

YCF Summer Solstice Invitational

- SANCTIONED BY:** Florida Swimming of USA Swimming # 3345
- CONDITION OF SANCTION:** "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." 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 swimmer's 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:** YCF Swimming
- LOCATION:** YMCA Aquatic Center, 8422 International Drive, Orlando, FL, 32819
- TYPE OF MEET:** 50 Meter Long Course
-Prelim/Finals for 11-12, 13-14 & Senior
-Timed Finals for 8 & Under & 10 & Under
-Top 16 swimmers in 11-12, 13-14 & Senior groups will advance to finals.
*Meet management may opt to use fly-over starts at this competition.
- DATE AND TIME:** June 19-21, 2015
-11 & over prelims start at 8:00am
-10 & under timed finals start not before 12:30pm
or more than 30 minutes after the conclusion of the morning session.
-11 & over finals start at 5:30pm
- POOL SPECIFICATIONS:** Competition course is an 8-lane indoor 50 meter pool. Water depth at the competition starting end and turn end is a minimum of 7 feet. Non-turbulent lane lines and regulation starting blocks will be used. An additional 8 lane 25 meter indoor pool will be available for warm-up/warm-down
- TIMING EQUIPMENT:** Colorado Time Systems – automatic with touch pads and backup buttons. A full color alpha-numeric 8 lane LED scoreboard will also be used.
- WARM UP:** Friday-Sunday - 11 & over Prelims at 7:00am
10 & under not before 12:00pm, guaranteed 30 minute warm-up.
11 & over Finals at 4:30pm, guaranteed 45 minute warm-up.
- ELIGIBILITY:** This meet is open to all currently registered USA Swimming swimmers. 2015 USA-S athlete registrations will not be accepted.
- ENTRY LIMIT:** Entries will close upon receipt of the team that puts entries over the four hour time limit per session. Swimmers are limited to three (3) individual events per day and a maximum of 9 individual events for the meet plus relays.

- SEEDING:** 50 Meter long course times will be used for seeding. Conversions may be made using the formula in the current Florida Swimming Handbook.
- All 400 M Individual Medley events and all 400 M Freestyle events are DECK SEEDED AND TIMED FINAL EVENTS. All deck seeded, distance events will be seeded fastest to slowest.
- FINALS SEEDING:** Top 16 swimmers in 11-12, 13-14 and Senior age groups will be seeded into A and B finals in each event. "A" finals will be swum first followed by "B" final. The two fastest qualifiers in the "B" final shall be the alternates for the "A" final.
- SCRATCH PENALTY:** No penalty for scratches on the block in preliminary events. Scratching on the block in a deck seeded or Finals event will disqualify the athlete from his/her next regular chronological event. There is no penalty for an alternate who fails to show when called should an open lane be available due to a swimmer scratching on the block.
- DISTANCE EVENT CHECK IN:** Events 29-32 (400 M Individual Medley) and 39-40 (400 M Freestyle) on Friday, and 67-72 (400 M Freestyle) on Saturday are POSITIVE CHECK IN EVENTS. Check in is required with the clerk of course 45 minutes prior to the start of the distance events. Swimmers who are not checked in and are not scratched may be allowed to fill heats only, on a first-come basis (must notify administrative referee). However, no new heats will be created. Please note check-in times listed in the Order of Events section. Deck seeded heats will be swum fastest to slowest. In order to accommodate all entries, some heats may be swum combined male and female, scored separately.
- ENTRIES:** Entries must be in USA Swimming SDIF format or Hy-Tek CL2 format. Entries should be uploaded to the Sports Timing & Software, inc. website (www.sportstiming.com). Click on Meets and then click on YCF Summer Solstice Invitational. Complete the form, upload your entry file and click submit. You will receive an e-mail confirmation upon submitting your entries. If you need to submit updated entry files, you are able to submit a new form and file. Entry questions can be e-mailed to meet.support@sportstiming.com.
- DECK ENTRIES:** Deck entries may be accepted by the Meet Referee or his/her designee, up to 45 minutes before the start of the session under the following conditions:
- Entry & meet fees must be paid at time of entry (\$10.00) plus facility fee if the swimmer is not already in the meet
 - A swimmer may not scratch an event to deck enter an event.
 - No new heats will be created
- ENTRY FEE:** \$3.00 - 10 & under individual timed final event
\$4.00 - 11 & over individual prelim/final event
\$5.00 per relay
\$7.50 timed final facility fee / \$10.00 prelim/final facility fee
- ENTRY DEADLINE:** All entries must be received by THURSDAY, JUNE 11, 2015. No phone or fax entries accepted.

- MAIL PAYMENT TO:** YCF Swim Team at
YMCA Aquatic Center, 8422 International Dr, Orlando, FL, 32819
Make checks payable to 'YMCA of Central Florida'
- OFFICIALS:** Meet Referee: David Nesper (email: dnesper68@gmail.com)
Admin Official: Billy and Victoria Culbertson
Head Starter: Susan Nesper
Head Stroke & Turn: Robyn Anthony
Meet Marshall: Tom Nielsen
Meet Director: Mike Brady
- VISITING OFFICIALS:** Visiting teams are encouraged to bring USA-S certified Florida Swimming (or other LSC) officials to assist with officiating the meet. Teams should email names and certification levels of their team officials to: dnesper68@gmail.com
- 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:** Individual Events: 1st-3rd - Medals, 4th-16th Ribbons
Relay Events: 1st -3rd - Ribbons
High Points: 1st place & runner up
- 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 must be given to the referee. Only that person and the coach will be recognized.
- IDENTIFICATION:** Coaches must hold current USA Swimming Coaches Certification and shall wear USA Swimming registration cards in a conspicuous location at all times while on deck during the meet.
- A current coach member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm up and competition. An unattached swimmer, without a team affiliation and not escorted by a coach member, must check in with the meet referee or head marshal upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer(s) during warm up and competition.
- RULES:** Current USA Swimming rules will govern the meet. Fly-over starts may be used.
- ADAPTED SWIMMERS:** Swimmers with disabilities are welcome to enter the meet. Coaches: 1. Enter the swimmers on Hy- Tek or the paper entry form; 2. Provide advance notice of any necessary accommodations; 3. List in the email with the entries (or on paper) the swimmer's name, entry times, strokes/distance, days/sessions, and how the swimmer prefers to be seeded. Swimmers with disability will be seeded with the same age grouping either the same distance race or a longer distance race (i.e. 400 Free during the 100 Free). Qualifying time standards at regular season meets are waived for swimmers with disability. For more information please contact the Meet Referee.

**CHANGING INTO OR OUT
OF CLOTHING:**

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strictly prohibited.

CAMERA ZONE:

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 race 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 areas, 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. Host Team and Meet Referee will resolve any issues that might come up during the meet.

MEET COMMITTEE:

A committee consisting of the Meet Director, Meet Referee, two volunteer coaches from visiting teams and one senior athlete, will be formed prior to the meet, and shall be wholly responsible for making decisions regarding delaying, postponing or canceling the meet or any portion of the meet in the event of any situation requiring a decision of the Committee regarding the meet. The committee will meet as needed.

FOR INFORMATION:

Mike Brady (email: mbrady@cfymca.org)

YCF Summer Solstice Invitational WARM-UP SCHEDULE

*No equipment may be used at any time *

THE FIRST HALF IS
GENERAL WARM-UP
AS FOLLOWS

LANE:

1. Push Off 50's Pace
2. Push Off 50's Pace
3. Swimming & Pulling Only
4. Swimming & Pulling Only
5. Swimming & Pulling Only
6. Swimming & Pulling Only
7. Swimming & Pulling Only
8. Swimming & Pulling Only

THE SECOND HALF IS
CONTROLLED WARM-UP
AS FOLLOWS

LANE:

1. Push Off 50's Pace
2. Push Off 50's Pace
3. Swimming & Pulling Only
4. Swimming & Pulling Only
5. Swimming & Pulling Only
6. Swimming & Pulling Only
7. Swimming & Pulling Only
8. Swimming & Pulling Only

One hand must be on the pool deck when swimmers enter the water when they aren't doing a racing dive

YCF Summer Solstice Invitational ORDER OF EVENTS June 19–21, 2015

Friday, June 19th

Morning Session- Warm-up 7:00am / Meet Start 8:00am

Event #	Age Group	Event
7-8	Senior	100 Freestyle
9-10	13-14	100 Freestyle
11-12	11-12	100 Freestyle
13-14	Senior	200 Backstroke
15-16	13-14	200 Backstroke
17-18	11-12	50 Backstroke
19-20	Senior	50 Backstroke
21-22	Senior	200 Breaststroke
23-24	13-14	200 Breaststroke
25-26	11-12	50 Breaststroke
27-28	Senior	50 Breaststroke
29-30	Senior	400 IM**
31-32	13-14	400 IM**

**Timed Finals - Events 29-30 and 31-32 will be seeded fastest to slowest except for finals

Friday, June 19th

Afternoon Session- Warm-up not before 12:00pm

Event #	Age Group	Event
33-34	10 & under	100 Butterfly
35-36	10 & under	200 Freestyle
37-38	8 & under	100 Freestyle
39-40	10 & under	400 Freestyle*

*Events 39-40 will be seeded fastest to slowest

Friday, June 19th

Finals Session- Warm up 4:30pm / Meet Start 5:30pm

Event #	Age Group	Event
1-2	Senior	200 Free Relay*
3-4	13 - 14	200 Free Relay*
5-6	11 - 12	200 Free Relay*
7-8	Senior	100 Freestyle
9-10	13 - 14	100 Freestyle
11-12	11-12	100 Freestyle
13-14	Senior	200 Backstroke
15-16	13 - 14	200 Backstroke
17-18	11 - 12	50 Backstroke
19-20	Senior	50 Backstroke
21-22	Senior	200 Breaststroke
23-24	13 - 14	200 Breaststroke
25-26	11-12	50 Breaststroke
27-28	Senior	50 Breaststroke
29-30	Senior	400 IM**
31-32	13-14	400 IM**

* A & B only per team

**Timed Finals

Saturday, June 20th

Morning Session- Warm up 7:00am / Meet Start 8:00am

Event #	Age Group	Event
47-48	Senior	200 Butterfly
49-50	13-14	200 Butterfly
51-52	11-12	50 Butterfly
53-54	Senior	50 Butterfly
55-56	Senior	100 Backstroke
57-58	13-14	100 Backstroke
59-60	11-12	100 Backstroke
61-62	Senior	50 Freestyle
63-64	13-14	50 Freestyle
65-66	11-12	50 Freestyle
67-68	Senior	400 Freestyle**
69-70	13-14	400 Freestyle**
71-72	11-12	400 Freestyle**

**Timed Finals - Events 67-68, 69-70 and 71-72 will be seeded fastest to slowest, except for finals

Saturday, June 20th

Afternoon Session- Warm up not before 12:00pm

Event #	Age Group	Event
73-74	10 & under	200 Medley Relay
75-76	10 & under	50 Freestyle
77-78	8 & Under	50 Freestyle
79-80	10 & under	100 Breaststroke
81-82	8 & Under	50 Backstroke
83-84	10 & under	100 Backstroke

Saturday, June 20th

Finals Session- Warm up 4:30pm / Meet Start 5:30pm

Event #	Age Group	Event
41-42	Senior	200 Medley Relay*
43-44	13-14	200 Medley Relay*
45-46	11-12	200 Medley Relay*
47-48	Senior	200 Butterfly
49-50	13-14	200 Butterfly
51-52	11-12	50 Butterfly
53-54	Senior	50 Butterfly
55-56	Senior	100 Backstroke
57-58	13-14	100 Backstroke
59-60	11-12	100 Backstroke
61-62	Senior	50 Freestyle
63-64	13-14	50 Freestyle
65-66	11-12	50 Freestyle
67-68	Senior	400 Freestyle**
69-70	13-14	400 Freestyle**
71-72	11-12	400 Freestyle**

* A & B only per team

Sunday, June 21st

Morning Session- Warm up 7:00am / Meet Start 8:00am

Event #	Age Group	Event
85-86	Senior	200 Freestyle
87-88	13-14	200 Freestyle
89-90	11-12	200 Freestyle
91-92	Senior	100 Butterfly
93-94	13-14	100 Butterfly
95-96	11-12	100 Butterfly
97-98	Senior	100 Breaststroke
99-100	13-14	100 Breaststroke
101-102	11-12	100 Breaststroke
103-104	Senior	200 IM
105-106	13-14	200 IM
107-108	11-12	200 IM

Sunday, June 21st

Afternoon Session- Warm up not before 12:00pm

Event #	Age Group	Event
109-110	10 & Under	200 Free Relay
111-112	10 & Under	50 Butterfly
113-114	8 & Under	50 Butterfly
115-116	10 & Under	100 Freestyle
117-118	8 & Under	50 Breaststroke
119-120	10 & Under	50 Breaststroke
121-122	10 & Under	200 IM

Sunday, June 21st

Finals Session- Warm up 4:30pm / Meet Start 5:30pm

Event #	Age Group	Event
85-86	Senior	200 Freestyle
87-88	13-14	200 Freestyle
89-90	11-12	200 Freestyle
91-92	Senior	100 Butterfly
93-94	13-14	100 Butterfly
95-96	11-12	100 Butterfly
97-98	Senior	100 Breaststroke
99-100	13-14	100 Breaststroke
101-102	11-12	100 Breaststroke
103-104	Senior	200 IM
105-106	13-14	200 IM
107-108	11-12	200 IM