

**PNY Swimmin'**  
**2010 Holiday Invitational**  
An A+-BB-B-C Competition  
December 4-5, 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 #: 10SEPNY12-4**

**HOSTED BY:**

PNY Seahawk Swimmin': 401 North 57<sup>th</sup> Avenue Pensacola, FL 32506

**LOCATION:**

Bodenhamer Recreation Center 310 W. 19<sup>th</sup> 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:** 2010 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 2010 or 2011 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. **Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming 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.**

**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 Friday, November 26, 2010. **Late entries** will be accepted for available lanes only until Sunday, December 5, 2010 until 1:00 PM. No new heats will be formed.

**COMPLETED ENTRIES SHOULD BE MAILED TO:**

Trey Balog  
92 Garfield Dr  
Pensacola, FL 32505  
850-554-0625  
or e-mailed to [coach.trey@pnyswimteam.org](mailto: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.

**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 Sunday, November 28, to move the 11-12 Boys to the afternoon, or to combine sessions 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 1<sup>st</sup> thru 6<sup>th</sup>.

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

**Recycling:**

The LSC recommend, not require, to all meet directors to provide recycling opportunities for plastic bottles during swim meets. Additionally, we add to the meet reports turned in by meet directors three items and a comment item:

1. Was recycling for plastic bottles offered?
2. How many trash bags of recycling were collected?
3. Additional comments about recycling (ease, difficulties, other items recycled?)
4. Send to Tom Healey at the SE Office.

**MEET EVALUATIONS:**

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

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

SOUTHEASTERN LSC

INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non mandatory form is for accommodation purposes.

Name \_\_\_\_\_

Address \_\_\_\_\_

Team \_\_\_\_\_ USA Registration # \_\_\_\_\_

Age and Birth date: \_\_\_\_\_

Events to be swum: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_

Type of Disability

Blind \_\_\_\_ Cognitive/Intellectual \_\_\_\_\_ Deaf \_\_\_\_ Physical \_\_\_\_\_ Other \_\_\_\_\_

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

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The following person(s) will accompany the swimmer for any needed assistance:

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Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

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Information gathered on this form will only be used for swimmers accommodation during Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking Swimmers attendance and performance. The Disability Chair welcomes any feedback and or comments concerning your Meet experience.

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Meet Director Email

Meet Referee Email

Disability Chair Email: walleybob@hotmail.com

Walter Smalley 901-486-1782

**2010 - 2011 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 United States Government, NTTCC 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.

<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>

## TEAM INFORMATION

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

## SUMMARY OF FEES

<b>NUMBER OF SWIMMERS:</b>	(S	<b>X \$3.00 SES SURCHARGE</b>	=	
<b>NUMBER OF SWIMMERS:</b>	(non-SES)	<b>X \$5.00 SES SURCHARGE</b>	=	
<b>NUMBER OF IND. EVENTS:</b>		<b>X \$4.00 PER EVENT ENTRY FEE</b>	=	
<b>TOTAL DUE:</b>				

### ENTRY FORM

Times should be in **SHORT COURSE YARDS**

Please duplicate as needed

EVENT #	EVENT NAME	BEST	EVENT #	EVENT NAME	BEST TIME
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				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