

THE LIGHTNING OPEN SWIM MEET

Hosted by:

WEST FLORIDA LIGHTNING AQUATICS

Courtesy of:

The City of Largo Parks and Recreation Department

Sanctioned by:

Florida Swimming of USA Swimming # 5149

“In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims fro damages arising by reason of injuries to anyone during the conduct of the meet.”

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: 50 Meter Long Course
8 & Under Timed Finals
10 & Under, 11-12, 13-14 Prelims and Finals
Senior Prelims, Consolations and Finals
400 Free, 400 IM & 1500 Free- Timed Finals during prelims with fastest heat of each event during finals.
Relays will be swum as timed finals during prelims.**

**DATE & TIME: Friday, Saturday and Sunday, June 18-20, 2010
Prelims at 8 AM, Finals at 6 PM Fri. & Sat; 5:30 on Sunday
Second session to begin not before 11:00 am.**

**LOCATION: Largo Recreation Department, Southwest Pool
Corner of Wilcox and Vonn Rds, Largo, Fl.**

POOL SPECS: Certified 50 Meter by 25 yard heated outdoor pool with a depth ranging from 4-17 ft., 10 long course racing lanes with Kiefer non-turbulent lane lines and KDI Paragon starting blocks at both ends of the pool (8 lanes to be used in competition with one buffer lane and one lane open for continuous warm-up/ warm-down). Water depth at the start end is 17 ft.

TIMING EQUIP: Colorado electronic timing system with manual watches.

**WARM-UP: 7:00- 7:50 AM Friday, Sat. & Sun mornings.
Minimum of 45 minute warm-up guaranteed prior to afternoon session.
One hour warm-up prior to each finals session. One lane open for continuous warm-up during the meet.**

ELIGIBILITY: Open to all USA Swimming registered swimmers who have achieved listed qualifying times. No individual points will be awarded to swimmers who fail to meet qualifying times in either prelims or finals. No other penalties will be used for failure to meet qualifying times.

- SEEDING:** 50 meter times will be used for seeding purposes. Conversions may be made using the formula in the current Florida Swimming Rules and Regulations
- SCRATCHES:** No penalty for scratches on the block in the prelims **WITH THE EXCEPTION OF DECK SEEDED EVENTS**. Any swimmer entered in a deck seeded individual event, who has checked in for that event, must swim in the event unless he/she notifies the Clerk of Course before the seeding of that event has begun that he/she wishes to scratch. Failure to do so will result from him/her being barred from the next individual event which he/she is entered in on that day or the next day of the meet, whichever is first.
FINALS: Any swimmer who competes in a preliminary heat and fails to notify the Referee that he/she is scratching from the finals within 15 minutes of the last event of that session will be barred from the next individual event which he/she is entered in on that day or the next day of the meet, whichever is first, except that in the event of illness or injury, no penalty will be declared. **NO EXCEPTIONS !** Medical and or other excuses must be reported to the Meet Referee and approved prior to the event being swum.
- ENTRY LIMIT:** Limited teams with the first 400 entered swimmers or the first team to fill the 4 hour time limit per session. WFLA reserves the right to return any entries that may exceed the limit. All swimmers are limited to (3) events per day. No limit to relay entries, but each team should indicate "A", "B", etc.
1500 FREESTYLE: In order to control the length of the meet, we reserve the right to limit the entries of both Age Group and Senior Events. Coaches will be advised of changes.
- DECK ENTRIES:** Deck entries may be accepted up to 30 minutes prior to the start of each prelim/timed final session. Entries will be turned into the Administrative Referee and must be accompanied by a \$10.00 entry fee per event and the facility fee of \$10.00 if the swimmer has not yet been entered in the meet. **Deck entries will be accepted for published open lanes only.** No new heats will be created. Deck entries will be accepted for deck -seeded events. A swimmer already entered in the meet may not drop an event to deck seed another; the entry limit still applies.
- ENTRIES:** Entries must be submitted on the enclosed entry form which will serve as proof of entry. All current USA Swimming registration numbers, including relay only swimmers, must be listed on the entry form, and the form must be signed by a current USA Swimming Member. Teams choosing to submit entries on form only will be charged an additional \$50.00. Entries will also be accepted via e-mail attention to: johnware@midnightsports.com. Entries must be in USA Swimming SDIF Format or Hy-Tek CL2 format. A signed hard copy print out is acceptable as proof of entry. Free text email entries will not be accepted. List all attending coaches, contact and phone numbers in the body of the e-mail which serves as proof of entry. Corrupted, unreadable or

incorrectly formatted files must be corrected within 24 hours. Errors submitted electronically are the responsibility of the applicant. Teams entering via e-mail have to mail hard copy along with disk and payment by the entry deadline to: John Ware, 15121 Shearcrest Dr, Lithia, FL 33547. Use Fed Ex or other rapid mail carrier. Current USA Swimming registration number, full name, age and entry time must be listed. All entry and Master Entry forms must be signed and enclosed.

ENTRY FEE: \$3.00 per individual timed final event, \$4.00 prelim/final event, \$5.00 Relay Fee, \$10.00 facility fee, \$10.00 deck entry.

ENTRY Entries must be received by Tuesday, June 8, 2010.

AWARDS: Ind. Events: Medals- 1st-3rd place, ribbons 4th-8th place.
Relay Events: Medals- 1st place, ribbons 2nd-3rd place.
Individual Age Group and Senior High point Awards
First and Second Place Visiting Team Awards.

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2
No individual points will be awarded to swimmers who fail to meet qualifying times in an event. Swimmers in finals must achieve qualifying times in order to score points.

RULES: Current USA Swimming Rules will govern the meet. 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. Fly over starts will be used. Heats may be combined at the discretion of the referee.

TEAM REP: 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. The coach and that person only will be recognized.

OFFICIALS: Head Referee: Bob Griffiths Administrative Referee: Eva Gronke
Head Starter: Kay Caldwell
Head Stroke and Turn: Peter Gottschling
Head Marshall: Tom Byrd

INFORMATION: Cashel Mack, Head Coach, 727-686-6418 or Kay Caldwell, Meet Manager, 727-399-0605 (home), 727-455-8377(cell) or ccaldwe2@tampabay.rr.com.

IDENTIFICATION: All coaches and officials must wear their current USA Swimming membership credentials in a conspicuous location at all times while on deck during this swim meet.

SPECIAL NOTE: Parents/spectators are only allowed in designated areas only on the deck.

COACHES PLEASE NOTE

- *Relays may be dropped in order to comply with the 4 hour time limit rule.
- *Events and/or heats may be combined.
- *Finals will be swum in numerical order. SENIOR EVENTS: Finals will swim *PRIOR* to consolation finals.
- * All relays will be swum as timed final events during prelims.
- * The 1500 Freestyle Events are timed final events. This event will be swum with 13-14 and Senior combined, but scored separately, with the fastest heat of each gender swum at Friday's finals. The remaining heats will be swum at the end of Friday's prelims session, swimming fastest to slowest, alternating girls and boys heats; swimmers may not choose am or pm swims.
- * The 400 IM and the 400 Freestyle will be swum as timed finals with the fastest heat of each swum during finals in numerical order, swimmers may not choose am or pm sessions

WARM-UP SCHEDULE

ABSOLUTELY NO EQUIPMENT AT ANY TIME

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN DOING A CONTROLLED RACING START.

**There will be a 50 minute warm-up prior to the meet. The first 25 minutes is general warm-up:
LANE**

- 1 Push off 50's or 100's pace (circle swimming)
- 2 Racing Start, one length only (from the east end only)
- 3 General Swimming- push off
- 4 General swimming- push off
- 5 General swimming- push off
- 6 General Swimming- push off
- 7 General swimming- push off
- 8 Push off 50's pace (circle swimming)

The remaining 25 minutes is controlled warm-up:

LANE

- 1 Push off 50's pace (circle swimming)
- 2 Racing start one length only (from the east end only)
- 3 General swimming- push off
- 4 General Swimming- push off
- 5 General swimming- push off
- 6 Racing start one length only (from the east end only)
- 7 Racing start only (from the east end only)
- 8 Push off 50's pace (circle swimming)

During the meet swimmers may only enter and leave the warmup/warmdown lane at the shallow end. They may only enter the lane as described above –NO DIVING - and must swim continuously or get out.

ORDER OF EVENTS**Friday, June 18, 2010 8:00 AM**

EVENT #	AGE GROUP	DESCRIPTION	QUALIFYING TIMES	
			GIRLS	BOYS
9-10	13-14	200 Backstroke	2:51.99	2:42.09
11-12	Senior	200 Backstroke	2:47.59	2:34.89
17-18	13-14	200 Freestyle	2:32.59	2:24.99
19-20	Senior	200 Freestyle	2:29.39	2:19.19
25-26	13-14	100 Breaststroke		
27-28	Senior	100 Breaststroke		
1-2	13-14	1500 Freestyle2/	20.39.79	20.14.39
3-4	Senior	1500 Freestyle2/	20:28.49	19.22.99

The following events will not start before 11 AM with a 45 min. guaranteed warm-up:

5-6	10 & Under	100 Backstroke
7-8	11-12	100 Backstroke
13-14	10 & Under	200 Freestyle
15-16	11-12	200 Freestyle
21-22	10 & Under	50 Breaststroke
23-24	11-12	50 Breaststroke
29-30	10 & Under	200 IM
31-32	11-12	400 IM 2/

NOTES:

2/ DECK SEEDED, TIMED FINAL EVENT WITH FASTEST HEAT TO BE SWUM DURING FINALS, WITH ALL OTHER HEATS BEING SWUM AT THE END OF THE FRIDAY AM SESSION. PLEASE NOTE THE CHECK-IN SCHEDULE BELOW.

CHECK-IN SCHEDULE**1500 FREESTYLE- BY 9:00 AM****400 IM- BY 11:00 AM**

THOSE NOT CHECKED IN WILL BE ELIGIBLE TO SWIM IN OPEN LANES WITH NO ADDITIONAL HEATS CREATED.

ORDER OF EVENTS (CONTINUED)**Saturday, June 19, 2010**

EVENT#	AGE GROUP	DESCRIPTION	QUALIFYING TIMES	
			GIRLS	BOYS
43-44	13-14	100 Freestyle		
45-46	Senior	100 Freestyle		
53-54	13-14	200 Breaststroke	3:11.99	3:02.39
55-56	Senior	200 Breaststroke	3:08.49	2:54.29
61-62	13-14	100 Butterfly		
63-64	Senior	100 Butterfly		
65-66	Senior	400 Medley Relay 1/		

71-72	13-14	400 Ind. Medley 3/	6:03.19	5:46.79
73-74	Senior	400 Ind. Medley 3/	5:57.59	5:29.99

THE FOLLOWING EVENTS WILL NOT START PRIOR TO 11:00 AM WITH A 45 MINUTE GUARENTEED WARM-UP.

33-34	10 & Under	200 Medley Relay 1/
35-36	11-12	200 Medley Relay 1/
37-38	8 & Under	50 Freestyle (TIMED FINAL)
39-40	10 & Under	50 Freestyle
41-42	11-12	50 Freestyle
47-48	8 & Under	50 Breaststroke (TIMED FINAL)
49-50	10 & Under	100 Breaststroke
51-52	11-12	100 Breaststroke
57-58	10 & Under	50 Butterfly
59-60	11-12	50 Butterfly
67-68	10 & Under	400 Freestyle 4/
69-70	11-12	400 Freestyle 4/

NOTES:

1/ ALL RELAYS WILL BE SWUM AS TIMED FINALS DURING PRELIMS.

3/4/ DECK SEEDED, TIMED FINAL EVENT WITH FASTEST HEAT TO BE SWUM DURING FINALS, IN NUMERICAL ORDER. PLEASE NOTE THE CHECK-IN SCHEDULE BELOW.

CHECK-IN SCHEDULE

400 IM- BY 8:00 AM SATURDAY 400 FREESTYLE (10&U, 11-12) BY 11 AM SAT.

THOSE NOT CHECKED IN WILL BE ELIGIBLE TO SWIM IN OPEN LANES, WITH NO ADDITIONAL HEATS CREATED.

ORDER OF EVENTS (CONTINUED)

Sunday, June 20, 2010

EVENT#	AGE GROUP	DESCRIPTION	QUALIFYING TIMES	
			GIRLS	BOYS
83-84	13-14	50 Freestyle		
85-86	Senior	50 Freestyle		
93-94	13-14	200 Butterfly	2:49.59	2:41.59
95-96	Senior	200 Butterfly	2:44.69	2:32.19
105-106	13-14	100 Backstroke		

107-108	Senior	100 Backstroke		
109-110	13-14	200 Ind. Medley	2:52.39	2:44.59
111-112	Senior	200 Ind. Medley	2:48.09	2:37.19
113-114	Senior	400 Freestyle Relay 1/		
115-116	13-14	400 Freestyle 5/	5:16.59	5:05.29
117-118	Senior	400 Freestyle 5/	5:12.89	4:53.29

THE FOLLOWING EVENTS WILL NOT START PRIOR TO 11:00 AM WITH A 45 MINUTE GUARENTEED WARM-UP.

75-76	11-12	200 IM		
77-78	10 & Under	200 Freestyle Relay 1/		
79-80	11-12	200 Freestyle Relay 1/		
81-82	10 & Under	100 Freestyle		
87-88	11-12	100 Freestyle		
89-90	8 & Under	50 Butterfly (TIMED FINAL)		
91-92	10 & Under	100 Butterfly		
97-98	11-12	100 Butterfly		
99-100	8 & Under	50 Backstroke (TIMED FINAL)		
101-102	10 & Under	50 Backstroke		
103-104	11-12	50 Backstroke		

NOTES:

1/ ALL RELAYS WILL BE SWUM AS TIMED FINALS DURING PRELIMS.

5/ DECK SEEDED, TIMED FINAL EVENT WITH FASTEST HEAT TO BE SWUM DURING FINALS. PLEASE NOTE CHECK-IN SCHEDULE BELOW.

CHECK-IN SCHEDULE

**400 FREESTYLE (13-14 & Senior)- BY 8:00 AM, SUNDAY
THOSE NOT CHECKED IN WILL BE ELIGIBLE TO SWIM IN OPEN LANES WITH NO ADDITIONAL HEATS CREATED.**

**Hotel info: Hampton Inn, Largo, Fl 727-585-3333
Holiday Inn Harborside, Indian Rocks Beach, 727-595-9484
Holiday Inn Express, 727-536-7275**

**MASTER ENTRY FORM
LIGHTNING INVITATIONAL SWIM MEET
JUNE 18-20, 2010**

TEAM NAME _____ CALL LETTERS _____

ADDRESS _____

COACH _____ LSC _____

HOME PHONE() _____ OFFICE Phone() _____

SWIMMER/COACH REGISTRATION

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

NAME OF COACH	TEAM
_____	_____
_____	_____
_____	_____

I certify that the 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)	Team	Date
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ENTRY DEADLINE

Entries must be received by Tuesday, June 8, 2010 NO LATER THAN 5 P.M.

MAIL TO: WFLA/John Ware, 15121 Shearcrest Dr., Lithia, FL 33547

FINANCIAL RECAP

We have entered the following:

Total Swimmers	_____	
Timed Finals Ind. Events	_____	at \$3.00 each = \$ _____
Prelim/final Ind. Events	_____	at \$ 4.00each = \$ _____
Women's Relay Events	_____	at \$5.00 each = \$ _____
Men's Relay Events	_____	at \$5.00 each = \$ _____
Facility Charge	_____	at \$10.00 each = \$ _____
TOTAL ENTRY FEES PAID		\$ _____

