



## SUMMER SENIOR CHAMPIONSHIP INVITATIONAL 2019

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### St. Petersburg, FL

July 30<sup>th</sup> – August 3, 2019

**SANCTION:** Approved Sanctioned by Florida Swimming of USA Swimming # A-4792  
“In granting this sanction, it is understood and agreed that Florida Swimming/ USA Swimming shall be free and held harmless from any liabilities or claims from damages by reason of injuries to anyone during the conduct of this event.”

**CONDITION OF SANCTION:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a member coach, must be certified by a 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.

**CAMERA ZONE:** 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 of a race or a competitor in a race may be taken. Acceptable “Camera Zones” may include, but are not limited to the side course of a pool, team gathering areas, concession area, and turn-end of competition course when not in use as a “start end.” 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 race course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas.*** 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. 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.

**IMAGE AUTHORIZATION:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of ISCA under the conditions authorized by ISCA, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in ISCA competitions to promote such competitions.

**TYPE OF MEET:**

Long Course Meters Timed Finals Tuesday, Prelims-Finals on Wednesday, Thursday, Friday and Saturday. One ten-lane course will be used for prelims and finals. Depending on number of entries received, chase starts *may* be used. There are Bonus, Consolation and Final heats for all Senior Events and for all 16 & Under events (except for timed final events). Only the Championship Final heats for the 16 & Under events and Senior events will score. 16 & Under swimmers may choose to compete in Senior events when entering the meet. In all events over 200 meters there will only be a Consolation and Final heat swum. We will be running this as a “scratch meet”. That means that all prelim heats will be seeded based on the psych sheet. If you know of a person that will not be swimming a prelim event simply fill out the scratch form in the admin office and drop it in the scratch box on the admin table by 6:00pm the evening before. *(Tuesday's events can be scratched after the coaches meeting Tuesday midday. Wednesday's events must be scratched by 6:00 p.m.)*

No equipment will be allowed during warm-up times. This includes fins, paddles, and snorkels.

**SCHEDULE:**

**Preliminaries:**

<b><u>Tuesday Time Finals</u></b> General Warm Up .....3:00-4:00PM Specific Warm Up .....4:00-4:20PM Meet Start .....4:30PM	<b><u>Wednesday – Saturday</u></b> General Warm Up .....6:30-7:50AM Specific Warm Up .....7:50-8:20AM Meet Start .....8:30AM
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**Finals:**

<b><u>Wednesday – Saturday</u></b> General Warm Up .....3:30-4:30PM Specific Warm Up .....4:30-4:50PM Meet Start .....5:00PM
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**LOCATION:**

North Shore Aquatic Complex 901 North Shore Drive NE St. Petersburg, FL 33701  
Facility: (727) 893-7727

**POOL & FACILITY SPECS:**

The North Shore Aquatic Complex is host to a certified 50 meter outdoor pool with a maximum of 10 long course racing lanes. Non-turbulent lane lines will be used. Constant warm down lanes are available in the additional outdoor 25 meter pool.

**TIMING SYSTEM:**

A Colorado Timing System with scoreboard will be used.

**ELIGIBILITY:**

Must be a 2019 USA Swimming, YMCA, AAU, and/or a FINA registered athlete. The Senior category will be open to all swimmers of any age who have the qualifying time standards to compete. “According to Florida Swimming rule 221.3 B,

**ALL ENTRIES ARE TO BE SUBMITTED WITH TIME, NT IS NOT ALLOWED**

**SEEDING**

Submit entry times according to the time swum – DO NOT SUBMIT CONVERTED TIMES. (Example: If the time was swum in long course meters, submit the long course time.) Non-conforming yards times and short course meters will be seeded last according to AAU/USA Swimming Rules and Regulations 207.12.7B. All long course meter times, even if they are bonus event times, will be seeded for prelims slowest to fastest with the last three heats circle seeded. All preliminary events will be swum combined 16 & under and Senior.

*Relays on Tuesday, Wednesday, Thursday, Friday and Saturday **will be swum Timed Finals with all 16 & U relays, and Senior Relays seeded 21st and slower, competing in the prelims session. The top 20 seeded Senior relays will compete in the finals session. All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. TWO RELAYS PER CLUB MAXIMUM.***

**RULES:**

Current USA Swimming Technical Rules will govern. (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.) No parents will be allowed on the pool deck unless they have 2019 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, they MUST go directly to the meet Referee to receive a deck pass and/or a coaching assignment. Age as of the first day of the meet (July 30, 2019) will determine the swimmer’s age for competition.

The practice of Deck Changing is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing could be subject to removal from further competition in the meet.

**AWARDS:**

INDIVIDUAL	Custom Medals	1 <sup>st</sup> through 10 <sup>th</sup>
RELAYS	Custom Medals	1 <sup>st</sup> through 3rd

**INDIVIDUAL HIGH POINT:** 16 & Under Men’s & Women’s

Senior Men’s & Women’s

**TEAM AWARDS:**

TOP COMBINED TEAM	TOP MALE PERFORMANCE AWARD
TOP WOMEN’S TEAM	TOP FEMALE PERFORMANCE AWARD
TOP MEN’S TEAM	

**SCORING:**

Scored to the top 10 places for 16 & Under age swimmers and then scored to the top 10 places for Senior aged swimmers. Points 11-9-8-7-6-5-4-3-2-1, double points for relays.

**SPECTATOR PASS:**

\$60 for an all sessions pass (including heat sheets and finals sheets).  
\$15 daily pass (including heat sheet and final sheet)

**WARM-UP:** Enclosed warm-up schedule will be used. Warm-up will be **60 minutes guaranteed** prior to the start of each session.

**SCRATCHES:** *Prelims/timed finals:* No penalty for scratching on the block. This meet is NOT preseeded. We request you scratch your athletes the evening before prelims. The scratch box closes at 6:00 p.m. every evening.

*Finals:* Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals unless the swimmer announces his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. He/she has until 30 minutes after his or her final prelim of the day to finalize his/her scratch with the clerk of course. ***Any swimmer not reporting to a final event in which the results were posted for his/her swim will be barred from further competition in their next individual event in the meet, PLUS a \$50.00 fee will be assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee.***

**ENTRY LIMIT:** **Swimmers will be limited to (3) - three individual events per day and a total of (8) - eight for the entire meet.** Swimmers may enter as many events as they want during initial OME registration, but must scratch down to the entry limit by the entry change deadline. Time trial entries are separate from regular meet entries and do not count toward the entry limit of 3 per day/8 per meet.

**ISCA ATHLETE FEE:** ISCA summer athlete fee is **\$45.00** per swimmer including relay only swimmers. This fee is billed separately and not paid with OME.

BONUS EVENTS

For 1 or 2 Qualifying Times	You Earn 4 Bonus Events
For 3 or More Qualifying Times	You Earn 3 Bonus Events

***Bonus events must be entered with a time. NT will not be accepted. Bonus entries in the 400 FR, 400 IM, 800 FR, 1500 FR must have a qualifying time in one of those events to swim any of the others as a bonus event.***

**TIME TRIALS:** Offered Wednesday through Friday, approximately 15 minutes after the conclusion of the prelim sessions, depending on number of entries in the regular meet/length of sessions and/or weather conditions. Sessions will be held in LCM ONLY. Cost per individual event - \$15.00. Cost per relay event - \$20.00. Open to all swimmers entered in the meet. Only events of the day will be swum during time trials. Sign up will be at the admin table each morning and will close at 10:30am.

**ENTRY FEES**

ENTRY FEES

Fee per individual Event . . . . . \$6.10  
Fee per Relay Event . . . . . \$8.00

Facility Surcharge (per swimmer) . . . . . \$15.00  
Coach Deck Pass (per coach) . . . . . \$15.00

LATE/DECK ENTRY FEES

Late Fee per Individual Event . . . . . \$15.00  
Late Fee per Relay Event . . . . . \$20.00

*\*\*Deck entries are due by 6 p.m. the evening before the session the event is contested, no exceptions.*

**ENTRY DEADLINE:**

All entries must be received by midnight Monday July 15, 2019.

OME ENTRY PROCEDURES – READ CAREFULLY

On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry (OME) ONLY. Access this entry system from the USA Swimming website 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”.

OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.

OME OPENS: 12:01 AM EST MONDAY June 24, 2019

OME CLOSES: 11:59 PM EST MONDAY July 15, 2019

OME HELP: Eva Gronke 727-644-5925 – [eva@fastswimresults.com](mailto:eva@fastswimresults.com)

Jamie Lewis 719-866-3581 – [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org)

**Individual Entries:** Use a time in the national database for entry that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an “Override Time” for times that are not in the national database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.

**OME RELAY ENTRY PROCEDURES:** ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. A team may enter no more than 2 relays in each relay event. Relays must be pre-entered and relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event.

**TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:** Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the swimmers first event.

**INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually. Access to the OME system at the address <http://www.usaswimming.org/ome> - log in and select "Enter Individual." On deck registrations will not be accepted.

Payments must be made payable to: **ISCA** (International Swim Coaches Association)

Entry Chairman: ISCA  
c/o Eva Gronke  
3534 Chessington Drive  
Land O Lakes, FL 34638

**\*\* ALL ENTRY CHECKS MUST BE BROUGHT AND TURNED IN AT THE MEET.**

**PLEASE DO NOT MAIL CHECKS \*\***

**ENTRY FORMS:** If you do not have access to OME, entries may be submitted on the enclosed entry forms (please print legibly). Please note that there is an additional \$50 fee for entries submitted on the entry forms. Any events with NT will not be accepted. Relay only swimmers must be listed. All entries must be sent to Entry Chairman. DO NOT send to the pool.

**FOREIGN ATHLETES:** Foreign athletes are welcome to attend. They must be an ISCA member with FINA or USA Swimming registration. Entries for foreign teams must be submitted through HY-TEK MEET MANAGER, COMMLINK, or contact Doug Fonder at (540)397-0505.

**OFFICIALS:**

Head Referee	John Stanley	Head Starter	Dan Summerlin
Admin Referee/Official	Eva Gronke	Head Stroke/Turn	Laura Whitlow
Meet Manager	Doug Fonder		

**COACHES/OFFICIALS** Coaches/officials must visibly display a valid membership card or show Deck Pass at all times while on deck. A 2019 coaching member must supervise each swimmer participating in a Florida Swimming observed/sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer(s) during warm-up and competition. ***There will be a coaches meeting Tuesday, July 30st at 12:00PM at North Shore Aquatic Complex.***

**MEET VOLUNTEERS:** As per ISCA policy, all volunteers must present a valid photo ID or meet credentials to gain deck access.

**TEAM REPRESENTATIVE:** Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.

**CONTACT INFORMATION:**

**Meet Director/ISCA Contact**

Doug Fonder  
2721 Brambleton Ave.  
Roanoke, VA 24015  
(540) 397-0505 - CELL  
(540) 904-2666 - OFFICE  
(540) 772-0578 - FAX  
[dougfonder@gmail.com](mailto:dougfonder@gmail.com)

**Meet Referee**

John Stanley

**Entry Chairman**

Eva Gronke  
3534 Chessington Drive  
Land O Lakes, FL 34638  
[eva@fastswimresults.com](mailto:eva@fastswimresults.com)

**NOTE: \*Events/heats may be combined at the discretion of the meet referee. Official start times may be amended at the discretion of meet referee.**

## **WARM-UP SCHEDULE:**

**First ½ hour will be warm-up as follows:**

Lane 1 pace 50 & 100 circle swimming  
Lane 2 push off 25s one way only  
Lane 3 swim & pulling, push off  
Lane 4 swim & pulling, push off  
Lane 5 swim & pulling, push off  
Lane 6 swim & pulling, push off  
  
Lane 7 swim & pulling, push off  
Lane 8 swim & pulling, push off  
Lane 9 push off 25s, one way only  
Lane 10 pace 50 & 100 circle swimming

**Last hour of warm-ups will be as follows:**

Lane 1 pace 50 & 100 circle swimming  
Lane 2 racing starts 25s one length  
Lane 3 swim & pulling, push off  
Lane 4 swim & pulling, push off  
Lane 5 swim & pulling, push off  
Lane 6 swim & pulling, push off  
  
Lane 7 swim & pulling, push off  
Lane 8 racing starts 25s one length  
Lane 9 racing starts 25s one length  
Lane 10 pace 50 & 100 circle swimming

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

**NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET**

**Swimmers must enter the water feet first with at least one hand on the pool deck.**



## Summer Senior Championship

July 30<sup>th</sup> – August 3<sup>rd</sup>, 2019

WOMEN	TUESDAY JULY 30TH	MEN
1	Senior 200 Medley Relay	2
3	Senior 800 Freestyle	
	Senior 1500 Freestyle	4
5	Senior 200 Freestyle Relay	6







**Summer Senior**

**Championship**  
**July 30<sup>th</sup> – August 3rd, 2019**

WOMEN	WEDNESDAY 07/31/19	MEN
7	16 - U 200 Backstroke	8
9	Senior 200 Backstroke	10
11	16 - U 200 IM	12
13	Senior 200 IM	14
15	16 – U 50 Butterfly	16
17	Senior 50 Butterfly	18
19	16 – U 100 Breaststroke	20
21	Senior 100 Breaststroke	22
23	*16 – U 200 Medley Relay*	24
25	Senior 400 Medley Relay	26

WOMEN	THURSDAY 08/01/19	MEN
27	16 - U 400 Freestyle	28
29	Senior 400 Freestyle	30
31	16 - U 100 Butterfly	32
33	Senior 100 Butterfly	34
35	16 - U 200 Breaststroke	36
37	Senior 200 Breaststroke	38
39	16 - U 50 Backstroke	40
41	Senior 50 Backstroke	42
43	*16 - U 200 Freestyle Relay*	44
45	Senior 800 Freestyle Relay	46

The Women’s 800 Freestyle and Men’s 1500 Freestyle will be swum fastest to slowest as a 16 & Under/Senior combined timed final event. The event will scored separately for 16 & Under and Senior categories.

\*All 16 & Under and Senior relays seeded 21<sup>st</sup> and slower on Wednesday, Thursday and Friday will swim as timed finals at the end of Prelims sessions.\*

The top 20 seeded Senior Relays on Wednesday, Thursday and Friday will swim as timed finals in the Finals sessions. All relays on Saturday will be timed finals and swum at the end of the preliminary session.

**16 & Under Swimmers can swim on both 16 & Under Relays and Senior Relays if needed by Team**



**Summer Senior**

**Championship**

**July 30<sup>th</sup> – August 3rd, 2019**

WOMEN	FRIDAY 08/02/19	MEN
47	16 - U 400 IM	48
49	Senior 400 IM	50
51	16 -U 50 Freestyle	52
53	Senior 50 Freestyle	54
55	16 - U 200 Freestyle	56
57	Senior 200 Freestyle	58
59	16-U 100 Backstroke	60
61	Senior 100 Backstroke	62
63	*16 - U 400 Medley Relay*	64
65	Senior 400 Mix Medley	

WOMEN	SATURDAY 08/03/19	MEN
66	Senior 1500 Freestyle	
	Senior 800 Freestyle	67
68	16 - U 200 Butterfly	69
70	Senior 200 Butterfly	71
72	16 - U 50 Breaststroke	73
74	Senior 50 Breaststroke	75
76	16 - U 100 Freestyle	77
78	Senior 100 Freestyle	79
80	*16 - U 400 Freestyle Relay*	81
82	Senior 400 Freestyle Relay	83

\*\*1. For Bonus Events swimmers can enter any time, but MUST enter a time. NT's are not allowed\*\*

\*\*2. For all 50's of stroke swimmers must enter with the corresponding 100 stroke time\*\*

\*\*3. For all 200 Relays teams must enter their 400 Relay Times for seeding\*\*

\*\*4. Relay Only Swimmers can swim time trials every day\*\*

\*\*5. Each Team can bring as many coaches as they see fit.\*



**2019 QUALIFYING TIMES**

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	28.19	25.59	50 Freestyle	22.79	25.39	26.19
1:03.29	1:00.99	55.89	100 Freestyle	50.09	55.19	57.29
2:16.89	2:12.79	1:59.89	200 Freestyle	1:49.59	2:01.39	2:04.89
4:46.89	4:39.59	5:19.89	400 Freestyle	4:57.79	4:18.69	4:26.29
9:52.89	9:37.29	11:01.69	800 Freestyle	10:20.49	8:57.59	9:13.49
18:54.97	18:25.79	18:13.89	1500 Freestyle	17:20.29	17:12.99	17:42.39
Put	100	times	50 Backstroke	Put	100	times
1:13.69	1:11.99	1:04.69	100 Backstroke	58.19	1:04.49	1:06.39
2:37.89	2:34.29	2:18.39	200 Backstroke	2:07.29	2:22.59	2:26.59
Put	100	times	50 Breaststroke	Put	100	times
1:23.89	1:21.79	1:12.89	100 Breaststroke	1:06.19	1:13.89	1:15.79
3:01.29	2:57.49	2:38.79	200 Breaststroke	2:23.69	2:40.49	2:43.89
Put	100	times	50 Butterfly	Put	100	times
1:09.89	1:07.59	1:01.39	100 Butterfly	55.49	1:00.59	1:02.39
2:32.89	2:27.69	2:16.59	200 Butterfly	2:03.49	2:15.89	2:19.39
2:34.59	2:30.69	2:15.29	200 Individual Medley	2:02.89	2:17.29	2:21.39
5:25.69	5:17.79	4:47.39	400 Individual Medley	4:23.99	4:52.69	5:00.49
Put	400	Time	200 Freestyle Relay	Put	400	Time
4:24.89	4:16.89	3:54.69	400 Freestyle Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 Freestyle Relay	7:42.19	8:27.89	8:43.89
Put	400	Time	200 Medley Relay	Put	400	Time
4:54.29	4:46.29	4:18.89	400 Medley Relay	3:53.89	4:17.49	4:25.49
4:35.00		4:00.00	400 Mixed Medley			

**Important Note:** For all 50's you must enter 100 times,  
for all 200 Relay's you must enter 400 times.



# Summer Senior Championship Invitation

St. Petersburg, FL

July 30<sup>th</sup> – August 3rd, 2019

## Master Entry Form

Hosted by St. Petersburg Aquatics Team at:  
North Shore Aquatics Complex  
901 North Shore Drive NE  
St. Petersburg, FL 33701  
727-893-7727

Mail Entries to ISCA  
c/o: Eva Gronke  
Entry Chairman  
3534 Chessington Drive  
Land O Lakes, FL 34638  
by: Monday, July 15, 2019

Team Name \_\_\_\_\_

Call Letters \_\_\_\_\_

Address \_\_\_\_\_

Coach \_\_\_\_\_

LSC \_\_\_\_\_

Home Phone \_\_\_\_\_

Office Phone \_\_\_\_\_

FAX# \_\_\_\_\_

EMAIL \_\_\_\_\_

### Swimmer/Coach Registration

I certify that all individuals listed on attached entry forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on deck supervising the activities of these individuals during warm up and competitive sessions at the meet.

Name(s) of Coach(es)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I certify that the individuals listed above are currently registered USA Swimming Coach Members.

\_\_\_\_\_  
Signature of Coach

\_\_\_\_\_  
Date

### Financial Recap

Total Number of Coaches	_____ @ \$15.00 Each = \$ _____
Total Number of Athlete ISCA	_____ @ \$45.00 Each = \$ _____
Total Number of Facility Surcharge	_____ @ \$15.00 Each = \$ _____
Total Individual Entry Fees	_____ @ \$6.10 Each = \$ _____
Late Individual Entry Fees	_____ @ \$15.00 Each = \$ _____
Total Relay Entry Fees	_____ @ \$8.00 Each = \$ _____
Late Relay Entry Fees	_____ @ \$24.00 Each = \$ _____
Non OME Manual Entry Fees (per team)	_____ @ \$50.00 Each = \$ _____

\*Checks payable to: ISCA

Total Entry Fees Paid \$ \_\_\_\_\_