

2009 SE GPAC TOM LALOR INVITATIONAL SWIM MEET
University of West Florida Aquatic Center
Pensacola, Florida
June 12-14, 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 #:

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

LOCATION: The University of West Florida Aquatic Center. Directions: **From U.S. 90 East or West:** take University Parkway North to end of the road and turn left. **From I-10 East or West:** exit at Davis Hwy, go north to University Pkwy and turn left (3rd light from the east; 4th light from the west); take University Parkway North to end of the road and turn left. The UWF Aquatic Center is the 1st right past the Welcome Center on the right, 2nd building on the left. Parking is available next to the gym and across the street next to the water tower. **PLEASE DO NOT PARK IN DRIVEWAYS OR ANYWHERE OTHER THAN DESIGNATED PARKING SPACES.** Cars parked in driveways or drop-off circles adjacent to the buildings near the pool are subject to being towed by the University Police at owner's expense.

FACILITIES: Indoor 50 meter competition pool with a 4 foot minimum depth and non-turbulent lane lines. The course will have fully automatic electronic timing provided by Colorado Timing System with HYTEK interface and an 8-lane scoreboard with lane/time/place display. Manual back-up will be used. A warm-down lane will be provided in the competition pool adjacent to the course on the side closest to the grandstands. **Entry to the warm down lane will be at the deep end only. Coaches are asked to help direct their swimmers to comply with this requirement.** The Meet Director and Referee reserve the right to alter the course.

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

OFFICIALS: Meet Director: Jeff Stone
850/432-9296
Head Referee: John A. Molchan
Head Starter: TBD

Asst. Meet Directors: Rex McKinney
Victor Mendez
Head Meet Marshall: 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 13 years old to enter "Senior" events. GPAC reserves the right, as host team, to enter its swimmers at the qualifying time. **THE MEET WILL BE LIMITED TO 600 SWIMMERS IF DEEMED NECESSARY TO MEET APPLICABLE SES TIME LIMITS FOR MEET SESSIONS.**

MEET FORMAT: This is a timed finals meet. For certain events, swimmers must have times equal to or faster than the Qualifying Time (Long Course Meters B time standard, except deck-seeded events which are A time standard) set forth in the order of events. All events will be pre-seeded except the events that are 400 meters and longer, which will be deck-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Sign-in deadlines for the morning sessions are 8:30 am. The sign-

in deadline for the afternoon sessions will be 30 minutes after the beginning of the warm-ups for that 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.

All deck seeded events will be swum fastest to slowest alternating girls and boys. **Swimmers in the deck-seeded events will be required to provide their own people to serve as timers and lap counters.**

LIMITS: Swimmers are limited to four individual events per day, exclusive of relays. Teams are limited to two entries per relay event. The meet director reserves the right to limit the 400 meter events to no fewer than four heats each and events over 400 meters to no fewer than three heats each in order to limit each session to a four hour timeline. The meet director further reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly. The meet director reserves the right to limit the number of swimmers in the 12 and under age groups in order to meet the SES four-hour session limit for these swimmers. If it becomes necessary to apply these guidelines, the entries will be accepted by team in the order received.

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. There will be two sessions each day with the 13 and older age groups swimming in the morning session each day and the 12 and under age groups swimming in the afternoon each day. Warm-ups in the morning session will consist of two 45 minute session with lane assignments posted. The warm-ups for the afternoon session will consist of a single one hour OPEN format session with pace lanes and sprint lanes assigned.

STARTING TIMES:	<u>Warm-up</u>	<u>Competition</u>
Friday AM:	7:15 AM	9:00 AM
Friday PM:	A single one hour warm-up session will commence immediately after completion of the morning competition session, but no earlier than 11:30 am.	
Saturday AM:	7:15 AM	9:00 AM
Saturday PM:	A single one hour warm-up session will commence immediately after completion of the morning competition session, but no earlier than 11:30 am.	
Sunday AM:	7:15 AM	9:00 AM
Sunday PM:	A single one hour warm-up session will commence immediately after completion of the morning competition session, but no earlier than 11:30 am.	

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-tekltd.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 short course yards 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: \$4.00 per individual event, \$10.00 per relay; \$3.00 per swimmer SES surcharge; \$3.00 per swimmer facility surcharge. **Late fees:** \$5.00 per individual event, \$11.00 per relay.

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, June 1, 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. **Late entries** will be accepted at the discretion of the Meet Director for those swimmers already entered into the meet for available lanes only. No new heats will be formed. **NEW SWIMMERS WILL NOT BE ENTERED INTO THE MEET.** No late entries will be accepted after 5:00 PM Thursday, June 4, 2009. *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.*

Completed entries should be submitted by e-mail, fax, overnight delivery 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 be considered timely based on the time the e-mail is received but 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 prior to the late entry deadline 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 late entries (or 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, and first through fourth places in relay events. There will be individual high point trophies given for each gender in each age group. There will be team trophies for first, second, and third places.

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) and session(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 8:45 am on Friday and, if deemed necessary by the referee, at 8:45 am on Saturday and/or Sunday in the hospitality area near the deep end of the pool. 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. Nobody will be allowed to climb on the diving boards for any reason. All swimmers and coaches are asked to remain on the pool deck and not climb the stairs to the skybox. Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course which is located at deck level between the locker rooms.

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.

The UWF facility has strict rules prohibiting swimming when thunder storms and lightning are in the vicinity that will be followed at all times. Please be advised that the Pensacola area is subject to severe weather during summer months and therefore delays during the meet should be anticipated.

HOSPITALITY: There will be a hospitality area available for coaches, meet workers and officials only. Morning snacks and lunch will be provided on Friday. Breakfast and lunch will be provided on Saturday and Sunday. Meal tickets for coaches will be provided by the host club in the coaches' packets. ***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 tickets per meal.***

CONCESSIONS, ETC.: Heat sheets and T-shirts will be on sale at tables set-up inside the east entrance to the aquatic center. There will be a concession stand operated by UWF's food services available on Saturday and Sunday near the shallow end of the pool.

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

GPAC's 2009 Tom Lalor Invitational Order of Events

SESSION 1*

Friday June 12, 2009

Warm-up 7:15 a.m. Competition starts 9:00 a.m.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
1	n.a.	13-14 400 Medley Relay	n.a.	2
3	n.a.	Senior 400 Medley Relay	n.a.	4
5	n.a.	13-14 50 Backstroke	n.a.	6
7	n.a.	Senior 50 Backstroke	n.a.	8
9	n.a.	13-14 100 Butterfly	n.a.	10
11	n.a.	Senior 100 Butterfly	n.a.	12
13	3:43.99	13-14 200 Breaststroke	3:32.79	14
15	3:39.89	Senior 200 Breaststroke	3:23.29	16
17	n.a.	13-14 50 Freestyle	n.a.	18
19	n.a.	Senior 50 Freestyle	n.a.	20
21	5:56.59	Open 400 IM	5:29.99	22

SESSION 2*

Friday June 12, 2009

Warm-up immediately upon conclusion of Session 1, but no earlier than 11:30 am.

Competition starts after one hour warm-up.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
23	n.a.	10 & U 200 Medley Relay	n.a.	24
25	n.a.	11-12 200 Medley Relay	n.a.	26
27	n.a.	10 & U 100 Butterfly	n.a.	28
29	n.a.	11-12 100 Butterfly	n.a.	30
31	n.a.	10 & U 100 Breaststroke	n.a.	32
33	n.a.	11-12 100 Breaststroke	n.a.	34
35	n.a.	10 & U 100 Backstroke	n.a.	36
37	n.a.	11-12 100 Backstroke	n.a.	38
39	5:32.39	11-12 400 Freestyle	5:29.19	40

SESSION 3*

Saturday June 13, 2009

Warm-up 7:15 a.m. Competition starts 9:00 a.m.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
41	n.a.	13-14 400 Free Relay	n.a.	42
43	n.a.	Senior 400 Free Relay	n.a.	44
45	n.a.	13-14 50 Butterfly	n.a.	46
47	n.a.	Senior 50 Butterfly	n.a.	48
49	2:57.99	13-14 200 Freestyle	2:49.19	50
51	2:54.29	Senior 200 Freestyle	2:42.09	52
53	n.a.	13-14 100 Breaststroke	n.a.	54
55	n.a.	Senior 100 Breaststroke	n.a.	56
57	3:17.69	13-14 200 Butterfly	3:06.59	58
59	3:12.09	Senior 200 Butterfly	2:57.59	60
61	n.a.	13-14 100 Backstroke	n.a.	62
63	n.a.	Senior 100 Backstroke	n.a.	64
65	5:12.19	Open 400 Freestyle	4:53.29	66

GPAC's 2007 Tom Lalor Invitational Order of Events

SESSION 4*

Saturday June 13, 2009

**Warm-up immediately upon conclusion of Session 3, but no earlier than 11:30 am.
Competition starts after one hour warm-up.**

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
67	n.a.	10 & U 200 Freestyle Relay	n.a.	68
69	n.a.	11-12 200 Freestyle Relay	n.a.	70
71	4:13.89	10 & U 200 IM	4:10.69	72
73	3:30.19	11-12 200 IM	3:29.59	74
75	n.a.	10 & U 50 Butterfly	n.a.	76
77	n.a.	11-12 50 Butterfly	n.a.	78
79	n.a.	10 & U 100 Freestyle	n.a.	80
81	n.a.	11-12 100 Freestyle	n.a.	82

SESSION 5*

Sunday June 14, 2009

Warm-up 7:15 a.m. Competition starts 9:00 a.m.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
83	n.a.	13-14 100 Freestyle	n.a.	84
85	n.a.	Senior 100 Freestyle	n.a.	86
87	3:19.99	13-14 200 Backstroke	3:08.59	88
89	3:15.19	Senior 200 Backstroke	2:59.99	90
91	n.a.	13-14 50 Breaststroke	n.a.	92
93	n.a.	Senior 50 Breaststroke	n.a.	94
95	3:21.09	13-14 200 IM	3:09.89	96
97	3:16.09	Senior 200 IM	3:03.29	98
99	10:41.89	Open 800 Freestyle		
		Open 1500 Freestyle	19:22.99	100

SESSION 6*

Sunday June 14, 2009

**Warm-up immediately upon conclusion of Session 5, but no earlier than 11:30 am.
Competition starts after one hour warm-up.**

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
101	3:48.89	10 & U 200 Freestyle	3:35.49	102
103	3:05.69	11-12 200 Freestyle	3:01.69	104
105	n.a.	10 & U 50 Backstroke	n.a.	106
107	n.a.	11-12 50 Backstroke	n.a.	108
109	n.a.	10 & U 50 Breaststroke	n.a.	110
111	n.a.	11-12 50 Breaststroke	n.a.	112
113	n.a.	10 & U 50 Freestyle	n.a.	114
115	n.a.	11-12 50 Freestyle	n.a.	116

**The meet director reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly. Such changes may entail shifts between Session 1 and Session 2 on Friday, between Session 3 and Session 4 on Saturday and/or between Session 5 and Session 6 on Sunday.*

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)

DRAFT

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 University of West Florida, 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:	3.		
	1.		
	2.		
	3.		
NUMBER OF SWIMMERS ENTERED:	4.		
	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 SWIMMERS:		X \$3.00 FACILITY SURCHARGE	=	
NUMBER OF IND. EVENTS:		X \$4.00 PER EVENT ENTRY FEE	=	
NUMBER OF RELAYS:		X \$10.00 PER RELAY 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: