

PNY Swimmin'
2010 POLAR BEAR SWIM FEST
February 6-7, 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 #: 10SEPNY2-6

HOSTED BY:

PNY Seahawk Swimmin' 401 North 57th Avenue Pensacola, FL 32506 850-554-0625

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 warm down if swimmers are under direct coach supervision.

COURSE: Short Course

RULES: 2010 USS rules will govern the conduct of the meet unless otherwise noted herein.

OFFICIALS: Meet Director: Trey Balog
850-554-0625

Referee: Michael Balog

Meet Marshall: Trey Balog

Starter: Vicki Balog

ELIGIBILITY: All participants must be USA Swimming registered athletes. 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. 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	8:45 AM
Saturday PM:	immediately following AM Session	Not before 11:30 PM
Sunday AM:	7:30 AM	8:45 AM
Sunday PM:	immediately following AM Session	Not before 11:30 PM

ENTRIES: Teams who have HYTEK'S Meet/Team Manager should submit their entries by email to coach.trey@pnyswimteam.org. For verification, please mail a written copy of entries for verification purposes to the team address. Please bring a flash drive if you wish results to be provided 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 Tuesday, January 26, 2010. **Late entries** will be accepted for available lanes only until Sunday, February 7, 2010 until 1:00 PM. No new heats will be formed at any time.

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 per event for outreach athletes**), \$8.00 per relay; \$3.00 per swimmer SES surcharge. \$5.00 surcharge for swimmers from outside the Southeastern LSC. **Late fees:** \$4.00 per individual event, \$10.00 per relay.

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. The host team reserves the right to limit the number of heats in deck-seeded events in order to run the meet in the allotted time.

MEET FORMAT: This is a timed finals meet. All events will be pre-seeded except the 500 and 1650 Freestyles, which will be deck-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Sign-in deadlines are 0915 for 11-12 boys and 1230 for all others. 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: Points for first through sixth places in individual events will be awarded as follows: 7-5-4-3-2-1.

AWARDS: Medals will be awarded for first through third place in all individual events, and ribbons will be awarded for fourth thru sixth place in all individual events and first through third places in relay events. High point and high point runner-up awards will be given in each age group and gender. Team awards will be given for 1st thru 3rd places.

COACHES' MEETING: A coaches' meeting will be held at 08:20. 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

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 (inside SES) _____ x \$3.00 = \$ _____

Total Number of Swimmer Surcharges (outside SES) _____ x \$5.00 = \$ _____

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

Total # of Evts from Outreach Athletes _____ x \$3.00 = \$ _____

Total Number of Relays Entered _____ x \$8.00 = \$ _____

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				

Order of Events

SATURDAY (2/2/06) Check in for morning session restricted events by 0915, afternoon by 1230.

AM Session - Begins at 8:30

G	B	
1	2	8 & U 100 Med Relay*
3	4	10 & U 200 Med Relay
	5	11-12 200 Med Relay
6	7	8 & U 25 Back
8	9	10 & U 50 Back
	10	11-12 50 Back
11	12	8 & Under 50 Free
13	14	10 & U 100 Free
	15	11-12 100 Free
16	17	8 & U 25 Breast
18	19	10 & U 50 Breast
	20	11-12 50 Breast
21	22	8 & U 50 Fly
23	24	10 & U 100 Fly
	25	11-12 100 Fly
26	27	8 & U 100 IM
28	29	10 & U 100 IM
	30	11-12 100 IM

PM Session - not before 11:30pm

G	B	
32		11-12 200 Med Relay
33	34	13-14 200 Med Relay
35	36	SR 200 Med Relay
37		11-12 100 IM
38	39	13-14 200 IM
40	41	Senior 200 IM
42		11-12 50 Back
43	44	13-14 100 Back
45	46	Senior 100 Back
47		11-12 50 Breast
48	49	13-14 200 Breast
50	51	Senior 200 Breast
52		11-12 100 Fly
53	54	13-14 100 Fly
55	56	Senior 100 Fly
57		11-12 100 Free
58	59	13-14 200 Free
60	61	Senior 200 Free

31 Break - 10 minutes
12 & Under 500 Free*

Break 10 minutes
62 12 & Under 500 Free*
63 13-14 1650 Free**
65 66 Senior 1650 Free**

SUNDAY MORNING (2/3/07) Check in for afternoon session restricted events by 1230

AM Session - Begins at 8:30

G	B	
67	68	8 & U 100 Free Relay
69	70	10 & U 200 Free Relay
	71	11-12 200 Free Relay
72	73	8 & U 25 Free
74	75	10 & U 50 Free
	76	11-12 50 Free
77	78	8 & U 50 Breast
79	80	10 & U 100 Breast
	81	11-12 100 Breast
82	83	8 & U 50 Back
84	85	10 & U 100 Back
	86	11-12 100 Back
87	88	8 & U 25 Fly
89	90	10 & U 50 Fly
	91	11-12 50 Fly
92	93	8 & U 100 Free
94	95	10 & U 200 Free
	96	11-12 200 Free

PM Session - not before 11:30pm

G	B	
97		11-12 200 Free Relay
98	99	13-14 200 Free Relay
100	101	SR 200 Free Relay
102		11-12 50 Free
103	104	13-14 50 Free
105	106	Senior 50 Free
107		11-12 100 Back
108	109	13-14 200 Back
110	111	Senior 200 Back
112		11-12 100 Breast
113	114	13-14 100 Breast
115	116	Senior 100 Breast
117		11-12 50 Fly
118	119	13-14 200 Fly
120	121	Senior 200 Fly
122		11-12 200 Free
123	124	13-14 100 Free
125	126	Senior 100 Free

10 Minute Break

127 128 13-14 500 Free*
129 139 Senior 500 Free*

* These events are DECK SEEDED and will be swum fastest to slowest. Awards to 10 & Under, 11-12 age groups

** These events will be swum together but scored separately. They are DECK SEEDED and will be swum fastest to slowest, alternating Girls and Boys. Check in time is by 12:30pm. Those swimmers who wish to record a 1000 split for official time during the 1650 may do so.