

2019 Florida Swimming
Spring Senior Championships
February 28 – March 3, 2019

OME OPENS: 12:01 AM EST Friday - January 11, 2019

OME CLOSSES: 12:00 PM (NOON) EST Monday - February 25, 2019

Sanctioned By: Florida Swimming of USA Swimming Sanction # **4643**
"In granting this sanction 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."

Conditions of Sanction:

- 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.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

Hosted By: YMCA of Central Florida

Location: **Rosen YMCA Aquatic Center**
8422 International Drive
Orlando, FL 32819
(407) 363-1911

Type of Meet: 25 yd. Short Course
A-Championship, B-Consolation, and C-Bonus Finals – Senior Events
A-Championship, B-Consolation – 15-16 year old Events
All age groups will swim combined in preliminary events and will be broken out by age group for finals events. In the Finals Sessions, the order of events shall be A Final, B Final, C Final, if applicable (Fast to Slow). The C Final is limited to those athletes 18 years and younger.

Flyover and/or Chase starts may be used at the discretion of the meet referee. No changes in meet operation will occur without concurrence of the Sr. Chair & Committee. Warm up assignments will be made by Sr. Chair or designee if needed.

Distance Events: Thursday night events will be the 1000 yd. freestyle for Men and Women. Meet management has the option of alternating women and men and floating if it is necessary by swimming 4 F/M heats then starting relays.

In the event of floating, 400's and above will also be consolidated and swam fast to slow while possibly alternating women and men. The fastest four heats of each swimming in session 1.

Sunday will be the 1650 for Men and women and will be consolidated by gender. The fastest two heats 1 M/F of 1650 will be swum at the beginning finals. Check in deadline for 1650 will be 8:15 AM Sunday.

Date & Time: Thursday, February Feb. 28 - Timed Finals 5:00 PM
Friday & Saturday, March 1 and March 2 - Prelims 9:00 AM, Finals 5:00 PM
Sunday, March 3 - Prelims 9:00 AM, Finals 4:30 PM

Pool Specifications: Two certified indoor, 25 yard, 8 lane competition pools with non-turbulent lane lines. Water depth in the competition pool is 7 feet minimum at start and turn. Water depth at the competition starting end(s) is a minimum of five (5) feet.

Timing Equipment: Full Video Display Scoreboard.
Colorado Automatic Timing Equipment

Warm-up: One (1) hour Fifty (50) minutes scheduled warm-up prior to the prelim sessions.
One (1) hour Twenty (20) minutes before each final session.
Pace lanes will be maintained during the 500, 1000, and 1650 races.

Eligibility: Open to all currently registered 2019 Florida Swimming swimmers who have achieved the current Senior Championship time standard as listed within a two (2) year time limit between February 23, 2017 and February 20, 2019, the meet entry deadline.

No conversions of times are acceptable. Late entries will be permitted as stated in meet letter.

Entry Limit: Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". Over-entries will be automatically dropped when the limit is met for the meet and/or day.

Bonus Events: The "Bonus Event" Rule will be in effect for this meet. The formula is as follows: 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 on number of swims and qualifying bonus standards must be met. Each bonus swim entered must be a provable time. NT entries will not be accepted. In the OME system, select "Enter as Bonus" to enter bonus events. No Bonus Events for 1000 and 1650.

Positive Check-In	Events: 1-4	1000 Free	4:45 PM -Thursday, February 28
	Events: 5-6	800 Free Relay	4:45 PM -Thursday, February 28
	Events: 7-8	200 Free Relay	7:50 AM -Friday, March 1
	Events: 25-28	400 IM	8:15 AM -Friday, March 1
	Events: 29-30	400 Med Relay	8:15 AM -Friday, March 1
	Events: 31-32	200 Med Relay	7:50 AM -Saturday, March 2
	Events: 49-52	500 Free	8:15 AM - Saturday, March 2
	Events: 53-54	400 Free Relay	8:15 AM - Saturday, March 2
	Events: 75-78	1650 Free	8:15 AM -Sunday, March 3

Note: There will be a scratch box for swimmers/coaches to declare scratches, located at the Clerk of Course Table, by the Lifeguard Shack.

Courtesy Check-In – Available until 5:30 p.m. the night prior to the event.

FINES Late entries will be accepted up to 24 hours of OME closing and will be charged a \$100 processing + 2x the entry fee.

Clubs with swimmers that fail to swim in Finals on Sunday night without Scratching will incur a \$100 club fine per event.

Scratch Penalty: Preliminary and Timed Final events:

No penalty for scratching on the blocks in prelims with the exception of deck seeded events. Swimmers entered and checked in for a deck seeded event must swim that event unless he/she notifies the clerk of course, before seeding begins, that he/she wishes to scratch that event. Failure to do so will result in the swimmer being barred from his/her next individual event on that day or the next, whichever is first. Deck seeded events shall be closed for seeding as listed on the order of events.

1. Any swimmer who competes in a preliminary heat and qualifies as one of the original 16 finalists must swim in that final's event; or must notify the clerk of course that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers.
2. Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within 30 minutes of the conclusion of the preliminary session for that day.
3. Any swimmer in a championship or consolation final who fails to swim that event will be barred from their next individual event, excluding finals and relays, in which he/she is entered unless excused by the meet referee due to one of the exceptions below.
4. A swimmer not originally qualified for the championship or consolation final that is seeded into a final due to a scratch of another swimmer will not be penalized for failing to swim in that final.

No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The referee is notified in the event of illness or injury and accepts the proof thereof.
2. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Declared False Starts:

Declared false starts and/or a deliberate delay of meet will be treated the same as "failure to swim".

- NOTE 1: Alternates wishing to swim in an open lane in finals must be standing at the starters stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer.
- NOTE 2: Finals/Consolation Finals scratches must be done individually; 'team' scratches will not be accepted.
- NOTE 3: In addition to the swimmers being required to scratch if they are not going to swim in finals, all swimmers seeded 17-24 who do not wish to swim in finals are strongly urged to scratch.
- NOTE 4: Prelims scratch cards must be signed by the coach or athlete.

Deck Registration: Deck Registration will not be permitted.

Entry Fee: \$6.00 per individual event
\$10.00 per relay
\$15.00 facility fee per swimmer
\$1.00 per swimmer LSC Swimmer Support.
Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.
OME is set up with zero entry fee charges to allow all teams to pay by check.

Checks payable to: YMCA of Central Florida

Mailing Address: Rosen YMCA Aquatic Center
8422 International Drive
Orlando, FL 32819

Entries:

**ENTRY PROCEDURES - READ CAREFULLY
SEE "OME" INSTRUCTIONS FOR MORE INFORMATION – POSTED ON FLSWIMMING.ORG**

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> Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team". **Paper, FAX, and Email entries will not be accepted.**

OME OPENS: 12:01 AM EST Friday - January 11, 2019

OME CLOSES: 12:00 PM (NOON) EST Monday - February 25, 2019

Late entries will be accepted up to 24 hours of OME closing and will be charged a \$100 processing + 2x the entry fee.

OME HELP: Billy & Victoria Culbertson meet.support@sportstiming.com. 843.628.5486

Entry Deadline: Entries are to be completed through USA-S OME online entry, and it must be finished by Feb. 25, 2018 by 12:00 pm (NOON). No faxed entries accepted. You may enter your swimmers prior to the entry deadline and close out those entries, to ensure the entries are accepted and still add to your entries based on swims from Last Chance Meets prior to the entry deadline.

Proof of Time: Swimmers listed in the National Data Base with qualifying times achieved within the two year qualifying period (February 23, 2017 to February 24, 2019) will be permitted to swim individual events. Swimmers with qualifying times that are not listed in these data bases must provide proof of times. No conversions will be allowed. The swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time.

Seeding: All swimmers must enter with times achieved within the two year qualifying period. Nonconforming times will be seeded after short course yard qualifying times.

Seeding is as follows:

1. Short Course Yards
2. Long Course Meters

All events will be seeded and swum in the preliminaries fastest heats to slowest heats, unless otherwise noted in this meet letter.

Officials:
Meet Referee:
Admin Referee:
Assistant Admin Referee:
Administrative Official:
Chief Judge:
National Evaluator(s):
Head Marshall:
Meet Manager:

All officials interested in officiating the meet should contact Chief Judge.

National Officials Certification: This meet is seeking designation as an Officials' Qualifying Meet for N2 and N3 certification from USA Swimming.

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

Awards:
Team: Championship and Runner-Up Trophy
Individual: High Point Plaque for each age group and gender
 1-3 Medals, 4-8 Ribbons
Relays: 1-3 Medals

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. This person must be a current member of USA Swimming/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.

Identification: Coaches and Officials shall wear their 2019 USA Swimming registration card in a conspicuous location at all times during the swim meet or show current 2019 USA-S coach membership on Deck Pass.

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. Deck changing is prohibited.

Camera Zones: Per Florida Swimming Rule 223.13, 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, rest rooms, 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.

For Information: FL Senior Chair: Peter Banks (pbanks4583@gmail.com)
FL Swimming Office: Helen Kelly, (352)242-5145 or flsoffice2@aol.com

Rules: Current USA Swimming Technical Rules will govern the meet.

Warm-Up Schedule

***** NO EQUIPMENT PERMITTED *****

*** EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL.

Training equipment is not allowed during warmup.

General Warm-up until the last 40 minutes prior to meet start unless otherwise specified by meet management.

Controlled warm up is:

1. Pace 50 and 100 circle swimming - push off
2. Racing starts (one length from start end only)
3. Racing starts (one length from opp.end)
4. Swimming and pulling, push off
5. Swimming and pulling, push off
6. Racing starts (one length from opp.end)
7. Racing starts (one length from start end only)
8. Pace 50 and 100 circle swimming - push off

Order of Events

Thursday, 2/28/2019 – Start at 5 p.m.

Ev #	Event
1-2	15-16 1000 Free
3-4	Senior 1000 Free
5-6	Senior 800 Free Relay

Events 1-6: are deck seeded events, swum on Thursday evening, and are Timed Finals.

Friday, 3/1/19 – Prelims start at 9 a.m./Finals start at 5 p.m.

Ev #	Event
7-8	Senior 200 Free Relay
9-10	15-16 200 Free
11-12	Senior 200 Free
13-14	15-16 200 Breast
15-16	Senior 200 Breast
17-18	15-16 100 Fly
19-20	Senior 100 Fly
21-22	15-16 50 Breast
23-24	Senior 50 Breast
25-26	15-16 400 IM
27-28	Senior 400 IM
29-30	Senior 400 Medley Relay

Events 7-8 & 25-30: are positive check-in events.
 Events 7-8 & 29-30: are Timed Finals.
 Events 29-30: will be swum as Timed Finals at finals on Friday night
 Events 25-28: heats 1 & 2 will swim first, then any remaining heats will be swum after the 400 Medley Relay; Events will be swum fast to slow, fastest 3 heats circle seeded.

Saturday, 3/2/2019 - Prelims start at 9 a.m./Finals start at 5 p.m.

Ev #	Event
31-32	Senior 200 Medley Relay
33-34	15-16 50 Free
35-36	Senior 50 Free
37-38	15-16 200 IM
39-40	Senior 200 IM
41-42	15-16 100 Back
43-44	Senior 100 Back
45-46	15-16 50 Fly
47-48	Senior 50 Fly
49-50	15-16 500 Free
51-52	Senior 500 Free
53-54	Senior 400 Free Relay

Events 31-32 & 49-54: are positive check-in events.
 Events 31-32 & 53-54: are Timed Finals
 Events 49-54: heats 1 & 2 will swim first, then any remaining heats will be swum after the 400 Free Relay; Events will be swum fast to slow, the fastest 3 heats will be circle seeded.

Sunday, 3/3/2019 - Prelims start at 9 a.m./Finals start at 4:30 p.m.

Ev #	Event
55-56	15-16 50 Back
57-58	Senior 50 Back
59-60	15-16 200 Fly
61-62	Senior 200 Fly
63-64	15-16 100 Free
65-66	Senior 100 Free
67-68	15-16 100 Breast
69-70	Senior 100 Breast
71-72	15-16 200 Back
73-74	Senior 200 Back
75-76	15-16 1650 Free
77-78	Senior 1650 Free

Events 75-78: are positive check-in events; the fastest 1 heat by gender will swim during finals prior to Event 55.

2018 FLORIDA SWIMMING SENIOR CHAMPIONSHIP TIME STANDARDS

WOMEN					MEN			
LC		SC			SC		LC	
15-16	SENIOR	15-16	SENIOR		15-16	SENIOR	15-16	SENIOR
29.29	29.29	25.99	25.89	50 Free	23.79	22.69	27.49	26.69
1:03.59	1:03.59	56.59	55.49	100 Free	51.69	49.69	1:00.59	56.79
2:16.39	2:16.19	2:01.19	2:00.69	200 Free	1:52.99	1:47.39	2:10.69	2:02.79
4:46.99	4:46.99	5:23.39	5:14.79	400/500 Free	5:05.69	4:54.79	4:35.09	4:26.19
9:51.89	9:51.89	11:01.09	11:01.09	800/1000 Free	10:28.19	10:28.19	9:43.59	9:17.89
19:18.99	19:18.99	18:38.39	18:38.39	1500/1650 Free	18:08.39	17:39.99	18:44.99	18:39.79
34.59	34.59	30.59	30.59	50 Back	27.89	27.89	32.59	31.59
1:12.59	1:12.59	1:03.79	1:04.39	100 Back	59.09	59.09	1:10.39	1:06.99
2:37.79	2:37.79	2:18.99	2:18.99	200 Back	2:12.09	2:10.79	2:32.09	2:31.09
40.19	40.19	35.09	35.09	50 Breast	31.69	31.69	37.19	36.59
1:25.19	1:25.19	1:14.49	1:13.79	100 Breast	1:06.79	1:06.39	1:19.19	1:19.19
3:03.49	3:03.29	2:41.39	2:39.09	200 Breast	2:25.99	2:25.19	2:51.59	2:52.39
32.39	32.39	28.79	28.79	50 Fly	26.99	26.99	30.89	29.79
1:10.79	1:10.69	1:02.39	1:02.39	100 Fly	55.99	54.79	1:06.99	1:02.89
2:42.59	2:42.59	2:21.99	2:18.39	200 Fly	2:12.19	2:10.89	2:30.89	2:30.89
2:38.19	2:39.09	2:19.59	2:18.59	200 IM	2:08.49	2:05.59	2:28.39	2:24.09
5:35.99	5:33.69	4:53.69	4:49.49	400 IM	4:45.29	4:30.49	5:31.99	5:22.39

2018 FLORIDA SWIMMING SENIOR CHAMPIONSHIP BONUS TIME STANDARDS

WOMEN					MEN			
LC		SC			SC		LC	
15-16	SENIOR	15-16	SENIOR		15-16	SENIOR	15-16	SENIOR
30.49	30.49	27.19	27.09	50 Free	24.99	23.89	28.69	27.89
1:05.99	1:05.99	58.99	57.89	100 Free	54.09	52.09	1:02.99	59.19
2:21.19	2:20.99	2:05.99	2:05.49	200 Free	1:57.79	1:52.19	2:15.49	2:07.59
4:56.99	4:56.99	5:33.39	5:24.79	400/500 Free	5:15.69	5:04.79	4:45.09	4:36.19
---	---	---	---	800/1000 Free	---	---	---	---
---	---	---	---	1500/1650 Free	---	---	---	---
1:14.99	1:14.99	1:06.19	1:06.79	50 Back	1:00.49	1:00.49	1:12.79	1:09.39
1:14.99	1:14.99	1:06.19	1:06.79	100 Back	1:00.49	1:00.49	1:12.79	1:09.39
2:42.59	2:42.59	2:23.79	2:23.79	200 Back	2:16.89	2:15.59	2:36.89	2:35.89
1:27.59	1:27.69	1:16.89	1:16.19	50 Breast	1:09.19	1:08.79	1:21.59	1:17.99
1:27.59	1:27.69	1:16.89	1:16.19	100 Breast	1:09.19	1:08.79	1:21.59	1:17.99
3:08.29	3:08.09	2:46.19	2:43.89	200 Breast	2:30.79	2:29.99	2:56.39	2:52.29
1:13.19	1:13.09	1:04.79	1:04.79	50 Fly	58.39	57.19	1:09.39	1:05.29
1:13.19	1:13.09	1:04.79	1:04.79	100 Fly	58.39	57.19	1:09.39	1:05.29
2:47.39	2:47.39	2:26.79	2:23.19	200 Fly	2:16.99	2:15.69	2:35.69	2:35.69
2:42.99	2:43.89	2:24.39	2:23.39	200 IM	2:13.29	2:10.39	2:38.69	2:28.89
5:45.59	5:43.29	5:03.29	4:59.09	400 IM	4:54.89	4:40.09	5:40.99	5:31.99