

## 2023 - SPA's SEMINOLE SUNRISE LANES SWIM MEET

Hosted by: St. Petersburg Aquatics

June 30 - July 1,2 2023

All Events will be seeded - Fastest to Slowest - No Time Entries WILL NOT BE ACCEPTED ALL LOCAL TEAMS OF 5 OR MORE SWIMMERS MUST PROVIDE AN OFFICIAL FOR EACH SESSION THAT TEAM COMPETES - TEAMS WITH OFFICIALS WILL HAVE ENTRY PREFERENCE  
**\$3.00 Heat Sheet Surcharge**

- Sanctioned by:** Florida Swimming of USA Swimming #FL-6469  
"In granting this sanction, it is understood and agreed that USA-S shall be free and held harmless from any liabilities or claims for damages by reason of injuries to anyone during the conduct of this event."
- Condition of Sanction:** The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.  
*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. When not accompanied by the coach, the swimmers legal guardian must ensure compliance.*  
*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.
- Sponsored by:** St. Petersburg Aquatics, City of St. Petersburg Department of Leisure Services
- Type of Meet:** Age Group and Senior 50 meter long course, Timed Finals
- Date and Time:** Friday June 30, 2023 3:00pm Warm-up (11 & Older 3:00pm to 4:30pm)( 10 & Under 4:30pm to 4:50pm) 5:00pm Start  
Saturday July 1, 2023 - Meet Starts at 8:00am - Warm-up for (13 & Older swimmers 6:30am to 7:50am (IF ENTRIES EXCEED POOL CAPACITY - GIRLS WILL A 40 MINUTE WARM-UP STARTING AT 6:30AM ON SATURDAY FOLLOWED BY A 40 MINUTE WARM-UP FOR THE BOYS.

SUNDAY BOYS WILL GO FIRST FOLLOWED BY THE GIRLS.)

Warm-up for 12 & Under boys and girls for 40 minutes following event #31

Sunday July 2, 2023 Warm-up for ( 13 & Older 6:30am to 7:50am ) Meets starts at 8:00am. Warm-up for 12 & under Boys and Girls for 40 minutes following # 75.

- Location:** North Shore Pool  
901 North Shore Drive NE, St. Petersburg, FL 33701
- Pool Spec:** Certified 50 meter, outdoor pool with a maximum of 10 long course racing lanes. A depth of 4 feet at start and turn ends of the pool and non-turbulent lane lines. Constant warm down lanes available.
- Medical:** Lifeguards and AED on site and on duty during warm-up and meet.
- Timing Equipment:** Colorado Timing System with scoreboard
- Eligibility:** Open to all USA swimming registered swimmers.
- Seeding:** 50-meter times will be used for seeding. Real times only - **Converted times will not be accepted**, Meet will be seeded Fastest to Slowest
- Scratches:** No penalty for scratching on the block.
- Entry Limit:** Entries will be limited per session. Swimmers will be limited to a maximum three (3) individual events in Friday night's session and three (3) Individual events per day on Saturday and Sunday. Swimmers posting entries over the Limit will be considered as entered in the first three (3) events listed for Saturday and Sunday, first three (3) on Friday.
- Entry Form:** Entries must be submitted by electronic entry only, in SDIF or CL2 format. Disk and email entries must be accompanied by a back-up hard copy of the entry and the Master Entry Form.
- Entry Fee:** Individual events: \$5.50  
Facility Charge \$10.00 per swimmer **TEAMS MUST PAY WITH A SINGLE CHECK, BEFORE THE MEET STARTS. INDIVIDUAL SWIMMER'S CHECK WILL NOT BE ACCEPTED.**  
**\$3.00 PER SWIMMER HEAT SHEET SURCHARGE**  
**\$2.00 per SWIMMER OUT OF LSC SURCHARGE**
- Deck Entry:** Deck entries will be accepted to fill heats only FROM SWIMMERS ALREADY IN THE MEET, NO NEW SWIMMERS CAN ENTER THE MEET. New meet entries will not be accepted. No new heats will be created. Each deck entry will cost \$10.00, **plus facility fee and heat sheet fee**. All deck entries must be accepted by the Administrative Referee and assigned a Lane 45 minutes before the start of the session. A swimmer may not drop an event to deck enter another event, and the entry limit of 3 events remains.
- Entry Deadline:** All entries must be submitted by **TUESDAY, June 20, 2023**.  
**Psych sheet should be posted Friday morning June 23 Team have 24 hours to correct their entries.**  
Enclose checks and make payable to **St. Petersburg Aquatics**.  
Please send **Express Mail Overnight** to:  
Fred Lewis, St. Petersburg Aquatics, North Shore Pool  
901 North Shore Drive, NE  
St. Petersburg, FL 33701  
EMAIL ENTRIES TO - **SWIMSTPETE@AOL.COM**
- Awards:** Ribbons (1-10) for Age Group Events and Mixed Age Group events will be scored (11&12 and 10 & U) 10 and Under events will be scored and awards as

**Rules:** 9-10 and 8 7 Under. No awards for Senior Mixed Events and Senior Events. 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. Fly over starts may be used at the referee's discretion.

**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 must check in with Meet Referee or his designate, prove USA Swimming Current membership, sign the Florida Swimming Meet Sign-in sheet and receive a wrist band to be on the pool deck. Coaches can use Deck Pass to prove membership.

**Warm-Up Schedule:** Teams will have assigned lanes for warm-up.

**\*\*\*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: Michelle Walker  
Admin. Official: John Ware Head Marshall: Joe Novak  
Starter: Nathan Dean

**Meet Manager:** Fred Lewis 727 440 9382 [swimstpete@aol.com](mailto:swimstpete@aol.com)

**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.

**Heat Sheets:** Posted at [www.stpetersburgaquatics.com](http://www.stpetersburgaquatics.com), [www.midnightsports.com](http://www.midnightsports.com), no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$3 charge will be applied to each swimmer's entry fee. A limited number of heats sheets will be available at the meet for purchase. Coaches, please email all swimmers and parents to make them aware of this.

**Deck Changing:** DECK CHANGING IS NOT PERMITTED AT THE NORTH SHORE POOL. SWIMMERS WHO DECK CHANGE ARE SUBJECT TO REMOVAL FROM THE POOL BY THE POOL STAFF.

**COVID-19 Restrictions:** In accordance with USA Swimming Return To Competition guidelines, a COVID-19 Supplement accompanies this meet announcement that contains a) A statement of the local protocols and requirements; b) The plan for spectator ingress and egress; c) The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.; d) Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child; and e) An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines. We have taken enhanced health and safety measures - for you, our other guests, and cast members. You must follow all posted instructions while at the North Shore 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 entering the Selby Aquatic Center, 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.

**Friday June 30, 2023 (Swimmers may enter a maximum of Three (3) events.) 5:00PM START  
 Warm-up 11 and Older (3:00pm to 4:30pm) 10 and Under (4:30pm to 4:50pm)  
 USE METER TIMES FOR ENTRY!!!!!!USE METER TIMES FOR ENTRY!!!!!!**

**Friday Night Session - SWIMMERS ARE LIMITED TO THREE EVENTS.  
 NO TIME ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENT:**

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>
<b>Mixed</b>		
<b>1</b>	<b>Senior Mixed</b>	<b>100 Free</b>
<b>2</b>	<b>Senior Mixed</b>	<b>50 Breast</b>
<b>3</b>	<b>Senior Mixed</b>	<b>50 Back</b>
<b>4</b>	<b>Senior Mixed</b>	<b>50 Fly</b>
<b>5</b>	<b>Senior Mixed</b>	<b>50 Free</b>
<b>6G - 7B</b>	<b>Senior</b>	<b>800 Free**** NO TIME ENTRIES NOT ACCEPTED</b>

**Saturday, July 1, 2023. (Swimmers may enter a maximum of three (3) events each day.)  
 USE 50 METER TIMES FOR ENTRY - NO CONVERTING TIMES  
 NO TIME ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENT:**

**Warm-up 13 & Over Mixed**

**6:30am to 7:50am - 8:00am Start**

**Event Age Event  
 Number Group**

**G B**

8	9	Senior	400 IM** NO TIME ENTRIES NOT ACCEPTED
10	11	Senior	100 Breast
12	13	13 & 14	100 Breast
14	15	Senior	50 Free
16	17	13 & 14	50 Free
18	19	Senior	50 Breast
20	21	13 & 14	50 breast
22	23	Senior	200 Fly
24	25	Senior	100 Back
26	27	13 & 14	100 back
28	29	Senior	200 Free### Entries may be limited
30	31	Senior	1500 Free**** NO TIME ENTRIES NOT ACCEPTED

**Warm-up for 12 & Under Boys and Girls for 40 minutes after Event #31**

**G B**

32	33	11 & 12	50 Back
34	35	10 & Under	50 Back
36	37	12 & Under	200 Back\$\$\$ MUST HAVE 50 or 100 FLAGS CUT
38	39	11 & 12	100 Breast
40	41	10 & Under	100 Breast
42	43	11 & 12	50 Free
44	45	10 & Under	50 Free
46	47	11 12	100 Fly
48	49	10 & Under	100 Fly
50	51	11 12	200 Free### Entries may be limited
52	53	10 & Under	200 Free### Entries may be Limited

**Sunday, July 2, 2023 ( Swimmers may enter a maximum of three (3) events each day.)  
 USE 50 METER TIMES FOR ENTRY - NO CONVERTING TIMES  
 NO TIME ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENT**

**Warm-up for 13 & Over**

**6:30AM TO 7:50AM - 8:00AM START**

**Number Group**

54	55	Senior	400 Free ** NO TIME ENTRIES NOT ACCEPTED
56	57	Senior	50 Free
58	59	13 & 14	50 Free
60	61	Senior	50 Back

62	63	13 & 14	50 Back
64	65	Senior	200 Back
66	67	Senior	100 Fly
68	69	13 & 14	100 Fly
70	71	Senior	200 Breast
72	73	Senior	100 Free
74	75	Senior	200 IM## Entries may be limited

Warm-up for 12 & Under Boys and Girls for 40 minutes after Event # 75 -

**G B**

76	77	11 & 12	100 Back
78	79	10 & Under	100 Back
80	81	11 & 12	50 Fly
82	83	10 & Under	50 Fly
84	85	12 & Under	200 Fly\$\$MUST HAVE 50 or 100 FLAGS CUT
86	87	11 & 12	100 Free
88	89	10 & Under	100 Free
90	91	11 & 12	50 Breast
92	93	10 & Under	50 Breast
94	95	12 & Under	200 Breast\$\$MUST HAVE 50 or 100 FLAGS CUT
96	97	12 & Under	200 IM***
98	99	12 & Under	400 Free*** NO TIME ENTRIES NOT ACCEPTED

\*\*Limited to the fastest 40 swimmers, event will be deck seeded. Swimmers not making the 40 swimmers limit will be given the opportunity to enter another event in an open lane. Coaches must check in swimmers by: 7:15am FOR 400 METER EVENT. 4:15PM ON FRIDAY FOR THE 800 METER FREE. SWIMMER MAY HAVE TO PROVIDE A TIMER. **NO TIME ENTRIES WILL NOT BE ACCEPTED FOR 400 METER, 800 METER and 1500 METER EVENTS.**

\*\*\*Limited to 30 swimmers per event ( 30 girls and 30 boys ) Swimmers not making the 30 swimmer limit will be given the opportunity to enter another event in an open lane. Check in ends 40 minutes before the start of the session

\*\*\*\* Limited to 20 swimmers ( NO TIME ENTRIES WILL NOT BE ACCEPTED), event will be deck seeded. Coaches must check in swimmers by 4:15pm 7/1 for 800 meter free and by 7:15am 7/2 for 1500 meter free. Swimmers not making the cut may swim in another event in an open lane. USA Swimming Times Data Base may be used to verify entry times. **NO TIME ENTRIES WILL NOT BE ACCEPTED!!!! NO TIME ENTRIES WILL NO BE ACCEPTED!!!! SWIMMER MUST PROVIDE A COUNTER AND A TIMER.**

**\$\$ Must have Florida Swimming 100 or 50 FLAGS stroke cut to swim 200 of the stroke**

**## Entries may be limited, meet management reserves the right to limit entries in these events.**