



**SEEDING:**

The 800 and 1500 freestyle and all relays will be deck-seeded events. Entrants in the 800 and 1500 freestyle and all relays must check in and confirm their intention to compete prior to the scratch deadline in order to be seeded.

- (1) Seeded heats for the 800 freestyle shall be published and available at approximately 3:45 PM on Tuesday, August 3<sup>rd</sup>.
- (2) Seeded heats for the 1500 freestyle shall be published and available at approximately 10:00 AM Saturday, August 7<sup>th</sup>.

For individual event distances 400 and less, the events will be pre-seeded with heats organized according to USA Swimming Rules 102.5. Seeding individual events shall be as follows:

- (1) All conforming times will be arranged in time order.
- (2) Non-conforming short course meter times will be arranged in time order followed by non-conforming yard times.
- (3) Bonus swimmers will be arranged in random order after the times that meet the qualifying standards.
- (4) After arranging the times as provided above, the event will be seeded in normal fashion.

**CHECK-IN/SCRATCH PROCEDURES:****Scratch Deadlines:**

<b>Tuesday</b>	<b><u>Scratch Deadline – 800 Freestyle</u></b>	3:30 PM
	<b><u>Scratch Deadline – Wednesday events</u></b>	4:30 PM
<b>Wednesday</b>	<b><u>Scratch Deadline – Thursday events</u></b>	6:30 PM
<b>Thursday</b>	<b><u>Scratch Deadline – Friday events</u></b>	6:30 PM
<b>Friday</b>	<b><u>Scratch Deadline – Saturday events</u></b>	6:30 PM
<b>Saturday</b>	<b><u>Scratch Deadline – 1500 Free</u></b>	8:30 AM

**Deck-Seeded Events:** Positive check-in is required for the 800/1500 free and all relays. Check-in sheets will be posted prior to the start of warm-ups on the day of the event and will be removed 30 minutes prior to the start of the session. Those athletes not checked-in by the deadline will be scratched from the event. Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming an event, the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name and place their initials next to the swimmer's name.

**Pre-Seeded Events:** Scratches for pre-seeded events shall be confirmed by properly filling out a scratch card and placing it in the scratch box prior to the scratch deadline. The scratch box is located at the Clerk of Course.

Empty lanes in pre-seeded events will be filled with on-deck entries.

**Relays:** Teams may enter a maximum of two (2) entries per relay event. Relays will be deck seeded Timed Finals and will swim slowest to fastest during Finals. Relay cards will be distributed in coaches' packets (available Tuesday morning). Cards must be completely and properly filled out and submitted to Clerk of Course by **5:30pm on the day of the event**. The cards will remain with Clerk of Course and heat sheets will be distributed and posted as soon as possible. Each card must contain the first and last names and ages for all swimmers eligible to compete (there is no limit to the number of eligible swimmers). The competing swimmers must be listed in the order in which they will swim. Any changes in the names of the competing swimmers or their order of swimming must be declared to the lane timer prior to the start of the heat in which the relay is entered. Relay cards not received by the deadline will be considered scratches.

**Finals:** The 2010 USA Swimming National Scratch rules will be used during the meet. Swimmers qualifying for finals or consolation finals must notify the referee within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must

further declare their final intention to scratch by filling out a scratch card and either giving it to the referee or depositing it in the scratch box at Clerk of Course table within 30 minutes following the posting of the last preliminary event of the session.

**PENALTIES:**

**Deck-Seeded Events:** Failing to swim an event after a positive check-in will result in the swimmer being barred from his/her next event.

**Failure to swim Finals:** Any swimmer failing to properly scratch and failing to compete in the bonus, consolation finals and finals shall be barred from the remainder of the meet unless relieved for good cause by the Meet Referee.

**ENTRY****INFORMATION:**

**Entry Times:** Times must be from USA swimming meets. Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). There are to be no conversions from yard to meters or meters to yards. If entries are made by paper, (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). Long course yards shall be the conforming course for this long course championship meet and events shall be seeded with conforming times first, followed by non-conforming short course meter times followed by non-conforming short course yard times. Swimmers may not enter with a NO TIME (NT).

**Qualifying Times:** See Times Standards – attached

**Cut-off Times:** Any swimmer who has achieved the current 2010 ConocoPhillips National Championship qualifying time in any event (LCM, SCM, SCY) prior to the entry deadline is ineligible to compete in the 2010 Southern Zone Senior Championships.

**Age:** Swimmers 19 or younger. Swimmer's age as of August 3, 2010 will determine his or her age for the entire meet.

**Entry Qualification Period:** April 1, 2009 to August 3, 2010

**Number of Events:** Swimmers may compete in up to two (2) individual events per day (including time trials) and up to one (1) relay per day. Swimmers may compete in a total of six (6) individual events for the meet.

**Bonus Events:** The following "Bonus Event" Rule will be in effect for this meet. The formula is as follows: one qualifying time = one bonus swim, two qualifying times = two bonus swims, three qualifying times = three bonus swims. The six (6) individual events limit for the meet is still applicable. A swimmer will not be required to prove times for those bonus events. To enter a bonus swim, a swimmer must enter as a "No Time" or "NT" for that entry. Failure to identify each bonus event entered in this manner will result in the entry being treated the same as a non-bonus event. Events 400 yards and longer may not be swum as Bonus Events.

**Deadline:** Entries must be in the hands of the Meet Entry Chairman not before Monday, July 5, at 8:00am EST and no later than 11:59pm Monday, July 26, 2010. Emailed entries will be accepted for swims achieved between 12:00 midnight July 27, 2010 through 12:00 noon EST Monday August 2, 2010. No updated times will be allowed. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required.

Mail or hand-deliver entries to the Meet Entry Chairperson: Roger Deary

Phone: 904-509-8947

Email: [dearyr@bellsouth.net](mailto:dearyr@bellsouth.net)

**Entries:** All teams entering MUST submit their entries electronically via email, using the Hy-Tek Meet Manager/Team Manager computer software, **along with a hard copy printout of the entries.** Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter swimmers using an entry form only (without sending Hy-Tek files).

Teams may electronically mail their Meet Manager files. **Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.**

**ELIGIBLE TEAMS:**

This meet is open to all swimmers in the Southern Zone age 19 & younger. Swimmer's age as of

August 3, 2010 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "registration applied for" will not be accepted.

Any swimmer who has achieved the current US Open qualifying time in any event (LCM, SCM, SCY) prior to the entry deadline is ineligible to compete in the 2010 Southern Zone Senior Championships.

- ENTRY FEES:** \$7.50 per individual event, \$15.00 per relay entry. Make checks payable to YMCA Aquatic Center. Entry fees must accompany entries, if delivered by any method other than email.
- AWARDS:** **Individual events:** USA medals for 1<sup>st</sup> – 8<sup>th</sup> place, ribbons for 9<sup>th</sup> – 16<sup>th</sup> place.  
**Relays:** USA medals for 1<sup>st</sup> – 8<sup>th</sup> place, ribbons for 9<sup>th</sup> – 16<sup>th</sup> place.  
Awards for Top 8 will be presented immediately following the conclusion of the Championship Final (A Final) of each event.
- SCORING:** Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (1st thru 16<sup>th</sup> place for individual events). The B consolation heats score as detailed above. C heats (&/or D heats) do not score. Relays events: score double points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 (1st thru 16<sup>th</sup> place for relays).
- RULES & SANCTIONS:** The meet will be held under the sanction of USA Swimming and Florida Swimming. The 2010 USA Swimming and Florida Swimming rules will apply. No entries can be accepted unless the entrant is either USA Swimming registered or certified by USA Swimming.
- POOL MEASUREMENT:** The competition course is compliant and certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified each session in accordance with Florida Swimming Rules.
- TIMING SYSTEM:** The Colorado System 5 automatic timing system with electronic scoreboard will be used. One semi-automatic button and one manual watch per lane will be used as a back-up.
- POOL DECK RESTRICTION:** Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Florida sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.  
 Coaches and Officials must present their membership cards in order to receive complimentary Psych/Heat Sheets and for admission to the Hospitality Room.  
 Special Note: Coaches, swimmers, and volunteers need to stay out of the roped-off area provided for the meet officials around the pool deck and honor Meet Official and Safety Marshal requests to allow room for USA Swimming officials to perform their duties.
- PROOF OF TIME:** Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove.
- SWIMMERS WITH DISABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment.
- MEET RESULTS:** Meet results will be posted following the conclusion of the meet on the Florida Swimming website at: <http://www.floridaswimming.org>

## SPECIAL

**OPERATIONS  
NOTES:**

This meet may be run utilizing chase starts during the prelim sessions. A final decision as to protocol to be used will be made during the Tuesday General Meeting and will be dependent on the number of entries and resulting timeline.

**Distance Events – Competition Protocols**

All **Relays** will be timed final events and will swim during each day's finals session. Relay heats will swim slowest to fastest and in event order

The **800 Freestyle (events 1 and 2)** is a timed final event. All heats will be swum, fastest to slowest, alternating women and men heats. **Check-in deadline is 2:30 PM Tuesday.**

The **1500 Freestyle (event 31 and 32)** is a timed final event. The fastest 8 women and the fastest 8 men, who check-in and do not elect to swim in prelims, will swim during Saturday's finals. All other heats will be swum, fastest to slowest, alternating women and men, as the last event of Saturday's prelim session. **Check-in deadline is 8:30 AM Saturday.**

**400 IM and 400 Free:** These events will be swum as prelim/finals events. In prelims, these events will be swum slowest to fastest with international seeding for the fastest three heats.

**GENERAL MEETING:** A general meeting will be held Tuesday, August 3, 2010 at 1:00 pm in the hospitality room.

Items to be discussed will include but not be limited to:

1. Addition of another consolation finals heat (D) for 200 meter and less events.
2. Use of chase starts base on size and timeline of the meet
3. Scratch procedures
4. Check-in deadlines
5. Distance event and relay protocols

**INFORMATION:**

Meet Director - Steve Corrie - 407-363-1911 - [scorrie@cfymca.org](mailto:scorrie@cfymca.org)

Head Referee - Matt Wilson - [matthew.wilson@chicos.com](mailto:matthew.wilson@chicos.com)

# Meet Format

## Southern Zone Senior Long Course Championships Hosted by YMCA of Orlando Tuesday, August 3<sup>rd</sup> – Saturday August 7<sup>th</sup>, 2010

Entry Rules:	Type of meet	Prelim/Finals
	Max # individual events per day	Two (2)
	Max # individual events - meet	Six (6)
	Swimmers eligible from the following teams:	All USA Swimming Southern Zone Teams & Swimmers
	Entry times in	LCM, SCM, SCY
	Qualifying times	Per Event Schedule
	Cut-off times	2010 US Open
	Enter with "no time"?	No
Fees	Individual \$7.50 Relay \$15.00	

## Meet Schedule and Qualifying Times

Tuesday August 3<sup>rd</sup>, 2010

Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
1	10:10.59	10:00.39	11:25.99	800/1000 Free	10:44.19	9:23.79	9:36.89	2

All heats of the 800 Freestyle will be swum fastest to slowest alternating women's and men's heats.

Wednesday August 4<sup>th</sup>, 2010

Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
3	1:05.79	1:04.29	:58.19	100 Free	:52.89	:58.49	1:00.49	4
5	2:57.99	2:52.39	2:35.99	200 Breast	2:23.89	2:38.99	2:46.99	6
7	2:37.49	2:32.39	2:17.89	200 Back	2:06.79	2:20.19	2:24.99	8
9	2:35.89	2:32.99	2:18.49	200 Fly	2:07.79	2:21.29	2:24.29	10

Thursday August 5<sup>th</sup>, 2010

Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
11	2:21.09	2:17.99	2:04.89	200 Free	1:55.09	2:07.19	2:11.49	12
13	5:35.99	5:28.19	4:56.99	400 IM	4:35.79	5:04.79	5:13.49	14
15				800 FR				16

All relays will swim in Finals. Relay heats will swim slowest to fastest and in event order. Relay check-in deadline is 5:30 PM Thursday.

Friday August 6 <sup>th</sup> , 2010									
Women				Event	Men				
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #	
17	1:13.09	1:10.49	1:03.79	100 Back	:58.59	1:04.69	1:07.69	18	
19	4:55.99	4:51.39	5:32.89	400/500 Free	5:10.79	4:31.99	4:38.09	20	
21	1:23.09	1:20.09	1:12.49	100 Breast	1:05.99	1:12.99	1:16.39	22	
23	1:11.19	1:10.19	1:03.59	100 Fly	:57.59	1:03.69	1:04.89	24	
25				400 FR				26	

All relays will swim in Finals. Relay heats will swim slowest to fastest and in event order. Relay check-in deadline is 5:30 PM Friday.

Saturday August 7 <sup>th</sup> , 2010									
Women				Event	Men				
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #	
27	2:40.29	2:35.69	2:20.89	200 IM	2:09.49	2:23.09	2:29.39	28	
29	:30.49	:29.69	:26.89	50 Free	:24.29	:26.79	:27.59	30	
31	19:37.19	19:02.29	19:08.99	1500/1650 Free	18:00.99	17:54.69	18:25.29	32	
33				400 MR				34	

For the 1500 Freestyle check-in, swimmers may elect to swim the event during prelims. The fastest 8 women and the fastest 8 men who check-in for each event, and who do not elect to swim in prelims, will swim during finals. All other heats of the 1500 Freestyle will be swum as the last heats in Prelims, fastest to slowest alternating women and men.

All relays will swim in Finals. Relay heats will swim slowest to fastest and in event order. Relay check-in deadline is 5:30 PM Saturday

## SAFETY GUIDELINES AND WARM-UP PROCEDURES

### WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. Lanes are **ONE WAY ONLY**.

### SAFETY GUIDELINES

- A. Swimmers Responsibilities
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
  - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
  - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
  - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
  - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
  - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
  - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
  - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
  - 2. Glass containers are prohibited.
  - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

