



2010 Florida Swimming Senior Championships July 22-25, 2010

Ver. #2 - 20100523



- Sanctioned By: Florida Swimming of USA Swimming Sanction # 5177
"In granting this approval it is understood and agreed that USA-S/FL 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.
- Sponsored By: Florida Swimming, Inc.
- Hosted By: Sarasota YMCA Sharks
- Type of Meet: 50 Meter Long Course:
Timed Finals, Prelim/Consolation & Championship Finals; 15-16, Senior
In the Finals Sessions, the Championship Final will precede the Consolation Final for each event. Flyover starts may be used during preliminary sessions and may be used during Finals Sessions.
"At the referees discretion, chase starts may be used."
- Date & Time: Thursday, July 22, 2010 – Timed Finals 5:30 PM
Fri. July 23 & Sat., July 24, 2010 – Prelims 8:30 AM, Finals 5:30 PM
Sunday, July 25, 2010 – Prelims 8:30 AM, Finals 4:30 PM
- Location: Sarasota YMCA – 8301 Potter Park, Sarasota , FL 34238
- Pool Specs: Certified 50-meter outdoor pool, non-turbulent Keifer Lane Lines eight (8) lanes, KDI Paragon starting blocks, 6 lane 25 yard warm-down facility. The starting end of the pool is 6 feet and gradually moves to a 5 foot turning end.
- Timing: Colorado 6000 system with 8-lane scoreboard.
- Warm-up: One (1) hour Fifty (50) minutes scheduled warm-up prior to the prelin sessions.
One (1) hour Twenty (20) minutes before each final session.
Warm up schedule is attached.
- Eligibility: Open to all currently registered Florida Swimming swimmers who have achieved the current Senior Championship time standard within a two (2) year time limit, July 21, 2008 to July 14, 2010, of the meet entry deadline.
- Entry Limit: Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". Over-entries will be automatically dropped when the limit is met for the meet and/or day. All individual times entered must have been achieved within the two year qualifying period (July 21, 2008 to July 14, 2010). No conversions of times are acceptable. Deck entries will not be permitted.

Bonus Events: The "Bonus Event" Rule will be in effect for this meet:
 Swimmers qualified in one or more events may swim up to two (2) bonus events during the course of this meet, subject to the meet rules on limitations on number of swims. Each bonus swim entered must be a provable time. NT entries will not be accepted. In the OME system, select "Enter as Bonus" to enter bonus events. The 400 Free, 400 IM, 800 Free, and 1500 Free are not eligible to be entered as bonus events unless the swimmer is qualified in either the 800 Free or 1500 Free for this meet. The total swims including bonus swims shall not exceed the limit of 3 individual events per day and 6 individual events for the meet.

OME ENTRY PROCEDURES – READ CAREFULLY

SEE "OME" HIGHLIGHTS ATTACHMENT FOR MORE INFORMATION

On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome> Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team". **Paper, FAX, and Email entries will not be accepted.**

OME OPENS: 12:01 AM EST Friday June 25, 2010
OME CLOSES: 11:59 PM EST Wednesday July 14, 2010

OME HELP: Susan Woessner USA Swimming 719-332-0184 swoessner@usaswimming.org
 Stuart Michelson FL Swimming 407-417-1756 – smichelson@cfl.rr.com

Conforming and Non Conforming times will be used for entry – long Course meters then short course yards.

Individual Entries: Use a time in the national database for entry that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an "Override Time" for times that are not in the national database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.

OME RELAY ENTRY PROCEDURES: ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. Relay teams may be entered at any seed time.

TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link. Unregistered swimmers must provide proof of registration prior to the swimmers first event.

INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select "Enter Individual."

Proof of Times: Swimmers listed in the National Data Base with qualifying times achieved within the two year qualifying period (**July 21, 2008 to July 14, 2010**) will be permitted to swim individual events. Swimmers with qualifying times that are not listed in these data bases must provide proof of times with their Senior Meet Entry Application, providing a copy of the results of an approved, observed or sanctioned meet, including the meet sanction number, name, location, and date of the meet, and results page(s) with the athlete's name and time(s). Conversions may not be used to prove times; the swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time.

Seeding: All swimmers must enter with times achieved within the two year qualifying period. Non-conforming times will be seeded after long course meter qualifying times. Seeding is as follows:

1. Long Course Meters
2. Short Course Meters
3. Short Course Yards

Scratch Procedures: Scratching from Preliminary & Timed Final Events:

- A. All 1000/800 and 1650/1500 are timed finals and require positive check in. Swimmers who fail to check in for these events will be permitted to swim if there are open lanes. No new heats will be formed. Open lanes will be filled on a first come first serve basis by the Administrative Referee only. For Sunday's distance events, coaches may select whether they will swim A.M. or P.M.
- B. All relays are pre-seeded events. Sunday's relays: coaches may select whether one or both of their relay teams will swim A.M. or P. M.
- C. There is no penalty for scratching from prelims.

Scratching from Finals:

- A. Any swimmer who competes in a preliminary heat and qualifies as one of the original sixteen (16) finalists must swim in that event's championship final or consolation final; or must notify the clerk of course that he/she intends to scratch from that final's event within thirty (30) minutes of the announcement of the qualifiers.
- B. Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within thirty (30) minutes of the completion of the swimmer's last preliminary event for the day.
- C. Any swimmer seeded in a championship or consolation final who fails to swim that event will be barred from further competition in the meet, unless excused by the meet referee due to one of the exceptions listed below.
- D. A swimmer not originally qualified for the championship final or consolation final that is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final.

Exceptions for Failure to Compete:

No penalty shall apply for failure to withdraw or compete in an individual event if:

- A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
- B. It is determined by the Referee that failure to compete is caused by unusual circumstances beyond the control of the swimmer.

Declared False Starts:

Declared false starts and/or a deliberate delay of meet will be treated the same as "failure to swim".

NOTE 1: Alternates wishing to swim in an open lane in consolation finals must be standing at the starter's stand, ready to step on the blocks for

his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer.

NOTE 2: In addition to the swimmers being required to scratch if they are not going to swim in finals, all swimmers seeded who do not wish to swim in finals are strongly urged to scratch.

NOTE 3: 'Team' scratches are not allowed.

Entry Fee: \$6.00 per individual event entered;
\$10.00 per relay;
\$8.00 facility fee per swimmer.
\$1.00 per swimmer LSC Swimmer Support
Checks Payable to: Sarasota Family YMCA
Mailing Address: Sherwood Watts
c/o Sarasota YMCA Sharks
8301 Potter Park Dr., Sarasota, FL 34238
Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.

Entry Deadline: All entries must be completed through USA-S OME online entry program and finished by **Wednesday, July 14, 2010 by 11:59 pm.** No faxed entries accepted. You may enter your swimmers prior to the entry deadline and pay for those entries, to ensure the entries are accepted and still add to your entries based on swims from Last Chance Meets prior to the entry deadline.
For all entry questions contact:
Stuart Michelson (407-673-7717 or smichelson@cfl.rr.com)

Awards: Team: Championship and Runner-Up Trophy
Individual: High Point Plaque for each age group and sex;
1-3 Medals, 4-8 Ribbons
Relays: 1-3 Medals

Scoring: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Rules: Current USA Swimming Technical Rules will govern the meet.

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. This person must be a current member of USA Swimming/Florida Swimming/Florida Gold Coast Swimming to represent the team. For each team, the coach and that person only will be recognized.

Officials: Head Referee: Stuart Michelson Admin Referee: Eva Gronke
Chief Judge: Sue Talwar Nat. Evaluator: Dick & Nancy Nelson
Head Marshall: Randy Averett Meet Director: Sherwood Watts
"At the referees discretion, chase starts may be used."

National Officials Certification:

This meet has been designated as a "Qualifying Meet" for National Officials Certification; a "National Evaluator" will be in attendance for certification and re-certification evaluation. Those desiring initial certification or re-certification above the LSC level should review the

details of the program in the “Certification” link of the “Officials” section under the “Volunteers” tab on the USA Swimming web site. There will be opportunities at the meet for eligible officials to be evaluated for N2 and some N3 level positions. “Request for Evaluation” forms for this meet can be found on the Officials News page of the Florida Swimming website. Follow directions on the form for submitting completed application.

For Meet Information: Stuart Michelson (407-673-7717 or smichels@stetson.edu) or Florida Swimming Office (352-242-5145 or fisoffice2@aol.com).

Facility Information: Coach Sherwood Watts, 941-922-9622, swatts@sarasota-ymca.org
8301 Potter Park Dr., Sarasota, FL 34238

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.

Warm-Up Schedule

*** NO EQUIPMENT PERMITTED ***

*** EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL ***

The Meet Marshal may vary the scheduled warm-up as it fits the needs of the competitors.

If meet size warrants the preliminary warm ups will be assigned to offer ample room for all competitors and to minimize the opportunity for injury. The decision to assign warm ups will be decided between the Meet Referee and the FL Swimming Senior Chair.

Thursday

4:00 – 4:30 PM General Warm-up
4:30 – 5:20 PM Controlled Warm-up

Friday and Saturday

6:30 – 7:30 AM General Warm-up
7:30 – 8:20 AM Controlled Warm-up
4:00 – 4:30 PM General Warm-up
4:30 – 5:20 PM Controlled Warm-up

Sunday

6:30 – 7:30 AM General Warm-up
7:30 – 8:20 AM Controlled Warm-up
3:00 – 3:30 PM General Warm-up
3:30 – 4:20 PM Controlled Warm-up

LANE GENERAL WARM-UP:

- 1 Pace 50 and 100 circle swimming – push off
- 2 Racing starts (one length from start end only)
- 3 Swimming and pulling, push off
- 4 Swimming and pulling, push off
- 5 Swimming and pulling, push off
- 6 Swimming and pulling, push off
- 7 Racing starts (one length from start end only)
- 8 Pace 50 and 100 circle swimming – push off

LANE CONTROLLED WARM-UP:

- 1 Pace 50 and 100 circle swimming – push off
- 2 Racing starts (one length from start end only)
- 3 Swimming and pulling, push off
- 4 Swimming and pulling, push off
- 5 Swimming and pulling, push off
- 6 Racing starts (one length from start end only)
- 7 Racing starts (one length from start end only)
- 8 Pace 50 and 100 circle swimming – push off

2010 Florida Swimming Summer Senior Championships**Order of Events****Thursday, July 22, 2010 – Timed Finals – 5:30 PM**

Event #	Age	Event Name	Short Course		Long Course	
			Women	Men	Women	Men
1 - 2	15-16	800 Freestyle *	11:26.09	10:44.19	10:41.89	10:04.59
3 - 4	Senior	800 Freestyle *	11:26.09	10:44.19	10:29.79	9:33.89
Friday, July 23, 2010 – Prelims-8:30 AM Consolations, and Finals-5:30 PM						
5 - 6	15-16	200 Freestyle	2:06.99	1:55.79	2:23.19	2:13.49
7 - 8	Senior	200 Freestyle	2:01.49	1:50.19	2:19.99	2:05.59
9 - 10	15-16	200 Breaststroke	2:47.19	2:28.79	3:12.29	2:54.39
11 - 12	Senior	200 Breaststroke	2:41.89	2:27.99	3:11.09	2:50.29
13 - 14	15-16	100 Butterfly	1:04.79	:58.39	1:16.19	1:09.39
15 - 16	Senior	100 Butterfly	1:04.79	:57.19	1:13.09	1:05.29
17 - 18	15-16	400 IM #	5:09.29	4:50.89	6:00.59	5:34.99
19 - 20	Senior	400 IM #	4:53.09	4:34.09	5:58.29	5:27.99
21 - 22	Senior	800 Free Relay ***	-----	-----	-----	-----
Saturday, July 24, 2010 – Prelims-8:30AM Consolations, and Finals-5:30 PM						
23 - 24	15-16	50 Freestyle	:27.19	:24.49	:30.99	:28.19
25 - 26	Senior	50 Freestyle	:26.79	:23.39	:30.79	:27.39
27 - 28	15-16	200 IM	2:24.39	2:11.29	2:49.99	2:37.69
29 - 30	Senior	200 IM	2:21.39	2:08.39	2:42.89	2:26.89
31 - 32	15-16	100 Backstroke	1:09.09	1:01.49	1:19.19	1:12.79
33 - 34	Senior	100 Backstroke	1:07.79	1:01.49	1:18.09	1:09.39
35 - 36	15-16	400 Freestyle #	5:35.39	5:11.69	4:59.99	4:41.09
37 - 38	Senior	400 Freestyle #	5:20.79	5:00.79	4:53.19	4:32.19
39 - 40	Senior	400 Free Relay ***	-----	-----	-----	-----

* Timed Final Event. The 800 Freestyle will be swum fastest to slowest alternating women/men. These events will be consolidated by gender and seeded as a single event in order of submitted qualifying time. Positive Check-In is 4:45 P.M., Thursday.

*** Relays: Timed finals. Fastest two heats will swim in the finals at night. All other heats will swim in the morning. The relay heats swum during prelims will be swum immediately after event # 16 [34] is concluded. All relays will be pre-seeded events.

Events 17-20 400 IM (and Events 35-38 400 Free): The four fastest heats will be flighted during the preliminary session, swimming slowest to fastest in event order following Event 16 (34). The remaining heats will be swum at the conclusion of event 22 (40) in the preliminary session, swimming fastest to slowest heats. There will be no break after Event 22 (40) prior to resuming the concluding heats of Events 17-20 (35-38).

Sunday, July 25, 2010 – Prelims- 8:30

Event #	Age	Event Name	Short Course		Long Course	
			Women	Men	Women	Men
41 - 42	15-16	200 Butterfly	2:26.79	2:14.99	2:45.39	2:33.69
43 - 44	Senior	200 Butterfly	2:21.19	2:13.69	2:45.39	2:33.69
45 - 46	15-16	100 Freestyle	:59.09	:53.09	1:07.39	1:01.49
47 - 48	Senior	100 Freestyle	:56.89	:51.09	1:05.29	:58.19
49 - 50	15-16	100 Breaststroke	1:17.79	1:08.19	1:28.99	1:20.59
51 - 52	Senior	100 Breaststroke	1:15.19	1:07.79	1:28.69	1:16.99
57 - 58	15 - 16	200 Backstroke	2:27.79	2:14.89	2:48.59	2:34.89
59 - 60	Senior	200 Backstroke	2:26.79	2:13.59	2:47.59	2:33.89
61 - 62	Senior	400 Medley Relay ***	-----	-----	-----	-----
53 - 54	15-16	1500 Freestyle ****	19:44.59	18:30.79	20:28.49	19:22.99
55 - 56	Senior	1500 Freestyle ****	19:08.99	18:00.99	20:14.59	19:00.79

Sunday, July 25, 2010 – Finals- 4:30++

53/55	Women	1500 Freestyle ****				
54/56	Men	1500 Freestyle ****				
41 - 42	15-16	200 Butterfly				
43 - 44	Senior	200 Butterfly				
45 - 46	15-16	100 Freestyle				
47 - 48	Senior	100 Freestyle				
49 - 50	15 - 16	100 Breaststroke				
51 - 52	Senior	100 Breaststroke				
57 - 58	15-16	200 Backstroke				
59 - 60	Senior	200 Backstroke				
61 - 62	Senior	400 Medley Relay ***				

*** Relays. Timed finals. Fastest two heats will swim in the finals at night. All other heats will swim in the morning. Teams can choose to swim your Sunday relays in either the A.M. or P.M. Teams must make the AM/PM choice by 6:00 pm on Saturday. Teams not making a positive choice will be seeded as above. The relay heats swum during prelims will be swum immediately after event # 60 is concluded. All relays will be pre-seeded events.

**** Deck Seeded Timed Final Event. Events 53 & 55 and 54 & 56 will be consolidated by gender and seeded as a single event in order of submitted qualifying time. Results will be separated by age group for places, awards, and scoring. The fastest women's heat and the fastest men's heat will be swum in the finals (top 8). All remaining heats will be swum fastest to slowest alternating women/men immediately following event 62 in the prelims.

Swimmers can choose to swim in either the A.M. or P.M. Positive Check-In, as well as the positive choice for AM/PM will close at 6:00 P.M. on Saturday. Swimmers not making a positive choice will be seeded as above.

USA SWIMMING – ON-LINE MEET ENTRY HIGHLIGHTS

- Ensure that swimmers times are loaded into the USA Swimming SWIMS database – Particular attention should be given to times achieved at observed and approved meets. Do not wait until immediately before the entry deadline to discover the time has not been loaded. Coaches and swimmers can verify that times are in the database by using the times look up at www.usaswimming.org/times. Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have the missing times loaded.
- Only one account per team (Head Coach) can be used for team entries. The USAS ID number of the head coach will be required to begin the entry process.
- Read the tutorial comments on each page during the entry process. Most questions will be answered if the instructions are read.
- When advancing through the entry process, each time the “NEXT” link is pressed, the information on that page is saved. This allows the entry to be processed during multiple sessions. Coaches can start an entry, save it as-you-go and OME will retain the progress that has been made on the entry.
- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process (i.e. Relay, etc.). Using these links also saves the information on the previous page.
- Payment must be made **directly to “Sarasota Family YMCA.”** Coach Sherwood Watts c/o Sarasota Family YMCA – 8301 Potter Park Dr., Sarasota , FL 34238
- Teams do not have to wait until the entire entry is completed. Teams can enter some athletes, then return at a later date and add more events, relays, or athletes.
- **An athlete is not entered in the meet until the entries have been finalized/checked out.**
- When entering “Override Times” (times not currently showing up in the SWIMS database), in the meet name field, give meet name and brief details on where the time was achieved – i.e.: FGJO13-14-400FRelay Lead – There is room for 25 characters of data. Also enter the date of the meet in the date field. The National Times Coordinator will pre-clear as many (*) times as possible.
- Relays: When entering more than one relay per event (A and B), OME selects the fastest time in the database for the A relay and the fastest remaining time in the database for the B relay. If one of the athletes on the B relay (that OME selected) was also an athlete on the A relay, OME will signify that time with a (**). That time is not eligible for entry for the “B” relay. Select another listed time for the “B” relay or enter an aggregate time. As an alternative to using the OME best relay time, select Team (from the dropdown), then enter an override time for the relay.
- Hy-Tek Team Manager can be used as a tool to assist in the OME process.
 1. First load the “Meet Events File”.
 2. In the Meet Maintenance panel, set the minimum age for open events as desired.
 3. Click on the “Enforce Qualifying Times”.
 4. Set the “Use Times Since” date to the beginning of the qualifying period for the meet.
 5. Create a “Meet Eligibility” report. REPORTS/PERFORMANCE/MEET ELIGIBILITY. Select “Only Eligible Swimmers”. This report shows all eligible swimmers for the meet.
 6. Highlight events to be entered for each swimmer.
 7. Look up and record bonus event entry times for swimmers eligible for bonus events.
 8. Proceed with On-Line Meet Entry.