

## SPA/LOLL Last Chance Meet March 1 & 2, 2014

**This Meet will be Seeded Fastest to Slowest - \$2 Heat Sheet Surcharge**

### **15 and Older Swimmers with Current Senior Champ Cuts May NOT Enter that Individual Event in this Meet**

- Sanctioned by:** Florida Swimming of USA Swimming # 2889  
"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:** St. Petersburg Aquatics, City of St. Petersburg Department of Leisure Services, Land O'Lakes Lightning Swim Team
- Type of Meet:** Age Group and Senior 25 Yard Short course, Timed Finals
- Deck Changing:** **Deck Changing is strongly discouraged at the North Shore Pool.**
- Date and Time:** Saturday March 1-(11 & Older 9:00am)(10 & Under 9:30am)  
Sunday March 2-(11 & Older 9:00am)(10 & Under 9:30am)
- 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 8 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 - 7:30am to 8:45am; 10 & Under 8:45am to 9:15am
- Eligibility:** Open to all USA Swimming registered swimmers. On deck registration will be allowed. 2013 form & fee must be presented to the 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 three (3) events per day. Swimmers posting entries over the event limit will be

considered as entered in the first three (3) 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/event  
Facility Charge \$7.50 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 will be posted on;**  
[www.stpetersburgaquatics.com](http://www.stpetersburgaquatics.com) ,  
[www.midnightsports.com](http://www.midnightsports.com) and  
[www.floridaswimming.org](http://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. A limited number of heat sheets will 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 & 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 8:15am on the day of competition. Ten and Under deck entries must be accepted by the Administrative Referee and assigned a lane by 8:45am on the day of competition. A swimmer may not drop an event to deck enter another event, and the entry limit of 3 pre-entered events remains.

**Entry Deadline:** All entries must be submitted by **Friday, February 21, 2014**. Enclose checks and make payable to **St. Petersburg Aquatics**. Please send **Express Mail Overnight** to:  
Mr. Fred Lewis  
St. Petersburg Aquatics  
North Shore Pool  
901 North Shore Drive, NE  
St. Petersburg, FL 33701  
SWIMSTPETE@AOL.COM

**Awards:** Age Group events: 1st - 10th Place; Ribbon-No awards for Seniors

**Rules:** Current USA Swimming Technical 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. All coaches must have their current 2014 USA Swimming coaching credentials in plain site, while on the deck of the pool. **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.

**Proof of Coach/Official Membership** 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. **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 Rush 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:** Referee: Kevin Mooren Chief Stroke and Turn: Joe Finke  
Admin. Referee: Joanne Gauzens Admin. Official: John Ware  
Head Marshall: Bill Burrows Starter: Jeanne Finke

**Meet Manager:** Fred Lewis 727 471 8896, Tracy Harris 727 471 8896

**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 239.2

**THIS MEET WILL BE SEEDED FASTEST TO SLOWEST**

**Saturday, March 1, 2014. (Swimmers may enter a maximum of three (3) events/day)**

8:00am to 8:45am Warm-up 9:00am Start

**Event Age Event**

**Number Group**

**G - B**

**Locker room end course -**

1 - 2 Senior 500 Freestyle\$

3 - 4 11 & 12 50 Back

5 - 6 Senior 200 Back

7 - 8 11 & 12 100 Butterfly

9 - 10 Senior 100 Butterfly

11 - 12 11 & 12 50 Freestyle

13 - 14 Senior 200 Freestyle

15 - 16 11 & 12 100 Breaststroke

17 - 18 Senior 100 Breaststroke

19 - 20 11 & 12 200 IM

5 minute break afternoon session **Swimmers must provide timer and counter**

21 - 22 Senior 1000 Free!! #

**Bayside end course**

8:45am to 9:15am Warm-up 9:30am Start

**Event Age Event**

**Number Group**

**G - B**

23 - 24 10 & under 100 Backstroke

25 - 26 8 & under 50 Backstroke

27 - 28 10 & Under 50 Butterfly

29 - 30 8 & Under 25 Butterfly

31 - 32 10 & Under 100 Freestyle

33 - 34 8 & under 50 Freestyle

35 - 36 10 & Under 50 Breaststroke

37 - 38 8 & Under 25 Breaststroke

39 - 40 10 & Under 200 IM1

41 - 42 10 & Under 100 IM

**Sunday, March 2, 2014 ( Swimmers may enter a maximum of three (3) events/day )**

**Locker room end course -**

8:00am to 8:45am Warm-up 9:00am Start

**Event Age Event**

**Number Group**

**G - B**

43 - 44 Senior 400 IM\$

45 - 46 11 & 12 100 Backstroke

47 - 48 Senior 100 Backstroke

49 - 50 11 & 12 50 Butterfly

51 - 52 Senior 200 Fly

53 - 54 11 & 12 100 Freestyle

55 - 56 Senior 100 Freestyle

57 - 58	11 & 12	50 Breaststroke
59 - 60	Senior	200 Breaststroke
61 - 62	11 & 12	100 IM
63 - 64	Senior	50 Freestyle
65 - 66	Senior	200 IM
5 minute break Afternoon Session		
67 - 68	Senior	1650 Freestyle# Swimmers must provide timer and counter

#### Bayside end course

9:15am Warm-up      10:00am Start

Event Number	Age Group	Event
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#### G - B

69 - 70	10 & Under	50 Backstroke
71 - 72	8 & Under	25 Backstroke
73 - 74	10 & Under	100 Butterfly
75 - 76	8 & Under	50 Butterfly
77 - 78	10 & Under	50 Freestyle
79 - 80	8 & Under	25 Freestyle
81 - 82	10 & Under	100 Breaststroke
83 - 84	8 & Under	50 Breaststroke
85 - 86	10 & Under	200 Freestyle
87 - 88	10 & Under	500 Freestyle

\$The fastest eight heats, 4 fastest females and 4 fastest males will swim in the normal order of events. All remaining swimmers will swim in the afternoon session ( fast to slow, alternating females and males), after event # 22 on Saturday and #68 on Sunday. **All 500 yard free and 400 yard IM swimmers in the afternoon session must provide their own timers and counters.** Coaches must check-in swimmers for these events to be seeded. Check-in for the 500 free by 8:15am on Saturday 3/1. Check-in for the 400IM by 8:15am on Sunday 3/2.

!! Check-in for the 1000 free by 8:45am on Saturday 3/1. All swimmers in the afternoon session must provide a timer and counter. The 1000 Free will swum combined by gender and scored separately. Slower heats of the 1000 free may be swam in the Bayside course.

Check in for the Senior 1650 (#67 & #68) and 10 and under 500 free(#87 & #88) is by 9:15am on Sunday 3/2. Both events will be swum combined by gender and scored separately. Slower heats of the 1650 free may be swam in the Bayside course.

**# Swimmers must provide their own counters and timers for these events.**