

NIKE Swim Short Course Paradise Invitational
Panama City Beach Aquatics Center
September 19-21, 2014

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc

SANCTIONED BY: Southeastern Swimming, Inc. of USA Swimming
Sanction # 14SEPCST9-19

HOSTED BY: Panama City Swim Team

LOCATION: Panama City Beach Aquatics Center - Frank Brown Park
16200 Panama City Beach Pkwy
Panama City Beach, Florida 32413

FACILITY: POOL - 50 meter by 25 yard outdoor competition pool; 4 foot minimum depth, non-turbulent lane lines. The competition will utilize 8-10 Lanes (depending on number of participants) for the competition. There will be a lane separation between competition lanes and warm up/down lanes. The competition course has not been certified in accordance with 104.2.2C(4). Water depth measured at the shallow end is 4 feet and at the deep end ranges from 8 feet to 12.5 feet deep. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

TIMING - Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back up will be used. An 8-lane scoreboard with lane/time/place display is available.

RULES: USA Swimming rules will govern the meet.

OFFICIALS:

Meet Director:	Elizabeth Hicks	thehicks@knology.net
Meet Referee:	Brett Troia	bretttroia@yahoo.com
Admin Referee:	Kim Troia	bretttroia@yahoo.com
Entry Chairperson:	Bill Bradford	billbradford88@gmail.com

ELIGIBILITY: All swimmers must be USA Swimming registered. Coaches and officials must show and display certification as required by USA Swimming. 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. There will be NO on deck registration for membership to USA Swimming.

**WARM-UP
START TIMES:** The pool will be available for warm-ups at 3:45pm Friday night. The Meet Director will post the warm-up assignments prior to the start of the meet warm-up. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session.

**COACHES
CORNER:**

If needed, a coaches meeting will be held Friday, at 4:30 pm. Otherwise, the coaches meeting will be held Saturday morning at 8:15 am. SES rules dictate that "coaches shall display, when requested, their USAS Membership cards to be allowed on deck at any SES sanctioned meet. Compliance shall be the responsibility of the Host Meet Referee/director -they may assign the responsibility to other meet personal. Therefore all coaches are required to sign in with the Clerk of Course and must be prepared to show their coaching credentials at any time. Before picking up the team's packet, coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

ENTRIES:

Each session may be limited to a maximum of 250 swimmers. Teams are urged to submit entries using HYTEK's "Team Manager" program via email. A computer printout of entries with the event numbers and event description must accompany the team check with events in published order. Teams without "Team Manager" must use enclosed entry forms. Entries are to be listed in short course yards or "NT".

ENTRY LIMIT:

Swimmers 13 and Over may enter all 5 events on Friday and no more than 3 individual events per day for Saturday and Sunday events, exclusive of relays. Swimmers 12 & under are limited to 2 individual events on Friday and 4 individual events per day on Saturday and Sunday, exclusive of relays. The Meet Director reserves the right to use up to 10 lanes to help meet the session limit. The Meet Director also reserves the right to limit the number of entries for all age-groups in order to meet the SES four-hour session limit for these swimmers. Additionally, SES Guidelines provides suggested maximum number of swimmers allowed per session in SES sanctioned meets. If it becomes necessary to apply these guidelines, entries will be accepted in the order received. Teams will be notified if any events have been limited as stated above. You are encouraged to get your entries in early as this meet has filled up quickly in the past.

ENTRY FEES:

\$5.00 per individual event /\$6.00 Late Entry
\$12.00 per relay/\$15.00 Late Entry
\$3.00 surcharge For SES Teams
\$5.00 surcharge for non-SES Teams
\$6.00 Facility Fee per entered swimmer

Make checks payable to: Panama City Swim Team and mail with entry packet.

ENTRY DEADLINE:

Entry forms, printouts, release/recap sheet and entry fees including surcharges must be received by the Meet Director on or before Tuesday September 9, 2014, subject to entry limits.

LATE ENTRIES:

Late entries may be accepted at the discretion of the Meet Director.

MAIL ENTRIES:

E-mail entries to: billbradford88@gmail.com
Mail entries to: Brian Haddad
1500 Black Diamond Drive #1503
Panama City Beach, FL 32407

SCRATCHES:

All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible late entries.

- MEET FORMAT:** This is a timed finals meet. All events will be pre-seeded except the 400 IM, 500 Free, and the 1000 Free, which will be deck-seeded. All deck seeded events will be swum fastest to slowest alternating girls and boys. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Only the swimmer or his/her coach may sign in for deck-seeded events. Sign-in deadlines for deck-seeded events are 30 minutes prior to the scheduled start of the event. If the swimmer is not checked in with the Clerk of Course, the swimmer will be legally scratched from the event.
- SCORING:** Points for first through eighth places in individual events will be awarded by normal scoring, double for relays (9-7-6-5-4-3-2-1 and 18-14-12-10-8-6-4-2).
- The Pentathlon will be scored based on Hy-Tek Power Points and awarded as a separate session. The Pentathlon will not count towards individual or team high point awards. Swimmers must compete in all five events of the Pentathlon to be eligible for Pentathlon awards.
- All 8 & under swimming in 10 & under events will score points towards 10 & under high point only.
- AWARDS:** Ribbons will be awarded for first through eighth place in all individual and relay events. Individual high point awards will be given to 14 and younger age groups. High point team awards will be given to the top 3 visiting teams.
- SAFETY:** Southeastern Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Spectators, coaches and swimmers are asked to observe all posted pool rules and to conduct themselves in a safe manner. **Only meet officials, meet volunteers, coaches and swimmers will be allowed around the immediate pool deck area.** Diving boards are strictly off limits.
- For all 8 and under events, a “bullpen” area will be operated by the host club near the start for all participants.
- DISABILITIES:** Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.
- HOSPITALITY:** There will be a hospitality room available for coaches and officials only. Dinner will be provided Friday evening with breakfast and lunch being provided on Saturday and Sunday.
- CONCESSIONS:** A full service concession stand will be open to the public. The Kid’s Activity Pool adjacent to the competition pool will be available to swimmers and their families at no charge. Coolers will be allowed into the complex. Conduct of swim teams and their swimmers are subject to the rules and regulations of the aquatic center.
- AUDIO/VISUAL:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- EVALUATION:** Matt Webber, General Chairman
Southeastern Swimming
P.O. Box 1102
Huntsville, AL 35807

PCST Paradise Invitational Sprint Pentathlon

ORDER OF EVENTS

FRIDAY NIGHT PENTATHLON (Session 1)

Warm up: 3:45 p.m. Competition: 4:45 p.m.

GIRLS	EVENT	BOYS
1	13&OVER 50 FLY*	2
3	13&OVER 50 BACK*	4
5	13&OVER 50 BREAST*	6
7	13&OVER 50 FREE*	8
9	13&OVER 100 IM*	10

*All pentathlon events will be scored 13, 14, 15, 16 and 17+

FRIDAY NIGHT (Session 2)

Warm up: during pentathlon Competition: after completion of pentathlon

GIRLS	EVENT	BOYS
11	10&U 200 IM	12
13	11-12 200 IM	14
15	10&U 500 FREE**	16
17	11-12 500 FREE**	18

** We reserve the right to limit the number of entries based on the timeline management.

SATURDAY MORNING (Session 3)**SUNDAY MORNING (Session 5)**

Warm up: 7:15 a.m. -- Competition 8:30 a.m.

GIRLS	EVENT	BOYS
19	13-14 200 FREE RELAY	20
21	SENIOR 200 FREE RELAY	22
23	13-14 200 FREE	24
25	SENIOR 200 FREE	26
27	13-14 100 BACK	28
29	SENIOR 100 BACK	30
31	13-14 200 IM	32
33	SENIOR 200 IM	34
35	13-14 200 FLY	36
37	SENIOR 200 FLY	38
39	13-14 100 BREAST	40
41	SENIOR 100 BREAST	42
43	13-14 500 FREE* **	44
45	SENIOR 500 FREE* **	46

GIRLS	EVENT	BOYS
83	13-14 200 MEDLEY RELAY	84
85	SENIOR 200 MEDLEY RELAY	86
87	13-14 400 IM	88
89	SENIOR 400 IM	90
91	13-14 100 FREE	92
93	SENIOR 100 FREE	94
95	13-14 200 BREAST	96
97	SENIOR 200 BREAST	98
99	13-14 100 FLY	100
101	SENIOR 100 FLY	102
103	13-14 200 BACK	104
105	SENIOR 200 BACK	106
107	13-14 1,000 YD FREE* **	108
109	SENIOR 1,000 FREE* **	110

*500/1,000 yard free will be deck seeded and swum fastest to slowest alternating girls and boys. Senior points will only count in the Senior age group.** We reserve the right to limit the number of entries based on the timeline management.

SATURDAY AFTERNOON (Session 4)**SUNDAY AFTERNOON (Session 6)**

Warm up: Not before 11:45 a.m. Competition: Not before 1:00 p.m.

GIRLS	EVENT	BOYS
47	8-U 100 FREE RELAY	48
49	10-U 200 FREE RELAY	50
51	11-12 200 FREE RELAY	52
53	8-U 100 FREE	54
55	10-U 200 FREE	56
57	11-12 200 FREE	58
59	8-U 25 BREAST	60
61	10-U 50 BREAST	62
63	11-12 50 BREAST	64
65	8-U 50 BACK	66
67	10-U 100 BACK	68
69	11-12 100 BACK	70
71	8-U 25 FREE	72
73	10-U 50 FREE	74
75	11-12 50 FREE	76
77	8-U 50 FLY	78
79	10-U 100 FLY	80
81	11-12 100 FLY	82

GIRLS	EVENT	BOYS
111	8-U 100 MEDLEY RELAY	112
113	10-U 200 MEDLEY RELAY	114
115	11-12 200 MEDLEY RELAY	116
117	8-U 50 FREE	118
119	10-U 100 FREE	120
121	11-12 100 FREE	122
123	8-U 25 FLY	124
125	10-U 50 FLY	126
127	11-12 50 FLY	128
129	8-U 25 BACK	130
131	10-U 50 BACK	132
133	11-12 50 BACK	134
135	8-U 50 BREAST	136
137	10-U 100 BREAST	138
139	11-12 100 BREAST	140
141	8-U 100 IM	142
143	10-U 100 IM	144
145	11-12 100 IM	146

SOUTHEASTERN LSC INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non mandatory form is for accommodation purposes.

Name _____

Address _____ Team _____

USA Registration # _____ Age and Birth date: _____ Events

to be swum: _____/_____/_____/_____/

_____/_____/_____/_____/_____/_____/_____/_____/

Type of Disability: Blind ___ Cognitive/Intellectual ___ Deaf ___ Physical ___ Other ___

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

The following person(s) will accompany the swimmer for any needed assistance:

Accommodations requested; (Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

Information gathered on this form will only be used for swimmers accommodation during meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking swimmers attendance and performance. The Disability Chair welcomes any feedback and or comments concerning your meet experience.

Meet Director Email: thehicks@knology.net

Meet Referee Email bretttroia@yahoo.com

Disability Chair Email: walleybob@hotmail.com

Walter Smalley: 901-486-1782

2013 - 2014 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team’s swimmers with those rules during this meet. The Panama City Swim Team, Panama City, FL, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

CLUB NAME:		INITIALS:	
ADDRESS:			
LSC:		HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:	
FAX NUMBER:		CELL PHONE:	EMAIL:
COACHES ATTENDING:	1.		
	2.		
	3.		
	4.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	1.		
	2.		
	3.		
	4.		
NUMBER OF SWIMMERS ENTERED:	ATTACHED:		
	UNATTACHED:		
	TOTAL:		

SUMMARY OF FEES

NUMBER OF SWIMMERS:		X \$ 3.00 SES SURCHARGE =	
		X \$ 5.00 out-of SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$ 6.00 FACILITY CHARGE =	
NUMBER OF IND. EVENTS:		X \$ 5.00 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$12.00 PER RELAY ENTRY FEE =	
TOTAL DUE:			

ENTRY FORM

Times should be in Long Course Meters

Please duplicate as needed

		EVENT #	EVENT NAME	BEST TIME	EVENT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						