



**2016 SPEEDO CHAMPIONS SERIES  
Southern Zone South Sectional Championship  
July 7-10, 2016**



**SANCTIONED BY:** Florida Swimming, Inc., Sanction # 3712

**HOSTED BY:** YMCA Central Florida (YCF)

**LOCATION:** YMCA Aquatic Center, 8422 International Drive, Orlando, Florida  
Facility Contact Information: Mike Brady, 407-363-1911  
All meet information will be posted on the Sectional Event Page of the Florida Swimming website ([www.floridaswimming.org](http://www.floridaswimming.org))

**DATE & START TIME:**

	PRELIMS WARM UP	PRELIMS START	FINALS WARM UP	FINALS START
Thursday, 7/7			3:30pm	5:00pm
Friday, 7/8	6:30am	9:00am	3:30pm	5:00pm
Saturday, 7/9	6:30am	9:00am	3:30pm	5:00pm
Sunday, 7/10	6:30am	9:00am	2:30pm	4:00pm

**GENERAL MEETING:** Friday, July 8, at 8:00am in the Hospitality Room at the YMCA Aquatic Center. Any changes to the conduct of the meet will be announced and decided at this meeting. It is the responsibility of each swimmer and coach to be aware of any changes made during this meeting.

**POOL SPEC & TIMING SYSTEM:** One (1) Eight (8) lane certified 50-meter course with non-turbulent lane lines. Warm-up/down is available in the adjacent diving well. Water depth at the competition starting end(s) is seven (7) feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System with full Video Scoreboard

**ELIGIBILITY:** Open to all 2016 USA Swimming registered athletes in **Florida Swimming (FL) and Florida Gold Coast Swimming (FG)**. All swimmers must have achieved the listed qualifying times between **July 3, 2014** and the entry deadline. **Swimmers from outside the SZSS may not enter Bonus events.**

**OUT-OF-SECTION ENTRIES:** Up to 150 out-of-section swimmers and foreign swimmers will be accepted into the meet. Request for entry will be accepted by filling out the request form on [www.sportstiming.com/szss](http://www.sportstiming.com/szss) beginning on **April 29, 2016 at 12noon** Eastern Time. The form will be removed after the first 150 swimmers are accepted. \*An email receipt of acceptance and invitation to the SZSS will be returned as soon as possible.

**DECK REGISTRATION:** No entrant will be permitted to compete unless the entrant is a member of USA Swimming (or a FINA federation) as provided in Article 302. On-deck registration will be permitted prior to the closing of the scratch box and handled by the Florida Swimming Registration Coordinator located at the Clerk of Course.

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

**ENTRIES:** **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> Any team coach may initialize the entry. The account that initializes the entry will be the only account that has access to that team’s entries for this meet. That account must log in and select “Enter Team”. **Paper, FAX, and Email entries will not be accepted.**

**OME OPENS: 12:01 AM EST Friday, June 3, 2016  
OME CLOSES: 6:00 PM EST Monday, July 4, 2016**

**OME HELP:** Billy and Victoria Culbertson, 843-628-5486 [meet.support@sportstiming.com](mailto:meet.support@sportstiming.com)

Athletes may enter the meet using conforming and non-conforming times in this order: Long Course Meters (LCM), then Short Course Meters (SCM), then Short Course Yards (SCY). Converted times are not permitted. Swimmers who have not achieved the qualifying standards are not qualified, subject to the rule regarding Bonus entries.

**Individual Entries:** Use a time in the national database for entry that is faster than the qualifying time and achieved during the qualifying period. 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. Times that cannot be proven by the Entry Coordinator 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” SWIMMERS ARE INCLUDED IN THE TEAM ENTRY ROSTER.** Relay teams may be entered at any seed time.

**TEAMS WITH UNATTACHED OR UNREGISTERED SWIMMERS:** Teams may enter swimmers 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 swimmer’s first event.

**INDIVIDUAL UNATTACHED SWIMMERS:** Unattached swimmers 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.”

**LATE ENTRIES:** Late entries will be accepted for this meet for swimmers/relays which otherwise meet all eligibility and Entry requirements. Qualifying times must have been achieved by the entry deadline. Late entries will only be accepted on-site beginning at the start of registration through the scratch deadline for the event(s) in question. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. Swimmers should be prepared to provide proof of submitted time for all late entries. Entry fees for late entries will be double entry fee and double athlete surcharge/facility fee. As a courtesy to meet management, coaches and swimmers are strongly encouraged to process late entries as early as possible in the meet registration process. Late entries will be accepted at any time after the OME Closing and prior to the scratch deadline by contacting the Entry Coordinator Billy and Victoria Culbertson at [meet.support@sportstiming.com](mailto:meet.support@sportstiming.com) proofs should be included with entry.

**ENTRY LIMIT:** Individual Events: Swimmers may enter all events which they qualify, however they may only compete in Six (6) individual events for the meet and no more than Three (3) individual events per day. Relay Events: Two (2) per team per event.

**BONUS SWIMS:** **Bonus swims will be available as follows: Florida Swimming and Florida Gold Coast** 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 and bonus standards for each day and the meet.

- In the OME system, select “Enter as Bonus” to enter bonus events.
- The total swims including bonus swims shall not exceed the limit of 3 individual events per day and 6 individual events for the meet.

• Swimmers from outside the SZSS may not enter Bonus Events.

<b>ENTRY FEES:</b>	<b>WITHIN SECTION</b>	<b>OUTSIDE SECTION</b>
	\$ 10.00 per individual event	\$20.00 per individual event
	\$20.00 per relay team	\$40.00 per relay team
	\$ 10.00 per swimmer meet surcharge	\$20.00 per swimmer meet surcharge

All entries must be completed through USA-S OME online entry program and finalized/checked out by **Monday, July 4, 2015 at 6:00 pm**. No faxed or emailed entries accepted. **All teams will pay via check or cash to “YMCA of Central Florida” upon arrival to the meet.** Payment will be accepted at Clerk of Course before picking up Coaches Packets.

**SEEDING:** Entries will be seeded in the order of LCM, SCM and then SCY. All submitted times must have been achieved and match exactly the time that is on file with USA Swimming SWIMS database.  
**CONVERTED TIMES ARE NOT PERMITTED.**

An \* next to the time on the psych sheet or Administrative Referee's master entry indicates that the time must be cleared before the closing of the scratch box or that swimmer may not be seeded and may not be eligible to compete in that event.

**FLIGHTING:**

In the situation where the number of entries, including bonus swims, drives a preliminary session beyond two hours and forty minutes in duration (using flyover start intervals), at meet referee discretion, with approval of FGC and Florida Sr. Chairman the session may be flighted in the manner described below. If any session of the meet is flighted, swimmers who are a "no-show" for the B-flight will not be penalized.

"A" Flight

50's - All Heats 100's – 12 Heats 200's – 6 Heats 400's - 4 Heats

"B" Flight all remaining heats

**SCRATCHES:**

**PRELIMS:** Scratches prior to the seeding of heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box located at the Clerk of Course/Admin Referee table.

The deadline for positive check-in for INDIVIDUAL DISTANCE EVENTS on Thurs., July 7, shall be **4:15 p.m.** The deadline for check-in for Thursday night's relays shall be **6:15 p.m.**

Positive Check-in for Thursday night's events only will be accepted by the deadline in person and by email:

**Billy Culbertson** at [meet.support@sportstiming.com](mailto:meet.support@sportstiming.com)

**Scratch box located at Clerk of Course.**

**SCRATCH DEADLINES:**

Friday's Events: Thursday 5:30 p.m.

Saturday's Events: Friday 5:30 p.m.

Sunday's Events: Saturday 5:30 p.m.

**Failure to scratch by the deadlines listed and no show in the preliminary session will result in a fine of \$10.00. There is no event penalty. The swimmer must declare their intent to swim with the Administrative Referee for subsequent events entered prior to the closing of the scratch box for the next day's seeding (positive check in all subsequent events).**

**FINALS:** Any swimmer who competes in a preliminary heat and qualifies as one of the fastest thirty two (32) swimmers must swim A-Finals, B-Finals, C-Finals or D-Finals; or must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intentions within 30 minutes of their last individual preliminary event. Scratching from Finals will be declared by drawing a single line and initialing on the preliminary results maintained by the Clerk of Course/Administrative Referee. "Failure to Swim" will result in the swimmer being fined \$25.00. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet. In the case of missing a Sunday night final, payment of the \$25.00 must be made in order to compete in future Speedo Championship Series meets. Any swimmer who participates in a preliminary event on Sunday and intends to not be at finals for Sunday, **please** scratch from the results.

A swimmer not in the originally announced or posted fastest thirty two (32) swimmers, who is seeded into a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final. Swimmers finishing within the top fifty (50) are encouraged to declare their intention not to compete if they do not intend to swim, so that the Administrative Referee will be able to properly seed the meet for finals.

All fines must be paid prior to any swimmer competing in any future Southern Sectional Meet competition, at which time the swimmer will be reinstated in the meet.

**NOTE 1:**

Alternates wishing to swim in an open lane in finals must be at the start area and prepared to step on the block for the swim when the swimmers are called to the blocks.

**NOTE 2:**

Scratches must be done individually; "team" scratches are not acceptable.

**800 and 1500 FREE:**  
Free.

Positive check-in is required to be seeded in the Women's 800 Free and Men's 1500

For Sunday's Women's 800 Free and Men's 1500 Free – Any swimmer who is ranked in the top 20 for seeding purposes who desire to swim in the preliminary session must declare their desire for a preliminary session swim by the check-in deadline (same as scratch box closing) on Saturday night.

**400 IM/400 FREE:**

Events 17 and 18, the Women's and Men's 400 IM; and  
Events 31 and 32, Women's and Men's 400 Free

**Will be swum as follows:**

1. Fastest 4 heats of women,
2. Fastest 4 heats of men,
3. All remaining heats, alternating women and men, fastest to slowest

**RELAY EVENTS:**

Events 19 and 20, the Women and Men’s 800 Free Relay  
 Events 33 and 34, the Women and Men’s 400 Medley Relay  
 Events 43 and 44, the Women and Men’s 400 Free Relay

All heats will be swum at the end of finals on Friday, Saturday and Sunday in the following order:

1. 2<sup>nd</sup> fastest women’s heat, fastest women’s heat
2. 2<sup>nd</sup> fastest men’s heat, fastest men’s heat
3. All remaining heats, alternating women and men, fastest to slowest
4. On Sunday, those 400 Free Relay teams may declare their intention to swim in either the prelim or final sessions by declaring “AM/PM” by the Scratch deadline on Saturday. The relay events during the prelim session will be swum all women, all men fast to slow; at the end of prelims; before the individual distance events. All other heats will be swum as stated above.

**FINALS:**

**Finals events will be swum in the following order:** A-Final, B-Final, C-Final, D-Final

- A – Finalists will be paraded or announced behind the blocks
- B – Finalists will be announced behind the blocks
- C – Finalists (18&U) will be announced in the water.
- D - Finalists (18&U) will be announced in the water.

**TIMELINES:**

There will be a 5-minute break before relays in each session; timed finals, prelims, and finals.

**SCORING:**

**The top 16 places in each event; (A) Finals and (B) Finals, and all timed final events, will be scored.**

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

No points will be awarded when qualifying times ARE not achieved, but qualifying times may be achieved during prelims or finals.

**AWARDS:**

There will be no award presentations during this meet in order to accommodate a D-Final.

Individual Events: 1<sup>st</sup> – 8<sup>th</sup> place

Relay Events: 1<sup>st</sup> – 3<sup>rd</sup> place

Team High Point Award:

Combined: 1<sup>st</sup> – 5<sup>th</sup> place

Women: 1<sup>st</sup> – 3<sup>rd</sup> place

Men: 1<sup>st</sup> – 3<sup>rd</sup> place

Individual High Point Award: Top Female and Top Male

**RULES:**

Current USA Swimming rules will apply.

**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 meet referee. For each team, the coach and that person only will be recognized.

**OFFICIALS:**

**Meet Referee:** Judi Wojcik **Head Starter:** TBD

**Entry Coordinator:** Billy and Victoria Culbertson **Admin Referee** TBD

**Computer Scoring:** Billy and Victoria Culbertson **Team Lead CJ:** TBD

**Meet Director:** Mike Brady

**Meet Marshall:** Mike Brady

**OFFICIAL CERTIFICATION:**

As an Officials Qualifying Meet for N2 and N3 Officials Certification . N3 Cert officials certification will be requested from USA-s based on the national evaluator qualifications of the attending evaluator(s)

Officials wishing to obtain or renew at the levels of certification must apply to the Meet Referee.

“Application to Officiate” and “Request for Evaluation” forms for this meet can be found on the Officials News Page of the Florida Swimming website. Follow directions on the form for submitting completed application. Additional information will be provided during the Officials briefings held one hour prior to each session

**IDENTIFICATION:**

Coaches and Officials shall wear their 2016 USA Swimming registration card in a conspicuous location at all times during the swim meet.

**DECK RESTRICTION:** USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area.

**CONDITIONS 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.
- 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 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
- Use of audio or visual recording devices, including a cell phone is permitted only in designated areas. Changing into or out of swimsuits, except in locker room or other designated areas, is strictly prohibited.

**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 “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.

**INFORMATION:**

**FL Senior Chairman:** Charlie Rose, bdcoachrose@gmail.com  
**Florida Swimming Office:** Helen Kelly, 352-242-5145, [flsoffice2@aol.com](mailto:flsoffice2@aol.com) \_  
**Facility:** mike Brady, 407-363-1911, [mbrady@cfymca.org](mailto:mbrady@cfymca.org)  
 Anyone interested in officiating at the meet, please email ????????? and identify session available

**WARM UP SCHEDULE:**

Pool Opens: Prelims – 6:30am      Finals – 3:30pm (Sunday, 2:30pm)

LANE 1 hour prior to start (General Warm-up)

last ½ hour (Controlled Warm-up)

- |   |                                               |                                      |
|---|-----------------------------------------------|--------------------------------------|
| 1 | Push off 50’s or 100’s pace (circle swimming) | Push off 50’s pace (circle swimming) |
| 2 | Swimming and pulling only (push off)          | Racing start, one way only           |
| 3 | Swimming and pulling only (push off)          | Swimming and pulling only (push off) |
| 4 | Swimming and pulling only (push off)          | Swimming and pulling only (push off) |
| 5 | Swimming and pulling only (push off)          | Swimming and pulling only (push off) |
| 6 | Swimming and pulling only (push off)          | Racing start, one way only           |
| 7 | Swimming and pulling only (push off)          | Push off 50’s pace (circle swimming) |
| 8 | Push off 50’s pace (circle swimming)          | Push off 50’s pace (circle swimming) |

- \*NO EQUIPMENT ALLOWED DURING WARM-UP IN COMPETITION POOL
- \*NO RACING STARTS IN WARMUP OR WARM DOWN LANES DURING THE MEET
- \*ENTER THE WATER FEET FIRST WITH ONE HAND ON THE DECK WHEN ENTERING THE POOL AT ALL TIMES DURING WARM-UP INCLUDING WHEN SWIMMERS ARE NOT DOING A RACING START

<b>Jul 7, 2016</b>	
<b>ORDER OF EVENTS</b>	
<b>Ev #</b>	<b>Event</b>
1	1500M Women Free*
2	800 M Men Free*
3-4	200 M Medley Relay*
5-6	200 M Free Relay*
7	200 M mixed Medley Relay

8	200 M Mixed Free Relay
* Events 1-8 will be deck seeded. Positive check in by 4:15 pm is required to be seeded in events 1 & 2. Events 1&2 will be swum fastest to slowest, alternating one heat of event 1 and one heat of event 2 if only one course is used. Events 3-8 will be swum after the conclusion of events 1 & 2. They will not begin before 7:00 pm with a positive check in by 6:00pm. There will be at least a 5 min break after event 4,6,7. Relays will swim fast to slow. Meet management can flight 4 heats of #1, #2 then run relays if needed.	

<b>Jul 8, 2016</b>	
<b>ORDER OF EVENTS</b>	
<b>Ev #</b>	<b>Event</b>
9 - 10	200 M Freestyle
11-12	100 M Breaststroke
13-14	50 M Back
15-16	100 M Butterfly
17-18	400 M Individual Medley
19-20	800 M Freestyle Relay**

\*\*See Relay Note in the body of Meet Announcement. All relays will be swim at the conclusion of finals.

<b>Jul 9, 2016</b>	
<b>ORDER OF EVENTS</b>	
<b>Ev #</b>	<b>Event</b>
21-22	100 M Backstroke
23-24	50 M Breast
25-26	50 M Fly
27-28	200 M individual Medley
29-30	50 M Freestyle
31-32	400 M Freestyle
33-34	400 M Medley Relay***

\*\*See Relay Note in the body of Meet Announcement. All relays will be swim at the conclusion of finals.

<b>Jul 10, 2015</b>	
<b>ORDER OF EVENTS</b>	
<b>Ev #</b>	<b>Event</b>
35-36	200 M Butterfly
37-38	100 M Freestyle
39-40	200 M Breaststroke
41-42	200 M Backstroke
43-44	400 M Free Relay#
45	800 M Wom Freestyle##
46	1500 M Men Freestyle##

# \*\*See Relay Note in the body of Meet Announcement. All relays will be swim at the conclusion of finals. Teams may request **to swim** this event after event 42 during prelims. Such requests must be made to the Administrative Referee by the scratch deadline for Sunday's events.  
## Events 45 and 46 are deck seeded events and will be swum as timed finals. The fastest heat of each Event will swim in the finals. The remaining heats will swim fastest to slowest, alternating with next fastest seeded heat of 45 followed by the next fastest seeded heat of 46 beginning after event 44 in the prelims. These swimmers may also declare AM/PM by the scratch deadline for Sunday's events.

### **SUNDAY FINALS ORDER OF EVENTS**

Women's 800m	Freestyle
Men's 1500m	Freestyle
200m	Butterfly
100m	Freestyle
200m	Breaststroke
200m	Backstroke
400m	Free Relay

NOTE: The order of events for Sunday's Finals will be swum in the order listed above (top to bottom), not in numerical order.



Speedo Championship Series / Southern Zone Southern Section						
SUMMER Championships Time Standards						
Women				Men		
LCM (50M)	SCM (25M)	SCY (25Y)	EVENT	SCY (25Y)	SCM (25M)	LCM (50M)
28.59	27.59	25.19	50 Free	22.49	24.79	25.79
1:01.09	59.09	54.59	100 Free	49.09	53.09	55.09
2:13.49	2:09.49	1:57.49	200 Free	1:47.39	1:58.79	2:02.79
4:40.59	4:32.59	5:12.59	400 (500) Free	4:51.79	4:12.69	4:20.69
9:38.19	9:22.19	10:45.89	800 (1000) Free	10:05.09	8:44.09	9:00.09
18:26.69	17:56.69	17:45.69	1500 (1650) Free	16:53.29	16:45.09	17:15.09
33.69	32.69	29.19	50 Back	26.09	29.49	30.49
1:12.39	1:10.39	1:03.39	100 Back	57.19	1:04.09	1:06.09
2:35.39	2:31.39	2:15.89	200 Back	2:03.99	2:18.69	2:22.69
38.69	37.69	33.49	50 Breast	29.79	33.59	34.59
1:22.39	1:20.39	1:12.09	100 Breast	1:04.69	1:12.29	1:14.29
2:57.79	2:53.79	2:36.59	200 Breast	2:21.09	2:36.99	2:40.99
31.59	30.59	27.99	50 Fly	24.79	27.39	28.39
1:08.29	1:06.29	1:01.09	100 Fly	54.69	59.79	1:01.79
2:29.79	2:25.79	2:14.39	200 Fly	2:01.69	2:12.79	2:16.79
2:31.29	2:27.29	2:12.49	200 IM	2:00.39	2:13.79	2:17.79
5:18.99	5:10.99	4:41.79	400 IM	4:17.09	4:45.09	4:53.09
NT	NT	NT	200 FR Relay	NT	NT	NT
4:24.09	4:16.09	3:54.69	400 FR Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 FR Relay	7:42.19	8:27.09	8:43.09
NT	NT	NT	200 MED Relay	NT	NT	NT
4:54.29	4:46.29	4:18.89	400 MED Relay	3:53.89	4:17.49	4:25.49

Speedo Championship Series / Southern Zone Southern Section						
SPRING Championships (Summer BONUS) Time Standards						
Women				Men		
LCM (50M)	SCM (25M)	SCY (25Y)	EVENT	SCY (25Y)	SCM (25M)	LCM (50M)
29.39	28.39	25.09	50 Free	23.09	25.59	26.59
1:03.59	1:01.59	56.09	100 Free	50.39	55.49	57.49
2:17.19	2:13.19	2:00.79	200 Free	1:50.39	2:02.19	2:06.19
4:48.49	4:40.49	5:21.39	400 (500) Free	4:59.99	4:19.99	4:27.99
9:54.39	9:38.39	11:03.99	800 (1000) Free	10:22.09	8:59.19	9:15.19
18:57.79	18:27.79	18:15.49	1500 (1650) Free	17:21.69	17:14.99	17:44.99
34.69	33.69	30.39	50 Back	26.79	30.39	31.39
1:14.29	1:12.29	1:05.09	100 Back	58.69	1:05.09	1:07.09
2:39.49	2:35.49	2:19.49	200 Back	2:07.29	2:22.59	2:26.59
39.79	38.79	34.49	50 Breast	30.69	34.59	35.59
1:24.59	1:22.59	1:13.99	100 Breast	1:06.39	1:14.29	1:16.29
3:02.49	2:58.49	2:40.79	200 Breast	2:24.79	2:41.29	2:45.29
32.59	31.09	28.09	50 Fly	25.59	28.19	29.19
1:10.19	1:08.19	1:02.79	100 Fly	56.19	1:01.49	1:03.49
2:33.09	2:29.09	2:18.09	200 Fly	2:04.99	2:16.59	2:20.59
2:35.59	2:31.59	2:16.19	200 IM	2:03.79	2:17.59	2:21.59
5:27.99	5:19.99	4:49.69	400 IM	4:24.29	4:53.29	5:01.29
NT	NT	NT	200 FR Relay	NT	NT	NT
4:24.09	4:16.09	3:54.69	400 FR Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 FR Relay	7:42.19	8:27.09	8:43.09
NT	NT	NT	200 MED Relay	NT	NT	NT
4:54.29	4:46.29	4:18.89	400 MED Relay	3:53.89	4:17.49	4:25.49

Updated 2014-Nov-01



## SPEEDO CHAMPIONS SERIES – TIME TRIALS

July 7-10, 2016

- Sanctioned by:** Florida Swimming, Inc. of USA Swimming, Inc.  
Sanction #'s: #3713-1, 7/7/16; #3713-2, 7/8/16; #3713-3, 7/9/16; #3713-4, 7/ 10/16
- Hosted by:** YMCA of Central Florida (YCF)
- Location:** YMCA Aquatic Center, Orlando, Florida
- Time:** Approximately 15 minutes after the conclusion of the final preliminary heat if time permits.
- Pool:** One 8-lane, 50-Meter course for competition. Colorado Timing System.
- Eligibility:** Open to all swimmers already properly entered in the Southern Zone South Sectional meet.
- Entry Limit:** Three (3) individual events per day, including events swum in the Sectional meet. The order of events will be swum only one time each day.
- Entry Fees:** \$10 per event. Cash only will be accepted.
- Entries:** Will be accepted at the Clerk of course and will close one hour before the end of prelims Friday-Sunday.
- Seeding:** Enter with 50 meter long course times. **\*800/1500 distance events** will be offered on Thursday and Sunday, and may be combined with the slowest heat(s) during the regular preliminary session until available lanes are filled. Time trial swimmers will not be scored.
- Scratches:** No penalty for scratching at the block.
- Rules:** Current USA Swimming rules will apply.
- Officials:** Meet Referee: Ellen Johnson

**Order of Events:**

Thursday, July 7		Friday, July 8		Saturday, July 9		Sunday, July 10	
Event #	Event	Event #	Event	Event #	Event	Event #	Event
101	W1500 FR	201-202	200 FR	301-302	100 BK	401-402	200 FL
102	M800 FR	203-204	100 BR	303-304	200 IM	403-404	100 FR
		205-206	100 FL	305-306	50 FR	405-406	200 BR
		207-208	400 IM	307-308	400 FR	407-408	200 BK
		209-210	100 BK	309-310	200 FL	409-410	200 FR
		211-212	200 IM	311-312	100 FR	411-412	100 BR
		213-214	50 FR	313-314	200 BR	413-414	100 FL
		215-216	400 FR	315-316	200 BK	415-416	400 IM
		217-218	200 FL	317-318	200 FR	417-418	100 BK
		219-220	100 FR	319-320	100 BR	419-420	200 IM
		221-222	200 BR	321-322	100 FL	421-422	50 FR
		223-224	200 BK	323-324	400 IM	423-424	400 FR
						425-426*	W800FR/M1500FR

**SZSS Time Trial Entry Form**

Circle: Thursday -- Friday – Saturday--Sunday

Event #            Event  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

USAS Reg. ID#: \_\_\_\_\_

Age: \_\_\_\_\_ Team: \_\_\_\_\_

Amount Collected: \_\_\_\_\_

Coach: \_\_\_\_\_

By: \_\_\_\_\_

**SZSS Time Trial Entry Form**

Circle: Thursday -- Friday – Saturday--Sunday

Event #            Event  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

USAS Reg. ID#: \_\_\_\_\_

Age: \_\_\_\_\_ Team: \_\_\_\_\_

Amount Collected: \_\_\_\_\_

Coach: \_\_\_\_\_

By: \_\_\_\_\_

**SZSS Time Trial Entry Form**

Circle: Thursday -- Friday – Saturday--Sunday

Event #            Event  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

USAS Reg. ID#: \_\_\_\_\_

Age: \_\_\_\_\_ Team: \_\_\_\_\_

Amount Collected: \_\_\_\_\_

Coach: \_\_\_\_\_

By: \_\_\_\_\_