

YMCA Central Florida & Trinity Prep Aquatics

“Nike Swim Team Challenge” With “Swim Your Own Age” January 21-22, 2012

Sanctioned By: Florida Swimming of USA Swimming – #5703

“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.”

and Trinity Prep Aquatics, Trinity Preparatory School, YMCA of Central Florida, and YCF swimming accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet.

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's legal guardian to ensure compliance with this requirement

Hosted By: Trinity Prep Aquatics, Trinity Preparatory School, YCF Swimming ,YMCA of Central Florida

Type of Meet: Seniors- **NIKE Swim Team Challenge:**
25 Yard Course for Prelims & 50 Meter Course for Finals.

Age Group- Swim Your Own Age: separate age group sessions from NIKE Swim Team Challenge
25 Yard Course all timed finals

Dates: January 21-22, 2012.

Location: YMCA Aquatic Center 8422 International Drive Orlando, FL 32819

Pool Specs: Two certified indoor, 25 yard, 8 lane competition pool with non-turbulent lane lines for prelims and timed finals, and an 8 lane 50 meter course for finals. Water depth is 7 feet minimum at start & turns.

Timing System: Full video scoreboard. Colorado Automatic and/or Semi-Automatic Timing Equipment.

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 when 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.

Dates / Times:

- Session 1** Saturday, January 21, 2012 –(13 and Over)- Preliminary session with Two courses: 8 Lanes 25 yards
Warm-up – 7:30am; Start – 8:30am.
- Session 2** Saturday, January 21, 2012 **.(12 and unders)- Timed Finals session with Two courses: 8 Lanes 25 yards**
Warm-Up- guaranteed 30 minutes. Start - not before 12:30
- Session 3** Saturday, January 21, 2012 – (13 and over) Finals session with 8 Lanes 50 Meters
Warm-up – 5:00pm; Start – 6:00pm
- Session 4** Sunday, January 22, 2012 –(13 and over) Preliminary session with Two courses: 8 Lanes 25 yards
Warm-up – 7:30am; Start – 8:30am.
- Session 5** Sunday, January 22, 2012 –**(12 and under)** Time Finals session with two Courses: 8 Lanes 25 yards
Warm-up – guaranteed 30 minutes. Start time – not before 12:30
- Session 6** Sunday, January 22, 2012 – (13 and over) - Finals session with 8 Lanes 50 Meters
Warm-up – 5:00pm; Start – 6:00pm

Format:

The NIKE SWIM Team Challenge session will be Short Course Yards for Prelims and Long Course meters for Finals.

20 swimmers return from Prelims: The Bonus Final will have 8 swimmers (13th-20th), The consolation Final 6 swimmers (7th - 12th), the Super Final 4 swimmers (3rd - 6th), and Ultra Final (1st - 2nd) in all events. All swimmers in finals score points.

The Swim Your Own Age session will be single age brackets timed finals on Saturday and Sunday.

- All distances doubled for Sunday events.
- High Point Trophy places 1-3 in each age group based upon most points scored from the combined Saturday & Sundays events

Eligibility:

Open to USA Swimming registered athletes. All athletes must be registered by the first day of the meet.

Seeding:

25 SCY will be used.

Entry Limit:

The NIKE SWIM Team Challenge sessions will be limited to:

Three (3) individual events per day. Swimmers over-entered will be considered as entered in the first three (3) individual events of each day.

The Swim Your Own Age sessions will have a limit of four (4) individual events per day. Swimmers over-entered will be considered as entered in the first four (4) individual events of each day. Entries that put the timeline over the Florida Swimming 4 hour rule will not be accepted.

Scratches

Prelims- No penalty for scratches on the block during prelims or timed final events.

Scratching from Finals:

Finals- any swimmer who competes in a preliminary heat and qualifies as one of the 20 finalists, as originally seeded, must swim in that events final: 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. Any swimmer seeded in a finals event who fails to swim that event shall be barred from their next event unless excused by the Meet Referee for illness or injury.

Entry Deadline: Friday, January 13, 2012 @ 5:00 pm. Eastern

Email entries [to: kyannessa@gmail.com](mailto:kyannessa@gmail.com)
Mail Entries to: Trinity Prep Aquatics
c/o Rocco Aceto
5700 Trinity Prep Lane
Winter Park, FL 32792

Entry Fee: **Nike Swim Team Challenge** sessions: \$10.00 facility fee per swimmer, \$4.00 per individual event .

Swim Your Own Age sessions: \$7.50 facility fee per swimmer, \$3.00 per individual event

Deck Entries: Deck entries are to be submitted to the Computer Operator no later than 30 minutes prior to the start of each session. The fee for deck entries is \$10.00 per individual event. If the swimmer is not already in the meet, the \$10.00 facility fee is also due. Deck entries will only be placed in existing empty lanes. No new heats will be created and existing heat will not be reseeded for deck entries. Swimmers must still comply with the maximum per session and per day entry limits and other eligibility requirements. Swimmers may not scratch an event to deck enter a new event. Proof of USA Swimming registration must be met.

Checks payable to: Trinity Prep Aquatics

Officials: *Meet Managers:* Mitzi Tighe ,Rocco Aceto
Head Referee: Ellen Johnson
Stroke and Turn: Dorlinda House

Starter: Jeff Wright
Head Marshall: Anne Marie Stricklin

All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and FL Swimming for 2012 and have a current Background Check acknowledged by USA Swimming. Please email the Meet Manager, Rocco Aceto aceto@trinityprep.org , with your certification level and availability so he can plan accordingly.

Deck Access: Only currently registered coaches and officials will be allowed access beyond the coaches, athletes & Officials entrance. Coaches and officials will be required to show their current USA Swimming registration card when asked by meet management. Volunteers will be given a pass to access the deck and help for that specific purpose. Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the meet manager or the Director or YCF swim center.

Team Rep: Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about matters pertaining to the meet, may be given to the meet referee. For each team, the coach and that person only will be recognized.

Rules: Current USA Swimming Rules will govern the meet. "No Recall" starting procedures in effect. Safety rules as outlined by USA Swimming and recommended by the Referee will be in effect.

NOTE: Fly over starts will be used at the discretion of Meet Management.

Awards: **Nike Swim Team Challenge**
1st – 2nd – Nike Ball Hats for Ultra Heat Winner and Runner up.

1st Place Combined Team Award

Swim Your Own Age

High Point Trophy places 1-3 in each age group based upon most points scored from the combined Saturday & Sundays events

Scoring: **Nike Swim Team Challenge** 1st through 20th :21,19,18,17,16,15,14,13,12,11,10,9,8,7,6,5,4,3,2,1
Swim Your Own Age: 9-7-6-5-4-3-2-1

Info Update: Call Rocco Aceto at 321.282.2558 or check for updates to meet information on the TPA web site. Time Lines and Psyche Sheets will be available the Tuesday prior to the meet at <http://www.tpaswim.org>.



**NIKE Swim Team Challenge
ORDER OF EVENTS**

**Session 1: Saturday
Preliminary: 25 Yards**

Event # Women	Event # Men	Age Group	Event	Prelims
1	2	13 and Over	200 Free	P
3	4	13 and Over	100 Fly	P
5	6	13 and Over	400 Ind. Med.	P
7	8	13 and Over	200 Back	P
9	10	13 and Over	100 Breast	P
11	12	13 and Over	50 Free	P



**Swim Your Own Age
Order of Events:**

**Session 2: Saturday
Timed Finals: 25 Yards**

Event # Women	Event # Men	Age Group	Event	Timed Finals
25	26	12 year old	100 Backstroke	TF
27	28	11 year old	100 Backstroke	TF
29	30	10 year old	50 Backstroke	TF
31	32	9 year old	50 Backstroke	TF
33	34	8 year old	25 Backstroke	TF
35	36	7 & under	25 Backstroke	TF

Event # Women	Event # Men	Age Group	Event	Timed Finals
37	38	12 year old	100 Breast stroke	TF
39	40	11 year old	100 Breast stroke	TF
41	42	10 year old	50 Breast stroke	TF
43	44	9 year old	50 Breast stroke	TF
45	46	8 year old	25 Breast stroke	TF
47	48	7 & under	25 Breast stroke	TF

Event # Women	Event # Men	Age Group	Event	Timed Finals
49	50	12 year old	100 Fly	TF
51	52	11 year old	100 Fly	TF
53	54	10 year old	50 Fly	TF
55	56	9 year old	50 Fly	TF
57	58	8 year old	25 Fly	TF
59	60	7 & under	25 Fly	TF

Event # Women	Event # Men	Age Group	Event	Timed Finals
61	62	12 year old	100 Free	TF
63	63	11 year old	100 Free	TF
65	66	10 year old	50 Free	TF
67	68	9 year old	50 Free	TF
69	70	8 year old	25 Free	TF
71	72	7 & under	25 Free	TF



**Session 3 : Saturday
Finals: 50 Meters**

20 swimmers return from Prelims: The Bonus Final will have 8 swimmers (13th-20th), The consolation Final 6 swimmers (7th- 12th), the Super Final 4 swimmers (3rd- 6th), and Ultra Final (1st- 2nd) in all events.

**Session 4: Sunday
Preliminary: 25 Yards**

Event # Women	Event # Men	Age Group	Event	Finals
1	2	13 and Over	200 Free	F
3	4	13 and Over	100 Fly	F
5	6	13 and Over	400 Ind. Med.	F
7	8	13 and Over	200 Back	F
9	10	13 and Over	100 Breast	F
11	12	13 and Over	50 Free	F

**Session 4: Sunday
Preliminary: 25 Yards**

Event # Women	Event # Men	Age Group	Event	Finals
13	14	13 and Over	200 Ind. Med.	P
15	16	13 and Over	100 Back	P
17	18	13 and Over	500 Free	P
19	20	13 and Over	200 Breast	P
21	22	13 and Over	200 Fly	P
23	24	13 and Over	100 Free	P

Sunday for Swim Your Own Age:

- All distances doubled for Sunday events.
- High Point Trophy places 1-3 in each age group based upon most points scored from the combined Saturday & Sundays events

Session 5: Sunday
Timed Finals: 25 Yards

Event # Women	Event # Men	Age Group	Event	Timed Finals
73	74	12 year old	200 Backstroke	TF
75	76	11 year old	200 Backstroke	TF
77	78	10 year old	100 Backstroke	TF
79	80	9 year old	100 Backstroke	TF
81	82	8 year old	50 Backstroke	TF
83	84	7 & under	50 Backstroke	TF

Event # Women	Event # Men	Age Group	Event	Timed Finals
85	86	12 year old	200 Breast stroke	TF
87	88	11 year old	200 Breast stroke	TF
89	90	10 year old	100 Breast stroke	TF
91	92	9 year old	100 Breast stroke	TF
93	94	8 year old	50 Breast stroke	TF
95	96	7 & under	50 Breast stroke	TF

Event # Women	Event # Men	Age Group	Event	Timed Finals
97	98	12 year old	200 Fly	TF
99	100	11 year old	200 Fly	TF
101	102	10 year old	100 Fly	TF
103	104	9 year old	100 Fly	TF
105	106	8 year old	50 Fly	TF
107	108	7 & under	50 Fly	TF

Event # Women	Event # Men	Age Group	Event	Codes
109	110	12 year old	200 Free	TF
111	112	11 year old	200 Free	TF
113	114	10 year old	100 Free	TF
115	116	9 year old	100 Free	TF
117	118	8 year old	50 Free	TF
119	120	7 & under	50 Free	F

Session 6: Sunday

Finals: 50 Meters

20 swimmers return from Prelims: The Bonus Final will have 8 swimmers (13th-20th), The consolation Final 6 swimmers (7th-12th), the Super Final 4 swimmers (3rd-6th), and Ultra Final (1st-2nd) in all events.

Event # Women	Event # Men	Age Group	Event	Prelims
13	14	13 and Over	200 Ind. Med.	F
15	16	13 and Over	100 Back	F
17	18	13 and Over	400 Free	F
19	20	13 and Over	200 Breast	F
21	22	13 and Over	200 Fly	F
23	24	13 and Over	100 Free	F



Warm ups: Senior- Nike Swim Team Challenge- prelims and finals and Swim your Own Age

LANE FIRST 1/2 of warm up (General Warm-up)

- 1 Push off 50's pace (circle swimming)
- 2 Swimming and pulling only (push off)
- 3 Swimming and pulling only (push off)
- 4 Swimming and pulling only (push off)
- 5 Swimming and pulling only (push off)
- 6 Swimming and pulling only (push off)
- 7 Swimming and pulling only (push off)
- 8 Push off 50's pace (circle swimming)

SECOND 1/2 (Controlled Warm-up)

- Push off 50's pace (circle swimming)
- Racing start, one length only
- Swimming and pulling only (push off)
- Swimming and pulling only (push off)
- Swimming and pulling only (push off)
- Racing start, one length only
- Racing start, one length only
- Push off 50's pace (circle swimming)

*** NO EQUIPMENT IS TO BE USED DURING WARM-UP.**

*** 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 THE WARM-UP INCLUDING WHEN SWIMMERS ARE NOT DOING A RACING START.**

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.

**Alternate Coaches Form
January 21-22, 2011**

The following swimmers are entered in the meet and are attending without a coach.

Swimmer's Name	USA #	Team	<u>Age</u>

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

Signature

Print Name _____

Coaches Team _____