

**2009 SE GPAC DISTANCE SPRING FLING
LONG COURSE SWIM MEET
The Club, A Family Sports Complex
Gulf Breeze, Florida
May 16-17, 2009**

The meet will be conducted under the auspices of Southeastern Swimming, Inc. of United States Swimming, the rules of which will apply.

Sanctioned by Southeastern Swimming, Inc.

SANCTION #: SECPA

HOSTED BY: Greater Pensacola Aquatic Club, Inc. 850/484-1312 www.gpacswimteam.org

LOCATION: The Club, A Family Sports Complex
1230 Crane Cove Blvd.
Gulf Breeze, FL 32561
850/916-7946

FACILITIES: 10-Lane, 25 yard indoor pool and 8-Lane, 25 yard by 50 meter outdoor pool with non-turbulent lane lines. Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back-up will be used. Warm-up and recovery will be located in the indoor pool. Limited shade and seating. Bring tents or tarps and chairs.

RULES: Current USS rules will govern the conduct of the meet unless otherwise noted herein.

OFFICIALS: Meet Director: Jeff Stone
850/432-9296

Asst. Meet Directors: Rex McKinney
Victor Mendez

Referee: John A. Molchan

Marshall: TBD

Starter: TBD

ELIGIBILITY: All participants must be USA Swimming registered athletes. Entries will not be accepted without 2009 registration numbers. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet. Swimmers must be at least 9 years old to enter "12 & Under" events. Swimmers must be at least 15 years old to enter "Senior" events.

MEET FORMAT: This is a timed finals meet. All events will be pre-seeded except the 1500 Free, 800 Free, 400 Free, and 400 IM which will be limited and deck-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Sign-in deadlines will be 30 minutes prior to the meet start. If the swimmer is not checked in with the Clerk of Course, the swimmer is legally scratched from the event. Only the swimmers or his/her coach may sign-in for deck-seeded events.

The 1500 Free and 800 Free will be swum fastest to slowest alternating women and men. **Swimmers will be required to provide their own timers and counters for the 1500 and 800 events.**

Attention: Flyover starts may be used.

LIMITS: Swimmers may swim all individual events per day. The 1500 Free will be limited to 24 participants per gender. The 800 Free, 400 Free, and 400 IM will be limited to 32 participants per gender.

WARM UP: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. While teams are discouraged from entering swimmers in the meet without sending a coach, we will accommodate such swimmers with advance notice. 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.

STARTING TIMES:**Warm-up****Competition****Saturday, May 16**Session I
Session II7:00-7:45 AM CT
9:30-10:15 AM CT8:00 AM CT
10:30 AM CT**Sunday, May 17**Session III
Session IV7:00-7:45 AM CT
9:30-9:45 AM CT8:00 AM CT
10:00 AM CT

Our goal is to limit each day to one-three hour session excluding the 1500 Free and 800 Free events.

ENTRIES: Teams who have HYTEK's Meet/Team Manager should submit their entries via e-mail or on a 3-1/2" disk (please send in COMMLink file format or WIN-MM format). Entry forms must be completely filled out including the swimmers' best times for yards. Please provide a written copy of entries with the event numbers and event description in published event order for verification purposes. Teams without "Team Manager" are encouraged to use Hytek's Team Manager Lite which is available free for download direct from Hytek via the following website:

<http://www.hy-tek.com/downloads.html>

Otherwise, teams without "Team Manager" or other suitable Hytek product must use the enclosed entry forms and are subject to a \$25.00 surcharge for requiring manual entry processing. Entries are to be listed in long course meters or "NT". **All teams are asked to completely fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials affiliated with the team that are willing to serve as a meet official during the weekend. If possible, teams submitting their entries via email are asked to send their completed forms either by fax or as scanned documents attached to email. If these delivery methods are not available, the completed forms should be submitted by physical mail for prompt delivery.**

DISABILITIES: Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.

FEES: \$5.00 per individual event, \$3.00 per swimmer SES surcharge for swimmers registered with SES (for swimmers not registered with SES, the surcharge collected on behalf of and paid to SES is \$5.00 per swimmer).

Please make checks payable to: Greater Pensacola Aquatic Club. All entry fees are nonrefundable.

DEADLINE: *Please note that it is GPAC's intention to strictly adhere to the following meet entry deadlines.* Entry disks and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Meet Director on or before 11:59 pm central time on Monday, May 4, 2009. **If entries are e-mailed, a hard copy (including all information and release forms) must follow by mail or express delivery service (FedEx, etc.) and be postmarked prior to the deadline.** Email confirmations will be sent out as entries are received. Please make sure the meet director confirms your entries. No entry fees will be refunded. **NO LATE ENTRIES WILL BE ACCEPTED.** *Coaches are asked to strictly adhere to these deadlines which are necessary in order for all pre-meet activities to be completed by volunteer workers in a timely and efficient manner. Total entries will be limited to 350 swimmers.*

Completed entries should be submitted by e-mail or U.S. mail to:

Jeffrey A. Stone
4716 Francisco Place
Pensacola, FL 32504
Telephone: 850/432-9296 Fax: 850/432-9985
gpac.meet.director@gmail.com
(please include the words “Meet Entry Info” in the subject line of all e-mail

E-mailed entries will not be considered complete for processing until the Meet Director has received written entry forms, written copy of all entries for verification purposes, release/recap sheet and entry fees including surcharges. **In the event that it becomes necessary to limit swimmers, it is in the best interests of all teams that they ensure prompt delivery of these materials as early as possible but certainly prior to the late entry deadline in order to preserve their place in the queue.**

ENTRY ERRORS: If due to GPAC’s error, the swimmer will be deck entered into an open lane of the heat nearest his/her entry time or in a new heat. The entire event WILL NOT be re-seeded.

SCRATCHES: All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible deck entries in case there are entry errors that need to be addressed. Swimmers must sign-in with the Clerk of Course for all deck-seeded events no later than 30 minutes prior to the scheduled start of each day’s session. If the swimmer is not checked in with the Clerk of Course, the swimmer is legally scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events. **ANY SWIMMER ENTERED IN AN INDIVIDUAL EVENT THAT IS SEEDED AT THE MEET, AND WHO HAS CHECKED IN FOR THE EVENT, MUST SWIM THE EVENT UNLESS HE/SHE NOTIFIES THE CLERK OF THE COURSE BEFORE THE SEEDING FOR THAT EVENT HAS BEGUN.** Failure to swim the event will result in the swimmer being barred from the next individual event in which he/she is entered, whether it is that day or the next day.

SCORING: Points for first through eighth places in individual events will be awarded as follows: 9-7-6-5-4-3-2-1.

AWARDS: Ribbons will be awarded for first through eighth place in all individual events. There will be a high point award for each age group (12&U, 13-14 and Senior). There will be team trophies for first place and runner up.

OFFICIALS’ CORNER: The Meet Referee is asking all officials who are available to serve at this meet to notify him by email of their availability. Please let him know which day(s) you can help. This information should be sent to John Molchan via email to: JMolc68118@aol.com

COACHES’ CORNER: 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.

A coaches’ meeting will be held at 7:45 am on Saturday morning and, if deemed necessary by the referee, at 7:45 am on Sunday morning. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting(s).

Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and Meet Director by email.

SAFETY: In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and conduct themselves in a safe manner. Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course. **ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK AREA BEHIND THE STARTING BLOCKS.** Coaches are asked to help control the crowded pool deck by asking the parents of their swimmers to stay away from the starting block area of the pool. Swimmers are to be encouraged by their coaches and parents to remain in the spectator area until their events. Please be advised that the Pensacola area is subject to severe weather and therefore delays during the meet when thunder storms and lightning are in the vicinity should be anticipated.

HOSPITALITY: There will be a hospitality area available for coaches, meet workers and officials only. *In order to ensure sufficient quantities of hospitality items, teams failing to submit their completed Team Information Form by the meet entry deadline with complete information regarding the number of coaches attending the meet will be limited to two per meal.*

CONCESSIONS, ETC.: Heat sheets and T-shirts will be on sale at tables set up for this purpose. The Club operates a concession stand independent from GPAC and meet operations.

RECYCLING: GPAC is supporting the SES recycling initiative (pilot program for USA Swimming) at its home meets. Please look for additional information about this initiative posted at the swimming venue and assist GPAC with this initiative.

MEET EVALUATIONS:

Please send any comments, suggestions, or evaluations concerning the meet to:

John Woods
205 Island Ave
Chattanooga, TN 37405

The following forms are attached as an integral part of this meet invitation and are required for entry processing:

SES 2008-09 Waiver, Acknowledgment and Liability Release Form

Team Information Form and Summary of Fees

SES Consolidated Entry Form (duplicate as needed)

SES Information Form for Disabled Swimmers (duplicate as needed)

**2009 SE GPAC Distance Spring Fling
Long Course Meet
Order of Events**

Saturday, May 16

Girls	Events	Boys
	Session I	
1	Senior 1500 Free	2
	Session II	
3	12 & UN 200 Back	4
5	13-14 200 Back	6
7	Senior 200 Back	8
9	12 & UN 200 Free	10
11	13-14 200 Free	12
13	Senior 200 Free	14
15	12 & UN 400 IM	16
17	13-14 400 IM	18
19	Senior 400 IM	20

Sunday, May 17

Girls	Events	Boys
	Session III	
21	Open 800 Free	22
	Session IV	
23	12 & UN 200 Breast	24
25	13-14 200 Breast	26
27	Senior 200 Breast	28
29	12 & UN 200 Butterfly	30
31	13-14 200 Butterfly	32
33	Senior 200 Butterfly	34
35	12 & UN 200 IM	36
37	13-14 200 IM	38
39	Senior 200 IM	40
41	12 & UN 400 Free	42
43	13-14 400 Free	44
45	Senior 400 Free	46

2008-09 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 Greater Pensacola Aquatic Club, Inc., The Club, A Family Sports Complex, 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:	NAME	COACHES CARD EXPIRATION DATE	
	1.		
	2.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	NAME		
	1.		
	2.		
	3.		
NUMBER OF SWIMMERS ENTERED:	ATTACHED:		
	UNATTACHED:		
	TOTAL:		

SUMMARY OF FEES

SES TEAMS NUMBER OF SWIMMERS:		X \$3.00 SES SURCHARGE =	
NON-SES TEAMS NUMBER OF SWIMMERS:		X \$5.00 SES SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$5.00 PER EVENT ENTRY FEE =	
TOTAL DUE:			

CONSOLIDATED 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						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						

Southeastern Swimming Information Form for Disabled Swimmers

NAME:	AGE:	DATE OF BIRTH:
ADDRESS:		PHONE NUMBER:
EVENTS ENTERED:		
EVENT:	NO.	EVENT:
EVENT:	NO.	EVENT:
EVENT:	NO.	EVENT:
DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):		
THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:	NAME:	
	NAME:	
SEIZURES?	YES: <input type="checkbox"/>	ARE YOU ON MEDICATION?
	NO: <input type="checkbox"/>	YES: <input type="checkbox"/>
		NO: <input type="checkbox"/>
MEDICATION/DOSE:	MEDICATION/DOSE:	MEDICATION/DOSE:
PARENT OR GUARDIAN'S NAME:		PHONE NUMBER:
PARENT OR GUARDIAN'S SIGNATURE:	ATHLETE'S SIGNATURE:	
PHYSICIAN'S NAME:		PHONE NUMBER:
PHYSICIAN'S ADDRESS:		
I HAVE EXAMINED THE ABOVE ENTRANT AND, IN MY OPINION, THERE IS NO MENTAL OR PHYSICAL REASON WHY HE OR SHE SHOULD NOT PARTICIPATE IN USA SWIMMING COMPETITION.		
PHYSICIAN'S SIGNATURE:		DATE: