

PNY Swimmin'
2011 PNY Spring Fling
Open Water Pool Event
March 19, 2011

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 #: 11SEPNY4-19

HOSTED BY:

PNY Seahawk Swimmin' 401 North 57th Avenue Pensacola, FL 32506 850-554-0625
coach.Vicki@pnyswimteam.org

LOCATION:

Bldg 3828 Aviation Schools Command, NAS Pensacola.

FACILITIES: 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."

RULES: 2011 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: Jerry Baird

ELIGIBILITY: All participants must be USA Swimming registered athletes. Entries will not be accepted without 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. " 6/9/2010

WARMUP and STARTING TIMES:

SATURDAY OPEN WATER POOL EVENT:

Warmup 0830 AM in the center of the course.

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. Entry forms must be completely filled out including the swimmers' best times for yards/meters. 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 Monday, March 14, 2011. **Late entries** will be accepted for available lanes only until Saturday, March 19, 2011, 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 1 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 8:15am 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

Chanttanoooga, TN 37405

Order of Events

SATURDAY (3/19/11) 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 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.)

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

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

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.

Meet Director Email

Meet Referee Email

Disability Chair Email: walleybob@hotmail.com

Walter Smalley 901-486-1782

2010 - 2011 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

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 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.

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.

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SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

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

SUMMARY OF FEES

NUMBER OF SWIMMERS: (inside SES)		X \$3.00 SES SURCHARGE	=	
NUMBER OF SWIMMERS: (outside SES)		X \$5.00 SES SURCHARGE	=	
NUMBER OF Open Water Swimmers Entered		X \$5.00 PER EVENT ENTRY FEE	=	
TOTAL DUE:				

CONSOLIDATED 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						