

**2009 Summer Area 2 Championships**  
Hosted By: Fast Lane Aquatics  
National Training Center, Clermont, Florida  
July 11-12, 2009

- Sanctioned By: Florida Swimming of USA Swimming #
- Sponsored By: Fast Lane Aquatics
- Type of Meet: 25 Yard Course  
Saturday: 8 & Under, 10 & Under, 11-12, 13-14, Sr-Timed Finals  
Sunday: 6 & Under, 10 & Under, 11-12, 13-14, Sr-Timed Finals  
Each session will use 1-10 (ten) lane pool. Meet management reserves the right to use two 8 lane pools simultaneously or one-8 lane pool based upon the number of entries.  
Meet Management may opt to use 'fly-over' starts at the competition
- Date and Time: July 11-12, 2009  
Saturday Session: Warm-up 7:30 AM, Meet Starts 8:30 AM  
Sunday Session: Warm-up 7:30 AM, Meet Starts 8:30 AM
- Location: National Training Center  
1099 Citrus Tower Blvd.  
Clermont, Florida 34711  
Tel: (352) 241-7144  
Fax: (352) 241-7162
- Pool Specs: One 10 lane certified 25-yard short course with non-turbulent lane lines or two 8 lane certified 25-yard short courses. Meet mgt reserves the right to use 1-8 lane 25 yard pool based upon entries. Minimum 3 lane 25-yard continuous warm-up/warm-down area. The competition pool water depth is 14 feet at the start end. Regulation starting platforms will be used with the exception of the 25 yard events.
- Timing Equipment: Colorado 5000 timing systems and automatic touch pads and handheld backups with scoreboard will be used.
- Seeding: 25 yard times will be used. Conversions may be made using the formula in the Florida Swimming Handbook.
- Scratches: No penalty for scratching on the blocks.

- Eligibility: ***Open only to all USA Swimming registered swimmers, in Area 2 who may only enter an event if they have not achieved 2008 Florida Swimming Junior Olympic or LSC Senior Championship qualification times for that specific event.***
- Entry Limit: **Four (4)** individual events per day. Swimmers over entered will be considered as entered in the first four individual events of each session/day. **Email or send entries on disk.**
- Entry Fee: \$5.00 facility fee per swimmer, \$2.50 per individual event, and \$4.50 for each relay event.
- Entry Form: Entries must be in USA Swimming SDIF format or HY-Tek CL2 submitted on a Hy-Tek disk with hard copy printout or sent by e-mail using HY-Tek Team Manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. E-mail confirmation will be sent upon receipt of the file. Those entering with a disk may receive meet results on a disk prior to leaving the meet on Sunday. A completed Master Entry Sheet must be included. The current USA Swimming registration number must be listed on the entry form and the entry form must be signed.
- List all attending coaches and contact phone numbers in the body of the e-mail if they are not part of your Hy-Tek Team Manager entry.
- 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. These “non-electronic entries” will be accepted with an **additional \$50 fee per team.**
- Deck Entries: Deck entries are to be submitted to the head referee **no later than 30 minutes prior** to the start of each session. The fee for deck entries is \$10.00 per individual event. Deck entries will only be accepted if there is available room in an open lane without adding heats. Heats will not be reseeded for deck entries. Swimmers must still comply with the maximum per session and per day entry limits and other eligibility.

Entry Deadline: ENTRY DEADLINE: Wednesday, July 1, 2009 at 5:00pm EDT  
CHECKS PAYABLE TO: NTC Fast Lane

**Mail To:** or **E-Mail To: [fastlaneswim@gmail.com](mailto:fastlaneswim@gmail.com)**  
NTC FAST LANE  
Alec Rukosuev  
1099 Citrus Tower Blvd.  
Clermont, FL 34711

Awards: Individual Events: 1<sup>st</sup> – 3<sup>rd</sup> medals and 4<sup>th</sup> – 16<sup>th</sup> ribbons  
Relay Events: 1<sup>st</sup> – 3<sup>rd</sup> ribbons  
High Point Award for each age group and sex

Team Rep: Prior to the start of the meet, the name of another person other than the coach who will check with the Referee about any matter pertaining to the meet must be given to the Referee. The coach and that person only will be recognized.

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  
In accordance with the Florida Swimming Handbook

Officials: Referee: Bob Griffiths  
Starter: Peter Nawrocki  
Chief Stroke & Turn: Phil Lillo  
Meet Marshall: Kurt Whalen

Fast Lane welcomes the assistance of all certified officials interested in serving at this meet. Please contact Peter Nawrocki at [panawrocki@smartcity.net](mailto:panawrocki@smartcity.net) to volunteer.

Meet Manager: Gayle Papadopoulos  
Questions call 407-808-4073 or e-mail [fastlaneswim@gmail.com](mailto:fastlaneswim@gmail.com)

Coaches/Officials: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

Coaches Heat Sheets: Each team will receive one heat sheet for every coach listed on their proof of entry form and with a current USA Swimming membership card.

Coach Supervision: Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-up and competition by a current Coach member of USA Swimming. An unattached athlete or an athlete not escorted by a Coach Member must check in with the Meet Referee upon arrival at the meet. Such athletes must find a substitute Coach who will supervise him/her during warm-up and competition and must submit the enclosed Alternate Coaches Form (signed) to the Meet Referee.

Starts: USA Swimming Championship Start Procedures will be used as outlined in 102.14.4H. If a false start is called after the starting device sounds the race will proceed and the swimmer will be notified at the completion of the race.

Rules: 2008 USA Swimming Technical Rules will govern

Information: Gayle Papadopoulos, Meet Manager, [fastlaneswim@gmail.com](mailto:fastlaneswim@gmail.com)

Officials Mgt: Peter Nawrocki, [panawrocki@smartcity.net](mailto:panawrocki@smartcity.net)

Warm-up Schedule for Both Courses and Sessions:  
The first ½ hour is general warm-up as follows:

Lane	(Push-offs only, NO EQUIPMENT)
1	Swimming and Pulling Only
2	Swimming and Pulling Only
3	Swimming and Pulling Only
4	Swimming and Pulling Only
5	Swimming and Pulling Only
6	Swimming and Pulling Only
7	Swimming and Pulling Only
8	Swimming and Pulling Only

The second ½ hour is controlled warm-up as follows:

Lane	(NO EQUIPMENT)
1	Push off 50's pace (circle swimming)
2	Racing start one length only sprints
3	Racing start one length only sprints
4	Swimming and Pulling Only
5	Swimming and Pulling Only
6	Racing start one length only sprints
7	Racing start one length only sprints
8	Push off 50's pace (circle swimming)

**NO EQUIPMENT PERMITTED!**

**2009 Summer Area 2 Championships**

Hosted By: Fast Lane Aquatics

July 11-12, 2009

TEAM NAME \_\_\_\_\_ CALL LETTERS \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

COACH \_\_\_\_\_ LSC \_\_\_\_\_

PHONE(H) \_\_\_\_\_ (O) \_\_\_\_\_

**SWIMMER/COACH REGISTRATION**

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming and are eligible to competed 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

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

\_\_\_\_\_  
Signature (must be a USA Swimming Member)

\_\_\_\_\_  
Team

\_\_\_\_\_  
Date

.....  
**ENTRIES MUST BE RECEIVED BY Wednesday, July 1, 2009, 5:00PM**

**MAIL TO: NTC FAST LANE**

**Attn: Alec Rukoseuv**

**1099 Citrus Tower Blvd**

**Clermont, FL 34711**

Email: [fastlaneswim@gmail.com](mailto:fastlaneswim@gmail.com) (Preferred)

**FINANCIAL RECAP**

We Have Entered The Following:

Girls Individual Events: \_\_\_\_\_ at \$2.50 each = \$ \_\_\_\_\_  
Boys Individual Events: \_\_\_\_\_ at \$2.50 each = \$ \_\_\_\_\_  
Girls Relays: \_\_\_\_\_ at \$4.50 each = \$ \_\_\_\_\_  
Boys Relays: \_\_\_\_\_ at \$4.50 each = \$ \_\_\_\_\_  
Total Swimmers: \_\_\_\_\_ at \$5.00 each = \$ \_\_\_\_\_  
Total Entry Fee Paid: \$ \_\_\_\_\_

**Fast Lane Aquatics  
Alternate Coaches Form  
2009 Summer Area 2 Championships**

The following swimmers are entered in the 2009 Summer Area 2 Championships and are attending without a coach:

Swimmer's Name	USA ID #	Team	Age
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

I am a certified coach of USA Swimming in good standing and I agree to coach the above mentioned swimmer(s) during all warm-ups and competitions in which they participate associated with this meet.

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Coaches Team \_\_\_\_\_

Saturday AM, July 11, 2009

Warm-ups: 7:30 am

Meet Starts: 8:30 am

Sunday AM, July 12, 2009

Warm-ups: 7:30 am

Meet Starts: 8:30 am

<u>Event #</u>	<u>Age Group</u>	<u>Stroke</u>
1-2	10 & Under	100 IM
3-4	11 & 12	100 IM
5-6	13 & 14	200 IM
7-8	Senior	200 IM
9-10	8 & Under	25 Back
11-12	10 & Under	50 Back
13-14	11 & 12	100 Back
15-16	13 & 14	100 Back
17-18	Senior	100 Back
19-20	8 & Under	25 Breast
21-22	10 & Under	100 Breast
23-24	11 & 12	50 Breast
25-26	13 & 14	200 Breast
27-28	Senior	200 Breast
29-30	8 & Under	25 Fly
31-32	10 & Under	50 Fly
33-34	11 & 12	100 Fly
35-36	13 & 14	200 Fly
37-38	Senior	200 Fly
39-40	8 & Under	25 Free
41-42	10 & Under	100 Free
43-44	11 & 12	100 Free
45-46	13 & 14	100 Free
47-48	Senior	100 Free
49-50	10 & Under	200 MR
51-52	11 & 12	200 M R
53-54	Senior	200 MR
*10 minute break		
55-56	Senior	500 Free

<u>Event #</u>	<u>Age Group</u>	<u>Stroke</u>
57-58	10 & Under	200 Free
59-60	11 & 12	200 Free
61-62	13 & 14	200 Free
63-64	Senior	200 Free
65-66	6 & Under	25 Free
67-68	10 & Under	100 Back
69-70	11 & 12	50 Back
71-72	13 & 14	200 Back
73-74	Senior	200 Back
75-76	6 & Under	25 Back
77-78	10 & Under	50 Breast
79-80	11 & 12	100 Breast
81-82	13 & 14	100 Breast
83-84	Senior	100 Breast
85-86	6 & Under	25 Breast
87-88	10 & Under	100 Fly
89-90	11 & 12	50 Fly
91-92	13 & 14	100 Fly
93-94	Senior	100 Fly
95-96	6 & Under	25 Fly
97-98	10 & Under	50 Free
99-100	11 & 12	50 Free
101-102	13 & 14	50 Free
103-104	Senior	50 Free
105-106	10 & Under	200 FR
107-108	11 & 12	200 FR
109-110	Senior	200 FR
*10 minute break		
111-112	Senior	400 IM

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7	Racing start one length only sprints
8	Push off 50's pace (circle swimming)

**NO EQUIPMENT PERMITTED!**

**2009 Summer Area 2 Championships**

Hosted By: Fast Lane Aquatics

July 11-12, 2009

TEAM NAME \_\_\_\_\_ CALL LETTERS \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

COACH \_\_\_\_\_ LSC \_\_\_\_\_

PHONE(H) \_\_\_\_\_ (O) \_\_\_\_\_

**SWIMMER/COACH REGISTRATION**

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming and are eligible to competed 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

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

\_\_\_\_\_  
Signature (must be a USA Swimming Member)

\_\_\_\_\_  
Team

\_\_\_\_\_  
Date

.....  
**ENTRIES MUST BE RECEIVED BY Wednesday, July 1, 2009, 5:00PM**

MAIL TO: **NTC FAST LANE**

**Attn: Alec Rukoseuv**

**1099 Citrus Tower Blvd**

**Clermont, FL 34711**

Email: [fastlaneswim@gmail.com](mailto:fastlaneswim@gmail.com) (Preferred)

**FINANCIAL RECAP**

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Girls Individual Events: \_\_\_\_\_ at \$2.50 each = \$ \_\_\_\_\_  
Boys Individual Events: \_\_\_\_\_ at \$2.50 each = \$ \_\_\_\_\_  
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Boys Relays: \_\_\_\_\_ at \$4.50 each = \$ \_\_\_\_\_  
Total Swimmers: \_\_\_\_\_ at \$5.00 each = \$ \_\_\_\_\_  
Total Entry Fee Paid: \$ \_\_\_\_\_

**Fast Lane Aquatics  
Alternate Coaches Form  
2009 Summer Area 2 Championships**

The following swimmers are entered in the 2009 Summer Area 2 Championships and are attending without a coach:

Swimmer's Name	USA ID #	Team	Age
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

I am a certified coach of USA Swimming in good standing and I agree to coach the above mentioned swimmer(s) during all warm-ups and competitions in which they participate associated with this meet.

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Coaches Team \_\_\_\_\_

Saturday AM, July 11, 2009

Warm-ups: 7:30 am

Meet Starts: 8:30 am

Sunday AM, July 12, 2009

Warm-ups: 7:30 am

Meet Starts: 8:30 am

<u>Event #</u>	<u>Age Group</u>	<u>Stroke</u>
1-2	10 & Under	100 IM
3-4	11 & 12	100 IM
5-6	13 & 14	200 IM
7-8	Senior	200 IM
9-10	8 & Under	25 Back
11-12	10 & Under	50 Back
13-14	11 & 12	100 Back
15-16	13 & 14	100 Back
17-18	Senior	100 Back
19-20	8 & Under	25 Breast
21-22	10 & Under	100 Breast
23-24	11 & 12	50 Breast
25-26	13 & 14	200 Breast
27-28	Senior	200 Breast
29-30	8 & Under	25 Fly
31-32	10 & Under	50 Fly
33-34	11 & 12	100 Fly
35-36	13 & 14	200 Fly
37-38	Senior	200 Fly
39-40	8 & Under	25 Free
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47-48	Senior	100 Free
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53-54	Senior	200 MR
*10 minute break		
55-56	Senior	500 Free

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75-76	6 & Under	25 Back
77-78	10 & Under	50 Breast
79-80	11 & 12	100 Breast
81-82	13 & 14	100 Breast
83-84	Senior	100 Breast
85-86	6 & Under	25 Breast
87-88	10 & Under	100 Fly
89-90	11 & 12	50 Fly
91-92	13 & 14	100 Fly
93-94	Senior	100 Fly
95-96	6 & Under	25 Fly
97-98	10 & Under	50 Free
99-100	11 & 12	50 Free
101-102	13 & 14	50 Free
103-104	Senior	50 Free
105-106	10 & Under	200 FR
107-108	11 & 12	200 FR
109-110	Senior	200 FR
*10 minute break		
111-112	Senior	400 IM