

## 2010 Area 2 Championships

Hosted By: Patriot Aquatics and the Lake Brantley Aquatic Center  
March 13 – 14, 2010

- Sanctioned By: Florida Swimming of USA Swimming #
- Sponsored By: Patriot Aquatics
- Type of Meet: 25 Yard Course  
Saturday: 6 & under, 8 & under, 10 & under, 11-12, 13-14, Sr-Timed Finals  
Sunday: 8 & under, 10 & under, 11-12, 13-14, Sr-Timed Finals  
Each session will use two courses simultaneously if needed, 1-ten lane course if needed, or 1 8-lane course  
Meet Management may opt to use 'fly-over' starts at the competition
- Date and Time: March 13 – 14, 2010  
Saturday Session: Warm-up 8:00 am, Meet Starts 9:00 am  
Sunday Session: Warm-up 8:00 am, Meet Starts 9:00 am
- Location: Lake Brantley Aquatic Center  
991 Sand Lake Road  
Altamonte Springs, Fl 32714  
407-862-2207
- Pool Specs: Two 8 lane certified 25-yard short courses, one 10 lane certified 25-yard short course, or one 8 lane 25-yard short course with non-turbulent lane lines. Minimum 3 lane 25-yard continuous warm-up/warm-down area. The competition water depth ranges from 5 feet to 13 feet at the start end.
- Timing Equipment: Regulation starting platforms. Two Colorado timing systems, automatic touch pads and handheld backups with scoreboard will be used.
- Seeding: 25 yard times will be used. Conversions may be made using the formula in the Florida Swimming Handbook.
- Scratches: No penalty for scratching on the blocks.
- Eligibility: Open only to all USA Swimming registered swimmers, in Area 2, who may only enter an event if they have not achieved the maximum time for that specific event listed in the meet information.

Entry Limit: Four (4) individual events per day. Swimmers over entered will be considered as entered in the first four individual events of each session/day. **Please send entries on disk.**

Entry Fee: \$7.50 facility fee per swimmer, \$3.00 per individual event, and \$5.00 for each relay event.

Entry Form: Entries must be in USA Swimming SDIF format or HY-Tek CL2 submitted on a Hy-Tek disk with hard copy printout or sent by e-mail using HY-Tek Team Manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. E-mail confirmation will be sent upon receipt of the file. Those entering with a disk may receive meet results on a disk prior to leaving the meet on Sunday. A completed Master Entry Sheet must be included. The current USA Swimming registration number must be listed on the entry form and the entry form must be signed.

List all attending coaches and contact phone numbers in the body of the e-mail if they are not part of your Hy-Tek Team Manager entry.

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. These “non-electronic entries” will be accepted with an additional \$50 fee per team.

A completed master entry form must be completed and signed by the member of USA Swimming completing the form for all entries.

Deck Entries: Deck entries are to be submitted to the referee **no later than 30 minutes prior** to the start of the event they wish to enter. The fee for deck entries is \$10.00 per individual event. Deck entries will only be accepted if there is available room in an open lane without adding heats. Heats will not be reseeded for deck entries. Swimmers must still comply with the maximum per session and per day entry limits and other eligibility. Those not already entered in the meet must also pay the \$7.50 facility fee.

Entry Deadline: ENTRY DEADLINE: Friday, March 5, 2010  
CHECKS PAYABLE TO: Patriot Aquatics  
**Mail To:** Patriot Aquatics  
PO Box 916286  
Longwood, FL 32791  
**E-Mail To:** [scaron@cfl.rr.com](mailto:scaron@cfl.rr.com)

Awards: Individual Events: 1<sup>st</sup> – 3<sup>rd</sup> medals, 4<sup>th</sup> – 8<sup>th</sup> ribbons  
14 & younger events only  
Relay Events: 1<sup>st</sup> – 3<sup>rd</sup> ribbons  
14 & younger events only  
Top 3 High Point Award for each 14 and under age group and gender

Team Rep: Prior to the start of the meet, the name of another 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.

Scoring: Individual: 9-7-6-5-4-3-2-1  
In accordance with the Florida Swimming Handbook

Officials: Referee: Al St. Pierre  
Starter: Bart Smith  
Chief Stroke & Turn: Lee Oathout  
Meet Marshall: Clay Parnell

Patriot Aquatics welcomes the assistance of all certified officials interested in serving at this meet. Please contact us at 407-862-2207 to volunteer to help.

Meet Manager: Scott Caron  
Questions please call 407-862-2207 or e-mail [scaron@cfl.rr.com](mailto:scaron@cfl.rr.com)

Coaches/Officials: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

Coaches Heat Sheets: Each team will receive one heat sheet for every coach listed on their proof of entry form and with a current USA Swimming membership card.

Coach Supervision: Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-up and competition by a current Coach member of USA Swimming. An unattached athlete

or an athlete not escorted by a Coach member must check in with the Meet Referee upon arrival at the meet. Such athletes must find a substitute Coach who will supervise him/her during warm-up and competition and must submit the enclosed Alternate Coaches Form (signed) to the Meet Referee.

Starts: USA Swimming Championship Start Procedures will be used as outlined in 102.14.4H. If a false start is called after the starting device sounds the race will proceed and the swimmer will be notified at the completion of the race.

Rules: 2010 USA Swimming Technical Rules will govern

Information: Scott Caron  
407-862-2207  
[scaron@cfl.rr.com](mailto:scaron@cfl.rr.com)

Warm-up Schedule for Both Courses and Sessions:

The first ½ hour is general warm-up as follows:

Lane	(Push-offs only, NO EQUIPMENT)
1	Swimming and Pulling Only
2	Swimming and Pulling Only
3	Swimming and Pulling Only
4	Swimming and Pulling Only
5	Swimming and Pulling Only
6	Swimming and Pulling Only
7	Swimming and Pulling Only
8	Swimming and Pulling Only

The second ½ hour is controlled warm-up as follows:

Lane	(NO EQUIPMENT)
1	Push off 50's pace (circle swimming)
2	Racing start one length only sprints
3	Racing start one length only sprints
4	Swimming and Pulling Only
5	Swimming and Pulling Only
6	Racing start one length only sprints
7	Racing start one length only sprints
8	Push off 50's pace (circle swimming)

**NO EQUIPMENT PERMITTED!**

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March 13 – 14, 2010

TEAM NAME \_\_\_\_\_ CALL LETTERS \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

COACH \_\_\_\_\_ LSC \_\_\_\_\_

PHONE (H) \_\_\_\_\_ (O) \_\_\_\_\_

**SWIMMER/COACH REGISTRATION**

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming 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.

Name of Coach	Team
_____	_____
_____	_____

I certify that the individuals listed above re currently registered USA Swimming Coach Members, and that I am a current USA Swimming Registered Non-Athlete Member.

\_\_\_\_\_  
Signature (must be a USA Swimming Member)      Team      Date



Entries must be received by Friday, March 5, 2010 NO Later than 5:00 pm

Mail To: Patriot Aquatics  
PO Box 916286  
Longwood, FL 32791

E-Mail To: [scaron@cfl.rr.com](mailto:scaron@cfl.rr.com)

**FINANCIAL RECAP**

We Have Entered The Following:

Girls Individual Events:	_____	at \$3.00 each = \$ _____
Boys Individual Events:	_____	at \$3.00 each = \$ _____
Girls Relays:	_____	at \$5.00 each = \$ _____
Boys Relays:	_____	at \$5.00 each = \$ _____
Total Swimmers:	_____	at \$7.50 each = \$ _____
Total Entry Fee Paid:		\$ _____

**Patriot Aquatics  
Alternate Coaches Form  
2010 Area 2 Championships**

**The following swimmers are entered in the 2010 Area 2 Championships and are attending without a coach:**

<b>Swimmer's Name</b>	<b>USA ID #</b>	<b>Team</b>	<b>Age</b>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**I am a certified coach of USA Swimming in good standing and I agree to coach the above mentioned swimmer(s) during all warm-ups and competitions in which they participate associated with this meet.**

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Coaches Team \_\_\_\_\_

Saturday AM, March 13, 2010

Warm-ups: 8:00 am

Meet Starts: 9:00 am

<u>Evnt #</u>	<u>Age</u>	<u>Event</u>	<u>Max Time</u>
1-2	Open	200 F.R.	N/A
3-4	11-12	200 F.R.	N/A
5-6	10&U	200 F.R.	N/A
7-8	Open	100 Free	N/A
9-10	15-18	100 Free	59.09/53.09
11-12	13-14	100 Free	57.99/56.29
13-14	11-12	100 Free	1:00.69/1:02.89
15-16	10&U	100 Free	1:10.19/1:10.79
17-18	8&U	25 Free	N/A
19-20	6&U	25 Free	N/A
21-22	Open	200 Breast	N/A
23-24	15-18	200 Breast	2:47.19/2:28.79
25-26	13-14	200 Breast	2:44.99/2:39.29
27-28	11-12	50 Breast	37.19/38.09
29-30	10&U	50 Breast	42.99/43.49
31-32	8&U	25 Breast	N/A
33-34	6&U	25 Breast	N/A
35-36	Open	100 Back	N/A
37-38	15-18	100 Back	1:09.09/1:01.49
39-40	13-14	100 Back	1:06.79/1:04.89
41-42	11-12	100 Back	1:12.19/1:13.29
43-44	10&U	100 Back	1:22.19/1:23.19
45-46	8&U	25 Back	N/A
47-48	6&U	25 Back	N/A
49-50	Open	200 Fly	N/A
51-52	15-18	200 Fly	2:26.79/2:14.99
53-54	13-14	200 Fly	2:24.49/2:22.79
55-56	11-12	50 Fly	31.69/32.39
57-58	10&U	50 Fly	37.29/37.79
59-60	8&U	25 Fly	N/A
61-62	6&U	25 Fly	N/A
63-64	11-12	200 IM	2:31.99/2:35.89
65-66	10&U	200 IM	2:53.09/2:56.29

\*10 minute break

67-68 Open 400 I.M. N/A

Sunday AM, March 14, 2010

Warm-ups: 8:00 am

Meet Starts: 9:00 am

<u>Evnt #</u>	<u>Age</u>	<u>Event</u>	<u>Max Time</u>
69-70	Open	200 M.R.	N/A
71-72	11-12	200 M.R.	N/A
73-74	10&U	200 M.R.	N/A
75-76	Open	200 Free	N/A
77-78	15-18	200 Free	2:06.99/1:55.79
79-80	13-14	200 Free	2:04.99/2:00.89
81-82	11-12	200 Free	2:13.79/2:15.59
83-84	10&U	200 Free	2:32.69/2:34.69
85-86	8&U	50 Free	31.89/31.89
87-88	Open	100 Breast	N/A
89-90	15-18	100 Breast	1:17.79/1:08.19
91-92	13-14	100 Breast	1:15.89/1:12.29
93-94	11-12	100 Breast	1:20.39/1:22.09
95-96	10&U	100 Breast	1:33.39/1:34.69
97-98	8&U	50 Breast	42.99/43.49
99-100	Open	200 Back	N/A
101-102	15-18	200 Back	2:27.79/2:14.89
103-104	13-14	200 Back	2:22.79/2:19.49
105-106	11-12	50 Back	33.39/33.99
107-108	10&U	50 Back	38.19/38.39
109-110	8&U	50 Back	38.19/38.39
111-112	Open	100 Fly	N/A
113-114	15-18	100 Fly	1:04.79/58.39
115-116	13-14	100 Fly	1:04.99/1:04.39
117-118	11-12	100 Fly	1:11.19/1:13.19
119-120	10&U	100 Fly	1:26.69/1:27.69
121-122	8&U	50 Fly	37.29/37.79
123-124	Open	200 IM	N/A
125-126	15-18	200 IM	2:24.39/2:11.29
127-128	13-14	200 IM	2:24.19/2:20.49
129-130	11-12	100 IM	1:11.39/1:12.19
131-132	10&U	100 IM	1:22.29/1:23.29
133-134	Open	50 Free	N/A
135-136	15-18	50 Free	27.19/24.49
137-138	13-14	50 Free	26.69/25.69
139-140	11-12	50 Free	28.39/28.59
141-142	10&U	50 Free	31.89/31.89

\*10 minute break

143-144 Open 500 Free N/A