

## Central Florida Marlins

### Mile Meet

Sanctioned by: Florida Swimming of the USA Swimming Sanction: #2822

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 swimmer's legal guardian to ensure compliance with this requirement. Changing into or out of swimsuits other than in locker rooms or other designated area is not appropriate and is strongly discouraged.

Hosted by: Central Florida Marlins Swim Team

Date & Time: January 4, 2014 – Warm up 10:00am – Start 11:00am

Type of Meet: 25 yard, Time Finals

Location: Newton A. Perry Aquatic Center – located on the College of Central Florida, Ocala campus - 3001 SW College Road – Ocala, Fl. 34474

Pool Specifications: Certified 6 lanes, 25 yard outdoor heated pool with non-turbulence lane ropes. Water depth at starting & turn end is a minimum of 4 feet.

Timing Equipment: 12 watches per lane and Colorado Timing

Eligibility: Open to all invited USA registered teams and swimmers

Scoring: None

Awards: None

Seeding: 25 yard times will be used

QUALIFYING TIME: 6:00.00 FOR A 500 FREE

Entry Limit: 1 event per swimmer – DECK ENTRIES ACCEPTED

Scratch Policy: No penalty for scratching on the block

Entry Fee: \$ 100.00/Team (includes officials and facility fee )

Entry Form: Hy-Tek Disc preferred. Can use the enclosed entry form (additional \$ 50.00 )

Deck Entries – Accepted up to 45 minutes before start of meet. Must have 2014 USA-S Registration. No new heats will be added.

Entry Deadline: January 2, 2014

Mail To: Bill Vargo – 430 SW 43<sup>rd</sup> Place – Ocala, Fl. 34471 or email to: [Ocalamarlins@aol.com](mailto:Ocalamarlins@aol.com)

Officials: Referee – Rick Mills

Starter – Tony Tatti

S & T – John Heinbockel

Meet Marshall – Jeff Wise

Meet Manager – Bill Vargo

A.O. – Barbara O'Brien

**Rules: Current USA Swimming rules will govern the meet. No recall starts will be used as outlined in 102.14.411. Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location while on the deck.**

**Team Representative: The name of a team representative other than the coach must be given to the Head referee prior to start of the competition. The coach and that person only will be recognized**

**Order of Events: Event 1 – Senior Girls – 1650 Free**

**Event 2 – Senior Boys – 1650 Free**

**\*\*\*\*\* We will swim fastest to slowest, combining Girls and Boys together**

**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 and video photography of a race or a competitor in a race may be taken. Acceptable 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 racing starts 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**

**Information: Bill Vargo 352-804-2167 or Ocalamarlins@aol.com**

#### **WARM UP RULES**

##### **NO EQUIPMENT AT ANY TIME**

**No diving except for controlled racing starts**

**Every swimmer must enter the water feet first with at least one hand touching the deck**

**There will be a 1 ½ warmup prior to the session**

**The first 50 minutes are general warm-ups ( circle swimming )**

**The last 40 minutes are controlled warm-ups as follows:**

**Lanes 1 & 6 – Push off 50’s pace ( circle swimming )**

**Lanes 2 & 5 – Race starts, one way only, start from the block end.**

**Lanes 3 & 4 – General warmup**