

**AREA TALLAHASSEE AQUATIC CLUB**  
**AREA 1 & 4 CHAMPIONSHIP**  
**August 3 & 4, 2013**

- SANCTIONED BY:** Florida Swimming of USA Swimming, Inc.: Sanction # 2670  
In granting this approval it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.
- CONDITION OF SANCTION:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S 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.  
Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged
- SPONSORED BY:** The Area Tallahassee Aquatic Club in cooperation with Tallahassee Parks & Recreation Department
- TYPE OF MEET:** Twenty-five (25) yard short course  
Timed Finals all events and age groups.
- DATES & TIMES:** **Saturday and Sunday, August 3 and 4:**  
7:00 am warm-up; 8:00 am start  
We reserve the right to adjust warm up into two 30 minute sessions (6:50 a.m. – 7:20 a.m. and 7:20 a.m.– 7:50 a.m.) should it be necessary to accommodate the number of swimmers attending. Coaches will be notified by Wednesday, August 1, should this be necessary)
- LOCATION:** Trousdell Aquatic Center, John Knox Road, Tallahassee, Florida
- POOL SPECS:** Outdoor pool. Certified 8 lanes, 25 yards. Non-turbulent lane lines. Eight lanes will be used for competition. A Warm-up/down lane will be available during the meet. Water depth at the competition starting end is a minimum of ten (10) feet zero inches and the turn end is a minimum of four (4) feet zero inches. The starting blocks are twenty-nine (29) inches above the surface of the water. Flyover starts may be utilized at this competition.
- TIMING EQUIPMENT:** Colorado Automatic and Semi-Automatic Timing Equipment.
- ELIGIBILITY:** Open to currently registered U.S.A Swimming, Inc. Swimmers who are members of teams based in Area 1 or 4 of the Florida Swimming, Inc. LSC, or unattached swimmers residing in the same areas. On deck

registration will be allowed. The 2012 USA-S form, fee, etc. must be presented to the Referee.

A Swimmer may not swim an event in which she or he has achieved a Florida Swimming Age Group qualifying time (for ages 14 and under) or the Florida Swimming Senior Championship qualifying time (for ages 15 - 16 or senior, whichever age group applies). Swimmers with Age Group or Senior Championship qualifying times may enter in any event identified as "Open."

\*\*\* Relay Entries – Coaches may not permit any swimmer with an Age Group or Senior Championship qualifying time in a particular stroke(s), regardless of distance, to swim that respective leg of a relay event.

SEEDING: Use Twenty Five (25) Yard Short Course times.

ENTRY LIMIT: Entries will be limited to 400 swimmers. On deck registration will be allowed. The 2012 USA-S form, fee, etc. must be presented to the Referee.

Entries for a session will be closed once it exceeds the four hour time limit. Age Groups are limited to three (3) events per day. Entries that exceed the entry limit(s) will automatically be dropped.

SCRATCHES: No penalty for scratching on the block.  
**NOTE: Declared False Starts will be allowed in accordance with USS and Florida Swimming Rules.**

RULES: Current U.S.A. Swimming, Inc. Rules govern the meet.  
Florida Swimming Rules & Regulations 223.10.

ENTRY FORMS: 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. Free text e-mail entries will not be accepted. Disk and e-mail entries will not be accepted that are not accompanied by a hard copy entry, including the Master Entry Form. List all attending coaches, contact phone numbers, and RELAY ONLY swimmers 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, including "relay-only" swimmers. The Master Entry Form must accompany the proof of entries and a current USA Swimming Member must sign the form. Florida Swimming rules require a \$50 penalty from teams that do not submit their entries in Hy-Tek format.

ENTRY FEE: \$3.00 per timed final individual event  
\$5.00 per timed final relay

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

AWARDS: Medals for individual places 1 -3 and relay places 1 -3. Ribbons for individual places 4-8. ATAC will present Individual High Point and Runner-up awards for each age group and gender.  
Trophies will be awarded to the top two (2) teams overall.  
**NO AWARDS WILL BE MAILED.** Please pick up awards at the meet.

OFFICIALS: Head Referee: Tom McCaleb  
Head Starter: Alec Kercheval  
Head Stroke and Turn: Tom Jacobs  
Head Marshall: Richard Stephens

MEET MANAGER: Holly Curry

ENTRY DEADLINE: All entries must be received no later than  
**5:30 pm ON WEDNESDAY, JULY 24, 2013**  
No fax entries or verbal commitments.  
Make checks payable to: "ATAC"

DECK ENTRIES: Deck entries may be allowed at the discretion of meet management. Entries will be accepted if there was an error in the processing of the team entry. Other deck entries may be allowed if: (1) The swimmer is not already entered in the maximum allowable events for the day; (2) The requested event is not a substitute for another event; and (3) There is an empty lane in the requested event. No new heats will be added. Deck entries must be requested at least 30 minutes before the start of the session in which the deck entry is made. It is not mandatory for swimmers to be pre-registered for the meet to be deck entered. \$10 per event (individual or relay to be paid at time of entry).

SEND ENTRIES TO: ATAC %Katie Clark  
2275 HSampshire Way, Tallahassee, FL 32309  
meetmanager@swimatac.com

**If sending via express mail or courier, PLEASE WAIVE THE SIGNATURE requirement as this delays the receipt of entries by as much as two days.**

TEAM REPRESENTATIVE: The name of a team representative other than the coach must be given to the head referee prior to the start of the competition. The coach and that person only will be recognized.

**SPECTATOR  
SEATING:**

For insurance purposes, USA Swimming limits the competition area to swimmers, coaches, officials, and recognized volunteers only. Spectators are to remain behind the retaining wall. There is ample space for tents and seating in the allowed area.

**MEET  
COMMITTEE:**

A meet Committee consisting of the Head Referee, Meet Manager, Home Team Coach and two other coaches and one athlete chosen at the coaches meeting will be convened in the event of inclement weather to decide how to proceed with the meet.

**IDENTIFICATION:**

Coaches & officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during the meet.

**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 "racing starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing areas. 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.

## **WARM- UP SCHEDULE**

NO EQUIPMENT AT ANY TIME

Except for controlled racing starts, every swimmer must enter the water feet first with at least one hand touching the deck.

There will be a one hour warm-up prior to each session. After the first 40 minutes are general warm-ups as follows:

Lanes 1 – 8 Push offs pace (circle swimming)

The last 20 minutes are controlled warm-ups as follows:

Lanes 1 and 8 Push offs pace (circle swimming)

Lanes 2 – 7 Race starts, one way only, start from the block end. Swimmers start from one end, continue to the far end, exit the pool and warm back to the block.

Warm-up procedures may be altered by the meet marshal to fit the needs of the swimmers. Coaches are asked to supervise swimmers at all times to help ensure the safety of all competitors.

**ORDER OF EVENTS**  
**Saturday August 3**  
**Session 1: Warm-up 7:00 am, Start 8:00 am**

<b>Event #</b>	<b>Age Group</b>	<b>Distance and Stroke</b>
<b>Girls, Boys</b>		
1,2	Open	400 IM
3,4	15-18	400 IM
5,6	13-14	200 IM
7,8	11-12	100 IM
9,10	10 & U	100 IM
11,12	8 & U	100 IM
13,14	Open	50 Free
15,16	15-18	50 Free
17,18	13-14	50 Free
19,20	11,12	50 Free
21,22	10 & U	50 Free
23,24	8 & U	25 Free
25,26	Open	200 Back
27,28	15-18	200 Back
29,30	13-14	200 Back
31,32	11-12	100 Back
33,34	10 & U	100 Back
35,36	8 & U	50 Back
37,38	Open	100 Breast
39,40	15-18	100 Breast
41,42	13-14	100 Breast
43,44	11-12	50 Breast
45,46	10 & U	50 Breast
47,48	8 & U	25 Breast
49,50	Open	200 Fly
51,52	15-18	200 Fly
53,54	13-14	200 Fly
55,56	11-12	100 Fly
57,58	10 & U	100 Fly
59,60	8 & U	50 Fly
61,62	15 & over	200 Free Relay
63,64	13-14	200 Free Relay
65,66	11-12	200 Free Relay
67,68	10 & U	200 Free Relay
69,70	8 & U	100 Free Relay
71,72	Open	500 Free*
73,74	15-18	500 Free*
75,76	13-14	500 Free*
77,78	11-12	500 Free*

\*500 Free will be swam fastest to slowest. Swimmers of the 500 free are requested to provide their own timers.

**ORDER OF EVENTS**  
**Sunday August 4**  
**Session 1: Warm-up 7:00 am, Start 8:00 am**

<b>Event #</b>	<b>Age Group</b>	<b>Distance and Stroke</b>
<b>Girls, Boys</b>		
79,80	Open	200 IM
81,82	15-18	200 IM
83,84	8 & U	50 Free
85,86	10 & U	100 Free
87,88	11-12	100 Free
89,90	13-14	100 Free
91,92	15-18	100 Free
93,94	Open	100 Free
95,96	8 & U	25 Back
97,98	10 & U	50 Back
99,100	11-12	50 Back
101,102	13-14	100 Back
103,104	15-18	1000 Back
105,106	Open	100 Back
107,108	8 & U	50 Breast
109,110	10 & U	100 Breast
111,112	11-12	100 Breast
113,114	13-14	200 Breast
115,116	15-18	200 Breast
117,118	Open	200 Breast
119,120	8 & U	25 Fly
121,122	10 & U	50 Fly
123,124	11-12	50 Fly
125,126	13-14	100 Fly
127,128	15-18	100 Fly
129,130	Open	100 Fly
131,132	8 & U	100 Free
133,134	10 & U	200 Free
134,136	11-12	200 Free
137,138	13-14	200 Free
139,140	15-18	200 Free
141-142	Open	200 Free
143,144	8 & U	100 Medley Relay
145,146	10 & U	200 Medley Relay
147,148	11-12	200 Medley Relay
149,150	13-14	200 Medley Relay
151,152	15 & over	200 Medley Relay

**MASTER ENTRY FORM**  
**AREA 1 & 4 CHAMPIONSHIPS**  
**August 3 and 4, 2013**

Team Name: \_\_\_\_\_ Call Letters: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Coach: \_\_\_\_\_ LSC: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

**SWIMMER/COACH REGISTRATION**

I certify that all individuals listed on the attached entry forms are currently registered members of U.S.A. Swimming, Inc. 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 all warm-up and competitive sessions at the meet.

NAME OF COACH

TEAM

_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USS Coach Members, and that I am a current USS registered non-athlete member.

\_\_\_\_\_  
Signature (must be USS member)      Team \_\_\_\_\_      Date \_\_\_\_\_      (\_\_\_\_) \_\_\_\_\_  
Phone

**ENTRY DEADLINE: 5:30 PM, Wednesday, July 24, 2013**

MAIL ENTRIES TO:

[meetmanager@swimatac.com](mailto:meetmanager@swimatac.com)

**Financial Recap: We have entered the following:**

Individual events \_\_\_\_\_ @ \$3.00 + Relays \_\_\_\_\_ @ \$5.00 =\$\_\_\_\_\_

**GRAND TOTAL \$\_\_\_\_\_**

### AREA TALLAHASSEE AQUATIC CLUB

The following swimmers are entered in the AREA 1 & 4 CHAMPIONSHIPS and are present without a member coach:

NAME OF SWIMMER

TEAM

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I am a certified coach of United State Swimming in good standing, and I agree to coach the above-named swimmer(s) during all warm-up and competition in which they participate.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Team