

# 2024 - SPA's SEMINOLE SUNRISE LANES SWIM MEET

Hosted by: St. Petersburg Aquatics

June 28, 29,30 2024

All Events will be seeded - Fastest to Slowest - No Time Entries WILL NOT BE ACCEPTED. All events may be limited.

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 # 6734  
"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 swimmer's 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.

**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 28, 2024 - 3:00pm Warm-up (11 & Older 3:00pm to 4:30pm) (10 & Under 4:30pm to 4:50pm) 5:00pm Start.

Saturday June 29, 2024 -Warm-up for 13 & Older swimmers 6:30am to 7:50am,  
Meet Starts at 8:00am

(IF ENTRIES EXCEED POOL CAPACITY - GIRLS WILL SWIM 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 June 30, 2024** - 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 of 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. **'NO TIME' ENTRIES WILL NOT BE ACCEPTED.**
- 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.  
\$3.00 PER SWIMMER HEAT SHEET SURCHARGE  
\$2.00 per SWIMMER OUT OF LSC SURCHARGE

**TEAMS MUST PAY WITH A SINGLE CHECK, BEFORE THE MEET STARTS.  
INDIVIDUAL SWIMMER'S CHECK WILL NOT BE ACCEPTED.**

**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 18, 2024**.  
**Psych sheet should be posted Friday morning June 21**  
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 9-10 and 8 7 Under. No awards for Senior Mixed Events and Senior Events.

**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. 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: Charlotte Peterson  
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 223.12, 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 Night Session - SWIMMERS ARE LIMITED TO THREE EVENTS.  
 NO TIME ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENT: ALL EVENTS FOR ENTIRE MEET  
 MAY BE LIMITED AND/OR FLIGHTED

Friday June 28, 2024 (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!!!!!!  
 'NO TIME' ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENT.  
 ALL EVENTS FOR ENTIRE MEET MAY BE LIMITED AND/OR FLIGHTED.

Event Number	Age Group	Event
<b>Mixed</b>		
1	Senior Mixed	100 Free
2	Senior Mixed	50 Breast
3	Senior Mixed	50 Back
4	Senior Mixed	50 Fly
5	Senior Mixed	50 Free
6G - 7B	Senior	800 Free

Saturday, June 29, 2024. (Swimmers may enter a maximum of three (3) events each day.)  
 Warm-up 13 & Over Mixed 6:30am to 7:50am - 8:00am Start.  
 USE 50 METER TIMES FOR ENTRY - NO CONVERTING TIMES  
 'NO TIME' ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENT.  
 ALL EVENTS FOR ENTIRE MEET MAY BE LIMITED AND/OR FLIGHTED.

Event Number	Age Group	Event
<b>G B</b>		
8 - 9	Senior	400 IM
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
30 - 31	Senior	1500 Free

**Saturday, June 29, 2024.**

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

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>	
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	
52 - 53	10 & Under	200 Free	

**Sunday, June 30, 2024 - (Swimmers may enter a maximum of three (3) events each day.)**

**Warm-up for 13 & Over 6:30AM TO 7:50AM - 8:00AM START  
USE 50 METER TIMES FOR ENTRY - NO CONVERTING TIMES  
'NO TIME' ENTRIES WILL NOT BE ACCEPTED FOR ANY EVENT.  
ALL EVENTS FOR ENTIRE MEET MAY BE LIMITED AND/OR FLIGHTED.**

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>	
G B			
54 - 55	Senior	400 Free	
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	

**Sunday, June 30,**

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

<b>Event Number</b>	<b>Age Group</b>	<b>Event</b>	
<b>G B</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 WILL NO BE ACCEPTED!!!!**

**SWIMMER MUST PROVIDE A COUNTER AND A TIMER FOR EVENTS #6 & #7 - #30 & #31 - #98 & #99.**

**\$\$ Must have Florida Swimming 100 or 50 FLAGS stroke cut to swim 200 of the stroke.  
Entries may be limited, and events flighted.**