



**Carrollwood Village Swim Team
SWEETHEART MEET
February 3-5, 2023**

Ver. Working

A USA Swimming Sanctioned Meet through the Florida Swimming LSC **FL-6381**

"In granting this sanction 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".

"We have taken enhanced health and safety measures – for you, our other guests, and team members. You must follow all posted instructions while attending this swim meet at the Carrollwood Country Club Tennis & Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the Carrollwood Country Club, you voluntarily assume all risks related to exposure to COVID-19."

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. Carrollwood Village Swim Assn, Inc. (CVST), cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in Carrollwood Village Swim Assn. Inc. (CVST), events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a Carrollwood Village Swim Assn. Inc. (CVST), hosted event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS CARROLLWOOD VILLAGE SWIM ASSN., INC. (CVST), AND ITS OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Condition of: The competition course has been certified in accordance with 104.2.2C. The copy of such certification is on file Sanction: with USA Swimming. Any swimmer who attends the meet unaccompanied by a USA Swimming member coach must be certified, by a USA Swimming 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's parent(s) to comply with this requirement.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

USA Swimming 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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.



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All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

TYPE OF MEET: 25 Yd. SC Invitational Swim Meet, 6&U, 8&U, 10&U, 11&12 & 13-14 Timed Finals

DATE & TIME: Session 1: Friday, February 3, 2023, 5:00 PM
Session 2: Saturday, February 4, 2023, 9:00 AM
Session 3: Saturday, February 4, 2023, Not Before 12:00 Noon
Session 4: Sunday, February 5, 2023, 9:00 AM
Session 5: Sunday, February 5, 2023, 20 minutes after completion of Session 4

LOCATION: Carrollwood Country Club (TAC) Tennis & Aquatic Center, 13985 Club House Drive, Tampa, Florida 33618 – 813-961-1368

POOL SPEC: The water depth at the competition starting and turning end is a minimum of 4 feet. Certified 25 Yd. outdoor pool, non-turbulent lanelines, Up to Nine (9) lanes may be used for competition.

TIMING: Daktronics Automatic Timing

WARM-UP: Sessions 1:
3:30 PM to 4:50 PM Lanes 1 to 10 continuous lap swimming
4:30 PM to 4:50 PM Lanes 1 to 6 continuous lap swimming
Lanes 7 to 9 racing starts
Lane 10 pace work

Sessions 2&4:
7:30 AM to 8:50 AM Lanes 1 to 10 continuous lap swimming
8:30 AM to 8:50 AM Lanes 1 to 6 continuous lap swimming
Lanes 7 to 9 racing starts
Lane 10 pace work

Sessions 3 (Immediately following the end of Session 2 - Not Before 11:00 AM):
11:00 AM to 11:30 AM Lanes 1 to 10 continuous lap swimming
11:30 AM to 11:50 AM Lanes 1 to 6 continuous lap swimming
Lanes 7 to 9 racing starts
Lane 10 pace work

Session 5 (20 Minutes, immediately following the completion of Session 4)
Lanes 1 to 10 continuous lap swimming

Lane 10 will be available for Warm-up/Warm-down during all competition.

*******ONE HAND MUST BE ON THE DECK WHEN ENTERING THE POOL, WHEN NOT DOING A RACING START. *****NO EQUIPMENT MAY BE USED AT ANY TIME.**

ELIGIBILITY: Open to all invited currently registered USA Swimming Athlete Members, on the invited teams. Entries will stop being accepted with the team that Meet Management feels will put the sessions at four (4) hours. On deck registration will be allowed. The 2023 USA-S form, fee, etc. must be presented to the Referee.

Invited Teams: CVST, BERK, STA, PS

SEEDING: 25 yard times will be used for seeding.

SCRATCHES: No penalty for scratching on the block.

ENTRY LIMIT: Six (6) individual events per day plus relays. Swimmers over entered will be considered as entered in their first Six (6) events.

ENTRY FORM: Entries must be submitted by Electronic Entry, in the SDIF or CL2 Format. Entries will be accepted via electronic mail attachment. Please send entries to Info@CVST.org and to Eva@FastSwimResults.com. Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. Free text e-mail entries will not be accepted. Disk or e-mailed entries must be accompanied by a backup hard copy of the entry. List all attending coaches and contact phone numbers, in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file. If using the enclosed Entry Form, the form will serve as proof of entry.

The legal name and current USA Swimming Registration Number for each swimmer **must** be listed on the Entry Form. The Master Entry Form must accompany the proof of entries and a current USA Swimming Member must sign the form. All applicable entry fees must be received by the CVST by the entry deadline listed in this meet information letter.



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- ENTRY FEE:** \$5.50 per individual event, \$10.00 per swimmer Facility Fee, \$3.00 Heat Sheet Fee, \$2.00 Travel Surcharge per out-of-state swimmer.
- HEAT SHEETS:** Heat Sheets will be posted on; www.CVST.org no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$3.00 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.
- ENTRY DEADLINE:** All entries must be received by Tuesday, January 24, 2023, 5:00pm. No late, phone or fax entries will be accepted. Checks payable to CVST **MUST** accompany entry forms. **Mail Express Mail to:** CVST Last Chance Sweetheart Meet, 13985 Clubhouse Drive, Tampa, Florida 33618 **Email to:** Info@CVST.org.
- DECK ENTRIES:** Deck entries will be accepted for open, unseeded lanes only if the swimmer is not already in six (6) events for the day. A swimmer may not scratch an event to deck enter another. No new heats will be created. Deck entry fees will be \$10.00 per event and the Facility Fee and Heat Sheet Fee applies. The deadline for **ALL** deck entries will be 30 minutes prior to the start of the session for the entered event.
- AWARDS:** Individual: Awards 1st - 8th Place
Individual High Point: 1st - 3rd Place
- 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 the meet.
- TEAM REP:** Prior to the start of the meet, the name of one person other than the coach will be given to the referee. Only the coach and that person will be recognized by the referee relative to matters pertaining to the meet.
- OFFICIALS:**
- | | | | |
|----------------|-----------------|-----------------|-----------------|
| Head Referee | - Rick Sheridan | Deck Referee | - Bob Griffiths |
| Starter | - Ryan Balseiro | Stroke & Turn | - Audrey Shor |
| Admin Official | - John Ware | Male Marshall | - Ryan Heath |
| Meet Director | - Jan Volz | Female Marshall | - Tara Balseiro |
- COACHES:** All Coaches & Officials **MUST** show proof of USA Swimming Coach Membership in order to be on deck at the meet and/or receive a Team Packet and **MUST** have their USA Swimming registration card at all times while on deck or show current registration on the USA Swimming App.
- CAMERA ZONES:** Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end," etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, 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.
- FOOD SERVICE:** **No Outside Food / No Coolers Permitted on Property** - Food Service may be available at the meet – Club Charge, Cash or Credit Card. Coolers, etc. are prohibited from the facility. All food and drink consumed on the property must be purchased through the Carrollwood Country Club.
- INFORMATION:** Info@CVST.org or Jan Volz, Meet Director at 813-760-9869.



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ORDER OF EVENTS

SESSION 1

FRIDAY, FEBRUARY 3, 2023 - WARM UP 3:30pm/START 5:00pm

EVENT #	AGE GROUP	EVENT
1-2	6&U*	25 Free (1)
3-4	8&U*	25 Free (1)
5-6	6&U*	25 Back (1)
7-8	8&U*	25 Back (1)
9-10	6&U*	25 Breast (1)
11-12	8&U*	25 Breast (1)
13-14	6&U*	25 Fly (1)
15-16	8&U*	25 Fly (1)
17-18	13-14*	200 IM (2)
19-20	10&U*	200 Free (2)
21-22	11-12*	200 Free (2)
23-24	13-14	500 Free (3)
25-26	11-12	500 Free (3)

- (1) - Events 1-16 will be combined with like distances & strokes and scored separately.
- (2) - Events 17-22 are all Positive Check-In Events. The Scratch/Check-In Deadline is one half (1/2) hour prior to the start of the session for these events. All of these events will be combined with like distances & like strokes and scored separately.
- (3) - Events 23-26 are all Positive Check-In Events. The Scratch/Check-In Deadline is one half (1/2) hour prior to the start of the session for these events. All of these events will be combined with like distances and scored separately. Swimmers in these events must provide their own counters and timers as required.

SESSION 2

SATURDAY, FEBRUARY 4, 2023 - WARM UP 7:30am/START 9:00am

EVENT #	AGE GROUP	EVENT
27-28	13-14	200 Free (1)
29-30	11-12	50 Free (1)
31-32	13-14	100 Back (1)
33-34	11-12	100 Back (1)
35-36	13-14	200 Breast (1)
37-38	11-12	50 Breast (1)
39-40	13-14	200 Fly (1)
41-42	11-12	50 Fly (1)
43-44	13-14	100 Free (1)
45-46	11-12	100 Free (1)
47-48	13-14	200 Back (1)
49-50	11-12	50 Back (1)
51-52	13-14	100 Breast (1)
53-54	11-12	100 Breast (1)
55-56	13-14	100 Fly (1)
57-58	11-12	100 Fly (1)
59-60	13-14	200 IM (1)
61-62	11-12	200 IM (1)
63-64	13-14	50 Free (1)

- (1) Events will be combined with like distances & strokes and scored separately.



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SESSION 3

SATURDAY, FEBRUARY 4, 2023 - WARM UP Not Before 11:00pm/START Not Before 12:00pm

EVENT #	AGE GROUP	EVENT
65-66	8&U	50 Free (1)
67-68	10&U	50 Free (1)
69-70	10&U	100 Fly (1)
71-72	8&U	50 Back (1)
73-74	10&U	50 Back (1)
75-76	10&U	100 Breast (1)
77-78	8&U	100 Free (1)
79-80	10&U	100 Free (1)
81-82	8&U	50 Breast (1)
83-84	10&U	50 Breast (1)
85-86	10&U	100 Back (1)
87-88	8&U	50 Fly (1)
89-90	10&U	50 Fly (1)
91-92	8&U	100 IM (1)
93-94	10&U	200 IM (1)

(1) Events will be combined with like distances & strokes and scored separately.

SESSION 4

SUNDAY, FEBRUARY 5, 2023 - WARM UP 7:30am/START 9:00am

EVENT #	AGE GROUP	EVENT
95-96	10&U	100 IM (3)
97-98	11-12	100 IM (3)
99-100	13-14	400 IM (3)
101-102	11-12	1000 Free (3)
103-104	13-14	1000 Free (3)

(3) - Events 95-104 are all Positive Check-In Events. The Scratch/Check-In Deadline is one half (1/2) hour prior to the start of the session for these events. All of these events will be combined with like distances and scored separately. Swimmers in these events must provide their own counters and timers as required.

SESSION 5

SUNDAY, FEBRUARY 5, 2023 - WARM UP Immediately following Session 4/START 20 Minutes after completion of Session 4

EVENT #	AGE GROUP	EVENT
105-106	10&U	500 Free (3)
107-108	11-12	1650 Free (3)
109-110	13-14	1650 Free (3)

(3) - Events 105-110 are all Positive Check-In Events. The Scratch/Check-In Deadline is one half (1/2) hour prior to the start of the session for these events. All of these events will be combined with like distances and scored separately. Swimmers in these events must provide their own counters and timers as required.



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MASTER ENTRY FORM

NAME OF TEAM _____ CALL LETTERS _____
 ADDRESS _____
 HEAD COACH _____ LSC _____
 E-MAIL ADDRESS _____
 HOME PHONE _____ OFFICE PHONE _____

SWIMMER/COACH REGISTRATION

I CERTIFY THAT ALL INDIVIDUALS LISTED ON THE ATTACHED ENTRY FORM ARE CURRENTLY REGISTERED MEMBERS OF USA SWIMMING AND ARE ELLIGIBLE 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 OF 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

FINANCIAL RECAP

WE HAVE ENTERED THE FOLLOWING:

Facility Fee (# of Swimmers)	_____ at \$10.00 each =	\$ _____
Heat Sheet (# of Swimmers)	_____ at \$3.00 each =	\$ _____
Individual Events	_____ at \$5.50 each =	\$ _____
Out of State Athlete Travel Surcharge	_____ at \$2.00 each =	\$ _____
TOTAL ENTRY FEES PAID =		\$ _____

ENTRIES MUST BE RECEIVED BY: Tuesday, January 24, 2023, 5:00pm

MAIL TO: CVST Sweetheart Meet, 13985 Clubhouse Drive, Tampa, Florida 33618

EMAIL TO: Info@CVST.org