

PNY Swimmin'
2010 PNY SPRING FLING
OPEN WATER POOL EVENT
March 21, 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 #: 10SEPNY3-21

HOSTED BY:

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

coach.Vicki@pnyswimteam.org

SAT LOCATION: Sat events are cancelled – we were notified 3/3/10 that due to budget cuts the pool would be unavailable

SUN 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." **Currently one of the bridges cannot be raised due to a broken cable. If the Navy cannot fix this cable by the date of the meet – the course will be 36 mt x 25y.**

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

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

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

Meet Marshall: Trey Balog Starter: Michael 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.

WARMUP AND STARTING TIMES:

SUNDAY OPEN WATER POOL EVENT: 0830 AM in the center of the course. Session 1: 10 & Under 600m will begin at 9AM. 11-12 900m will begin immediately afterwards. 13-older 1500m will begin immediately after the completion of the 11-12 event.

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 11, 2010. **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: \$5.00 for open water 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 50mt 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 from 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.

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

Order of Events

SUNDAY (3/21/09) 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 9am

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)

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 Open Water Swimmers Entered _____ x \$5.00 = \$ _____

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						