

St. Petersburg Aquatics Saturday Morning at the Races

All Events will be swum; fastest to slowest

- Sanctioned by:** Florida Swimming of USA Swimming # 5053
 "In granting this sanction it is understood and agreed that USA-S shall be free and held harmless from any liabilities or claims for 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). A copy of the certification is on file with USA Swimming
- Sponsored by:** St. Petersburg Aquatics, City of St. Petersburg Department of Leisure Services
- Type of Meet:** Age Group and Senior 25 Yard Short course, Timed Finals
- Date and Time:** Saturday, March 13 , 2010; 8:30 AM Start Time
- Location:** North Shore Pool
 901 North Shore Drive NE, St. Petersburg, FL 33701
- Pool Spec:** Certified 25 Yard, outdoor pool with a maximum of 20 short course racing lanes having a minimum depth of 4 feet, at both starting ends, and non-turbulent lane lines. Numerous lanes for constant warm down.
- Timing Equipment:** Colorado Timing System with scoreboard
- Warm-up:** Warm-up will start at 7:30 AM.
- Eligibility:** Open to all USA swimming registered swimmers.
- Seeding:** 25 Yard times will be used for seeding. Conversion may be made using the formulas in Florida Swimming 2010, Standing Rules and Regulations. Meet will be seeded fastest to slowest.
- Scratches:** No penalty for scratching on the block.
- Entry Limit:** Entries will be limited to keep the meet under the four (4) hours per session. Fly Over Starts may be used to control the length of the meet. Swimmers will be limited to a maximum of three (3) events. Swimmers posting entries over the event limit will be considered as entered in the first three (3) events listed.
- Entry Form:** Entries must be submitted on Hy-Tek disk. Please enclose hard copy of entries from Hy-Tek along with the disk.
- Entry Fee:** Individual events: \$3.00/age group event
 Facility Charge \$4.00 per swimmer. ALL ENTRY FEE MUST BE PAID BEFORE THE START OF THE MEET. NO SWIMMERS WILL BE PERMITTED TO COMPETE IN THE MEET, TILL ALL ENTRY FEES ARE PAID.
- Deck Entry:** Deck entries will be accepted to fill heats only. No new heats will be created. Each deck entry will cost \$10.00. All deck entries must be accepted by the Administrative Referee and assigned a lane by 7:45am. A swimmer may not drop an event to deck enter another event, and the entry limit of 3 pre-entered events remains.
- Entry Deadline:** All entries must be submitted by **Saturday, March 6, 2010**. Enclose checks and make payable to **St. Petersburg Aquatics**. Please send **Express Mail Overnight** to:

Mr. Fred Lewis
St. Petersburg Aquatics
North Shore Pool
901 North Shore Drive, NE
St. Petersburg, FL 33701
SWIMSTPETE@AOL.COM

Awards: Age group Events:1st - 10th Place:Ribbon/No awards for Senior events
Rules: Current USA Swimming Technical rules will govern. Safety Rules, as outlined by USA Swimming, and as recommended by the Head Marshall, will be in effect during all warm-up periods and in all warm-up areas. All coaches must have their current 2010 USA Swimming coaching credentials in plain site, while on the deck of the pool. **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 must be given to the referee. The coach and only that person will be recognized.

Proof of Coach/OfficialMembership Coaches and Officials shall wear their USA Swimming Registration card in a conspicuous manner on their person at all times, while on the deck during the meet.

Coach Supervision: All swimmers must be supervised by a USA Swimming Certified Coach.
Any swimmers attending the meet without a certified coach must take responsibility for finding a certified coach, who will be responsible for them during all warm-ups and sessions of the meet. That agreement must be submitted in writing to the referee before the swimmer is allowed in the meet.

Warm-Up Schedule: The first 25 minutes will be general warm-up as listed below. The last 25 minutes will be controlled warm-up as listed below.

- Lane 1 Push off 50's pace (circle swimming) Lane 1 Push off 50's pace (circle swimming)
- Lane 2 Swimming and pulling only (push-off no equipment)Lane 2 Racing start one length only
- Lane 3 Swimming and pulling only (push-off no equipment) Lane 3 Racing start one length only
- Lane 4 Swimming and pulling only (push-off no equipment) Lane 4 Swimming and pulling only
- Lane 5 Swimming and pulling only (push-off no equipment) Lane 5 Swimming and pulling only
- Lane 6 Swimming and pulling only (push-off no equipment) Lane 6 Swimming and pulling only
- Lane 7 Swimming and pulling only (push-off no equipment) Lane 7 Swimming and pulling only
- Lane 8 Swimming and pulling only (push-off no equipment) Lane 8 Racing start one length only
- Lane 9 Swimming and pulling only (push-off no equipment) Lane 9 Racing start one length only
- Lane 10 Push off 50's pace (circle swimming) Lane 10 Rush off 50's pace (circle swimming)

*****Except for racing start, swimmers must enter the pool feet first with one hand touching the deck of the pool*****

NO EQUIPMENT ALLOWED IN THE POOL AT ANY TIME

Officials: Referee: Kevin Mooren Chief Stroke and Turn: Joanie Gauzens
Head Marshall: Anne Krasteva
Starters: Angela Jones, Joe Finke, Jeanne Finke
Meet Manager: Fred Lewis and Kristine Grant

Saturday, March 13, 2010. (Swimmers may enter a maximum of three (3) events)

7:30 AM Warm-up

8:30 AM Start

Event Number	Age Group	Event	Event Number	Age Group	Event
G - B			G - B		
1 - 2	Senior	100 Free	21 - 22	Senior	100 Breast
3 - 4	Senior	50 Free	23 - 24	Senior	50 Breast
5 - 6	11 & 12	50 Free	25 - 26	11 & 12	50 Breast
7 - 8	10 & U	50 Free	27 - 28	10 & U	50 Breast
9 - 10	8 & under	25 Free	29 - 30	8 & under	25 Breast
11 - 12	Senior	100 Fly	31 - 32	Senior	100 Back
13 - 14	Senior	50 Fly	33 - 34	Senior	50 Back
15 - 16	11 - 12	50 Fly	35 - 36	11 & 12	50 Back
17 - 18	10 & U	50 Fly	37 - 38	10 & U	50 Back
19 - 20	8 & under	25 Fly	39 - 40	8 & Under	25 Back