

AREA TALLAHASSEE AQUATIC CLUB
AREA 1 AND 4 CHAMPIONSHIP
July 31 – August 1, 2010

- SANCTIONED BY:** Florida Swimming of U.S.A. Swimming, Inc.: Sanction # 5190
"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 injuries to anyone during the conduct of the 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-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.
- SPONSORED BY:** Area Tallahassee Aquatic Club in cooperation with Tallahassee Parks & Recreation Department
- TYPE OF MEET:** Twenty-five (25) yard short course
Timed Finals all events and age groups
- DATES & TIMES:** **Saturday and Sunday, July 31 and August 1, 2010**
8:00 am warm-up, 9:00 am start
- LOCATION:** Trousdell Aquatic Center, John Knox Road, Tallahassee, Florida
- POOL SPECS:** Outdoor pool. Certified 8 lanes, 25 yards. Non-turbulent lane lines. Eight lanes will be used for competition. Warm-up/down lanes will be available during the meet. Water depth at the competition starting end and turn end is a minimum of ten feet zero inches. The starting blocks are 29 inches above the surface of the water.
- TIMING EQUIPMENT:** Colorado Automatic and/or Semi-Automatic Timing Equipment. Nine Panel Scoreboard Display.
- ELIGIBILITY:** Open to currently registered U.S.A. Swimming, Inc. swimmers who are members of teams based in Areas 1 or 4 of the Florida Swimming LSC, or unattached swimmers residing in the same areas.
A swimmer may not swim an event in which she or he has achieved a Junior Olympic qualifying time (for ages 14 and under) or the Florida Senior Championship senior qualifying time (for ages 15 and above). Swimmers with Junior Olympic or Senior Championship Qualifying times may enter in any event identified as "Open".
***Relay Entries – Coaches may not permit any swimmer with a Junior Olympic or Senior Championship qualifying time in a particular stroke(s), regardless of distance, to swim that respective leg of a relay event.
- SEEDING:** Use 25 yard short course times.
- ENTRY LIMIT:** Entries for a session will be closed once it exceeds the four hour time limit. All age groups are limited to three (3) individual events per day. Entries that exceed the entry limit(s) will automatically be dropped.

- SCRATCHES: No penalty for scratching on the block.
- NOTE: DECLARED FALSE STARTS WILL BE ALLOWED IN ACCORDANCE WITH USS AND FLORIDA SWIMMING RULES.**
- RULES: Current U.S.A. Swimming, Inc. Rules govern the meet. Florida Swimming Rules & Regulations 223.10: All coaches and officials shall wear their USA swimming registration cards in a conspicuous location at all times while on deck during a swim meet.
- ENTRY FORMS: Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. A signed hard copy printout is acceptable as proof of entry in place of the enclosed entry forms. Free text e-mail entries will not be accepted. Disk and e-mail entries will not be accepted that are not accompanied by a hard copy entry, including the Master Entry Form. List all attending coaches, contact phone numbers, and RELAY ONLY swimmers in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file. If using the enclosed Entry Form, the form will serve as proof of entry. The legal name and current USA Swimming Registration Number for each swimmer must be listed on the Entry Form, including "relay-only" swimmers. The Master Entry Form must accompany the proof of entries and a current USA Swimming Member must sign the form. Florida Swimming rules require a \$50 penalty from teams that do not submit their entries in Hy-Tek format.
- ENTRY FEE: \$3.00 per individual event
\$5.00 per relay
- SCORING: Individual events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1
Relay events; 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
- AWARDS: Medals for individual places 1-3 and relay places 1-3. Ribbons for individual places 4-8. ATAC will present Individual High Point and Runner-up awards for each age group and gender. Trophies to the top two (2) teams
- NO AWARDS WILL BE MAILED.** Please pick up awards at the meet.
- OFFICIALS: Head Referee: Silkie Labie
Head Stroke & Turn: Sue Kelly
Head Marshall: Doug Garthwait
Head Starter: John Labie
- MEET MANAGER: Patty Wagner (e-mail iSwimATAC@aol.com , phone 850-878-6590)
- ENTRY DEADLINE: All entries must be received no later than **5:30 PM ON FRIDAY, JULY 23, 2010**. No fax entries or verbal commitments. Make checks payable to: "ATAC"
- DECK ENTRIES: Deck entries may be allowed at the discretion of meet management. Entries will be accepted if there was an error in processing the team entry. Other deck entries may be allowed if: (1) The swimmer is not already entered in the maximum allowable events for the day; (2) The requested event is not a substitute for another event; and (3) There is an empty lane in the requested event. No new heats will be added. Deck entries must be requested at least 30 minutes before the start of the session in which the deck entry is made. \$10.00 per event (individual or relay) to be paid at time of entry.
- SEND ENTRIES TO: Patty Wagner
9572 Mahan Dr.
Tallahassee, FL 32309
(850) 878-6590
iSwimATAC@aol.com

If sending via express mail or courier, PLEASE WAIVE THE SIGNATURE requirement as this delays the receipt of entries by as much as two days.

TEAM REPRESENTATIVE: The name of a team representative other than the coach must be given to the head referee prior to the start of the competition. The coach and that person only will be recognized.

SPECTATOR SEATING: In order to keep the pool deck clear for swimmers, coaches and officials, we ask that spectators stay on the east side of the pool deck retaining wall – on the opposite side from the competition pool. There is ample space for tents and seating in the allowed area.

MEET COMMITTEE: A Meet Committee consisting of the Head Referee, Meet Manager, Home Team Coach, two other coaches and one athlete chosen at the coaches' meeting will be convened in the event of inclement weather to decide how to proceed with the meet.

WARM UP SCHEDULE

NO EQUIPMENT AT ANY TIME

Except for controlled racing starts, every swimmer must enter the water feet first with at least one hand touching the deck

There will be a one hour warm-up prior to each session. The first 40 minutes are general warm-ups as follows:

Lanes 1 - 8 Push off 50s pace (circle swimming)

The last 20 minutes are controlled warm-ups as follows:

Lanes 1 and 8 Push off 50s pace (circle swimming)

Lanes 2 - 7 Race starts, one way only, start from the block end. Swimmers will start from one end, continue to the far end, exit the pool and walk back to the blocks.

Warm-up procedures may be altered by the meet marshal to fit the needs of the swimmers. Coaches are asked to supervise swimmers at all times to help ensure the safety of all competitors.

ORDER OF EVENTS

Saturday, July 31

SESSION 1: Warm-up 8:00 am, Start 9:00 am

<u>Event #</u> <u>Girls , Boys</u>	<u>Age Group</u>	<u>Distance and Stroke</u>
1 , 2	Open	400 IM
3 , 4	15-18	400 IM
5 , 6	13-14	200 IM
7 , 8	11-12	100 IM
9 , 10	10&U	100 IM
11 , 12	8&U	100 IM
13 , 14	Open	50 Free
15 , 16	15-18	50 Free
17 , 18	13-14	50 Free
19 , 20	11-12	50 Free
21 , 22	10&U	50 Free
23 , 24	8&U	25 Free
25 , 26	Open	200 Back
27 , 28	15-18	200 Back
29 , 30	13-14	200 Back
31 , 32	11-12	100 Back
33 , 34	10&U	100 Back
35 , 36	8&U	50 Back
37 , 38	Open	100 Breast
39 , 40	15-18	100 Breast
41 , 42	13-14	100 Breast
43 , 44	11-12	50 Breast
45 , 46	10&U	50 Breast
47 , 48	8&U	25 Breast
49 , 50	Open	200 Fly
51 , 52	15-18	200 Fly
53 , 54	13-14	200 Fly
55 , 56	11-12	100 Fly
57 , 58	10&U	100 Fly
59 , 60	8&U	50 Fly
61 , 62	15&over	200 Free Relay
63 , 64	13-14	200 Free Relay
65 , 66	11-12	200 Free Relay
67 , 68	10&U	200 Free Relay
69 , 70	8&U	100 Free Relay
71 , 72	Open	500 Free
73 , 74	15-18	500 Free
75 , 76	13-14	500 Free
77 , 78	11-12	500 Free

ORDER OF EVENTS

Sunday, August 1

SESSION 2: Warmup 8:00 am, Start 9:00 am

Event #**Girls , Boys****Age Group****Distance and Stroke**

79 , 80	Open	200 IM
81 , 82	15-18	200 IM
83 , 84	8&U	50 Free
85 , 86	10&U	100 Free
87 , 88	11-12	100 Free
89 , 90	13-14	100 Free
91 , 92	15-18	100 Free
93 , 94	Open	100 Free
95 , 96	8&U	25 Back
97 , 98	10&U	50 Back
99 , 100	11-12	50 Back
101 , 102	13-14	100 Back
103 , 104	15-18	100 Back
105 , 106	Open	100 Back
107 , 108	8&U	50 Breast
109 , 110	10&U	100 Breast
111 , 112	11-12	100 Breast
113 , 114	13-14	200 Breast
115 , 116	15-18	200 Breast
117 , 118	Open	200 Breast
119 , 120	8&U	25 Fly
121 , 122	10&U	50 Fly
123 , 124	11-12	50 Fly
125 , 126	13-14	100 Fly
127 , 128	15-18	100 Fly
129 , 130	Open	100 Fly
131 , 132	8&U	100 Free
133 , 134	10&U	200 Free
135 , 136	11-12	200 Free
137 , 138	13-14	200 Free
139 , 140	15-18	200 Free
141 , 142	Open	200 Free
143 , 144	8&U	100 Medley Relay
145 , 146	10&U	200 Medley Relay
147 , 148	11-12	200 Medley Relay
149 , 150	13-14	200 Medley Relay
151 , 152	15&over	200 Medley Relay

MASTER ENTRY FORM
AREA 1 and 4 CHAMPIONSHIP
July 31 – August 1, 2010

Team Name: _____ Call Letters: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Coach: _____ LSC: _____ Phone: (____) _____

SWIMMER/COACH REGISTRATION

I certify that all individuals listed on the attached entry forms are currently registered members of U.S.A. Swimming, Inc. and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

<u>NAME OF COACH</u>	<u>TEAM</u>
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USS Coach Members, and that I am a current USS registered non-athlete member.

 Signature (must be USS member) Team Date Phone (____) _____

ENTRY DEADLINE: **5:30 PM, Friday, July 23, 2010**
MAIL ENTRIES TO: Patty Wagner
 9572 Mahan Dr.
 Tallahassee, FL 32309
 (850) 878-6590
 iSwimATAC@aol.com

Financial Recap: We have entered the following:

Individual events _____ @ \$3.00 + Relays _____ @ \$5.00 = \$ _____

GRAND TOTAL \$ _____

AREA TALLAHASSEE AQUATIC CLUB
ATTN: Patty Wagner
9572 Mahan Dr
Tallahassee, FL 32309

The following swimmers are entered in the ATAC Area 1 and 4 Championships and are present without a member coach:

NAME OF SWIMMER	TEAM
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I am a certified coach of United State Swimming in good standing, and I agree to coach the above-named swimmer(s) during all warm-up and competition in which they participate.

Signature _____

Date _____

Team _____