

# **WFLA Halloween Invitational**

Sponsored by West Florida Lightning Aquatics  
Courtesy of Suncoast YMCA, Palm Harbor

**SANCTIONED BY: Florida swimming of USA Swimming # FL-6790**

"In granting this approval 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 injury to anyone during the conduct of the event."

**CONDITION OF SANCTION:** Any swimmer entered in the meet, unaccompanied by a USA-S member coach must be certified by a USA-S 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.

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.

**Deck Changing:** Deck Changing is prohibited.

**TYPE OF MEET:** 25 Yard short course closed Age Group and Senior timed finals

**DATE & TIME:** Friday, October 11th, 2024 5:30 PM, Sat. & Sun., October 12th-13th, 2024, 8:30 AM. Start times for afternoon sessions will be determined after the timeline is received. Coaches will be informed Wed. before the meet.

**LOCATION:** Palm Harbor YMCA pool, 1600 16th St., Palm Harbor, FL 34683

**POOL SPECS:** Certified 25 yard Heated outdoor pool with a depth ranging from 4-8 ft., 6 short course racing lanes with Kiefer non-turbulent lane lines and KDI Paragon starting blocks. A warm up pool is provided with multiple lanes open for continuous warm-up/ down.

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

**TIMING EQUIP.:** Colorado Timing System

**WARM-UP:** 4:00 TO 5:20 pm Friday night, 7-8:20 AM Sat. & Sun. mornings.  
40 min. warm-up guaranteed prior to start of afternoon sessions.

**ELIGIBILITY:** Open to currently registered USA-S swimmers only.

**SEEDING:** 25 yard times will be used for seeding purposes. Conversions may be made using the formula in Florida Swimming 2024 handbook.

**SCRATCHES:** No penalty for scratching on the block WITH THE EXCEPTION OF DECK SEEDED EVENTS (only for swimmers already in the meet). Any swimmer entered in an individual event that is seeded at the meet and has checked in for that event, must swim the event unless he notifies the Clerk of Course before the seeding has begun that he/she wished to scratch. Failure to do so will result in him/her being barred from the next individual event in which he/she is entered. No declared false starts.

**RULES:** Current USA Swimming and safety rules will govern the meet.

**CAMERA ZONES:** Stills, video or photographs of any kind may be taken from the sides (East and West sides) of the pool. There will be no photography taken from behind the start ends of the pool. Thank you.

**ENTRY LIMIT:** Sessions will be limited to 4 hours. Swimmers will be limited to 4 events per day plus relays. Swimmers over entered will be considered as entered in the first 4 events each day. No limit to relay entries although, Meet Management reserves the right to cancel relays to conform to the 4hour time limit. If this occurs, relay entry fees will be refunded.

**ENTRY FORMS:** Entries must be submitted on the HyTek format. Entries will be accepted via electronic mail attention: [johnware@midnightsports.com](mailto:johnware@midnightsports.com).

List all attending coaches, contacts and phone numbers in the body of the e-mail which serves as proof of entry.

DECK ENTRIES: Deck entries will be accepted 45 min. prior to the start of each session. Entries will be turned into the Clerk of Course and will be charged \$10.00 per entry plus facility fee if swimmer not already entered in the meet. Deck entries will be seeded in open lanes. No new heats will be created. Deck entries are only for swimmers already entered in the meet. A swimmer may not scratch or fail to appear in an event in order to deck enter another event.

ENTRY FEE: Individual: \$5.50 per individual event.

Deck Entry: \$10.00 per event

Relay: \$6.00 per relay

Facility charge: \$10.00 per swimmer

Heat Sheet Fee: \$3.00

Travel Surcharge: \$2.00 per out of LSC swimmer

**HEAT SHEETS will be posted on the West Florida Lightning webpage 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.**

**PLEASE MAKE CHECKS PAYABLE TO WFLA**

ENTRY DEADLINE: Entries must be received by Tuesday, October 4<sup>th</sup>, 2024 by 5 pm.

AWARDS: Individual Events: Medals, 1st place; ribbons 2nd-6th places

Relay Events: Medals, 1st place; ribbons 2nd -3rd places

Individual Age Group High point awards 1st and 2nd place

Visiting team awards "Ghost Run Heat Prizes"

SCORING:

Individual Events: 11-9-8-7-6-5-4-3-2-1

Relay Events: 22-18-16-14-12-10-8-6-4-2

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 that person only will be recognized.

**OFFICIALS:**

Head Referee: Kay Caldwell  
Administrative Official: John Ware  
Head Starter: Paul Billitto  
Head Stk & Turn: Maria Barnaky  
Head Marshall: Michelle Lotito

INFORMATION: Michelle Billitto Meet Manager: 610-850-3607 or mbillitto@yahoo.com or Cashel Mack, 727-686-6418, zookeeper5721@gmail.com . Please only coaches or team rep may call for information between 8:30 am and 8 pm. Thank you.

COACHES/OFFICIALS: Coaches/Officials shall wear their USA Swimming registration cards in a conspicuous location at all times while on deck at a meet (Article 23, 223.19) or prove current membership on Deck Pass.

Athletes will need to have waiver below filled out prior to the meet:  
[http://apm.activecommunities.com/ymcaofthesuncoast/Activity\\_Search/28289](http://apm.activecommunities.com/ymcaofthesuncoast/Activity_Search/28289)

Spectators will need to have the waiver below filled out prior to the meet:  
[http://apm.activecommunities.com/ymcaofthesuncoast/Activity\\_Search/28290](http://apm.activecommunities.com/ymcaofthesuncoast/Activity_Search/28290)

**WARM-UP SCHEDULE NO EQUIPMENT MAY BE USED DURING WARM-UP SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN DOING A CONTROLLED START. WIIW** There will be at least a 50 minute warm-up prior to each older session of the meet, and 40 minutes per younger session. The initial part is a general warm-up as follows: LANE 1 Push off 25's or 50's pace (Circle swimming) 2 Push off 25's or 50's pace (Circle swimming) 3 Swimming and pulling only (push off) 4 Swimming and pulling only (push off) 5 Swimming and pulling only (push off) 6 Swimming and pulling only (push off) 7 Swimming and pulling only (push off) 8 Swimming and pulling only (push off) 9 Push off 25's or 50's pace (Circle swimming) 10 Push off 25's or 50's pace (circle swimming) THE SECOND 25 MINUTES IS CONTROLLED WARM-UP AS FOLLOWS: 1 Push off 25's pace (Circle swimming) 2 Racing start one length only (From the north end only) 3 Racing start one length only (From the north end only) 4 Swimming and pulling only (push off) 5 Swimming and pulling only (push off) 6 Swimming and pulling only (push off) 7 Swimming and pulling only (push off) 8 Racing start one length only (From the north end only) 9 Racing start one length only (From the north end only) 10 Push off 25's pace (Circle swimming)

## **ORDER OF EVENTS**

### **FRIDAY, OCTOBER 11, 2024, 5:30 pm**

EVENT # AGE GROUP EVENT DESCRIPTION

1-2 10 & Under 200 Individual Medley 1/  
3-4 11-12 200 Individual Medley 1 /  
5-6 13-14 #400 Individual Medley 1/  
7-8 Senior #400 Individual Medley 1/  
9-10 10 & Under 500 Freestyle 2/  
11-12 11-12 500 Freestyle 2/  
13-14 13-14 #500 Freestyle 2/  
15-16 Senior #500 Freestyle 2/

1/- DECK SEEDED, CHECK IN BY 4:30 PM

2/- DECK SEEDED, CHECK IN BY 5:30 PM

A swimmer who is entered in a deck seeded event but fails to check-in may swim if an open lane exists that has not been filled by the seeding. No new heats will be established.

#SWUM COMBINED BY AGE GROUP (GIRLS AND BOYS SEPARATELY).  
FASTEST TO SLOWEST, BUT SCORED AND AWARDED SEPARATELY

### **SATURDAY, OCTOBER 12 - 8:30 am**

EVENT # AGE GROUP EVENT DESCRIPTION

17-18 10 & Under 100 Individual Medley  
19-20 8 & Under 25 Freestyle  
21-22 10 & Under 50 Freestyle  
23-24 8 & Under 25 Breaststroke  
25-26 10 & Under 50 Breaststroke  
27-28 8 & Under 50 Butterfly  
29-30 10 & Under 100 Butterfly  
31-32 8 & Under 25 Backstroke  
33-34 10 & Under 50 Backstroke  
35-36 8 & Under 100 Freestyle Relay  
37-38 10 & Under 200 Freestyle Relay

The following events will not start prior to 11:00 am (40 min. warm-up guaranteed)

39-40 11-12 100 Individual Medley  
41-42 13-14 200 Individual Medley  
43-44 Senior 200 Individual Medley  
45-46 11-12 50 Freestyle  
47-48 13-14 100 Freestyle  
49-50 Senior 100 Freestyle  
51-52 11-12 50 Backstroke  
53-54 13-14 100 Backstroke  
55-56 Senior 100 Backstroke  
57-58 11-12 100 Butterfly  
59-60 13-14 200 Butterfly  
61-62 Senior 200 Butterfly  
63-64 11-12 50 Breaststroke  
65-66 13-14 100 Breaststroke  
67-68 Senior 100 Breaststroke  
69-70 11-12 200 Freestyle  
71-72 Senior 400 Freestyle Relay  
73-74 11-12 200 Freestyle Relay

SWUM COMBINED BY AGE GROUP (GIRLS AND BOYS SWUM SEPARATELY),  
BUT SCORED AND AWARDED SEPARATELY

**SUNDAY, OCTOBER 13, 2024**

EVENT # AGE GROUP EVENT DESCRIPTION

75-76 10 & Under 200 Freestyle  
77-78 8 & Under 50 Breaststroke  
79-80 10 & Under 100 Breaststroke  
81-82 8 & Under 25 Butterfly  
83-84 10 & Under 50 Butterfly  
85-86 8 & Under 50 Backstroke  
87-88 10 & Under 100 Backstroke  
89-90 8 & Under 50 Freestyle  
91-92 10 & Under 100 Freestyle

93-94 8 & Under 100 Medley Relay  
95-96 10 & Under 200 Medley Relay

The following events will not start prior to 11:00 am (40 min. warm-up guaranteed)

97-98 11-12 400 Individual Medley  
99-100 13-14 200 Freestyle  
101-102 Senior 200 Freestyle  
103-104 11-12 100 Freestyle  
105-106 13-14 100 Butterfly  
107-108 Senior 100 Butterfly  
109-110 11-12 50 Butterfly  
111-112 13-14 200 Breaststroke  
113-114 Senior 200 Breaststroke  
115-116 11-12 100 Breaststroke  
117-118 13-14 50 Freestyle  
119-120 Senior 50 Freestyle  
121-122 11-12 100 Backstroke  
123-124 13-14 200 Backstroke  
125-126 Senior 200 Backstroke  
127-128 11-12 200 Medley Relay  
129-130 Senior 400 Medley Relay

THESE EVENTS WILL BE SWUM COMBINED BY AGE GROUP (BOYS AND GIRLS WILL BE SWUM SEPARATELY) BUT SCORED AND AWARDED SEPARATELY.