

**2010 ESCAPE THE HEAT OPEN  
HOSTED BY THE CLEARWATER AQUATIC TEAM  
JUNE 11-13, 2010**

- SANCTIONED BY:** Florida Swimming Sanction # 5146  
"In granting this approval it is understood and agreed that USA Swimming/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:** 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:** Prelims-finals on Friday, Saturday, and Sunday. All sessions will be Long Course Meters
- |                           |                 |                   |
|---------------------------|-----------------|-------------------|
| <b>DATES &amp; TIMES:</b> | <b>Warm-ups</b> | <b>Meet Start</b> |
| <b>Prelims (13&amp;O)</b> | 7:00am          | 8:30am            |
| <b>Prelims (12&amp;U)</b> | Not before Noon | Not before 1pm    |
| <b>Finals</b>             | 5:00pm          | 6:00pm            |
- LOCATION:** The Doyle Aquatic Center at the Long Center, 1501 N Belcher Rd, Clearwater, FL 33765
- POOL & FACILITY SPECS:** The Doyle Aquatic Center is a 10 lane 50 meter pool that varies in depth from twelve feet at the start end to four feet at the turn end. A separate 3 lane 25 yard pool will be available for continuous warm-up and warm-down throughout the meet. There is permanent bleacher seating available for 294 people along with an additional standing room only section directly behind the bleachers for viewing the competition. Swimmers and parents will also be able to rest and relax in the Long Center Gym where we will have 42" TVs set up that will show a live feed of the competition scoreboards.
- TIMING SYSTEM:** A Daktronics timing system, touch pads, and starting system will be used. Times will be displayed on one of our two 10 lane scoreboards.
- ELIGIBILITY:** Must be a 2010 USA Swimming registered athlete.
- SEEDING:** All entry times must be submitted in long course meters (LCM). Check-in will be required for all events 400 meters and higher.
- In prelims, all events will be seeded fastest to slowest with the fastest three heats being circle seeded. All finals and timed finals events will be seeded fastest to slowest. There will be one heat of finals for 12&unders, two heats of finals for 13-14, and two heats of finals for Senior.
- The fastest heat of the 1500Fr for women and men will swim in finals with all remaining heats being swum in prelims. At the meet referees discretion, the remaining heats of the 1500Fr maybe be swum two per lane.
- Relays will be swum 12&Under and Senior. The fastest two heats of relays will be swum in the finals and all other relays will be swum in prelims.
- RULES:** Current USA Swimming Technical Rules will govern. (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.)
- AWARDS:** Individual events will be awarded 1<sup>st</sup> through 8<sup>th</sup> place ribbons for the 12&Under age group only.

- WARM-UP:** Enclosed warm-up schedule will be used. Warm-up will be 60 minutes guaranteed prior to the start of each session.
- SCRATCHES:** **Prelims/timed finals:** No penalty for scratching on the block with the exception of deck seeded events. Failure to swim a deck seeded event that the swimmer checked in for will result in the swimmer being barred from the next individual event that he/she is entered. Check in must be done with the clerk of course prior to the listed check in time to be seeded in that event. **Any swimmer properly entered in a deck seeded event, who fails to check in for that event, will be allowed to swim in an open lane for that event only. No new heats will be created – first come first served.**
- Finals:** Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals unless the swimmer announced his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. He/she has until 30 minutes after his or her final prelim of the day to finalize his/her scratch with the clerk of course. Failure to do so will result in the swimmer being barred from his/her next individual event of the meet. Meet Referee has discretion to excuse athletes for medical reasons.
- DISTANCE CHECK-IN:** Check-in with the clerk of course will be at the announcer's table. The check-in times will be the following:
- 13-14 & Senior 400Fr – Friday, June 11<sup>th</sup>, 9:00am  
 12&Under 400Fr – Friday, June 11<sup>th</sup>, 1:30pm  
 13-14 & Senior 400IM – Saturday, June 12<sup>th</sup>, 9:00am  
 12&Under 400IM – Saturday, June 12<sup>th</sup>, 1:30pm  
 Senior 1500Fr – Saturday, June 12<sup>th</sup>, 6:00pm
- ENTRY LIMIT:** Swimmers will be limited to three events per day. If a swimmer is over-entered in a session, any events entered over the three event limit will be dropped at the point of over-entry. Entries will be accepted on a first come, first served basis until the sessions are filled to the following time limits:
- 13-14 & Senior Prelims Sessions: 4 hours  
 12&Under Sessions: 3 hours 30 minutes
- DECK ENTRIES:** Deck entries will be accepted to fill heats only. No new heats will be created. Fees are \$10.00 per individual deck entry, must be paid at time of entry. Deck entries will be accepted by the administrative referee or designated representative and assigned a lane no later than **45 minutes** prior to the start of each session. A swimmer may not drop an event to deck enter another event. The entry limit of 3 individual swims per day applies.
- ENTRY FEES:** Individual: \$4.00 per event  
 Relay: \$8.00 per event  
 Facility charge: \$10.00 per swimmer
- ENTRY DEADLINE:** All entries must be received by 5:00 p.m. Tuesday, June 1<sup>st</sup>, 2010. Enclose payment to the Clearwater Aquatic Team (CAT) with team entry. Please mail by Express Mail, Federal Express, UPS or other rapid mail service. Mail early, this meet is likely to fill up early. Email entries to [alex@clearwateraquatics.com](mailto:alex@clearwateraquatics.com) are accepted. Mail hardcopies along with disk and payment to:

**Clearwater Aquatic Team (CAT)**  
**1501 N. Belcher Rd, Suite 229**  
**Clearwater, FL 33765**

**ENTRY FORMS:** Entries may be submitted on the enclosed entry forms (please print legibly). Hy-tek electronic email entry is preferred. Please note that there is an additional \$50 fee for entries submitted on the entry forms.

**OFFICIALS:**

Head Referee	Charlie Woodcock
Admin Referee	Jim Hirschberger
Starter	Bob Slockett
Chief Stroke & Turn	Tony Uselis
Meet Manager	Alex Steger
Meet Marshall	Cathy Frazier

**COACHES/OFFICIALS:** Coaches/officials must visibly display a valid USA membership card at all times while on deck. A 2010 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee or head marshal upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer(s) during warm-up and competition. There will be a coaches meeting before the first session of the meet on Friday.

**TEAM REPRESENTATIVE:** Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.

**INFORMATION:** Randy Reese/Alex Steger 727-791-9542, email alex@clearwateraquatics.com

**NOTE:** \*Events/heats may be combined at the discretion of the meet referee.

### **WARM-UP SCHEDULE:**

#### **First ½ hour will be warm-up as follows:**

Lane 1 pace 50 & 100 circle swimming  
 Lane 2 push off 25s one way only  
 Lane 3 swim & pulling, push off  
 Lane 4 swim & pulling, push off  
 Lane 5 swim & pulling, push off  
 Lane 6 swim & pulling, push off  
 Lane 7 swim & pulling, push off  
 Lane 8 swim & pulling, push off  
 Lane 9 push off 25s, one way only  
 Lane 10 pace 50 & 100 circle swimming

#### **Last hour of warm-ups will be as follows:**

Lane 1 pace 50 & 100 circle swimming  
 Lane 2 racing starts 25s one length  
 Lane 3 swim & pulling, push off  
 Lane 4 swim & pulling, push off  
 Lane 5 swim & pulling, push off  
 Lane 6 swim & pulling, push off  
 Lane 7 swim & pulling, push off  
 Lane 8 racing starts 25s one length  
 Lane 9 racing starts 25s one length  
 Lane 10 pace 50 & 100 circle swimming

**NO EQUIPMENT TO BE USED DURING WARM-UP  
 NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET  
 Swimmers must enter the water feet first with at least one hand on the pool deck.**

## ORDER OF EVENTS

Friday, June 11<sup>th</sup>, 2010

Session 1

Warm-ups - 7:00am; Meet Starts - 8:30am

Women	Event	Men
1	Senior 100Fly	2
3	13-14 100Fly	4
5	Senior 50Bk	6
7	13-14 50Bk	8
9	Senior 200IM	10
11	13-14 200IM	12
13	Senior 50Fr	14
15	13-14 50Fr	16
17*	Senior 400Fr	18**
19*	13-14 400Fr	20**
21	Senior 400 Medley Relay***	22

\* - Senior & 13-14 Women 400Fr – Qualifying Time 5:15.99

\*\* - Senior & 13-14 Men 400Fr – Qualifying Time 4:55.99

\*\*\* - Senior 400 Medley Relay – Fastest 2 heats swum in finals

Friday, June 11<sup>th</sup>, 2010

Session 2

Warm-ups - Not Before Noon; Meet Starts - Not before 1:00pm

Women	Event	Men
23	12&Under 100Fly	24
25	12&Under 50Bk	26
27	12&Under 200IM	28
29	12&Under 50Fr	30
31*	12&Under 400Fr	32**
33	12&Under 400 Medley Relay***	34

\* - 12&Under Women 400Fr – Qualifying Time 5:35.99

\*\* - 12&Under Men 400Fr – Qualifying Time 5:30.99

\*\*\* - 12&Under 400 Medley Relay – Fastest 2 heats swum in finals

Friday, June 11<sup>th</sup>, 2010

Session 3

Warm-ups 5:00pm; Meet Starts 6:00pm

Women	Event	Men
1	Senior 100Fly	2
3	13-14 100Fly	4
23	12&Under 100Fly	24
5	Senior 50Bk	6
7	13-14 50Bk	8
25	12&Under 50Bk	26
9	Senior 200IM	10
11	13-14 200IM	12
27	12&Under 200IM	28
13	Senior 50Fr	14
15	13-14 50Fr	16
29	12&Under 50Fr	30
17	Senior 400Fr	18
19	13-14 400Fr	20
31	12&Under 400Fr	32
21	Senior 400 Medley Relay	22
33	12&Under 400 Medley Relay	34

**Saturday, June 12<sup>th</sup>, 2010****Session 4****Warm-ups - 7:00am; Meet Starts - 8:30am**

<b>Women</b>	<b>Event</b>	<b>Men</b>
35	Senior 200Fr	36
37	13-14 200Fr	38
39	Senior 100Br	40
41	13-14 100Br	42
43	Senior 200Bk	44
45	13-14 200Bk	46
47	Senior 50Fly	48
49	13-14 50Fly	50
51*	Senior 400IM	52**
53*	13-14 400IM	54**
55	Senior 400 Fr Relay***	56

\* - Senior &amp; 13-14 Women 400IM – Qualifying Time 5:55.99

\*\* - Senior &amp; 13-14 Men 400IM – Qualifying Time 5:40.99

\*\*\* - Senior 400 Fr Relay – Fastest 2 heats swum in finals

**Saturday, June 12<sup>th</sup>, 2010****Session 5****Warm-ups - Not Before Noon; Meet Starts - Not before 1:00pm**

<b>Women</b>	<b>Event</b>	<b>Men</b>
57	12&Under 200Fr	58
59	12&Under 100Br	60
61	12&Under 200Bk	62
63	12&Under 50Fly	64
65*	12&Under 400IM	66**
67	12&Under 400 Fr Relay***	68

\* - 12&amp;Under Women 400IM – Qualifying Time 6:25.99

\*\* - 12&amp;Under Men 400IM – Qualifying Time 6:20.99

\*\*\* - 12&amp;Under 400 Fr Relay – Fastest 2 heats swum in finals

**Saturday, June 12<sup>th</sup>, 2010****Session 6****Warm-ups 5:00pm; Meet Starts 6:00pm**

<b>Women</b>	<b>Event</b>	<b>Men</b>
35	Senior 200Fr	36
37	13-14 200Fr	38
57	12&Under 200Fr	58
39	Senior 100Br	40
41	13-14 100Br	42
59	12&Under 100Br	60
43	Senior 200Bk	44
45	13-14 200Bk	46
61	12&Under 200Bk	62
47	Senior 50Fly	48
49	13-14 50Fly	50
63	12&Under 50Fly	64
51	Senior 400IM	52
53	13-14 400IM	54
65	12&Under 400IM	66
55	Senior 400 Fr Relay	56
67	12&Under 400 Fr Relay	68

**Sunday, June 13<sup>th</sup>, 2010****Session 7****Warm-ups - 7:00am; Meet Starts - 8:30am**

<b>Women</b>	<b>Event</b>	<b>Men</b>
69	Senior 100Fr	70
71	13-14 100Fr	72
73	Senior 200Br	74
75	13-14 200Br	76
77	Senior 100Bk	78
79	13-14 100Bk	80
81	Senior 200Fly	82
83	13-14 200Fly	84
85	Senior 50Br	86
87	13-14 50Br	88
89*	Senior 1500Fr	90**

\* - Senior Women 1500Fr – Qualifying Time 20:35.99

\*\* - Senior Men 1500Fr – Qualifying Time 19:35.99

**Sunday, June 13<sup>th</sup>, 2010****Session 8****Warm-ups - Not Before Noon; Meet Starts - Not before 1:00pm**

<b>Women</b>	<b>Event</b>	<b>Men</b>
91	12&Under 100Fr	92
93	12&Under 200Br	94
95	12&Under 100Bk	96
97	12&Under 200Fly	98
99	12&Under 50Br	100

**Sunday, June 13<sup>th</sup>, 2010****Session 9****Warm-ups 5:00pm; Meet Starts 6:00pm**

<b>Women</b>	<b>Event</b>	<b>Men</b>
89	Senior 1500Fr	90
69	Senior 100Fr	70
71	13-14 100Fr	72
91	12&Under 100Fr	92
73	Senior 200Br	74
75	13-14 200Br	76
93	12&Under 200Br	94
77	Senior 100Bk	78
79	13-14 100Bk	80
95	12&Under 100Bk	96
81	Senior 200Fly	82
83	13-14 200Fly	84
97	12&Under 200Fly	98
85	Senior 50Br	86
87	13-14 50Br	88
99	12&Under 50Br	100

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**Master Entry Form**

Hosted by Clearwater Aquatics Team  
At The Long Center  
1501 N. Belcher Rd  
Clearwater, FL 33765

Mail all Entries to Be Received by  
5:00 PM Tuesday, June 1<sup>st</sup>, 2010

CAT Office (727) 791-9542

Team Name \_\_\_\_\_ Call Letters \_\_\_\_\_

Address \_\_\_\_\_

Coach \_\_\_\_\_ LSC \_\_\_\_\_

Home Phone \_\_\_\_\_ Office Phone \_\_\_\_\_

FAX# \_\_\_\_\_ EMAIL \_\_\_\_\_

*Swimmer/Coach Registration*

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

**Name(s) of Coach(es)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I Certify that the individuals listed above are currently registered USA Swimming Coach Members.**

\_\_\_\_\_  
Signature of USA Swimming Member

\_\_\_\_\_  
Team

\_\_\_\_\_  
Date

**Financial Recap**

**Total Numbers of Swimmers** \_\_\_\_\_ @ \$10.00 Each=\$ \_\_\_\_\_

**Total Individual Entries** \_\_\_\_\_ @ \$4.00 Each=\$ \_\_\_\_\_

**Total Relay Entries** \_\_\_\_\_ @ \$8.00 Each=\$ \_\_\_\_\_

**Total Entry Fees Paid** \$ \_\_\_\_\_

**Due by 5PM Tuesday, June 1<sup>st</sup>, 2010**

**Make Checks payable to CAT**

**MAIL ENTRIES TO:** Clearwater Aquatic Team (CAT), 1501 N. Belcher Rd, Suite 229, Clearwater, FL 33765

