

SOUTHEASTERN SWIMMING, INC.
2010 DISTRICT SOUTH CHAMPIONSHIPS
8 and Under Championships
February 20-21, 2010

The meet will be conducted under the auspices of Southeastern Swimming, Inc. of United States Swimming, the rules of which will apply.

Sanctioned by Southeastern Swimming, Inc.

SANCTION #: 10SEGPAC2-20

HOSTED BY: Greater Pensacola Aquatic Club, Inc. (850) 484-1312 www.gpacswimteam.org

LOCATION: The Club, A Family Sports Complex
1230 Crane Cove Blvd.
Gulf Breeze, FL 32561
850/916-7946

PARKING: Swim Meet parking is in the back parking lot of The Club. Please reserve the front parking lot for patrons of The Club's other facilities. Cars parking at the movie theatre across the street during theatre operating hours are subject to being towed. Overflow parking is available in a vacant supermarket parking lot just west of the The Club on Hwy 98.

FACILITIES: 10-Lane, 25 yard indoor pool with non-turbulent lane lines. Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back-up will be used. We will run one 8-lane course during each session. **Continuous warm-up/warm-down will be available in at least one lane adjacent to the competition course. Entrance to and exit from the warm-up/warm-down lane(s) during the competition sessions will be limited to the end of the pool opposite from the starting blocks.** The Meet Director and Referee reserve the right to alter the course.

RULES: 2009-10 USS rules will govern the conduct of the meet unless otherwise noted herein.

OFFICIALS: Meet Director:

Jeff Stone
850/432-9296

Referee: Mike Funk

ELIGIBILITY: All participants must be USA Swimming registered athletes in the Southern District of the Southeastern Swimming LSC. Entries will not be accepted without 2010 registration numbers. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet.

WARM UP: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. Alternatively, warm-ups will be conducted as open warm-ups with dedicated pace and sprint lanes announced as the need occurs. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session unless their coach has submitted a Swimmer Assignment form prior to the meet.

STARTING TIMES:

Warm-up

Competition

Saturday Session 1: 7:15 AM (two consecutive 30 minute warm-up periods) 8:30 AM

Saturday Session 2: Two consecutive 40 minute warm-up sessions will start immediately after completion of Session 1, followed immediately by the competition.

Sunday Session 3: 7:15 AM (two consecutive 30 minute warm-up periods) 8:30 AM

Sunday Session 4: Two consecutive 40 minute warm-up sessions will start immediately after completion of Session 3, followed immediately by the competition.

The meet director reserves the right to change the warm-up periods for Sessions 2 and 4 to a single period for each lasting at least 45 minutes. Starting times are also subject to change.

ENTRIES: E-mailed HYTEK entries will be accepted (please send in COMMLink file format or WIN-MM format). Entry forms must be completely filled out including the swimmers' best times for yards. Please provide a written copy of entries for verification purposes. Teams without Hytek's "Team Manager" or Meet Manager are encouraged to use Hytek's Team Manager Lite which is available free for download direct from Hytek via the following website:

<http://www.hy-tekltd.com/downloads.html>

Otherwise, teams without "Team Manager" or other suitable Hytek product must use the enclosed entry forms. Entries are to be listed in short course yards or "NT".

All teams are asked to completely fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials affiliated with the team that are willing to serve as a meet official during the weekend. If possible, teams submitting their entries via email are asked to send their completed forms either by fax or as scanned documents attached to email. If these delivery methods are not available, the completed forms should be submitted by physical mail for prompt delivery.

DISABILITIES: Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.

DEADLINE: *Please note that it is GPAC's intention to strictly adhere to the following meet entry deadlines.* Email entries and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Meet Director on or before Tuesday February 9, 2010. **Late entries** will be accepted for available lanes only until 7:45 AM on the day of competition. No new heats will be formed. *Coaches are asked to strictly adhere to these deadlines which are necessary in order for all pre-meet activities to be completed by volunteer workers in a timely and efficient manner.*

Completed entries should be mailed to:

Rocky Parra, GPAC Meet Entries Chair
4575 Francisco Road
Pensacola, FL 32504
Telephone: 850/469-1701 Fax: 850/432-9985
gpac.meet.entries@gmail.com

(please include the words "District Championships" in the subject line of all meet related e-mail)

FEES: \$4.00 per individual event, \$9.00 per relay; \$3.00 per swimmer SES surcharge.

Facility Fee: \$5.00 per swimmer

Late fees: \$5.00 per individual event, \$11.00 per relay.

Please make checks payable to: Greater Pensacola Aquatic Club. All entry fees are nonrefundable.

LIMITS: Swimmers are limited to 4 individual events per day, exclusive of relays. The host team reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly.

MEET FORMAT: This is a timed finals meet. This meet will serve as the Southeastern Swimming Championship for 8 & Under swimmers. All swimmers except those entered in the 8 & Under age group events **must have times slower than the 2009-10 Southeastern Championship Qualifying Time** in entered events. All events will be pre-seeded except the 500 Free, 1650 Free, 400 IM and all relays, which will be deck-seeded. The deck seeded individual events will be seeded fastest to slowest and will be run by alternating genders. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Relay cards will be included in the coach's packet for each team and must be filled out and returned to the Clerk of the Course no later than 30 minutes after the start of the competition session on

the day of the relay event. Sign-in deadlines are 30 minutes prior to the start of the competition session on the day of the event. If the swimmer is not checked in with the Clerk of Course, the swimmer is legally scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events.

SCORING: 8 & Under individual events first through eighth places: 9-7-6-5-4-3-2-1. 8 & Under relay events first through fourth places: 18-14-12-10.

AWARDS: 8 & under: Individual –medals 1st-8th & Relay-medals 1st-4th. 9 & over's: Individual-ribbons 1st-8th & Relay-ribbons 1st-4th. In lieu of placement, Standard Breaker ribbons will be given to 9 & older swimmers who achieve a 2008-2009 Southeastern Championship qualifying time in an entered event. **The 15 & 16, 17 & 18 age groups will have separate time standards but will be awarded as one age group – 15 - 18.**

If a swimmer ages up between the District Meet and the Southeastern Championship Meet, that swimmer will be allowed to swim in his current (i.e. lower) age-group at the District Meet even if he has made a Southeastern time standard in an event. However, he will only be eligible for the “qualifier” award presented at the District Meet.

There will be individual high point and runner up trophies given for each gender in the 8 & Under age group, as well as the age group high point team award for each gender in the 8 & Under age group. All awards are provided by Southeastern Swimming, Inc.

SPECTATORS' CORNER: The Club has extremely limited deck space available for spectators. In order to comply with applicable regulations, we must maintain clear pathways to all exits. Waiting areas in designated areas near the pool will be provided. Swimmers and spectators are asked not to set-up in non-designated areas of The Club. The weight room is strictly off-limits to all swimmers and their families. No sitting on any stairs. Swimmers must only use the restroom facilities in the locker rooms. The other restroom facilities of The Club are off-limits. Spectators should plan to enter the pool area only when their swimmers are actually expected to swim and return to designated waiting areas to make room for other spectators. Please remove all personal belongings after your swimmers' session to make room for others. Estimated timelines will be posted and distributed. Please comply with all instructions and posted maps.

OFFICIALS' CORNER: The Meet Referee is asking all officials who are available to serve at this meet to notify him by email of their availability. Please let him know which day(s) you can help and which pool (10 & younger or 11 & older) you would like to work. This information should be sent to the meet referee via email to: “Mike Funk, Meet Referee” <FUNKSTER1@aol.com>.

COACHES' CORNER: Before picking up the team's packet, coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

A coaches' meeting will be held at 8:15 am on Saturday morning (and Sunday morning if needed) in the hospitality area. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting.

Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and Meet Director by email.

Coaches with swimmers achieving SE Championship Time Standards at the District Championships are reminded that they must submit qualifying entries to the Southeastern Championships Meet by fax or email no later than **6:00 PM, Monday, February 22, 2010.**

SAFETY: In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and conduct themselves in a safe manner. Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course. **ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK AREA BEHIND THE STARTING BLOCKS.** Coaches are asked to help control the crowded pool deck by reminding the parents of their swimmers to stay away from the starting block area of the pool. Swimmers are to be encouraged by their coaches and parents to remain in the spectator area until their events. **DURING THE COMPETITION SESSION, ALL ENTRANCES TO THE CONTINUOUS WARM-DOWN LANE(S) MUST BE FEET-FIRST ONLY.**

HOSPITALITY: There will be a hospitality area available for coaches, meet workers and officials only. Breakfast and lunch will be provided on Saturday and Sunday. *In order to ensure sufficient quantities of hospitality items, teams failing to submit their completed Team Information Form by the meet entry deadline with complete information regarding the number of coaches attending the meet will be limited to two per meal.*

CONCESSIONS, ETC.: There is a snack bar operated by The Club in the lobby of the facility (no affiliation with Southeastern Swimming, Inc. or GPAC). Heat sheets and T-shirts will be on sale at tables set-up for this purpose.

RECYCLING: GPAC is supporting the SES recycling initiative (pilot program for USA Swimming) at its home meets. Please look for additional information about this initiative posted at the swimming venue and assist GPAC with this initiative.

MEET EVALUATIONS:

Please send any comments, suggestions, or evaluations concerning the meet to:

John Woods
205 Island Ave
Chattanooga, TN 37405

The following forms are attached as an integral part of this meet invitation and are required for entry processing (unnumbered pages 7 through 10):

SES 2009-10 Waiver, Acknowledgment and Liability Release Form

Team Information Form and Summary of Fees

SES Consolidated Entry Form (duplicate as needed)

SES Information Form for Disabled Swimmers (duplicate as needed)

SOUTHEASTERN SHORT COURSE DISTRICTS SOUTH
8 & Under SWIMMING CHAMPIONSHIPS
ENTRY TIMES MUST BE SLOWER THAN QUALIFYING TIMES LISTED

Saturday February 20, 2010

SESSION 1*

Warm-up starts 7:15 AM -- Competition starts 8:30 AM

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
1	2:36.89	10 & U 200 Freestyle	2:38.29	2
3		8 & U 100 Freestyle		4
5	37.89	10 & U 50 Backstroke	38.39	6
7		8 & U 25 Backstroke		8
9	1:27.79	10 & U 100 Fly	1:31.59	10
11		8 & U 50 Fly		12
13	1:34.19	10 & U 100 Breaststroke	1:38.49	14
15		8 & U 50 Breaststroke		16
17	32.19	10 & U 50 Freestyle	32.39	18
19		8 & U 25 Freestyle		20
21	1:22.19	10 & U 100 IM	1:23.29	22
23		8 & U 100 Free Relay		24
25		10 & U 200 Free Relay		26
27	6:49.19	10 & U 500 Freestyle	6:54.69	28

SESSION 2*

Two consecutive 40 minute warm-up periods will begin immediately after completion of Session 1 (but not earlier than a designated time to be set at the discretion of the meet director after entries are processed), followed immediately by the competition. The meet director reserves the right to change the warm-up for Session 2 to a single period lasting at least 45 minutes.

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
29	2:15.49	11-12 200 Freestyle	2:16.89	30
31	2:04.99	13-14 200 Freestyle	2:00.59	32
33	2:01.29(15-16) 1:59.79(17&O)	Senior 200 Freestyle	1:52.49(15-16) 1:50.19(17&O)	34
35	33.09	11-12 50 Backstroke	33.39	36
37	1:06.39	13-14 100 Backstroke	1:04.59	38
39	1:04.39(15-16) 1:04.39(17&O)	Senior 100 Backstroke	59.39(15-16) 58.09(17&O)	40
41	1:21.29	11-12 100 Breaststroke	1:24.39	42
43	2:43.49	13-14 200 Breaststroke	2:40.49	44
45	2:41.19(15-16) 2:41.19(17&O)	Senior 200 Breaststroke	2:29.99(15-16) 2:27.49(17&O)	46
47	31.49	11-12 50 Butterfly	32.09	48
49	1:05.69	13-14 100 Butterfly	1:03.49	50
51	1:02.39(15-16) 1:02.39(17&O)	Senior 100 Butterfly	58.09(15-16) 56.69(17&O)	52
53	1:11.09	11-12 100 IM	1:11.59	54
55	2:22.29	13-14 200 IM	2:18.49	56
57	2:17.89(15-16) 2:17.89(17&O)	Senior 200 IM	2:08.09(15-16) 2:05.29(17&O)	58
59		11-12 200 Free Relay		60
61		13-14 400 Free Relay		62
63		Senior 400 Free Relay		64
65	6:01.69	11-12 500 Freestyle	6:20.99	66
67	5:41.69	13-14 500 Freestyle	5:28.99	68
69	5:29.29(15-16) 5:25.99(17&O)	Senior 500 Freestyle	5:14.69(15-16) 5:07.29(17&O)	70

*The Meet Referee and the Meet Director reserve the right to adjust session designations for one or more age groups or genders if deemed necessary to make the meet run more efficiently.

Sunday February 21, 2010
SESSION 3*
 Warm-up starts 7:15 AM -- Competition starts 8:30 AM

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
71		8 & U 100 IM		72
73	2:59.19	10 & U 200 IM	3:01.79	74
75		8 & U 25 Breaststroke		76
77	42.99	10 & U 50 Breaststroke	44.39	78
79		8 & U 25 Fly		80
81	36.79	10 & U 50 Fly	38.99	82
83		8 & U 50 Freestyle		84
85	1:11.39	10 & U 100 Freestyle	1:12.39	86
87		8 & U 50 Backstroke		88
89	1:22.99	10 & U 100 Backstroke	1:23.89	90
91		8 & U 100 Medley Relay		92
93		10 & U 200 Medley Relay		94

SESSION 4*

Two consecutive 40 minute warm-up periods will begin immediately after completion of Session 3 (but not earlier than a designated time to be set at the discretion of the meet director after entries are processed), followed immediately by the competition. The meet director reserves the right to change the warm-up for Session 4 to a single period lasting at least 45 minutes.

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
95	2:31.99	11-12 200 IM	2:38.19	96
97	5:02.99	13-14 400 IM	4:59.39	98
99	4:56.09(15-16) 4:56.09(17&O)	Senior 400 IM	4:43.89(15-16) 4:37.99(17&O)	100
101	28.29	11-12 50 Freestyle	28.29	102
103	26.79	13-14 50 Freestyle	25.49	104
105	26.09(15-16) 26.09(17&O)	Senior 50 Freestyle	23.59(15-16) 23.39(17&O)	106
107	1:10.99	11-12 100 Fly	1:16.89	108
109	2:29.99	13-14 200 Fly	2:29.49	110
111	2:25.99(15-16) 2:22.89(17&O)	Senior 200 Fly	2:14.79(15-16) 2:09.79(17&O)	112
113	37.19	11-12 50 Breaststroke	38.29	114
115	1:17.89	13-14 100 Breaststroke	1:13.99	116
117	1:13.99(15-16) 1:13.99(17&O)	Senior 100 Breaststroke	1:08.49(15-16) 1:07.09(17&O)	118
119	1:11.09	11-12 100 Backstroke	1:13.49	120
121	2:22.99	13-14 200 Backstroke	2:16.69	122
123	2:19.09(15-16) 2:18.99(17&O)	Senior 200 Backstroke	2:08.79(15-16) 2:06.89(17&O)	124
125	1:01.89	11-12 100 Freestyle	1:02.29	126
127	58.19	13-14 100 Freestyle	55.69	128
129	56.69(15-16) 56.09(17&O)	Senior 100 Freestyle	51.79(15-16) 50.69(17&O)	130
131		11-12 200 Medley Relay		132
133		13-14 400 Medley Relay		134
135		Senior 400 Medley Relay		136
137	20:01.49	13-14 1650 Freestyle	19:29.49	138
139	19:58.89(15-16) 19:48.19(17&O)	Senior 1650 Freestyle	18:47.99(15-16) 18:27.19(17&O)	140

*The Meet Referee and the Meet Director reserve the right to adjust session designations for one or more age groups or genders if deemed necessary to make the meet run more efficiently.

2009-10 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The Greater Pensacola Aquatic Club, Inc., the University of West Florida, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

CLUB NAME:		INITIALS:	
ADDRESS:			
LSC:		HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:	
FAX NUMBER:		CELL PHONE:	EMAIL:
COACHES ATTENDING:	NAME		COACHES CARD EXPIRATION DATE
	1.		
	2.		
	3.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	1.		
	2.		
	3.		
	4.		
NUMBER OF SWIMMERS ENTERED:		ATTACHED:	
		UNATTACHED:	
		TOTAL:	

SUMMARY OF FEES

NUMBER OF SWIMMERS:		X \$3.00 SES SURCHARGE	=	
NUMBER OF SWIMMERS:		X \$5.00 FACILITY CHARGE	=	
NUMBER OF IND. EVENTS:		X \$4.00 PER EVENT ENTRY FEE	=	
NUMBER OF RELAYS:		X \$9.00 PER RELAY ENTRY FEE	=	
TOTAL DUE:				

CONSOLIDATED ENTRY FORM
 Times should be in **SHORT COURSE YARDS**

Please duplicate as needed

		EVENT #	EVENT NAME	BEST TIME	EVENT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						

**Southeastern Swimming
Information Form for Disabled Swimmers**

NAME:		AGE:		DATE OF BIRTH:	
ADDRESS:				PHONE NUMBER:	
EVENTS ENTERED:					
EVENT:	NO.	EVENT:	NO.		
EVENT:	NO.	EVENT:	NO.		
EVENT:	NO.	EVENT:	NO.		
DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):					
THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:			NAME:		
			NAME:		
SEIZURES?	YES: <input type="checkbox"/> NO: <input type="checkbox"/>	ARE YOU ON MEDICATION?	YES: <input type="checkbox"/> NO: <input type="checkbox"/>	MEDICATION/DOSE:	
MEDICATION/DOSE:		MEDICATION/DOSE:		MEDICATION/DOSE:	
PARENT OR GUARDIAN'S NAME:				PHONE NUMBER:	
PARENT OR GUARDIAN'S SIGNATURE:			ATHLETE'S SIGNATURE:		
PHYSICIAN'S NAME:				PHONE NUMBER:	
PHYSICIAN'S ADDRESS:					
I HAVE EXAMINED THE ABOVE ENTRANT AND, IN MY OPINION, THERE IS NO MENTAL OR PHYSICAL REASON WHY HE OR SHE SHOULD NOT PARTICIPATE IN USA SWIMMING COMPETITION.					
PHYSICIAN'S SIGNATURE:				DATE:	