

## **THE LIGHTNING INVITATIONAL**

Hosted by:

**WEST FLORIDA LIGHTNING AQUATICS**

Courtesy of:

**The City of Largo Parks and Recreation Department**

Sanctioned by:

**Florida Swimming of USA Swimming # FL-6460**

**“In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.”**

**CONDITION OF SANCTION: Any swimmer entered in 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 or swimmers legal guardian to ensure compliance with this requirement.**

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

**The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.**

**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.**

**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.**

### **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 FLORIDA SWIMMING 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 THEREWITH.**

**TYPE OF MEET: 50 Meter Long Course  
8 & Under and 10 and Under Timed Finals  
11-12 Prelims/ Finals top 8, 13-14 and Senior Prelims/Finals top 16  
Senior Prelims, Consolations and Finals  
400 Free, 400 IM (11 and Up Saturday and Sunday) Timed Finals during prelims with fastest heat of each event during finals.**

**DATE & TIME: Friday, June 16th 4:00 warm up/ 5:00 Start  
Saturday and Sunday, June 17-18, 2023, 7:00 Warm Up, 8:00 Start.  
Finals 4:00 Warm Up, 5:00 p.m. Start time.  
12 and Under sessions Saturday and Sunday will start not before 11:30 a.m.  
Meet Management reserves the right to break over swimmers into two sessions upon receipt of entries.**

**LOCATION: Largo Recreation Department, Southwest Pool, Corner of Wilcox and Vonn Rd, Largo, FL (13120 Vonn Road, Largo, 33774)**

**POOL SPECS: Certified 50 Meter by 25 yard heated outdoor pool with a depth ranging from 4-17 ft., 10 long course racing lanes with Kiefer non-turbulent lane lines and KDI Paragon starting blocks at both ends of the pool (8 lanes to be used in competition with one buffer lane and one lane open for continuous warm-up/ warm-down). Water depth at the start ends 17 ft. to 4 ft.**

**MEDICAL SUPERVISION: Lifeguards on duty and AED device available.**

**TIMING EQUIP: Colorado electronic timing system with manual watches.**

**WARM-UP: 7:00- 7:50 AM Friday, Sat. & Sun mornings. Minimum of 40 minute warm-up guaranteed prior to afternoon session. One hour warm-up prior to each finals session. One lane open for continuous warm-up during the meet.**

**ELIGIBILITY: Open to all USA Swimming registered swimmers who have achieved listed qualifying times. No individual points will be awarded to swimmers who fail to meet qualifying times in either prelims or finals. No other penalties will be used for failure to meet qualifying times. On deck registration will not be allowed.**

**SEEDING: 50 meter times will be used for seeding purposes. Conversions may be made using the formula in Florida Swimming.**

**SCRATCHES: No penalty for scratches on the block in the prelims WITH THE EXCEPTION OF DECK SEEDED EVENTS. Any swimmer entered in a deck seeded individual event, who has checked in for that event, must swim in the event unless he/she notifies the Clerk of Course before the seeding of that event has begun that he/she wishes to scratch. Failure to do so will**

result from him/her being barred from the next individual event which he/she is entered in on that day or the next day of the meet, whichever is first.

**FINALS:** Any swimmer who competes in a preliminary heat and fails to notify the Referee that he/she is scratching from the finals within 15 minutes of the last event of that session will be barred from the next individual event which he/she is entered in on that day or the next day of the meet, whichever is first, except that in the event of illness or injury, no penalty will be declared. **NO EXCEPTIONS !** Medical and or other excuses must be reported to the Meet Referee and approved prior to the event being swum.

**ENTRY LIMIT:** Limited teams with the first 400 entered swimmers or the first team to fill the 4 hour time limit per session. WFLA reserves the right to return any entries that may exceed the limit. All swimmers are limited to (3) events per day. **1500 FREESTYLE:** In order to control the length of the meet, we reserve the right to limit the entries of both Age Group and Senior Events. Coaches will be advised of changes. 1500 swimmers are responsible for their own counter and timer.

**DECK ENTRIES:** Deck entries are only for swimmers already entered in the meet will be accepted up to 30 minutes prior to the start of each prelim/timed final session. Entries will be turned into the Administrative Referee and must be accompanied by a \$10.00 entry fee per event and the facility fee of \$10.00 if the swimmer has not yet been entered in the meet. Deck entries will be accepted for published open lanes only. No new heats will be created. Deck entries will be accepted for deck -seeded events. A swimmer already entered in the meet may not drop an event to deck seed another; the entry limit still applies.

**ENTRIES:** Entries will also be accepted via e-mail attention to:  
[johnware@midnightsports.com](mailto:johnware@midnightsports.com)

Entries must be in USA Swimming SDIF Format or Hy-Tek CL2 format. A signed hard copy print out is acceptable as proof of entry. Free text email entries will not be accepted. List all attending coaches, contact and phone numbers in the body of the e-mail which serves as proof of entry. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours. Errors submitted electronically are the responsibility of the applicant. Payment for entries may be mailed to: 11468 87<sup>th</sup> Ave., Seminole, FL 33772, or handed to Meet Management prior to the start of the meet.

**ENTRY FEE:** \$5.50 per individual timed final event, \$8.50 prelim/final event, \$6.00 Relay Fee, \$13.00 facility fee, \$10.00 deck entry.

**HEAT SHEETS** are to be printed and brought to the meet. A \$3 charge will be applied to each swimmer's entry fee. Coaches, please email all swimmers and parents to make them aware of this.

**ENTRY** Entries must be received by Tuesday, June 6th, 2023.

**AWARDS:** Ind. Events: Medals- 1<sup>st</sup> place, ribbons 2<sup>nd</sup>-8<sup>th</sup> place.

Relay Events: - Ribbons 1<sup>st</sup>--3<sup>rd</sup> place.

Individual Age Group and Senior High point Awards

First and Second Place Visiting Team Awards.

**SCORING: Individual Events: 9-7-6-5-4-3-2-1**

**Relay Events: 18-14-12-10-8-6-4-2**

**No individual points will be awarded to swimmers who fail to meet qualifying times in an event. Swimmers in finals must achieve qualifying times in order to score points.**

**RULES: Current USA Swimming Rules will govern the meet. 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. Fly over starts will be used. Heats may be combined at the discretion of the referee.**

**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 must be given to the referee. The coach and that person only will be recognized.**

**OFFICIALS:**

**Head Referee: Kay Caldwell**

**Administrative Official: John Ware**

**Head Starter: Paul Billitto**

**Head Stroke and Turn: Maria Barnaky**

**Head Marshall: Karen Smalley**

**INFORMATION: Cashel Mack, Head Coach, 727-686-6418 or Michelle Billitto, Meet Manager, [billitto@yahoo.com](mailto:billitto@yahoo.com),**

**SPECIAL NOTE: Parents/spectators allowed in designated areas only on the deck. We will be sending out our most recent Covid protocol prior to this meet. Parent/ spectator zones will be specified at that time.**

**CAMERA ZONES: Still and video photography will be allowed only from the sides (north and south ends) of the pool and the turn end of the pool except when the turn end is used for starts.**

**COACHES PLEASE NOTE**

**\*Events and/or heats may be combined.**

**\*Finals will be swum in numerical order. SENIOR EVENTS: Finals will swim *PRIOR* to consolation finals.**

**\* All Friday evening events are timed final events. The 1500 event will be swum with 13-14 and Senior combined , but scored separately, with the fastest heat of each gender swimming first. The remaining heats will be swum fastest to slowest, alternating girls and boys heats.**

## **WARM-UP SCHEDULE**

**ABSOLUTELY NO EQUIPMENT AT ANY TIME**

**SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN DOING A CONTROLLED RACING START.**

**There will be a 50 minute warm-up prior to the meet. The first 25 minutes is general warm-up:**

**LANE**

- **Push off 50's or 100's pace (circle swimming)**
- **Racing Start, one length only (from the east end only)**
- **General Swimming- push off**
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- **General swimming- push off**
- **Push off 50's pace (circle swimming)**

**The remaining 25 minutes is controlled warm-up:**

**LANE**

- **Push off 50's pace (circle swimming)**
- **Racing start one length only (from the east end only)**
- **General swimming- push off**
- **General Swimming- push off**
- **General swimming- push off**
- **Racing start one length only (from the east end only)**
- **Racing start only (from the east end only)**
- **Push off 50's pace (circle swimming)**

## **ORDER OF EVENTS**

**Friday, June 16, 2023 5:00 p.m.**

**EVENT # AGE GROUP DESCRIPTION QUALIFYING TIMES**

**GIRLS BOYS**

**1-2 13-14 50 Freestyle**  
**3-4 Senior 50 Freestyle**  
**5-6 10 and Under 400 Freestyle**  
**7-8 11-12 400 IM**  
**9-10 13-14 1500 Freestyle**  
**11-12 Senior 1500 Freestyle**

**\*\*\* Friday night events are all timed final events. The 10 and Under 400 freestyles and the 11-12 400 IM's will be limited to the top 4 heats . The 1500's will be limited to top 3 heats of each gender.**

## **ORDER OF EVENTS (CONTINUED)**

**Saturday, June 17, 2023**

**EVENT# AGE GROUP DESCRIPTION QUALIFYING TIMES**

**GIRLS BOYS**

**13-14 13-14 200 Freestyle**  
**15-16 Senior 200 Freestyle**  
**17-18 13-14 100 Backstroke**  
**19-20 Senior 100 Backstroke**  
**21-22 13-14 200 Breaststroke**  
**23-24 Senior 200 Breaststroke**  
**25-26 13-14 100 Butterfly**  
**27-28 Senior 100 Butterfly**  
**29-30 13-14 400 IM**  
**31-32 Senior 400 IM**

**THE FOLLOWING EVENTS WILL NOT START PRIOR TO 11:00 AM WITH A 40 MINUTE GUARANTEED WARM-UP.**

**33-34 8 and Under 50 Free**  
**35-36 10 and Under 50 Free**  
**37-38 11-12 50 Freestyle**  
**39-40 8 and Under 50 Backstroke**  
**41-42 10 and Under 100 Backstroke**  
**43-44 11-12 100 Backstroke**  
**45-46 10 and Under 200 Freestyle**  
**47-48 11-12 200 Freestyle**  
**49-50 10 and Under 100 Breaststroke**  
**51-52 11-12 100 Breaststroke**  
**53-54 10 and Under 100 Butterfly 53-**  
**55-56 11-12 100 Butterfly**

**ORDER OF EVENTS (CONTINUED)**

**Sunday, June 18, 2023**

**EVENT# AGE GROUP DESCRIPTION QUALIFYING TIMES**

**GIRLS BOYS**

**57-58 13-14 100 Freestyle**

**59-60 Senior 100 Freestyle**

**62-62 13-14 200 Backstroke**

**63-64 Senior 200 Backstroke**

**65-66 13-14 100 Breaststroke**

**67-68 Senior 100 Breaststroke**

**69-70 13-14 200 Butterfly**

**71-72 Senior 200 Butterfly**

**73-74 13-14 200 IM**

**75-76 Senior 200 IM**

**77-78 13-14 400 Freestyle**

**79-80 Senior 400 Freestyle**

**THE FOLLOWING EVENTS WILL NOT START PRIOR TO 11:00 AM WITH A  
40 MINUTE GUARANTEED WARM-UP.**

**81-82 8 and Under 50 Breaststroke**

**83-84 10 and Under 50 Breaststroke**

**85-86 11-12 50 Breaststroke**

**87-88 8 and Under 50 Butterfly**

**89-90 10 and Under 50 Butterfly**

**91-92 11-12 50 Butterfly**

**93-94 10 and under 100 Freestyle**

**95-96 11-12 100 Freestyle**

**97-98 10 and Under 50 Backstroke**

**99-100 11-12 50 Backstroke 91-101-102**

**101-102 11-12 400 Freestyle**

**Hotel info: Hampton Inn, Largo, FL 727-585-3333**

**Holiday Inn Harborside, Indian Rocks Beach, 727-595-9484**

**Holiday Inn Express, 727-536-7275**