

November 17, 18, 19, 2023

Hosted by: St. Petersburg Aquatics & Palm Harbor Piranhas

**All Events will be seeded - Fastest to Slowest**

All events will be combined by age and gender and scores  
separately

ALL TEAMS OF 5 OR MORE SWIMMERS MUST PROVIDE AN OFFICIAL FOR EACH SESSION  
THAT TEAM COMPETES WILL BE ENTERED FIRST

<b>Sanctioned by</b>	Florida Swimming of USA Swimming #FL-6206 "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."
<b>Rules:</b>	Current USA Swimming Technical 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. The USA Swimming "no recall" start will be used as outlined in 102.14.4H
<b>Sponsored by:</b>	St. Petersburg Aquatics, City of St. Petersburg Department of Leisure Services
<b>Type of Meet:</b>	Outdoor 25 yard possible dual courses with maximum 20 lane timed finals
<b>Date and Time:</b>	<b>Friday November 17, 2023 5:00pm Start</b> Warm up- 3:30 pm <b>All Friday events will be Swum Fastest to Slowest</b>  <b>Saturday November 18 and Sunday November 19, 2023 –</b> Meet Starts (11 & Older swimmers at 8:30am ) ( 10 & under swimmers start at 9:00am) Warm-up from 7:00am to 8:20am – 11 and older swimmers Warm-up from 8:20am to 8:50am – 10 and Under swimmers
<b>Officials:</b>	Referee: Kevin Mooren Deck Referee: Bob Bentz Chief Stroke and Turn: Michelle Walker Starter: Dr. Nathan Dean – Stroke & Turn Gary Saslo, Lenard Kemp, Charlotte Peterson Admin. Official: John Ware Head Marshall: Joe Novak and Patty Nardozzi
<b>Meet Manager:</b>	Fred Lewis 727 440 9382 <a href="mailto:swimstpete@aol.com">swimstpete@aol.com</a> Patty Nardozzi
<b>Location:</b>	North Shore Pool - 901 North Shore Drive NE, St. Petersburg, FL 33701
<b>Pool Spec:</b>	Certified 25 yards, outdoor pool with 22 lanes. A depth of 4 feet at start and turn ends of the pool and non-turbulent lane lines. Constant warm down lanes available
<b>Timing Equipment:</b>	Colorado Timing System with scoreboard
<b>Eligibility:</b>	Open to all currently registered USA Swimming
<b>Seeding:</b>	Short course, 25 yard times will be used for seeding. Conversion times are not permitted.
<b>Scratches</b>	No pently for scratching on the block
<b>Starts:</b>	The "fly-over or immediate climb out" start may be used at the discretion of the head referee for any/or all of the events in the meet.
<b>Entry Limit:</b>	Swimmers will be limited to a maximum: three (3) individual events per day Swimmers posting entries over the Limit will be considered as entered in the first three (3) events listed

<b>Entry Fee:</b>	Individual events: \$5.50 per events Facility Charge \$10.00 per swimmer Out of LSC \$2 per swimmer surcharge Heat sheets surcharge \$3.00 Per swimmer <b>* TEAMS MUST PAY WITH A SINGLE CHECK, BEFORE THE MEET STARTS.</b> <b>Made payable to St. Petersburg Aquatics</b> <b>INDIVIDUAL SWIMMER'S CHECK WILL NOT BE ACCEPTED. Out of LSC Team's entry fees must be received before the entry deadline.</b>
<b>Entry Form:</b>	Entries must be submitted HyTek, e-mail or disk, please include print out of entries. <a href="mailto:SWIMSTPETE@AOL.COM">SWIMSTPETE@AOL.COM</a>

<b>Deck Entry:</b>	<p>Deck entries will be accepted by the referee (only swimmers already entered in the meet) provided that no new heats are created; that the swimmer does not exceed the permitted number of events, and the swimmer does not exceed the cut off times. A swimmer may not scratch or fail to appear in an event in order to deck enter another event. Each deck entry (individual) will cost \$10.00.</p> <p>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.</p>
<b>Entry Deadline:</b>	<p>All entries must be submitted by <b>Thursday November 9, 2023.</b> Psych sheet should be posted <b>Saturday morning November 11</b> on <a href="http://www.stpetersburgaquatics.com">www.stpetersburgaquatics.com</a></p> <p><b>Coaches have 26 hours to correct their entries.</b></p> <p>Enclose checks and make payable to <b>St. Petersburg Aquatics.</b></p> <p>Please send <b>Express Mail Overnight</b> to:  Fred Lewis, St. Petersburg Aquatics, North Shore Pool  901 North Shore Drive, NE  St. Petersburg, FL 33701 EMAIL TO <a href="mailto:SWIMSTPETE@AOL.COM">SWIMSTPETE@AOL.COM</a></p>
<b>Distance Check In:</b>	<p>All coaches must check in their swimmers for the 500 frees, 400IM and 1000 free.</p> <p>Swimmers missing check-in for any deck seeded events may swim in an empty lane. <b>NO NEW HEATS WILL BE CREATED.</b></p>
<b>Awards:</b>	<p>No awards for 11 and older and Senior Events.</p> <p>All 10 and under events will be scored and awarded by 9-10 and 8&amp;U age groups.</p>
<b>Condition of Sanction</b>	<p>The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.</p> <p>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.</p> <p>The City of Saint Petersburg and the FAA prohibit the flying of Drones in and around the North Shore Pool.</p> <p>All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.</p>
<b>Team Representative:</b>	<p>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. Prior to the start of the meet all teams must present a list of current USA Swimming certified coaches attending the meet and representing their team</p> <p>Unattached coaches not entering any swimmers in the meet ( not the coach of record designated by the team) will not have deck access.</p>
<b>Camera Zones:</b>	<p>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.</p>

<b>Heat Sheets:</b>	Posted at <a href="http://www.stpetersburgaquatics.com">www.stpetersburgaquatics.com</a> 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. Coaches, please email all swimmers and parents to make them aware of this.
<b>Deck Changing:</b>	<b>DECK CHANGING IS NOT PERMITTED AT THE NORTH SHORE POOL.</b>

	<b>SWIMMERS WHO DECK CHANGE ARE SUBJECT TO REMOVAL FROM THE POOL BY THE POOL STAFF.</b>
<b>Proof of Coach/Official Membership</b>	All coaches and officials must sign in with Meet Director and show proof of membership to have access to the facility. Deck Pass will be accepted for proof of membership.
<b>Coach Supervision:</b>	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.
<b>Warm-Up Schedule:</b>	<p>Teams will have assigned lanes for warm-up.</p> <p><b>***Except for racing start, swimmers must enter the pool feet first with one hand Touching the deck of the pool***</b></p> <p><b>NO EQUIPMENT ALLOWED IN THE POOL AT ANY TIME</b></p> <p>Racing starts one length only(from the west end only-No Equipment</p> <p>UNTIL THE LAST HALF HOUR THE WARM UP SCHEDULE WILL BE:</p> <ol style="list-style-type: none"> <li>1 Push off 50's pace (circle swimming-NO EQUIPMENT)</li> <li>2 Racing starts one length only(from the west end only-NO EQUIPMENT)</li> <li>3 to 7 Swimming and pulling only (push off - NO EQUIPMENT)</li> <li>8 Push off 50's pace (circle swimming-NO EQUIPMENT)</li> </ol> <p>THE LAST 1/2 (ONE-HALF) HOUR IS CONTROLLED WARM-UP AS FOLLOWS:</p> <ol style="list-style-type: none"> <li>1 Push off 50's pace (circle swimming-NO EQUIPMENT)</li> <li>2 &amp; 3 Racing starts one length only(from the west end only-NO EQUIPMENT)</li> <li>4 &amp; 5 Swimming and pulling only (push off - NO EQUIPMENT)</li> <li>6 &amp; 7 Racing starts one length only(from the west end only-NO EQUIPMENT)</li> <li>8 Push off 50's pace (circle swimming-NO EQUIPMENT)</li> </ol>

**Covid Rules**

1. Social Distancing will be required by all participants at all times. Failure to social distance may results in removal from the facility. Swimmers are required to ear face masks at all times except when competing or warming down
2. Pool Deck will be limited to only those swimmers in the current event and the following event. Parents may come into the facility and sit in the bleachers on an event-by-event basis to watch their swimmer. Parents must be sitting 6 feet part, or the bleachers will be closed. Spectators must wear masks at all times. No spectators will be allowed in the facility till after the orientation session, which will take place 5 min before the session starts. Spectators waiting to enter the facility must remain socially distanced and wear face masks at all times. Spectators must keep the entrance to the pool clear while waiting to enter. All spectators must exit the facility after each session.
3. Teams will be staged on the back deck (bayside) and SPA will be staged on the 25 Meter deck
4. Non-SPA swimmers will enter and exit the facility by the front gate following the existing traffic patterns. SPA swimmers will enter and exit the pool by way of the back pump room door and be socially distance, single file at all times. All swimmers must exist the facility at the end of the session before the next sessions swimmers enter the facility.
5. Timers are required to wear face masks at all times.
6. Teams must provide at least 1 official for each session they have swimmers entered. Names of officials must accompany the enter email.
7. All spectators and participants should conduct a wellness check before leaving home and entering the facility
8. Traffic flows one way behind the blocks towards the bay, Coaches are not to stand behind the blocks.

IN APPLY FOR THIS SANCTION, SPA AGREES TO COMPLY AND ENFORCE ALL HEALTH AND SAFETY GUIDELINES OF USA SWIMMING, FLORIDA SWIMMING AND THE CITY OF SAINT PETERSBURG. AN INHERENT RISK OF EXPOSURE TO COVID-19 EXIST IN ANY PUBLIC PLACE WHERE PEOPLE ARE PRESENT. COVID-19 IS AN EXTREMEY CONTAGIOUS DESEASE THAT CAN LEAD TO SEVERE ILLNESS AND DEATH. ACCORDING TO THE CENTERS FOR DESEASE CONTROL AND PREVENTION, SENIOR CITIZENS AND INDIVIDUALS WITH UNDERLYING MEDICAL CONDITIONS ARE ESPECIALLY VULNERABLE. BY VISITING THE NORTH SHORE POOL, YOU VOLUNTARILY ASSUME ALL RISKS RELATED TO EXPOSURE TO COVID-19. USA SWIMMING INC. CANNOT PREVENT YOU (OR YOUR CHILD(REN)) FROM BECOMING EXPOSED TO, CONTRACTING, OR SPREADING COVID19 WHILE PARTICIPATING IN USA SWIMMING SANCTIONED EVENTS. IT IS NOT POSSIBLE TO PREVENT AGAINST THE PRESENCE OF THE DESEASE. 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 SPEADING 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, FLORIDA SWIMMING, SAINT PETERSBURG AQUATICS AND THE CITY OF SAINT PETERSBURGAND EACH OF THEIR OFFICIERS, DIRECTORS, AGENTS EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DESEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP AND CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UN FORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICPATION IN THIS COMPETITION. UNKNOWN, FORESEEN OR UN FORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**Friday Nov 17, 2023 5:00pm Start**

**Warm-up 3:30pm to 4:50pm**

**(Swimmers may enter a maximum of three (3) events each day.)**

Event #	Age Group	Event
1	Senior Mixed	50 FREE
2	SENIOR MIXED	50 BREAST
3	SENIOR MIXED	50 BACK
4	SENIOR MIXED	50 FLY
5	SENIOR MIXED	200 IM
6	SENIOR MIXED	500 FREE *7 *6

**Saturday Nov 18, 2023 8:30am Start**

**Warm-up 7:00am to 8:20am**

**(Swimmers may enter a maximum of Three (3) events.)**

Event #	Age Group	Event
7	11 & Older Mixed	200 Free
8	11 & Older Mixed	100 Breast
9	11 & Older Mixed	200 Back
10	11 & Older Mixed	50 Back
11	11 & Older Mixed	100 Butterfly
12	11 & Older Mixed	100 IM
13	11 & Older Mixed	50 Free
14	11 & Older Mixed	400 IM *2

**Saturday, November 18, 2023. 9:00am Start**

**Warm-up 8:20am to 8:50am**

**(Swimmers may enter a maximum of three (3) events each day.)**

Event #	Age Group	Event
15	10 & Under Mixed	200 Free*6
16	10 & Under Mixed	25 Backstroke
17	10 & Under Mixed	100 Backstroke
18	10 & Under Mixed	50 Breaststroke
19	10 & Under Mixed	25 Butterfly
20	10 & Under Mixed	100 Butterfly
21	10 & Under Mixed	200 IM *6
22	10 & Under Mixed	25 free
23	10 & Under Mixed	50 free




**Sunday November 19 - 11 & Older 8:30am Start**  
**(Swimmers may enter a maximum of three (3) events each day.)**

Event #	Age Group	Event
24	11 & Older Mixed	100 Free
25	11 & Older Mixed	50 Breast Stroke
26	11 & Older Mixed	200 Breaststroke
27	11 & Older Mixed	100 Backstroke
28	11 & Older Mixed	50 Butterfly
29	11 & Older Mixed	200 Butterfly
30	11 & Older Mixed	1000 Free *3

**Sunday November 19, 2023. 9:00am Start**  
**Warm-up**

**(Swimmers may enter a maximum of three (3) events each day.)**

Event #	Age Group	Event
31	10 & Under Mixed	100 Free
32	10 & Under Mixed	25 breaststroke
33	10 & Under Mixed	100 breaststroke
34	10 & Under Mixed	50 Backstroke
35	10 & Under Mixed	50 Butterfly
36	10 & Under Mixed	100 IM*6
37	10 & Under Mixed	50 Free
38	10 & Under Mixed	500 Free *6 *1 *8

*1	All 10 and Under 500 Freestylers must provide their own TIMER and Counter. Entries maybe limited and NO TIME entries will not be accepted
*2	All 400 yard IMs will be deck seeded as one event and scored separately. All swimmers must be check in by 8:00am. Heats May be Limited
*3	All 1000 freestyles will be a deck seeded event. All swimmers must be checked in by 8:30am and provide their own timer, and counter. NO TIME ENTRIES WILL NOT BE ACCEPTED!! Please only enter swimmers that need cuts and seed times.

*6	Coaches, please use common sense when entering this event and do not enter swimmers who are not strong enough for eight or twenty lengths of the pool...
*7	Event 6 will be deck seeded – all entered swimmers must check in by 4:30pm – NO TIME ENTRIES WILL NOT BE ACCEPTED AND ENTRIES MAYBE LIMITED
*8	Event 38 will be deck seeded – all swimmers must check in by 8:30am