

AmberJax Ultimate Swimmer Decathlon

Sanctioned By: Florida Swimming of USA Swimming #5086

The AmberJax club is pleased to offer a Decathlon meet to kick of the Long Course Season.

Decathlon Format-

- Swimmers will be competing for the lowest combined time for 10 events.
- There will be 4 age classes competing for the Decathlon competition: 10 and under, 11-12, 13-14 and 15 and over.
- 12 and under will be swimming the 50s and 100s of each stroke along with the 200 IM and 200 Free
- 13 and over will be swimming the 100s and 200s of each stroke along with the 400 IM and 50 Free
- The 400 Free, the 800 for 12 and under and the 1,500 for 13 and over will be available but with no affect on the decathlon competition.
- Swimmers competing in the Decathlon must be entered in all 10 events with an entry time in the IM event only. All other decathlon events will be entered as NT (the distance events not included in the Decathlon will need entry times).
- The IM will be seeded and that seeding will remain the same for the duration of Friday's events. Saturday's events will all be seeded the same based on the total combined times from Friday's events. Sundays events will all be seeded the same based on the total combined times of Friday's and Saturday's events.
- Coaches should submit a list of all competitors in the Decathlon event in the body of the email.
- At the conclusion of the meet, 1 Ultimate swimmer will be awarded per age-group based on the lowest total time of all 10 events.
- 8 and under swimmers, and any others who wish to swim but NOT compete in the Decathlon should enter all their desired events using seed times and they will be seeded from slowest to fastest in the remaining spots after all the Decathlon competitors have been seeded.
- Any swimmer competing in the Decathlon, who is also disqualified in one of those events, will use their time in that event plus a 2 second penalty used for purposes of Decathlon scoring.
- Meet Referee can disqualify any swimmer from the Decathlon for any unsportsmanlike conduct including an intentional DQ for the purposes of advancing in the Decathlon event.
- Meet Referee can also alter the pace of the meet to provide the best possible experience for the swimmers.



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.

Hosted By: Episcopal AmberJax

Type of Meet: 50 Meter Course
All events will be swum as Timed Finals
Fly-over starts will be used for all non-backstroke events longer than a 50

Dates & Times: April 9th, 2010
Session 1- 4:00pm Warm up, 5:00pm Meet start
April 10th, 2010
Session 2- 7:00am Warm up, 8:30am Meet start
Session 3- Conclusion of Session 2, Warm up, 15 minutes after the conclusion of Session 2, Meet start
Session 4- Not before 12:00pm Warm up, not before 1:00pm Meet Start
April 11th, 2010
Session 5- 7:00am Warm up, 8:30am Meet start
Session 6- Conclusion of Session 5, Warm up, 15 minutes after the conclusion of Session 5, Meet start
Session 7- Not before 12:00pm Warm up, Not before 1:00pm Meet Start

- Location: Episcopal High School
4455 Atlantic Blvd,
Jacksonville, FL 32207
- Pool Specifications: Water depth at the competition starting end is a minimum of 5 feet, 0 inches.
We have an outdoor pool with 10 Long Course Lanes. Up to 9 will be used for competition with the remaining as warmdown and buffers. The pool also had Paragon Quick release blocks with non-turbulent lane ropes.
- Timing Equipment: We will be using a Colorado 6 timing console with Colorado non-slip pads. One backup button along with a Colorado Dolphin backup stopwatch will be used per lane. Meet Referee may add additional backup stopwatches.
- Warm-up: We will be using a general warm-up for all warm-up times. During the meet, at least one long course lane will be available.
- Eligibility: Open to all currently registered USA Swimming swimmers
- Entry Limit: 5 individual events per day for a total of 12 for the meet.
Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the meet and or day.
- Seeding: All swimmers competing in the Decathlon competition should be entered using there 200/400 IM time only with the rest of the events being entered as NT. Those swimmers not competing in the Decathlon should use entry times. Please see the Decathlon format at the top of the letter for exact seeding procedures.
- Scratch Penalty: Swimmers competing for the Decathlon must swim all 10 events and scratching any one event will result in a disqualification from the Decathlon competition only. No other penalty will exist for scratches in non positive check-in events.
Events number 33-36, the 800 and 1,500 free and Events number 69 and 70, the 400 free will be positive check-in and a scratch from one of those events once seeded, will be a disqualification from the next entered event.
- Entries: Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. A signed hard copy printout is acceptable as proof of entry in place of the enclosed entry forms. Free text e-mail entries will not be accepted. Disk or e-mailed entries must be accompanied by a backup hard copy of the entry. List all attending coaches, contact phone numbers and a list of those swimmers competing in the Decathlon competition should be included in the body of the email. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file.
- Deck Entries Deck entries may be accepted by the Meet Referee or his/her designee, up to 45 minutes before the start of the session under the following conditions:
* Swimmers must meet all other standard requirements of the meet.
* Entry & meet fees must be paid at time of entry (\$10.00) plus \$7.50 facility fee, if not already entered in the meet.
* A swimmer may not scratch an event to deck enter an event.
* A swimmer may only deck-enter an event that has an existing empty lane, no new heats will be established.
- Entry Fee: \$3.00 per individual event and \$7.50 facility fee per swimmer
* Deck Entry: Up to \$10.00 per individual event
* Entry fees can be made payable to "Episcopal AmberJax" and submitted at the beginning of the meet or mailed to:
Susan Schuster
4455 Atlantic Blvd.
Jacksonville, FL 32207

- Entry Deadline: All entries must be received by 5:00pm, Wednesday April 1st, 2010
- E-Mail Entries to: Benji DeMotte
demotteb@episcopalhigh.org
(City, State, Zip)
(Phone number)
- Officials: Meet Referee: Mike Craddock
Starter: Hank Langenfelder
Head Stroke & Turn: Carla Shaw
Marshal: Jon Altman
Meet Manager: Susan Schuster
- Scoring: There will be no team or individual scoring for this meet.
- Awards: There will be an "Ultimate Swimmer" award given to the Decathlon winner in for each gender in each age-group. Individual awards will be given for places 1-8 in all the 10 and under and 11-12 events (the 400 free is an open event and no awards will be given).
- Team Representative: Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. For each team, the coach and that person only will be recognized.
- Identification: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.
- For Information: Please contact Meet Director:
Susan Schuster
schusters@episcopalhigh.org
(904) 396-5751 x 1608
- Rules: Current USA Swimming Rules & Regulations will govern.

WARM-UP SCHEDULE

NO EQUIPMENT PERMITTED

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.

* The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

Friday, April 9th Session 1 warm up 4:00 to 5:00pm

Saturday, April 10th Session 2 warm up 7:00 to 8:20am

Saturday, April 10th Session 3 warm up immediately following the conclusion of Session 2 for 15 minutes

Saturday, April 10th Session 4 warm up immediately following the conclusion of Session 3 not before 12:00pm for the duration of 1 hour

Sunday, April 11th Session 5 warm up 7:00 to 8:20am

Sunday, April 11th Session 6 warm up immediately following the conclusion of Session 5 for 15 minutes

Sunday, April 11th Session 7 warm up immediately following the conclusion of Session 6 not before 12:00pm for the duration of 1 hour

Order of Events**Session 1**

Friday April 9th Warm up – 4:00pm, Competition – 5:00pm

Girls Event #	Event Name	Boys Event #
1	10 and Under 200 IM	2
3	11-12 200 IM	4
5	13-14 400 IM	6
7	15 and over 400 IM	8
9	10 and under 200 Free	10
11	11-12 200 Free	12
13	13-14 200 Free	14
15	15 and over 200 Free	16

Session 2

Saturday April 10th Warm up – 7:00am, Competition – 8:30am

17	13-14 200 Fly	18
19	15 and over 200 Fly	20
21	13-14 100 Free	22
23	15 and over 100 Free	24
25	13-14 200 Breast	26
27	15 and over 200 Breast	28
29	13-14 100 Back	30
31	15 and over 100 Back	32

Session 3

Saturday April 10th Warm up – Conclusion of Session 2, Competition – 15 minutes after Conclusion of Session 2

33	12 and under 800	34
35	13 and over 1,500	36

Events # 33 through 36 are positive check in events. They will be swum fastest to slowest alternating heats by gender.

Session 4Saturday April 9th Warm up – not before 12:00pm, Competition – not before 1:00pm

Girls		Boys
Event #	Event Name	Event #
37	10 and under 100 Free	38
39	11-12 100 Free	40
41	10 and under 50 Fly	42
43	11-12 50 Fly	44
45	10 and under 50 Breast	46
47	11-12 50 Breast	48
49	10 and under 50 Back	50
51	11-12 50 Back	52

Session 5Sunday April 10th Warm up – 7:00am, Competition 8:30am

53	13-14 200 Back	54
55	15 and over 200 Back	56
57	13-14 100 Breast	58
59	15 and over 100 Breast	60
61	13-14 50 Free	62
63	15 and over 50 Free	64
65	13-14 100 Fly	66
67	15 and Over 100 Fly	68

Session 6Sunday April 10th, Warm up- Conclusion of Session 5, Competition 15 minutes after the conclusion of Session 5

69	Open 400 Free	70
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Events # 69-70 are positive check in events and will be swum fastest to slowest alternating heats by gender.

Session 7Sunday April 10th, Warm up not before 12:00pm, Competition not before 1:00pm

71	10 and under 100 Back	72
73	11-12 100 Back	74
75	10 and under 50 Free	76
77	11-12 50 Free	78
79	10 and under 100 Breast	80
81	11-12 100 Breast	82
83	10 and under 100 Fly	84
85	11-12 100 Fly	86