

# 2013 SARASOTA Y “TOM HERRINGTON” INVITATIONAL

November 22<sup>nd</sup> through 24<sup>th</sup>, 2013  
Selby Aquatic Center, Sarasota, Florida

- Sanctioned By: Florida Swimming of USA Swimming Sanction # 2768  
“In granting this approval it is understood and agreed that USA Swimming and Florida Swimming shall be held free and held harmless from any liability or claims from damages arising by reason of injuries to anyone during the conduct of the event.”
- Condition of Sanction: 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 swimmers legal guardian legal guardian to ensure compliance with this requirement.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Hosted By: Sarasota YMCA Sharks swim team
- Type of Meet: Outdoor, 25 yard – 6, 8 or 10 lane short course meet; the size of the meet will determine the pool configuration for each session, 6/10, 8/8, 8/10, 10/10, or one 10 lane course. Depth is 5ft to 12ft. Timed Finals (Age Groups & Seniors)  
Meet management may opt to use fly-over starts at this competition  
**COACHES PLEASE NOTE:** Relays may be dropped in order to comply with the four (4) hour time limit rule. Events and/or heats may be combined.
- Dates & Times: Friday, Nov. 22<sup>nd</sup>: 5:30 pm start (13 & over 400 IM, 12 & under 200 IM, 500 Free)  
Saturday, Nov. 23<sup>rd</sup>: 8:30 am session start (13 & overs)  
Not before 12 Noon (12 & unders)  
Sunday, Nov. 24<sup>th</sup>: 8:30 am session start (13 & overs)  
Not before 12 Noon (12 & unders)
- Location: Selby Aquatic Center  
8301 Potter Park Drive  
Sarasota, FL 34238  
Directions to Pool at <http://sysharks.org/map.html>
- SYS Official Host Hotel: **BEST WESTERN SIESTA KEY**  
6600 South Tamiami Trail (US 41)  
Sarasota, Florida 34231 (3 miles from the pool)  
**(800) 930-4439** and ask for “**Sharks Swim Rate**”. **Website - [www.bestwesternsiestakey.com](http://www.bestwesternsiestakey.com)**  
Stay includes bagged “breakfast to go” for early morning swimmers. Inquire about late checkout.
- Pool Specifications: Water depth at the competition starting and turn end is a minimum of 5 feet, 0 inches.  
Outdoor, heated, short course yards  
Certified 25 yard, 26 lane pool  
One or two, 6, 8 or 10 lane courses (or combination) may be used depending on number of entries  
Kiefer, non-turbulent lane lines; KDI Paragon starting blocks
- Timing Equipment: Colorado Automatic Timing, pads & buttons & stop watches  
Computer scoring  
Colorado Timing Score Board

- Warm-up: Friday, Nov. 22<sup>nd</sup>: 4:00 pm warm-up  
 Saturday, Nov. 23<sup>rd</sup>: &  
 Sunday, Nov. 24<sup>th</sup>:  
 Morning Sessions: 7:00 am warm-up  
 Afternoon Sessions: warm-up - 45 min. prior to start; session start no earlier than 12 Noon  
 25 yard, 6 lane warm up/warm down available during meet
- Eligibility: On deck registration will not be allowed.  
 Open to all currently registered USA Swimming swimmers with a registration number. The meet manager reserves the right to limit the entries in order to ensure each session is 4 hours or less.
- Entry Limit: Swimmers will be limited to a maximum of four (4) individual events per session and five (5) individual events per day. Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit. No limit on relay entries, but each team should designate relay teams "A", "B", "C", etc.
- Seeding: Short Course 25 Yard times will be used for seeding. Conversions, using the formula in the current Florida Swimming Handbook may be used for entry purposes.
- Scratch Penalty: No penalty for scratching on the block with the exception of deck seeded distance events.
- Deck Seeded Events: **Distance events (500 Free, 1000 Free, 1650 Free and 400 IM) will require an athlete to positively check in to compete in that event.** Any swimmer entered in a deck seeded event that has checked in for the event must swim the event unless he/she notifies the clerk of course before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer being barred from his/her next individual event in which he/she is entered on that day or the next day of the meet, whichever is first, unless excused by the meet referee because of illness or injury.
- Deck seeded events will close for seeding at the specified times listed in the order of events. Check-in must be done with the clerk of the course prior to the listed check-in time to be seeded in that event. Any swimmer, properly entered in an event, who fails to check-in for that event by the designated cutoff time, will be allowed to swim only if open lanes are available. No new heats will be formed.
- Entries: **Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format.** A signed hard copy printout is acceptable as proof of entry in place of the enclosed entry forms. **Disk or e-mailed entries must be accompanied by a backup hard copy of the entry. Free text e-mail entries will not be accepted.** List all attending coaches, and contact phone numbers in the body of the e-mail. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of file. If using the enclosed Entry Form, the form will serve as proof of entry. The legal name and current USA Swimming Registration Number for each swimmer must be listed on the Entry Form. The Master Entry Form must accompany the proof of entries and a current USA Swimming Member must sign the form.
- Deck Entries: Deck entries may be accepted by the Meet Referee or his/her designee no less than **1 hour (Friday) or 45 minutes (Saturday/Sunday)** prior to the start of the session under the following conditions:
- \* Swimmers must meet all other standard requirements of the meet.
  - \* Deck Entry fees must be paid at time of entry (**\$10.00/event; plus \$7.50 facility fee if swimmer not already entered in the meet**)
  - \* A swimmer may not scratch an event to deck enter an event.
  - \* A swimmer may only deck enter an event that has an existing empty lane, no new heats will be established.

- Entry Fee: All ages – Individual Events: **\$3.00** per Individual Event  
 Relay Events: **\$5.00** per Relay Event  
 Facility Fee: **\$7.50** per Swimmer  
 Deck Entries: **\$10.00** per Deck Entry  
 Entry fees must accompany entries. Entries will not be accepted without payment.
- Entry Deadline: All entries must be received by **6:00 pm on Wednesday, November 13, 2013**  
 No phone or fax entries accepted, we recommend Express Mail or other rapid mail service.
- Mail Entries to: Sherwood Watts E-mail Hy-Tek entries to: **john.clark1123@gmail.com**  
 c/o Sarasota Y Sharks  
 8301 Potter Park Drive  
 Sarasota, FL 34238  
 (941) 922-9622  
**Make checks payable to: SARASOTA YMCA SHARKS**
- Officials: Meet Referee: Gary Erlenmeyer  
 Starter: Bill Wall  
 Head Stroke & Turn: Tom Nutter  
 Administrative: Jay Clark  
 Marshall: Randy Averett  
 Meet Manager: Sherwood Watts
- Scoring: Individual Top 8: 9, 7, 6, 5, 4, 3, 2, 1  
 Relay Top 8: 18, 14, 12, 10, 8, 6, 4, 2
- Awards: Individual Events: Medals - 1<sup>st</sup> thru 3<sup>rd</sup> Place  
 Ribbons - 4<sup>th</sup> thru 8<sup>th</sup> Place  
 Heat Winner Ribbons for 10 & Under and 8 & Under  
 Relay Events: Ribbons - 1<sup>st</sup> thru 8<sup>th</sup> Place (14 & Unders only – 15 & Overs will not receive awards for Relay Events)  
 Individual High Point Trophies - 1<sup>st</sup> & 2<sup>nd</sup> Place in each Age Group  
 Combined Team Trophies - 1<sup>st</sup> & 2<sup>nd</sup> Place (Host team ineligible)
- Team Representative: Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. For each team, the coach and that person only will be recognized.
- Identification: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet. **\*NO SPECTATOR, 18 & OVER, WILL BE ADMITTED INTO THE SELBY AQUATIC FACILITY WITHOUT SHOWING A PHOTO ID (i.e. Drivers License) - This is YMCA Policy for your children's safety. COACHES PLEASE INFORM YOUR SWIM PARENTS.**
- For Information: SARASOTA SHARKS OFFICE (941) 922-9622 Sherwood Watts or Steve Brown
- Rules: Current USA Swimming Rules & Regulations will govern. Safety rules, as outlined by USA Swimming and as recommended by the Head Marshal, will be in effect during all warm-up periods and in all warm-up/warm-down areas. The USA Swimming "no recall" start will be used as outlined in 102.14.4H.
- Disabilities: Please notify the Meet Manager or Meet Referee PRIOR to the meet if you have an athlete with a disability and let us know how we can assist the athlete. It is the coach's and/or athlete's responsibility to notify meet management prior to the meet.

- Spectator Seating: Spectators will NOT be allowed on the competition pool deck. Spectator seating will be clearly designated.
- Camera Zones: Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end," etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.
- Distance Check-In: All Coaches must check-in their swimmers for the 400 IM and 500 Freestyle by **4:30 PM on Friday**. The 13 & over 1000 Free and 1650 Free events must be checked in by **8:30 AM on Saturday/Sunday**. The 11-12 1000 Free must be checked in by **12 Noon or session start time (whichever is later) on Saturday**.
- Distance Events: NOTE: Entry times for the 13 & over 1000 and 1650 free events will be subject to verification with the USA Swimming database.

## WARM-UP SCHEDULE

**\*\*\* NO EQUIPMENT PERMITTED \*\*\***

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.

- The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

### General Warm Up (Start of warm-up period until the last half-hour)

Lane(s)	
1	Push off 50's or 100's pace – circle swimming
2	Racing Starts - one length only (from the south end only)
3	Swimming and pulling only – push off - circle swimming
4	Swimming and pulling only – push off - circle swimming
5	Swimming and pulling only – push off - circle swimming
6	Swimming and pulling only – push off - circle swimming
7	Swimming and pulling only – push off - circle swimming
8	Push off 50's or 100's pace – circle swimming

### Controlled Warm Up (Last half-hour of warm-up period)

Lane(s)	
1	Pace 50s - push off – circle swimming
2	Racing Starts - one length only (from the south end only)
3	Swimming and pulling only – push off - circle swimming
4	Swimming and pulling only – push off - circle swimming
5	Swimming and pulling only – push off - circle swimming
6	Racing Starts - one length only (from the south end only)
7	Racing Starts - one length only (from the south end only)
8	Pace 50s - push off – circle swimming

## Order of Events

### Friday, November 22<sup>nd</sup>, 2013

<u>EVENT #</u>	<u>AGE</u>
1-2	13 & Over
3-4	12 & Under
5-6	Senior

### Warm-up 4:00 pm

<u>EVENT</u>
400 IM
200 IM
500 Free

### Timed Finals 5:30 pm

<u>NOTE</u>
* 1
* 2
* 3

### Saturday, November 23<sup>rd</sup>, 2013

<u>EVENT #</u>	<u>AGE</u>
7-8	13-14
9-10	15-16
11-12	Senior
13-14	13-14
15-16	15-16
17-18	Senior
19-20	13-14
21-22	15-16
23-24	Senior
25-26	13-14
27-28	15-16
29-30	Senior
31-32	13-14
33-34	15-16
35-36	Senior
37-38	13-14
39-40	15-16
41-42	Senior
43-44	13-14
45-46	15-16
47-48	Senior

### Warm-up 7:00 am

<u>EVENT</u>
200 IM
200 IM
200 IM
100 Fly
100 Fly
100 Fly
50 Back
50 Back
50 Back
100 Breast
100 Breast
100 Breast
100 Free
100 Free
100 Free
200 Back
200 Back
200 Back
50 Breast
50 Breast
50 Breast

### Timed Finals 8:30 am

<u>NOTE</u>
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-- 10 minute break --

49-50	13 & Over	1000 Free
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\* 4

### Saturday, November 23<sup>rd</sup>, 2013

<u>EVENT #</u>	<u>AGE</u>
51-52	11-12
53-54	10 & Under
55-56	8 & Under
57-58	11-12
59-60	10 & Under
61-62	8 & Under
63-64	11-12
65-66	10 & Under
67-68	8 & Under
69-70	11-12
71-72	10 & Under
73-74	8 & Under
75-76	11-12
77-78	10 & Under
79-80	8 & Under
81-82	11-12
83-84	10 & Under
85-86	8 & Under

### Warm-up 45 min. prior to PM session

<u>EVENT</u>
200 Free Relay
200 Free Relay
100 Free Relay
100 IM
100 IM
100 IM
50 Breast
50 Breast
50 Breast
100 Free
100 Free
100 Free
100 Fly
100 Fly
25 Fly
50 Back
50 Back
50 Back

### Timed Finals not before 12 Noon

<u>NOTE</u>
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-- 10 minute break --

87-88	11-12	1000 Free
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\* 5

<b>Sunday, November 24<sup>th</sup>, 2013</b>		<b>Warm-up 7:00 am</b>	<b>Timed Finals 8:30 am</b>
<u>EVENT #</u>	<u>AGE</u>	<u>EVENT</u>	<u>NOTE</u>
89-90	13-14	200 Breast	
91-92	15-16	200 Breast	
93-94	Senior	200 Breast	
95-96	13-14	50 Fly	
97-98	15-16	50 Fly	
99-100	Senior	50 Fly	
901-102	13-14	200 Free	
103-104	15-16	200 Free	
105-106	Senior	200 Free	
107-108	13-14	100 Back	
109-110	15-16	100 Back	
111-112	Senior	100 Back	
113-114	13-14	200 Fly	
115-116	15-16	200 Fly	
117-118	Senior	200 Fly	
119-120	13-14	50 Free	
121-122	15-16	50 Free	
123-124	Senior	50 Free	
-- 10 minute break --			
125-126	13 & Over	1650 Free	* 6

<b>Sunday, November 24<sup>th</sup>, 2013</b>		<b>Warm-up 45 min. prior to P.M. session</b>	<b>Timed Finals not before 12 Noon</b>
<u>EVENT #</u>	<u>AGE</u>	<u>EVENT</u>	<u>NOTE</u>
127-128	11-12	200 Medley Relay	
129-130	10 & Under	200 Medley Relay	
131-132	8 & Under	100 Medley Relay	
133-134	11-12	100 Breast	
135-136	10 & Under	100 Breast	
137-138	8 & Under	25 Breast	
139-140	11-12	200 Free	
141-142	10 & Under	200 Free	
143-144	8 & Under	25 Free	
145-146	11-12	100 Back	
147-148	10 & Under	100 Back	
149-150	8 & Under	25 Back	
151-152	11-12	50 Fly	
153-154	10 & Under	50 Fly	
155-156	8 & Under	50 Fly	
157-158	11-12	50 Free	
159-160	10 & Under	50 Free	
161-162	8 & Under	50 Free	

**Notes:**

- \* 1 The 13 & Over **400 IM** will be deck seeded and swum **Fastest to Slowest, regardless of age, either by gender or mixed gender depending upon pool configuration**, with results broken out and scored separately by gender and age group (13-14, 15-16, and Senior). All swimmers must be checked-in with the Clerk of Course by **4:30 p.m. on Friday**.
- \* 2 The 12 & Under **200 IM** will be swum **Fastest to Slowest, regardless of age, either by gender or mixed gender depending upon pool configuration**, with results broken out and scored separately by gender and age group (10 & Under, and 11-12).

**Notes: (Cont'd)**

- \* 3 The **500 Free** will be deck seeded and swum **Fastest to Slowest, regardless of age, either by gender or mixed gender depending upon pool configuration**, with results broken out and scored separately by gender and age group (10 & Under, 11-12, 13-14, 15-16, and Senior). Swimmers **must provide their own counters** for this event. The number of entries may be limited to meet the four hour time limit per session at the discretion of Meet Management. All swimmers must be checked-in with the Clerk of Course by **4:30 p.m. on Friday**.

If a swimmer is entered and gets cut from the 500 free event due to entry limits, they will be REFUNDED the entry fee for the event from which they were cut.

- \* 4 The 13 & Over **1000 Free** will be deck seeded and swum **Fastest to Slowest, regardless of age, either by gender or mixed gender depending upon pool configuration**, with results broken out and scored separately by gender and age group (13-14, 15-16, and Senior). This event may be limited to the 48 fastest swimmers by gender, subject to a minimum of the 16 fastest 13-14 girls, 16 fastest 13-14 boys, 16 fastest 15-16 girls, 16 fastest 15-16 boys, 16 fastest Senior girls, and 16 fastest Senior boys. If an age group does not have sufficient entries to fill the minimum entry for the event, the vacant spots will be filled by the next fastest available swimmer of that gender first but regardless of age group. Swimmers **must provide their own counters** for this event; there will be a 10 minute break prior to the start of this event. All swimmers must be checked-in with the Clerk of Course by **8:30 a.m. on Saturday**.

If a swimmer is entered and gets cut from the 13 & over 1000 free event due to entry limits, that swimmer may DECK ENTER (at no additional cost) another event as long as they do not exceed the maximum entries per session and per day rule. If they do NOT enter another event, they will be REFUNDED the entry fee for the event from which they were cut.

- \* 5 The 11-12 **1000 Freestyle** will be deck seeded and swum, **Fastest to Slowest, and swum either by gender or mixed gender depending upon pool configuration**, with results scored separately by gender. Swimmers **must provide their own counters** for this event; there will be a 10 minute break prior to the start of this event. All swimmers must be checked-in with the Clerk of Course by the **latter of the Session Start time or 12 Noon on Saturday**.

- \* 6 The 13 & Over **1650 Free** will be deck seeded and swum **Fastest to Slowest, regardless of age, either by gender or mixed gender depending upon pool configuration**, with results broken out and scored separately by gender and age group (13-14, 15-16, and Senior). This event may be limited to the 24 fastest swimmers by gender, subject to a minimum of the 8 fastest 13-14 girls, 8 fastest 13-14 boys, 8 fastest 15-16 girls, 8 fastest 15-16 boys, 8 fastest Senior girls, and 8 fastest Senior boys. If an age group does not have sufficient entries to fill the minimum entry for the event, the vacant spots will be filled by the next fastest available swimmer of that gender first but regardless of age group. Swimmers **must provide their own counters and timers** for this event; there will be a 10 minute break prior to the start of this event. All swimmers must be checked-in with the Clerk of Course by **8:30 a.m. on Sunday**.

If a swimmer is entered and gets cut from the 13 & over 1650 free event due to entry limits, that swimmer may DECK ENTER another event as long as they do not exceed the maximum entries per session and per day rule. If they do NOT enter another event, they will be REFUNDED the entry fee for the event from which they were cut.

