

SWIM ORLANDO YMCA

“SO Liberty Open”

June 26 – 28, 2009

Orlando, Florida

- Sanctioned By:** Florida Swimming of USA Swimming # 4866
- Hosted By:** Swim Orlando YMCA, <http://SwimOrlando.com/>, 407-363-1911 X 241
- Type of Meet:** Indoor 50 Meter Course – 3-day, Prelims/Finals for ages 13&14, 15&16, Open, Timed Finals 11& 12, 10 & Under and 8 & Under
- Location:** **YMCA Aquatic Center**
8422 International Dr, Orlando, Florida 32819
407-363-1911
- Entry Deadline:** June 18, 2009. Late Entries may be added if the heat sheet has not been printed and/or at the Meet Manager’s discretion. Entries will close upon receipt of any team’s entries that put a session over the Florida Swimming’s 4-hour time limit. Meet Management reserves the right to limit entries.
- Pool Specifications:** Certified Indoor 50 meter 8-lane competition pool with non-turbulent lane lines. Water depth in the competition pool is minimum 7 feet.
- 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.
- Timing Equipment:** Colorado Timing pads & buttons and full video scoreboard.
- Dates:** June 26 - 28, 2009
- Friday June 26
- | | |
|---------------------|--|
| Morning Session | Warm up 630. Meet starts 8:00am |
| 400 Free Session* | Begins minimum 10 minutes after morning session ends. |
| Afternoon Session A | Begins Minimum 30 minutes after end of previous session. |
| Afternoon Session B | Begins minimum 10 minutes after Afternoon session ends. |
| Finals | Warm up 5:00pm. Meet starts 6:00 pm |
- Saturday June 27
- | | |
|-------------------|---|
| Morning Session | Warm up 630. Meet starts 8:00 am |
| 400 IM Session* | Begins minimum 10 minutes after morning session ends. |
| Afternoon Session | Begins 20 minutes minimum after 400 IM session ends. |
| Finals | Warm up 5pm. Meet starts 6:00 pm |
- Sunday June 28
- | | |
|-------------------|---|
| Morning Session | Warm up 630. Meet starts 8:00 am |
| 800 Free Session* | Begins minimum 10 minutes after morning session ends. |
| Afternoon Session | Begins 20 minutes minimum after 800 session ends. |
| Finals | Warm up 5pm. Meet starts 6:00 pm |
- * Meet Management reserves the right to limit the number of entries in 400, 400IM and 800 to allow the meet to run efficiently.*
- Warm-Up/Down:** Continuous warm up/down available in the Diving Well.
- Eligibility:** Open to all current USA Swimming registered athletes and foreign FINA recognized athletes with required documents. No qualifying times required.
- Entry Limit:** Three individual events per day for 13 and older
 Four individual events per day for 12 and under
 An entry that exceeds the entry limit for the day or meet will be automatically dropped.
 For relays, athletes may compete in their own age group and/or the open category for that relay event.
 Entries in the 400 free, 400 IM, 800 may be limited – See “Mid-Distance Events” below.
- Seeding:** Long course meters times will be used. Conversions may be made using the formula in the Florida Swimming Handbook.
- Entries:** Entries in a Hy-Tek export file should be emailed to SwimEntries@gmail.com. In the body of the email please list names of Coaches attending, total number of athletes and the amount of your total meet fees. Send payment, Entry master Sheet and entry printout (as backup) to *YMCA Aquatic Center, 8422 International Drive, Orlando, FL 32819*. Foreign teams must make payment in cash or money order.
- Entry Fee:** \$7.50 Swimmer Surcharge
 \$2.50 per timed final individual event
 \$3.50 per prelim/final individual event
 \$4.50 per relay event
 Deck entries: \$10 per event

Other Meet Info: Fly over starts may be used. Relays are Timed Finals swum in Morning and Mid-day sessions. In Finals, "A" Final will precede "B" Final

Mid-Distance Events: **Please enter swimmers in these events with times (do not use "no time") so we may generate an accurate timeline.**
800 swimmers must provide own timer.

Positive check in by 9:00am on Sunday for the Open, 15 & 16 and 13&14 800 Free. This event will be Deck seeded; swum together by gender; fastest to slowest alternating genders until heats are finished, and scored separately. Heats may also be combined across gender to fill the field. Management reserves the right to limit the number of entries in these events in order to run the meet efficiently. Coaches will be notified before the meet if any limitations are needed.

The 400 Free and 400 IM events will be swum together by gender (Senior, 15 & 16 and 13 & 14 together and 11 & 12 and 10 & under together); scored separately; fastest to slowest; alternating genders until heats are finished. Heats may also be combined across gender to fill the field. Management reserves the right to limit the number of entries in these events in order to run the meet efficiently.

Scratches: A swimmer may not scratch an event in order to deck enter another event.

Prelims: No penalty for scratching on the block in prelims with the exception of the 800 Free. Failure to swim a deck-seeded event will result in the swimmer being barred from his/her next individual event of the meet.

Finals: Any swimmer who qualifies in prelims in the original seeding of the top 16 finalists must either scratch within 30 minutes of the announcement of the qualifiers or compete in that final. If a swimmer does not do so, he/she will be barred from the next individual event in which he/she is entered.

Deck Entries: Deck entry fee is \$10 and may be accepted by the Meet Referee or his/her designee, in both individual and relay events, provided:

- *Entry is received by 30 minutes before the start of the session
- * Swimmer meets all other standard requirements of the meet.
- * Entry & meet fees are paid at time of entry.

Swimmer will be placed in an existing empty lane or may standby.

Alternates: Alternates who wish to swim in an open lane in finals must tell the starter prior to that event and then must stand at the Starter's stand ready to step on the blocks.

Officials: Meet Referee: Chuck Travers
Starter: Lenore Broadley
Head Stroke & Turn: Angela Bednarek
Marshal: Carol Nash
Meet Manager: Tom Valley

Scoring: Points awarded to 1st through 16th places in this manner: 20, 17,16,15,14,13,12,11, 9, 7, 6, 5, 4, 3, 2, 1. Relay points are doubled and will be awarded 1st through 16th.

Awards: Medals will be awarded to individual place finishes 1, 2, 3
Ribbons will be awarded to individual place finishes 4, 5, 6, 7, 8
High-Point award will be given to the top individual point-earner in each age group/gender.

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, only the coach and the designated person 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. International coaches must display their credentials.

Rules: Current USA Swimming Rules & Regulations will govern.

Meet Management: Meet Management reserves the right to make adjustments and alterations, within USA Swimming rules, that they determine will benefit the meet.

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.

For Morning and Evening Sessions: First 30 minutes of warm up will be General warm up. All lanes circle swimming.

Final 30 minutes of warm up will be Controlled Warm up.

Controlled Warm-up:

LANES 1 & 8 – Push off 50s pace (circle swimming)

LANES 2 & 7 – Racing starts

LANES 3 – 6 – Circle swimming only

For Midday Sessions: First ½ of warm-up will be general swim. Second ½ of warm-up will be controlled warm-up as above

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

ORDER OF EVENTS

Friday Morning – June 26, 2009 Warm up 6:30am, Start 8:00am.

<u>GIRLS</u>	<u>BOYS</u>	<u>AGE GROUP</u>	<u>EVENT</u>
1	2	13 & 14	200 Medley Relay
3	4	Open	200 Medley Relay
5	6	13 & 14	100 Fly
7	8	15 & 16	100 Fly
9	10	Open	100 Fly
11	12	13 & 14	200 IM
13	14	15 & 16	200 IM
15	16	Open	200 IM
17	18	13 & 14	50 Free
19	20	15 & 16	50 Free
21	22	Open	50 Free

Friday 400 Free Session Begins Minimum 10 minutes after completion of previous session.

Swum together by gender, scored separately, fast to slow.

23	24	13 & 14	400 Free (Prelims)
25	26	15 & 16	400 Free (Prelims)
27	28	Open	400 Free (Prelims)

Friday Afternoon Session A– Begins Minimum 30 minutes after completion of previous session.

29	30	10 & Under	100 Fly
31	32	11 & 12	100 Fly
33	34	10 & Under	200 IM
35	36	11 & 12	200 IM
37	38	10 & Under	50 Free
39	40	11 & 12	50 Free

Friday Afternoon Session B – Begins Minimum 10 minutes after completion of previous session.

400 Free swum together by gender, scored separately, fast to slow.

41	42	10 & Under	200 Free Relay
43	44	11 & 12	200 Free Relay
45	46	10 & Under	400 Free
47	48	11 & 12	400 Free

Friday Evening – Warm up 5:00pm, Start 6:00pm, Finals swum “A” followed by “B”

5	6	13 & 14	100 Fly
7	8	15 & 16	100 Fly
9	10	Open	100 Fly
11	12	13 & 14	200 IM
13	14	15 & 16	200 IM
15	16	Open	200 IM
17	18	13 & 14	50 Free
19	20	15 & 16	50 Free
21	22	Open	50 Free
23	24	13 & 14	400 Free
25	26	15 & 16	400 Free
27	28	Open	400 Free

Saturday Morning – June 27, 2009 Warm up 6:30am, Start 8:00am

<u>GIRLS</u>	<u>BOYS</u>	<u>AGE GROUP</u>	<u>EVENT</u>
49	50	13 & 14	400 Medley Relay
51	52	Open	400 Medley Relay
53	54	13 & 14	200 Free
55	56	15 & 16	200 Free
57	58	Open	200 Free
59	60	13 & 14	200 Breaststroke
61	62	15 & 16	200 Breaststroke
63	64	Open	200 Breaststroke
65	66	13 & 14	100 Backstroke
67	68	15 & 16	100 Backstroke
69	70	Open	100 Backstroke

Saturday 400 IM Session – Begins Minimum 10 minutes after completion of previous session. Swum together by gender, scored separately, fast to slow.

71	72	13 & 14	400 IM (Prelims)
73	74	15 & 16	400 IM (Prelims)
75	76	Open	400 IM (Prelims)

Saturday Afternoon – Begins Minimum 30 minutes after completion of previous session.

77	78	8 & Under	50 Free
79	80	10 & Under	100 Free
81	82	11 & 12	100 Free
83	84	8 & Under	50 Breaststroke
85	86	10 & Under	50 Breaststroke
87	88	11 & 12	50 Breaststroke
89	90	8 & Under	50 Backstroke
91	92	10 & Under	50 Backstroke
93	94	11 & 12	50 Backstroke
95	96	8 & Under	50 Butterfly
97	98	10 & Under	200 Medley Relay
99	100	11 & 12	200 Medley Relay
101	102	8 & Under	200 Free Relay

Saturday Evening – Warm up 5:00pm, Start 6:00pm. Finals swum “A” followed by “B”

53	54	13 & 14	200 Free
55	56	15 & 16	200 Free
57	58	Open	200 Free
59	60	13 & 14	200 Breaststroke
61	62	15 & 16	200 Breaststroke
63	64	Open	200 Breaststroke
65	66	13 & 14	100 Backstroke
67	68	15 & 16	100 Backstroke
69	70	Open	100 Backstroke
71	72	13 & 14	400 IM
73	74	15 & 16	400 IM
75	76	Open	400 IM

Sunday morning - Warm up 6:30 am, Start 8:00 am

<u>GIRLS</u>	<u>BOYS</u>	<u>AGE GROUP</u>	<u>EVENT</u>
103	104	13 & 14	400 Free Relay
105	106	Open	400 Free Relay
107	108	13 & 14	100 Breaststroke
109	110	15 & 16	100 Breaststroke
111	112	Open	100 Breaststroke
113	114	13 & 14	200 Fly
115	116	15 & 16	200 Fly
117	118	Open	200 Fly
119	120	13 & 14	100 Free
121	122	15 & 16	100 Free
123	124	Open	100 Free
125	126	13 & 14	200 Backstroke
127	128	15 & 16	200 Backstroke
129	130	Open	200 Backstroke

Sunday 800 Free Session – Begins Minimum 10 minutes after completion of previous session.
Swum together by gender, scored separately, fast to slow.

Deck Seeded. Positive Check in by 9:00 am. Swimmer must provide own lane timer.

131	132	13 & 14	800 Free (Timed Finals)
133	134	15 & 16	800 Free (Timed Finals)
135	136	Open	800 Free (Timed Finals)

Sunday Afternoon – Begins Minimum 30 minutes after completion of previous session.

137	138	10 & Under	200 Free
139	140	11 & 12	200 Free
141	142	10 & Under	100 Breaststroke
143	144	11 & 12	100 Breaststroke
145	146	10 & Under	50 Fly
147	148	11 & 12	50 Fly
149	150	10 & Under	100 Backstroke
151	152	11 & 12	100 Backstroke

Sunday Evening – Warm up 5:00pm, Start 6:00pm. Finals swum "A" followed by "B"

107	108	13 & 14	100 Breaststroke
109	110	15 & 16	100 Breaststroke
111	112	Open	100 Breaststroke
113	114	13 & 14	200 Fly
115	116	15 & 16	200 Fly
117	118	Open	200 Fly
119	120	13 & 14	100 Free
121	122	15 & 16	100 Free
123	124	Open	100 Free
125	126	13 & 14	200 Backstroke
127	128	15 & 16	200 Backstroke
129	130	Open	200 Backstroke

Master Entry Form

SO Liberty! Meet Hosted by Swim Orlando YMCA YMCA Aquatic Center 50-meter long course – 3 DAY MEET June 26 – 28, 2009

Team Name: _____ Call Letters: _____
 Address: _____
 City, State: _____ Zip _____
 Coach of Record: _____ LSC _____
 Office Phone: _____ Cell Phone: _____
 Email: _____

Email entries to: SwimEntries@gmail.com on or before June 18, 2009.

Make checks payable to: YMCA Aquatic Center

Mail payment to:

YMCA Aquatic Center
 Attn: Liberty Meet Entries
 8422 International Drive
 Orlando, FL 32819

FINANCIAL RECAP

Swimmer Surcharges	_____ @ \$7.50 Each	= _____
Prelim/Final Individual Events	_____ @ \$3.50/Event	= _____
Timed Final Individual Events	_____ @ \$2.50/Event	= _____
Relays	_____ @ \$4.50/Event	= _____
Total Fees Paid		_____

