



**TREASURE COAST AQUATICS  
H<sub>2</sub>O ZONE WINTER SHORT COURSE MEET**

Sanction by: Florida Swimming of USA Swimming # 3184  
"In granting this sanction 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.

Type of Meet: Age Group, 25 Yard, Short Course, Timed Finals

Host: Treasure Coast Aquatics Swim Team

Date and Time: **Friday, January 23<sup>rd</sup>, Saturday, January 24<sup>th</sup>, and Sunday, January 25<sup>th</sup>, 2015**

**Friday evening session will start at 5:00 PM.**

**Morning sessions begin at 8:30 AM.**

**Afternoon sessions will not begin before 11:00 AM.**

Warm up: **One hour prior** to start of Friday evening and Morning sessions;  
**Guarantee of 30 minutes prior** to start of the afternoon sessions.

Location: **Sailfish Splash Waterpark** - 931 SE Ruhnke St, Stuart, FL 34994

Pool Specs: Eight or Ten lanes, 25-yard, outdoor heated/chilled pool, non-turbulent lane lines. Water depth at the competition-starting end is a minimum of 7 feet and the turn end is a minimum of 7 feet. Separate six-lane 25-yard heated/chilled pool available for warm up and warm down.

Timing System: Colorado Electronic Timing Equipment with Electronic Display

Eligibility: Open to all USA Swimming registered swimmers. Limited to first 450 swimmers. Registered swimmers and teams from foreign countries are welcome. On deck registration will be allowed. The 2015 USA-S form, fee (\$62), must be presented to the Referee.

Seeding: 25-yard times will be used for seeding purposes. Conversions may be made using the formula in the current Florida Swimming Handbook or by the standard computer software used to prepare your entry.

Friday night events will be seeded fastest to slowest. Saturday and Sunday events will be seeded slowest to fastest.

Saturday and Sunday individual events will be Super Seeded. Multi-Age Group Super Seed is where the fastest heat has the top entries of the highest age group;



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the second fastest heat has the top entries for the next age group. After the fastest heat for each age group has been seeded, the remainder are mixed by age and sorted by time as in normal timed finals seeding. Super seeded events will be scored by separate age groups.

- Distance Events: A Positive check-in will be required by these deadlines in order to deck seed the events:  
- 400 IM: 4:15PM Friday  
- 500 Free: 4:15PM Friday
- Scratches: No penalty for scratches on the block with the exception of deck seeded events. If a swimmer checks in for an event and fails to show, the penalty will be: Disqualification from the next individual event. If the event is not the same day the first event the following day will be used.
- Entry Limit: Swimmers may enter five (5) individual events per day and unlimited relays.
- Awards: **-Team Awards:** 1<sup>st</sup> - 3<sup>rd</sup> Place  
**-High Point Awards:** 1<sup>st</sup> – 3<sup>rd</sup> place Male and Female in each age group  
**-12 & Under only**  
**Individual Events:** 1st- 8th Ribbons;  
**Relays:** 1st - 3rd Ribbons;  
Heat Winner ribbons
- Scoring: If 8 lanes are used:  
**Individual:** 9-7-6-5-4-3-2-1; **Relays:** 18-14-12-10-8-6-4-2  
If 10 lanes are used:  
**Individual:** 11-9-8-7-6-5-4-3-2-1; **Relays:** 22-18-16-14-12-10-8-6-4-2
- Rules: Current USA Swimming Rules & Regulations 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/warm-down areas. The USA Swimming “no recall” start will be used as outlined in 102.14.4H. Fly-over starts will be used at the discretion of the head referee. Meet Management reserves the right to cancel relays in accordance with the 4 hour rule.
- Entry Forms: Entries must be in USA Swimming SDIF format. 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.

**Preferred:** Entries will be accepted via electronic mail. You may e-mail entries to: [tcaswimclub@gmail.com](mailto:tcaswimclub@gmail.com) Free text email will not be accepted.

Please list all attending coaches and contact phone numbers in the body of the email. Email confirmation will be sent upon receipt of the file. A signed hard copy printout also serves as proof of entry. The legal name and current USA Swimming registration number for each swimmer must be listed on the entry file, including “relay only” swimmers.



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- Deck Entries:** Deck entries are to be submitted to meet management no later than 45 minutes prior to the start of each session. The fee for deck entries is \$10.00 per event. If the swimmer is not already in the meet, the \$7.50 facility fee is also due. 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.
- Entry Fees:** \$7.50 per swimmer Facility Fee; \$3.00 per individual event, \$5.00 per relay. \$50.00 **additional fee** if team **does not** enter the meet using the Hy-Tek format. Checks payable to: **TREASURE COAST AQUATICS**
- Entry Deadline:** **Entries must be received by TUESDAY, January 13<sup>th</sup>, 2015.**  
Email entries (preferred) to: [tcaswimclub@gmail.com](mailto:tcaswimclub@gmail.com)  
Mail entries (**no signature required**) to: Pat Toner, 1909 SW Winners Drive, Palm City, FL 34990
- Information:** Meet Director: Pat Toner – Head Coach, Treasure Coast Aquatics  
772-678-6061 Email: [tcaswimclub@gmail.com](mailto:tcaswimclub@gmail.com)
- Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.
- Representative:** Prior to the start of the meet, the name of the team representative, other than the Head Coach, must be given to the Head Referee. Only the Coach and the team representative will be recognized. A certified USA Swimming member coach must represent all swimmers. The coach must show proof of membership before their swimmers compete in any event.
- Identification:** Coaches and Officials shall wear their USA Swimming registration card in a conspicuous manner, on their person, at all times while on deck during the meet.
- Officials:**
- |                       |                        |
|-----------------------|------------------------|
| Meet Referee:         | Chris Wojcik           |
| Head Starter          | Jim Chemel             |
| Lead Chief Judge:     | Joe Glennon, Mark Hill |
| Head Stroke and Turn: | David Weller           |
| Admin Official:       | Matt Stoneburg         |

Uniform for officials will be white polo shirt and navy shorts, slack or skirt (as appropriate) and white closed toe shoes. Sunscreen, hats, and raingear as necessary.

Any officials wishing to help with the meet, please email Joe Glennon at [joeglennon@comcast.net](mailto:joeglennon@comcast.net)



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- Coach Supervision:** A current coach member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. 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 Referee.
- Conduct:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker room, family restrooms or other designated areas is not appropriate and is prohibited
- Camera Zones:** Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "Non-Camera Zones" "at each swim meet where both still photography and video photography of a race or a competitor in a race is prohibited. Under NO circumstances will photography be permitted in 1) the areas 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 2) 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. 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.



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**WARM UP SCHEDULE**

<b>LANE</b>	<b>FIRST 1/2 HOUR-General Warm-up</b>	<b>SECOND 1/2 HOUR-Controlled Warm-up</b>
1	Push off 50's pace (circle swimming)	Push off 50's pace (circle swimming)
2	Swimming and pulling only (push off)	Racing start, one length only
3	Swimming and pulling only (push off)	Swimming and pulling only (push off)
4	Swimming and pulling only (push off)	Swimming and pulling only (push off)
5	Swimming and pulling only (push off)	Swimming and pulling only (push off)
6	Swimming and pulling only (push off)	Racing start, one length only
7	Swimming and pulling only (push off)	Racing start, one length only
8	Push off 50's pace (circle swimming)	Push off 50's pace (circle swimming)

- ❖ **NO EQUIPMENT IS TO BE USED DURING WARM-UP**
- ❖ **NO RACING STARTS IN WARM UP OR WARM DOWN Pool**
- ❖ **AT ALL TIMES DURING THE WARM-UP SWIMMERS MUST ENTER THE WATER FEET FIRST WITH ONE HAND ON THE DECK INCLUDING WHEN SWIMMERS ARE NOT DOING A RACING START**

**DIRECTIONS: SAILFISH SPLASH WATERPARK  
931 SE Ruhnke St, Stuart, FL 34994**

From FL Turnpike: **Exit 133 Palm City/Stuart**  
Straight (North - thru light) on **Martin Downs Blvd** for 4 miles. (Over Palm City bridge road changes name to Monterey Rd)  
Right (South) on to **Willoughby Blvd**. Aquatics Center will be on the left.

From I-95: Exit 101 SR 76.  
North on **SR76 (Kanner Hwy)** - 3.5 miles  
Right (East) on to **Indian St** - 0.5 miles.  
Left (North) on to **Willoughby BLVD** - ½ mile. Aquatics Center will be on the right.



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**TCA H2O Zone Winter Open Short Course Swim Meet  
Order of Events**

Scoring will be by age group based on the swimmers age, regardless of the event swum.  
 Scored age groups will be 6&U, 8&U, 9-10, 11-12, 13-14, and Senior  
 Only Events 25, 26, 31, 32, 53, 54, 59, and 60 will score 6&U

**Session 1: Friday, January 23rd, 2015 Start at 5:00PM; Warm-ups at 4:00PM**

Girls	Boys	Age Group	Event	
1	2	Open	500 Free	Positive checkin by 4:15pm
3	4	13 & Older	400 IM	Positive checkin by 4:15pm
5	6	12 & Under	200 IM	

Friday events will be swum fastest to slowest

**MORNING SESSIONS: Warm-ups begin at 7:30 am; Meet starts at 8:30am**

**Session 2: Saturday January 24th, 2015**

Girls	Boys	Age Group	Event
7	8	13 & Older	200 F. Relay
9	10	13 & Older	200 Free
11	12	13 & Older	100 Fly
13	14	13 & Older	200 Back
15	16	13 & Older	100 Breast
17	18	13 & Older	50 Free

**Session 4: Sunday January 25th, 2015**

Girls	Boys	Age Group	Event
35	36	13 & Older	200 M. Relay
37	38	13 & Older	200 IM
39	40	13 & Older	100 Free
41	42	13 & Older	200 Breast
43	44	13 & Older	100 Back
45	46	13 & Older	200 Fly

**AFTERNOON SESSIONS: Guaranteed 30 minute warm-up; Will not begin before 11:00 am**

**Session 3: Saturday January 24th, 2015**

Girls	Boys	Age Group	Event
19	20	12 & Under	100 IM
21	22	12 & Under	200 F. Relay
23	24	8 & Under	25 Back
25	26	12 & Under	50 Breast
27	28	12 & Under	100 Free
29	30	8 & Under	25 Free
31	32	12 & Under	50 Fly
33	34	12 & Under	100 Back

**Session 5: Sunday January 25th, 2015**

Girls	Boys	Age Group	Event
47	48	12 & Under	200 Free
49	50	12 & Under	200 M. Relay
51	52	8 & Under	25 Breast
53	54	12 & Under	50 Back
55	56	12 & Under	100 Fly
57	58	8 & Under	25 Fly
59	60	12 & Under	50 Free
61	62	12 & Under	100 Breast



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MASTER ENTRY FORM

TEAM NAME \_\_\_\_\_ CALL LETTERS \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

COACH \_\_\_\_\_ PHONE \_\_\_\_\_

**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 USA Swimming listed member coaches will be on deck supervising during warm-up and competitive sessions at the meet.

Name of Coach: \_\_\_\_\_

Team: \_\_\_\_\_

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

\_\_\_\_\_  
Signature (must be USA Swimming Member)

\_\_\_\_\_  
Date

**Entries must be received by Tuesday, January 13, 2015**

**E-mail entries to (Preferred):** [tcaswimclub@gmail.com](mailto:tcaswimclub@gmail.com)

**Mail entries (No signature required) to:**

Pat Toner  
H2O Zone Winter Open Invitational  
1909 SW Winners Drive  
Palm City, FL 34990  
772-678-6061

**Financial Recap**

We have entered the following:

Total Swimmers	@ \$7.50
Individual Events	@ \$3.00
Relays	@ \$5.00
Hy-tek Fee (team <i>not</i> using Hy-tek)	\$50.00
Total Fees Paid	_____ \$