

TBAY/SPA Saturday & Sunday At The Races

January 28-29, 2017

This meet will be seeded fastest to slowest - \$2 Heat Sheet Surcharge
All Events will be combined by Age and Gender, but scored separately

- Sanctioned by: Florida Swimming of USA Swimming: #3901
"In granting this approval it is understood 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: Any swimmer entered in the meet, unaccompanied by a USA-S member coach must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. 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: Tampa Bay Aquatics, St. Petersburg Aquatics, City of St. Petersburg
Department of Leisure Services
- Type of Meet: Age Group and Senior 25 Yard Short course, Timed Finals
- Deck Changing: Deck Changing is not allowed at the North Shore Pool.
- Date and Time: Saturday January 28-(11 & Older 9:30am) (10 & Under 10:00am)
Sunday January 29-(11 & Older 9:30am) (10 & Under 10:00am)
- Location: North Shore Pool
901 North Shore Drive NE, St. Petersburg, FL 33701
- Pool Spec: Certified 25 Yard, outdoor pool with two racing courses. Locker room course has a max of 10 lanes and Bayside course has a max of 10 lanes. Both 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 on both courses.

Warm-up: 11 & Older - 8:00am to 9:15am; 10 & Under 9:15am to 9:45am

Eligibility: Open to all USA Swimming registered swimmers. 2017 USA-S registrations will be accepted on deck and given to the Meet Referee.

Seeding: 25 Yard times will be used for seeding. No Converting Times.

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 four (4) **INDIVIDUAL** events per day. Swimmers posting entries over the event limit will be considered as entered in the first four (4) 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 per event
Facility Charge: \$10.00 per swimmer
Heat Sheet Fee: \$2.00 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.

Heat Sheets: Heat sheets will be posted on www.midnightsports.com and www.floridaswimming.org no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$2 charge will be applied to each swimmer's entry fee. Heat sheets will **NOT** be available at the meet for purchase. Coaches, please email all swimmers and parents to make them aware of this.

Deck Entry: Deck entries will be accepted to fill heats only. No new heats will be created. Each deck entry will cost \$10.00, plus facility fee and heat sheet fee, if not already entered in meet. Entries will only be accepted from coaches with credentials. Parents and swimmers cannot deck enter an athlete. Eleven and older deck entries must be accepted by the Administrative Referee and assigned a lane by 8:45am on the day of competition. Ten and Under deck entries must be accepted by the Administrative Referee and assigned a lane by 9:15am on the day of

competition. A swimmer may not drop an event to deck enter another event, and the entry limit of 4 pre-entered events remains.

Entry Deadline: All entries must be submitted by Wednesday, January 18, 2017.
Enclose checks and make payable to Tampa Bay Aquatics (TBAY).
Please send Express Mail Overnight to:

Julia Lamb
Tampa Bay Aquatics
10006 Cross Creek Blvd. #438
Tampa, FL 33647
juliamlamb@gmail.com

Awards: Age Group events: 1st 10th Place: Ribbon No awards for senior

Rules: Current USA Swimming and regulations 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. 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.

Identification: 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 or be able to prove current USA-S membership on Deck Pass.. Coaches without credential will not be permitted on the pool deck. Volunteers must have credentials to be on the pool deck.

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 Push 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: Meet Referee: John Jansen
 Administration Official: John Ware

Locker Room Course	Bayside Course
Deck Referee: Frank Swignon	Deck Referee: Brett Ewald
Starter: Victor Perez	Starter: John Jansen
Stroke & Turn: Tom King	Stroke & Turn: Colleen McIlroy
Head Marshall: Julia Lamb	Head Marshal: Alex Richardson

Meet Manager: Julia Lamb: (813) 240-9428 Alex Richardson: (407) 625-0292

Camera Zones: Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "camera zones" at each swim meet where still and video photography of a race or a competitor in a race may be taken. No "Camera Zones" are the area immediately behind the starting blocks at either end of the racing course while they are in use for "racing start purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.

THIS MEET WILL BE SEEDED FASTEST TO SLOWEST

Saturday, January 23, 2016. (Swimmers may enter a maximum of four (4) events/day)

Locker Room End Course – Morning Session

Warm-Up: 8:00am to 9:15am Start: 9:30am

Event Number	Age Group	Event
G - B		
1 - 2	Senior	500 Freestyle (\$) (*)
3 - 4	Senior	200 Back
5 - 6	11 & 12	50 Back
7 - 8	Senior	100 Butterfly
9 - 10	11 & 12	100 Butterfly
11 - 12	Senior	200 Freestyle
13 - 14	11 & 12	50 Freestyle
15 - 16	Senior	100 Breaststroke
17 - 18	11 & 12	100 Breaststroke
19 - 20	Senior	400 IM (\$) (*)
21 - 22	11 & 12	200 IM

Afternoon Session - 10 Minute Break

23-24 Senior 1650 Freestyle (*) (=)

Bayside End Course - Morning Session

Warm-Up: 9:15am to 9:45am Start: 10:00am

Event Number	Age Group	Event
G - B		
25 - 26	10 & under	100 Backstroke
27 - 28	8 & under	50 Backstroke
29 - 30	10 & under	50 Butterfly
31 - 32	8 & under	25 Butterfly
33 - 34	10 & under	100 Freestyle
35 - 36	8 & under	50 Freestyle
37 - 38	10 & under	50 Breaststroke
39 - 40	8 & under	25 Breaststroke
41 - 42	10 & under	200 IM (%) (*)
43 - 44	10 & under	100 IM

Sunday, January 24, 2016 (Swimmers may enter a maximum of four (4) events/day)

Locker Room End Course – Morning Session

Warm-Up: 8:00am to 9:15am Start: 9:30am

Event Number	Age Group	Event
G - B		
45 - 46	Senior	100 Backstroke
47 - 48	11 & 12	100 Backstroke
49 - 50	Senior	200 Butterfly
51 - 52	11 & 12	50 Butterfly
53 - 54	Senior	100 Freestyle
55 - 56	11 & 12	100 Freestyle
57 - 58	Senior	200 Breaststroke
59 - 60	11 & 12	50 Breaststroke
61 - 62	Senior	50 Freestyle
63 - 64	Senior	200 IM

Afternoon Session – 10 Minute Break

65 - 66 Senior 1000 Freestyle (*) (%)

Bayside End Course

Warm-Up: 9:15am to 9:45am Start: 10:00am

Event Number	Age Group	Event
G- B		
67 - 68	10 & under	50 Backstroke
69 - 70	8 & under	25 Backstroke
71 - 72	10 & under	100 Butterfly
73 - 74	8 & under	50 Butterfly
75 - 76	10 & under	50 Freestyle
77 - 78	8 & under	25 Freestyle
79 - 80	10 & under	100 Breaststroke
81 - 82	8 & under	50 Breaststroke
83 - 84	10 & under	200 Freestyle
85 - 86	9 & 10	500 Freestyle 1 (#) (*)

(\$) – These events will be limited to eight heats, 40 fastest females and 40 fastest males.

If one gender doesn't have the max, the other gender can be substituted. Swimmers not making the

cut will be given the option of swimming another event, if an empty lane is available, no new heats will be created. No refunds will be given.

(*) Coaches must check- in swimmers for these events to be seeded. Check-in for the 500 free by 8:45am on Saturday 1/28. Check-in for 400IM and 1650 by 9:15am, and 10:15am for #39 & 40 (200IM) on Saturday 1/28. Check-in for the 1000 free by 9:30am and 10:15am for the 9 & 10 (500free) on Sunday 1/29. Swimmers failing to check-in, may swim in an empty lane on a first come basis, **NO NEW HEATS WILL BE CREATED.**

(=) – These events will be combined by gender and limited to the fastest 15 females and fastest 15 males. If one gender doesn't have the max entered, the other gender can be seeded. Swimmers not making the cut will be given the option of swimming another event, if an empty lane is available, no new heats will be created. No refunds will be given.

(%) – These events will be combined by gender and limited to the fastest 24 females and fastest 24 males. If one gender doesn't have the max entered, the other gender can be seeded. Swimmers not making the cut will be given the option of swimming another event, if an empty lane is available, no new heats will be created. No refunds will be given.

(#) – Swimmers must provide their own counters and timers for this event. Check-in for the 9 & 10 500 free by 10:15am on Sunday 1/29.