

PNY Swimmin'
2009 PNY SPRING FLING
OPEN WATER POOL EVENT AND COMPETITIVE EVENTS
March 20-21, 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 #: SEPNY0320

HOSTED BY:

PNY Seahawk Swimmin' 401 North 57th Avenue Pensacola, FL 32506 850-554-0625 monymony@gte.net

FRI LOCATION: Bldg 3828 Aviation Schools Command, NAS Pensacola. 50 mt pool with raised bridges, buoys along perimeter course 15' from walls. Map attached for directions. Bleachers on deck, Personal Chairs allowed. **Please see information in "Open Water Pool Event Meet Format:" for more information or go the USA Website on "Pool Open Water Swimming"**

SAT LOCATION: Washington High School is at 6000 College Parkway (off of Airport Blvd. between North Davis Hwy and 9th Ave. The Aquatic Center is the last building attached to the school. Washington Aquatic Center - Indoor 6 lane 25 yard pool. Starting depth at 10 feet. Full 6 lane scoreboard. Balcony spectator seating. Deck space for swimmers only. No personal chairs are allowed on the deck of this pool. No swimmers are allowed upstairs. Parents please plan to watch your swimmers from upstairs.

RULES: 2009 USS rules will govern the conduct of the meet unless otherwise noted herein.

TIMING: **Open Water Pool Event:** Chronomix Timing System

Competitive Events: Automated timing system with 6 lane scoreboard.
Backup timing as specified in USS rules.

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

Referee: Michael Balog

Meet Marshall: Trey Balog

Starter: Ralph Roetzer

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

WARMUP AND STARTING TIMES:

FRIDAY OPEN WATER POOL EVENT: 5:30 pm – 7:00 pm in the center of the course. Session 1: 10 & Under 600m will begin at 6pm. 11-12 800m will begin immediately afterwards. 13-older 1500m will begin immediately after the completion of the 11-12 event.

SATURDAY COMPETITIVE POOL EVENTS: Session 1 will start at 0800. The start times for the remaining sessions will be determined by number of entries and will be posted on our team website by Thursday, March 19. The competition will start immediately after the warmup.

For example:

8:00	Senior Warmup	8:30	Senior Meet
10:00	11 - 12 Warmup	10:30	11 - 12 Meet
12:00	9 - 10 Warmup	12:30	9 - 10 Meet
1:00	8 & U Warmup	1:30	8 & U Meet

ENTRIES: Teams who have HYTEK'S Meet/Team Manager should E-mail their HYTEK entries to coach.trey@pnyswimteam.org. Entries must include the swimmers' best times for yards. Please provide a written copy of entries for verification purposes.

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 Thursday, March 12, 2009. **Late entries** will be accepted for available lanes only until Saturday, March 21, 2008, 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: \$3.00 per individual event; **For swimmers inside the LSC - \$3.00** per swimmer SES surcharge. **For swimmers outside the LSC - \$5.00** per swimmer SES Surcharge. **Please make checks payable to:** ADG-PNY Inc. All entry fees are nonrefundable.

LIMITS: Swimmers are limited to 4 individual events per day, exclusive of relays. Entries will be limited to 180 swimmers per session.

OPEN WATER POOL EVENT MEET FORMAT: This "short track" open water swim event will be held in the 50m pool – swimming a rectangular course. The race is run in a counter-clockwise direction. All swimmers must keep all four turn buoys off their left shoulder. A 1:30 warning will be given to indicate swimmers should enter the pool and get into position behind the start rope. A countdown form 10 will be used to start the race from behind a rope. The lead swimmer will get a bell-lap signal. The finish is in the water and is determined by the swimmer touching the wall.

COMPETITIVE MEET FORMAT: This is a timed finals meet. All events will be pre-seeded.

SCORING: There is no individual or team scoring for this event.

AWARDS: Ribbons will be awarded for first through sixth place in all individual events for each individual age and each gender. (5 & Under, 6,7,8,9,10,11,12,13,14,15,16,17,18, and 18+ both male and female.)

COACHES' MEETING: A coaches' meeting will be held at 5:55 pm on Friday night and at 0755 on Saturday. 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 of Claim Form

In consideration of the acceptance of this entry and on behalf of each of the listed competitors we _____ hereby waive and release any and all claims against the United States Government, NAS Pensacola, the Aquatic Development Group, Inc., the Pensacola Navy Youth Swim Team, Washington High School, the Escambia County School District, United States Swimming, Inc. and Southeastern Swimming, Inc. and their officers, agents and representatives for any and all injuries which may be sustained at this meet or while in transit to and from this meet. We

_____ expressly agree to waive claim as condition of being allowed to enter this meet. Further, we _____ affirm that all athletes entered in this meet and all coaches are current members of United States Swimming and that all coaches are in compliance. I hereby affirm that all of the swimmers we are entering in this meet are members in good standing of United States Swimming. I further affirm that all coaches for this team are listed on this document and are Coach members of United States Swimming.

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 \$3.00 = \$ _____

Total Amount Enclosed \$ _____

Order of Events

FRIDAY (3/20/09) at NAS PENSACOLA

(Each Age is scored separately. E.g.: 5-6-7-8-9-10-11-12-13-14-15-16-17-18-18+)

Session 1 begins at 6pm

G	B		
1	2	10 and Under	4 rounds (about 600m)
3	4	11-12	6 rounds (about 900m)
5	6	13 and Over	10 rounds (about 1500m)

SATURDAY, March 21, 2009 at Washington High School

(Each Age is scored separately. E.g.: 5-6-7-8-9-10-11-12-13-14-15-16-17-18-18+)

SESSION 1

7		Senior 200 Mixed Medley Relay
8	9	Senior 100 Free
10	11	Senior 100 Back
12	13	Senior 100 Breast
14	15	Senior 100 Fly
16	17	Senior 50 Free
18	19	Senior 200 IM
20		Senior 200 Mixed Free Relay

SESSION 2

21		11-12 200 Mixed Medley Relay
22	23	11-12 50 Free
24	25	11-12 50 Back
26	27	11-12 50 Breast
28	29	11-12 50 Fly
30	31	11-12 200 IM
32		11-12 200 Mixed Free Relay

SESSION 3

33		10 & Under 200 Mixed Medley Relay
34	35	10 & Under 50 Free
36	37	10 & Under 50 Back
38	39	10 & Under 50 Breast
40	41	10 & Under 50 Fly
42	43	10 & Under 100 IM
44		10 & Under 200 Mixed Free Relay

SESSION 4

45		8 & Under 100 Mixed Medley Relay
46	47	8 & Under 25 Free
48	49	8 & Under 25 Back
50	51	8 & Under 25 Breast
52	53	8 & Under 25 Fly
54	55	8 & Under 100 IM
56		8 & Under 100 Mixed Free Relay