

PNY Swimmin'
2009 Holiday Invitational
An A+-BB-B-C Competition
December 5-6, 2009

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 #: 09SEPNY12-5

HOSTED BY:

PNY Seahawk Swimmin': 401 North 57th Avenue Pensacola, FL 32506

LOCATION:

Bodenhamer Recreation Center 310 W. 19th Ave Gulf Shores, AL 36542 251-968-4420

FACILITIES: 6-lane, 25 yard indoor competition pool with a 4 foot minimum depth, non-turbulent lane lines and fully automatic Colorado electronic timing system. The deep end of this beautiful L-shaped pool can be made available for warmdown with direct coach supervision.

RULES: 2006 USS rules will govern the conduct of the meet unless otherwise noted herein.

OFFICIALS: Meet Director: Michael Balog

Referee: Michael Balog

Meet Marshall: Michael Balog

Starter: Ralph Roetzer

ELIGIBILITY: All participants must be USA Swimming registered athletes. Entries will not be accepted without either 2009 or 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. 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.

STARTING TIMES:

| | <u>Warm-up</u> | <u>Competition</u> |
|--------------|-----------------------------|---------------------|
| Saturday AM: | 7:30 AM | 9:15 AM |
| Saturday PM: | Immediately after AM events | Not before 11:30 AM |
| Sunday AM: | 7:30 AM | 9:15 AM |
| Sunday PM: | Immediately after AM events | Not before 11:30 AM |

ENTRIES: Teams who have HYTEK'S Meet/Team Manager should submit their entries on a 3-1/2" disk (please send in COMMLink file format or WIN-MM format). E-mailed HYTEK entries will be accepted. Entry forms must be completely filled out including the swimmers' best times for yards. Please provide a written copy of entries for verification purposes. Disks with results will be returned at the end of the meet.

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

DEADLINE: Entry disks and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Entries Chairman on or before Wednesday, November 25, 2009. **Late entries** will be accepted for available lanes only until Sunday, December 6, 2009 until 1:00 PM. No new heats will be formed.

COMPLETED ENTRIES SHOULD BE MAILED TO:

Trey Balog
401 North 57th Avenue
Pensacola, FL 32506
850-554-0625
or e-mailed to coach.trey@pnyswimteam.org

FEES: \$4.00 per individual event, \$3.00 per swimmer SES surcharge, \$5.00 Surcharge for swimmers from outside the Southeastern LSC. \$3.50 per individual event for Outreach Swimmers.

Please make checks payable to: ADG-PNY Inc. All entry fees are nonrefundable.

LIMITS: Swimmers are limited to 5 individual events per day, exclusive of relays. Entries will be limited to 180 swimmers per session.

MEET FORMAT: This is a timed finals meet. All events will be pre-seeded. PNY reserves the right to combine sessions or by vote of the attending coaches by Saturday, November 29, to move the 11-12 Boys to the afternoon, if logistically necessary in order to provide the best competitive environment for the swimmers.

AWARDS: Ribbons for places 1-6 for individual events for A times or better swimmers, ribbons for places 1-6 for individual events for BB swimmers, ribbons for places 1-6 for individual events for B swimmers, ribbons for places 1-6 for individual events for C swimmers. Senior events awarded as 13-14 and 15 and Older. **Final placing to be determined by entry time.** Please pick up all awards before leaving!! Standard Breakers will receive special awards only and will not be placed 1st thru 6th.

COACHES' MEETING: A coaches' meeting will be held at 9:00 each morning. No swimmers will be allowed in the pool during this time.

MEET EVALUATIONS:

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

John Woods
205 Island Ave
Chattanooga, TN 37405
hm: 423-386-7993
wk:423-634-7606

1 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. |
|-------|-----|-------|-----|-------|-----|-------|-----|
| | | | | | | | |
| | | | | | | | |

Type of disability (describe):

Extent of disability (Be specific, e.g., totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities etc.):

The following persons will accompany the swimmer for any needed assistance:

Seizures? Yes _____ No _____ **Are You on Medication?** Yes _____

| Type of Medication | Dose |
|--------------------|------|
| | |
| | |
| | |

Parent or Guardian's Name: _____ **Phone No.:** _____

Parent or Guardian's Signature: _____

Athlete's Signature: _____

Physician's Name: _____ **Phone No.:** _____

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.

Physicians Signature: _____ **Date:** _____

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 are registered with USA Swimming. 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 United States Government, NTTC Corry Station, NAS Pensacola, the Aquatic Development Group, Inc., the Pensacola Navy Youth Swim Team, the Bodenhamer Recreation Center and municipality of Gulf Shores, 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: _____

Date: _____ Title: _____

Team Information

Team Name: _____ Initials: _____

Email Address : _____

LSC: _____ Coach: _____

Address: _____

Phone: (W) _____ (H) _____

Person to contact for questions on entry: _____

Phone: (W) _____ (H) _____

Certified Officials who may wish to work:

1. _____ 2. _____

3. _____ 4. _____

Entry Recap

Total Number of Swimmer Surcharges _____ x \$3.00 = \$ _____

Total Number of non-SES Swimmer Surcharges _____ x \$5.00 = \$ _____

Total Number of Individual Events Entered _____ x \$4.00 = \$ _____

Total # of Ind. Events Entered (OUTREACH) _____ x \$3.50 = \$ _____

Total Amount Enclosed \$ _____

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 | | | | | | |

Pensacola Navy Youth Seahawks
Holiday Invitational

**Please Note: C Swimmers, B Swimmers, BB swimmers, A+ Swimmers will be awarded separately.
Senior division will be awarded in 13-14 and Senior age divisions.**

SPRINT SATURDAY

Session One - Warmup will begin at 0730, competition begins at 0915.

| <u>Girls</u> | <u>Boys</u> | <u>Ages</u> | <u>Event</u> |
|--------------|-------------|-------------|--------------|
| 1 | 2 | 8 & Under | 25 Back |
| 3 | 4 | 10 & Under | 50 Back |
| | 5 | 11-12 | 50 Back |
| 6 | 7 | 8 & Under | 25 Free |
| 8 | 9 | 10 & Under | 50 Free |
| | 10 | 11-12 | 50 Free |
| 11 | 12 | 8 & Under | 25 Breast |
| 13 | 14 | 10 & Under | 50 Breast |
| | 15 | 11-12 | 50 Breast |
| 16 | 17 | 8 & Under | 25 Fly |
| 18 | 19 | 10 & Under | 50 Fly |
| | 20 | 11-12 | 50 Fly |
| 21 | 22 | 8 & Under | 100 IM |
| 23 | 24 | 10 & Under | 100 IM |
| | 25 | 11-12 | 100 IM |

Session Two - Warmups will begin immediately following the morning session, competition not to begin before 1130. Senior events awarded as 13-14 and Senior.

| <u>Girls</u> | <u>Boys</u> | <u>Ages</u> | <u>Event</u> |
|--------------|-------------|-------------|--------------|
| 26 | 27 | Senior | 100 Back |
| 28 | | 11-12 | 50 Back |
| 29 | 30 | Senior | 100 Free |
| 31 | | 11-12 | 50 Free |
| 32 | 33 | Senior | 100 Breast |
| 34 | | 11-12 | 50 Breast |
| 35 | 36 | Senior | 100 Fly |
| 37 | | 11-12 | 50 Fly |
| 38 | 39 | Senior | 50 Free |
| 40 | | 11-12 | 100 IM |
| 41 | 42 | Senior | 200 IM |

DISTANCE SUNDAY

**Please Note: C Swimmers, B Swimmers, BB swimmers, A+ Swimmers will be awarded separately.
Senior division will be awarded in 13-14 and Senior age divisions.**

Session Three - Warmup will begin at 0730, competition begins at 0915.

| <u>Girls</u> | <u>Boys</u> | <u>Ages</u> | <u>Event</u> |
|--------------|-------------|-------------|--------------|
| | 43 | 11-12 | 200 IM |
| 44 | 45 | 8 & Under | 50 Back |
| 46 | 47 | 10 & Under | 100 Back |
| | 48 | 11-12 | 100 Back |
| 49 | 50 | 8 & Under | 50 Free |
| 51 | 52 | 10 & Under | 100 Free |
| | 53 | 11-12 | 100 Free |
| 54 | 55 | 8 & Under | 50 Breast |
| 56 | 57 | 10 & Under | 100 Breast |
| | 58 | 11-12 | 100 Breast |
| 59 | 60 | 8 & Under | 50 Fly |
| 61 | 62 | 10 & Under | 100 Fly |
| | 63 | 11-12 | 100 Fly |

Session Four - Warmups will begin immediately following the morning session, competition not to begin before 1130. Senior events awarded as 13-14 and Senior.

| <u>Girls</u> | <u>Boys</u> | <u>Ages</u> | <u>Event</u> |
|--------------|-------------|-------------|--------------|
| 64 | | 11-12 | 100 Back |
| 65 | 66 | Senior | 200 Back |
| 67 | | 11-12 | 100 Free |
| 68 | 69 | Senior | 200 Free |
| 70 | | 11-12 | 100 Breast |
| 71 | 72 | Senior | 200 Breast |
| 73 | | 11-12 | 100 Fly |
| 74 | 75 | Senior | 200 Fly |
| 76 | | 11-12 | 200 IM |