Mail payments: Swim Orlando Y, 8422 International Dr, Orlando, FL 32819. 407-363-1911

Make checks payable: **YMCA Aquatic Center (for SOY Winter Open)**

Financial Recap:

Total Number of Swimmers	_____	
Individual Events	_____	at \$3.00 each = \$ _____
Relays	_____	at \$5.00 each = \$ _____
Facility Charge	_____	at \$7.50 each = \$ _____
Total fees		\$ _____