



2010 Florida Swimming Spring Senior Championship February 25-28, 2010



- Sanctioned By: Florida Swimming of USA Swimming Sanction # 5024
- Sponsored By: Florida Swimming, Inc.
- Hosted By: Swim Orlando YMCA
- Type of Meet: 25 Yard Short Course:
Timed Finals, Prelim/Consolation & Championship Finals; 15-16, Prelim/Consolation A & B, and Championship Finals, Senior
In the Finals Sessions, the Championship Final will precede the Consolation Final for each event. In Senior category, B Consolation heat is limited to swimmers 18 years and younger. Flyover starts and/or chase starts may be used at the discretion of the meet referee. Two pools may be used during preliminary and timed finals sessions.
- Date & Time: Thursday, February 25, 2010 – Timed Finals 5:30 PM
Friday & Saturday, February 26 – 27, 2010 – Prelims 9:00 AM, Finals 5:30 PM
Sunday, February 28, 2010 – Prelims 9:00 AM, Finals 4:30 PM
- Location: YMCA Aquatic Center, 8422 International Drive, Orlando, Florida 32819
- Pool Spec: Two certified indoor, 25 yard, 8 lane competition pools with non-turbulent lane lines. Water depth in the competition pool is 7 feet minimum.
- Timing Equipment: New 2008 Full Video Display Scoreboard.
New 2008 Colorado Automatic and/or Semi-Automatic Timing Equipment.
- Warm-up: One (1) hour Fifty (50) minutes scheduled warm-up prior to the prelim sessions.
One (1) hour Twenty (20) minutes before each final session.
Warm up schedule is attached.
- Eligibility: Open to all currently registered 2010 Florida Swimming swimmers who have achieved the current Senior Championship time standard as listed within a two (2) year time limit between February 25, 2008 and February 16, 2010, the meet entry deadline.
- Entry Limit: Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". Over-entries will be automatically dropped when the limit is met for the meet and/or day. **All individual times entered must have been achieved within the two-year qualifying period (Feb. 25, 2008 to Feb. 16, 2010).** No conversions of times are acceptable. Deck entries will not be permitted.
- Bonus Events: The "Bonus Event" Rule will be in effect for this meet. The formula is as follows: Swimmers qualified in one or more events may swim up to two (2) bonus events during the course of this meet, subject to the meet rules on limitations on number of swims. Each bonus swim entered must be a provable time. NT entries will not be accepted. In the OME system, select "Enter as Bonus" to enter bonus events. The 400 Free, 400 IM, 1000 Free, and 1650 Free are not eligible to be entered as bonus events unless the swimmer is qualified in either the 1000 Free or 1650 Free for this meet. The total swims including bonus swims shall not exceed the limit of 3 individual events per day and 6 individual events for the meet.

**NEW ENTRY PROCEDURES – READ CAREFULLY
SEE “OME” HIGHLIGHTS ATTACHMENT FOR MORE INFORMATION**

On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome> Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”. **Paper, FAX, and Email entries will not be accepted.**

OME OPENS: 12:01 AM EST Friday – January 22, 2010

OME CLOSSES: 10:00 PM EST Tuesday – February 16, 2010

OME HELP: Susan Woessner USA Swimming 719-332-0184 – swoessner@usaswimming.org
Stuart Michelson FL Swimming 407-417-1756 – smichelson@cfl.rr.com

Conforming and Non Conforming times will be used for entry – short course yards then long course meters.

Individual Entries: Use a time in the national database for entry that is faster than qualifying time. Fastest times need not be used. Swimmers may enter using an “Override Time” for times that are not in the national database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.

OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. Relay teams may be entered at any seed time.

TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the swimmers first event.

INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes who are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”

Proof of Time: Swimmers listed in the National Data Base with qualifying times achieved within the two year qualifying period (February 25, 2008 to February 16, 2010) will be permitted to swim individual events. Swimmers with qualifying times that are not listed in these data bases must provide proof of times with their Senior Meet Entry Application, providing a copy of the results of an approved, observed or sanctioned meet, including the meet sanction number, name, location, and date of the meet, and results page(s) with the athlete’s name and time(s). Conversions may not be used to prove times; the swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time.

Seeding: All swimmers must enter with times achieved within the two year qualifying period. Non-conforming times will be seeded after short course yard qualifying times. Seeding is as follows:
1. Short Course Yards 2. Long Course Meters 3. Short Course Meters

Scratch Procedures: * Prelims: No penalty for scratching on the block in prelims with the exception of deck seeded events. Any swimmer entered in a deck seeded event who 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.

* Finals: Any swimmer who competes in a preliminary heat and qualifies as one of the finalists must swim in that final’s event; or must notify the clerk of course that he/she may withdraw from that final’s event within 30 minutes of the announcement of the qualifiers

and further declares his/her intention to scratch within 30 minutes of his/her last prelim event of the day. Failure to do so will result in the swimmer being barred from all further competition in the meet, unless excused by the meet referee because of illness or injury.

Exceptions for Failure to Compete:

No penalty shall apply for failure to withdraw or compete in an individual event if:

- A The Referee is notified in the event of illness or injury and accepts the proof thereof.
- B It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
- C A swimmer not originally qualified for the championship final or consolation final who is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final.

Declared False Starts:

Declared false starts and/or a deliberate delay of meet will be treated the same as "failure to swim".

NOTE 1: Alternates wishing to swim in an open lane in finals must be standing at the starters stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer.

NOTE 2: Finals/Consolation Finals scratches must be done individually; 'team' scratches will not be accepted.

NOTE 3: In addition to the swimmers being required to scratch if they are not going to swim in finals, all swimmers seeded 17-24 who do not wish to swim in finals are strongly urged to scratch.

NOTE 4: Prelims scratch cards must be signed by the coach or athlete.

Entry Fee: \$6.00 per individual event;
\$10.00 per relay;
\$10.00 facility fee per swimmer,
\$1.00 per swimmer LSC Swimmer Support.
Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.
OME is set up with zero entry fee charges to allow all teams to pay by check.

Make checks payable to: Swim Orlando YMCA
Mailing Address: Mel Nash, Orlando YMCA
8422 International Drive
Orlando, FL 32819

Entry Deadline: All entries must be completed through USA-S OME online entry, and it must be finished by Feb. 16, 2010 by 10:00 pm. No faxed entries accepted. You may enter your swimmers prior to the entry deadline and pay for those entries, to ensure the entries are accepted and still add to your entries based on swims from Last Chance Meets prior to the entry deadline. **OME is set up with zero entry fee charges to allow all teams to pay by check.**

For all entry questions contact:
Stuart Michelson (407-673-7717 or smichelson@cfl.rr.com)

Awards: Team: Championship and Runner-Up Trophy
Individual: High Point Plaque for each age group and gender;
1-3 Medals, 4-8 Ribbons
Relays: 1-3 Medals

Scoring: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Rules: Current USA Swimming Technical Rules will govern the meet.

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. This person must be a current member of USA Swimming/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.

Officials: Meet Referee: Roger Deary
Admin Referee: Tom Nelson
Chief Judge: Bart Smith
National Evaluator: Melissa Hellervik-Bing
Head Marshall:
Meet Director:

National Officials Certification:

This meet has been designated as a "Qualifying Meet" for National Officials Certification; a "National Evaluator" will be in attendance for certification and re-certification evaluation. Those desiring initial certification or re-certification above the LSC level should review the details of the program in the "Certification" link of the "Officials" section under the "Volunteers" tab on the USA Swimming web site. There will be opportunities at the meet for eligible officials to be evaluated for N2 and some N3 level positions. All requests for evaluations should be emailed to the meet referee.

For Information: Stuart Michelson (407-673-7717 or smichelson@cfl.rr.com) / Florida Swimming Office (352-242-5145 or flsooffice2@aol.com).

Facility Information: YMCA Aquatic Center (407-363-1911).

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.

Warm-Up Schedule

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

*** EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL ***

Thursday, February 25, 2010

4:00 – 4:30 PM General Warm-up
4:30 – 5:20 PM Controlled Warm-up

Friday, Saturday, February 26 & February 27, 2010

7:00 – 8:00 AM General Warm-up
8:00 – 8:50 AM Controlled Warm-up
4:00 – 4:30 PM General Warm-up
4:30 – 5:20 PM Controlled Warm-up

Sunday, February 28, 2010

7:00 – 8:00 AM General Warm-up
8:00 – 8:50 AM Controlled Warm-up
3:00 – 3:30 PM General Warm-up
3:30 – 4:20 PM Controlled Warm-up

GENERAL WARM-UP:

LANE

- 1 Pace 50 and 100 circle swimming – push off
- 2 Racing starts (one length from start end only)
- 3 Swimming and pulling, push off
- 4 Swimming and pulling, push off
- 5 Swimming and pulling, push off
- 6 Swimming and pulling, push off
- 7 Racing starts (one length from start end only)
- 8 Pace 50 and 100 circle swimming – push off

CONTROLLED WARM-UP:

LANE

- 1 Pace 50 and 100 circle swimming – push off
- 2 Racing starts (one length from start end only)
- 3 Swimming and pulling, push off
- 4 Swimming and pulling, push off
- 5 Swimming and pulling, push off
- 6 Racing starts (one length from start end only)
- 7 Racing starts (one length from start end only)
- 8 Pace 50 and 100 circle swimming – push off

2010 Florida Swimming Spring Senior Championships

Order of Events

Event #	Age	Event Name	Short Course		Long Course	
			Women	Men	Women	Men
Thursday, Feb. 25, 2010 – Timed Finals – 5:30 PM						
1 - 2	15-16	1000 Freestyle *	11:26.09	10:44.19	10:41.89	10:04.59
3 - 4	Senior	1000 Freestyle *	11:26.09	10:44.19	10:29.79	9:33.89
Friday, Feb. 26, 2010 – Prelims-9:00 AM Consolations, and Finals-5:30 PM						
5 - 6	15-16	200 Freestyle	2:06.99	1:55.79	2:23.19	2:13.49
7 - 8	Senior	200 Freestyle	2:01.49	1:50.19	2:19.99	2:05.59
9 - 10	15-16	200 Breaststroke	2:47.19	2:28.79	3:12.29	2:54.39
11 - 12	Senior	200 Breaststroke	2:41.89	2:27.99	3:11.09	2:50.29
13 - 14	15-16	100 Butterfly	1:04.79	:58.39	1:16.19	1:09.39
15 - 16	Senior	100 Butterfly	1:04.79	:57.19	1:13.09	1:05.29
17 - 18	15-16	400 IM #	5:09.29	4:50.89	6:00.59	5:34.99
19 - 20	Senior	400 IM #	4:53.09	4:34.09	5:58.29	5:27.99
21 - 22	Senior	800 Free Relay ***	-----	-----	-----	-----
Saturday, Feb. 27, 2010 – Prelims-9:00 AM Consolations, and Finals-5:30 PM						
23 - 24	15-16	50 Freestyle	:27.19	:24.49	:30.99	:28.19
25 - 26	Senior	50 Freestyle	:26.79	:23.39	:30.79	:27.39
27 - 28	15-16	200 IM	2:24.39	2:11.29	2:49.99	2:37.69
29 - 30	Senior	200 IM	2:21.39	2:08.39	2:42.89	2:26.89
31 - 32	15-16	100 Backstroke	1:09.09	1:01.49	1:19.19	1:12.79
33 - 34	Senior	100 Backstroke	1:07.79	1:01.49	1:18.09	1:09.39
35 - 36	15-16	500 Freestyle #	5:35.39	5:11.69	4:59.99	4:41.09
37 - 38	Senior	500 Freestyle #	5:20.79	5:00.79	4:53.19	4:32.19
39 - 40	Senior	400 Free Relay ***	-----	-----	-----	-----

* **Timed Final Event. The 1000 Freestyle will be swum fastest to slowest. These events will be consolidated by gender and seeded as a single event in order of submitted qualifying time. Positive Check-In is 4:45 P.M., Thursday.**

*** **Relays: Fastest two heats will swim in the finals at night. All other heats will swim in the morning. All relays will be pre-seeded events.**

Events 17-20 400 IM (and Events 35-38 400 Free): The four fastest heats will be flighted during the preliminary session, swimming slowest to fastest in event order following Event 16 (34). The remaining heats will be swum at the conclusion of event 22 (40) in the preliminary session, swimming fastest to slowest heats. There will be no break after Event 22 (40) prior to resuming the concluding heats of Events 17-20 (35-38).

Order of Events (cont.)

Event #	Age	Event Name	Short Course		Long Course	
			Women	Men	Women	Men
Sunday, Feb. 28, 2010 – Prelims- 9:00						
41 - 42	15-16	200 Butterfly	2:26.79	2:14.99	2:45.39	2:33.69
43 - 44	Senior	200 Butterfly	2:21.19	2:13.69	2:45.39	2:33.69
45 - 46	15-16	100 Freestyle	:59.09	:53.09	1:07.39	1:01.49
47 - 48	Senior	100 Freestyle	:56.89	:51.09	1:05.29	:58.19
49 - 50	15-16	100 Breaststroke	1:17.79	1:08.19	1:28.99	1:20.59
51 - 52	Senior	100 Breaststroke	1:15.19	1:07.79	1:28.69	1:16.99
57 - 58	15 – 16	200 Backstroke	2:27.79	2:14.89	2:48.59	2:34.89
59 - 60	Senior	200 Backstroke	2:26.79	2:13.59	2:47.59	2:33.89
61 - 62	Senior	400 Medley Relay ***	-----	-----	-----	-----
53 - 54	15-16	1650 Freestyle ****	19:44.59	18:30.79	20:28.49	19:22.99
55 - 56	Senior	1650 Freestyle ****	19:08.99	18:00.99	20:14.59	19:00.79
Sunday, Feb. 26, 2010 – Finals- 4:30						
41 - 42	15-16	200 Butterfly				
43 - 44	Senior	200 Butterfly				
53/55	Women	1650 Freestyle ****				
45 - 46	15-16	100 Freestyle				
47 - 48	Senior	100 Freestyle				
49 - 50	15 – 16	100 Breaststroke				
51 - 52	Senior	100 Breaststroke				
54/56	Men	1650 Freestyle ****				
57 - 58	15-16	200 Backstroke				
59 - 60	Senior	200 Backstroke				
61 - 62	Senior	400 Medley Relay ***				

*** Relays. Fastest two heats will swim in the finals at night. All other heats will swim in the morning. Teams can choose to swim your Sunday relays in either the A.M. or P.M. Teams must make the AM/PM choice by 6:00 pm on Saturday. Teams not making a positive choice will be seeded as above.

All relays will be pre-seeded events.

**** Deck Seeded Timed Final Event. Events 53 & 55 and 54 & 56 will be consolidated by gender and seeded as a single event in order of submitted qualifying time. Results will be separated by age group for places, awards, and scoring. The fastest women's heat and the fastest men's heat will be swum in the finals (top 8). All remaining heats will be swum fastest to slowest alternating women/men immediately following event 62 in the prelims.

Swimmers can choose to swim in either the A.M. or P.M. Positive Check-In, as well as the positive choice for AM/PM will close at 6:00 P.M. on Saturday. Swimmers not making a positive choice will be seeded as above.



**2010 Florida Swimming
Spring Senior Championships
February 25 - 28, 2010**



Team Name _____ Call Letters _____

Address _____

E-Mail Address _____

Coach _____ LSC _____

Phone (W) _____ H) _____

SWIMMER/COACH REGISTRATION

I certify that all individuals listed on the attached entry forms are currently registered members of United States Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on-deck supervising the activities of these individuals during warm-up and competitive sessions at the meet.

NAME OF COACH

TEAM

I certify that the individuals listed above are currently registered USA Swimming Coach Members, and that I am a current USA Swimming registered Non-athlete Member.

Signature (must be USA Swimming Member) Team Date

ENTRY DEADLINE: All entries must be completed through USA-S OME online entry program and entries must be finalized/checked out by Tuesday, February 16, 2010 by 10:00 PM. No faxed or emailed entries accepted. OME is set up with zero entry fee charges to allow all teams to pay by check. The day after entries close, a psych sheet and an entry fee schedule will be posted. The entry fee schedule will detail entry fees owed by all teams. As soon as entry fees are posted, a check for all entry fees must be delivered to Swim Orlando YMCA, YMCA Aquatic Center, 8422 International Drive, Orlando, FL, 32819.

Make Checks payable to: SWIM ORLANDO YMCA

FINANCIAL RECAP

Total Swimmers-----at \$10.00 each = \$ _____ (Facility Fee)
 Total Swimmers-----at \$1.00 each = \$ _____ (LSC Swimmer Support)
 Women's Individual Events-----at \$6.00 each = \$ _____
 Men's Individual Events -----at \$6.00 each = \$ _____
 Women's Relay Events -----at \$10.00 each = \$ _____
 Men's Relay Events-----at \$10.00 each = \$ _____

Total Fees Paid \$ _____

USA SWIMMING – ON-LINE MEET ENTRY HIGHLIGHTS

- Ensure that swimmers times are loaded into the USA Swimming SWIMS database – Particular attention should be given to times achieved at observed and approved meets. Do not wait until immediately before the entry deadline to discover the time has not been loaded. Coaches and swimmers can verify that times are in the database by using the times look up at www.usaswimming.org/times. Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have the missing times loaded.
- Only one account per team (Head Coach) can be used for team entries. The USAS ID number of the head coach will be required to begin the entry process.
- Read the tutorial comments on each page during the entry process. Most questions will be answered if the instructions are read.
- When advancing through the entry process, each time the “NEXT” link is pressed, the information on that page is saved. This allows the entry to be processed during multiple sessions. Coaches can start an entry, save it as-you-go and OME will retain the progress that has been made on the entry.
- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process (i.e. Relay, etc.). Using these links also saves the information on the previous page.
- Payment must be made **directly to “Swim Orlando YMCA”**, YMCA Aquatic Center, 8422 International Dr., Orlando FL 32819. OME is set up with zero entry fee charges to allow all teams to pay by check.
- Teams do not have to wait until the entire entry is completed. Teams can enter some athletes, then return at a later date and add more events, relays, or athletes.
- **An athlete is not entered in the meet until the entries have been finalized/checked out.**
- When entering “Override Times” (times not currently showing up in the SWIMS database), in the meet name field, give meet name and brief details on where the time was achieved – i.e.: FGJO13-14-400FRelay Lead – There is room for 25 characters of data. Also enter the date of the meet in the date field. The National Times Coordinator will pre-clear as many (*) times as possible.
- Relays: When entering more than one relay per event (A and B), OME selects the fastest time in the database for the A relay and the fastest remaining time in the database for the B relay. If one of the athletes on the B relay (that OME selected) was also an athlete on the A relay, OME will signify that time with a (**). That time is not eligible for entry for the “B” relay. Select another listed time for the “B” relay or enter an aggregate time. As an alternative to using the OME best relay time, select Team (from the dropdown), then enter an override time for the relay.
- Hy-Tek Team Manager can be used as a tool to assist in the OME process.
 1. First load the “Meet Events File”.
 2. In the Meet Maintenance panel, set the minimum age for open events as desired.
 3. Click on the “Enforce Qualifying Times”.
 4. Set the “Use Times Since” date to the beginning of the qualifying period for the meet.
 5. Create a “Meet Eligibility” report. REPORTS/PERFORMANCE/MEET ELIGIBILITY. Select “Only Eligible Swimmers”. This report shows all eligible swimmers for the meet.

6. Highlight events to be entered for each swimmer.
7. Look up and record bonus event entry times for swimmers eligible for bonus events.
8. Proceed with On-Line Meet Entry.