



FLA SENIOR CHALLENGE July 16-19, 2009

SANCTIONED BY: Florida Gold Coast Swimming and USA Swimming, **Sanction #** 071609-SI2

SPONSORED BY: Fort Lauderdale Aquatics and the City of Fort Lauderdale

PLACE: **Fort Lauderdale Aquatic Complex**
501 Seabreeze Boulevard
Fort Lauderdale, Florida 33316
(954) 468-5590

	WARM UP	PRELIMS	WARM UP	FINALS
July 16 - Thursday			3:30PM	5:00PM
July 17 - Friday	6:30AM	9:00AM	3:30PM	5:00PM
July 18 - Saturday	6:30AM	9:00AM	3:30PM	5:00PM
July 19 - Sunday	6:30AM	9:00AM	3:30PM	5:00PM

GENERAL MEETING: Friday, July 17 at 8:00 AM in the Hospitality Room of the Aquatic Center. Any changes to the conduct of the meet will be decided at this meeting. It is the responsibility of each swimmer and coach to be aware of any changes made during this meeting.

POOL: One 10-lane, 50-meter pool for competition. Colorado Timing System.
A Second 10-lane, 50-meter pool will be available for warm-up. **"The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming."**

Flighting of Preliminary Sessions: In the situation where the number of entries including bonus swims drives a preliminary session beyond three hours in duration for the automatically qualifying entries, the meet committee will determine best how to manage the session and the decision will be announced at the General Meeting. If any session of the meet is flighted, athletes that are no shows for the B flight will not be penalized.

ELIGIBILITY: Open to all 2009 USA Swimming registered athletes and foreign athletes that have been invited by USA Swimming; that have achieved the listed qualifying times between 7/1/2007 and the entry deadline.

ENTRIES: Entries will be accepted via electronic attachment by Lisa McLuckie at lmcluckie@FLAswim.com. Entries must be in "Zipped COMLINK" or USA Swimming SDIF format. Free text entries will not be accepted. RELAY ONLY swimmers must be pre-loaded into relays or be annotated as relay only in the body of the email. List swimmer, sex, age and USS #. Event # is not required. List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file. All entry fees must be paid before the start of the first event.

NOTE: Swimmers without registration numbers of birth dates will not be entered.

ENTRY DEADLINE: All entries must be received by Wednesday, July 8th, 2009. E-mail entries to lmcluckie@FLAswim.com
NO FAX ENTRIES

LATE ENTRIES: Late entries will be accepted for this meet for swimmers / relays which otherwise meet all eligibility and entry requirements. Qualifying times must have been achieved by the entry deadline. Late entries will only be accepted on-site beginning at the start of registration and through the scratch deadline for the event (s) in question. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. Swimmers must be prepared to provide proof of submitted time for all late entries. Entry fees for late entries will be double entry fee and double the athlete surcharge (if any). As a courtesy to meet management, coaches and swimmers are strongly encouraged to process late entries as early as possible in the meet registration process.

ENTRY LIMIT: **Individual Events:** Athletes may enter all events which they qualify, however they may only compete in Nine (9) individual events for the meet and no more than Three (3) individual events per day.
Relay Events: Two (2) per team per event.

BONUS SWIMS: Bonus swims will be available as follows:
1-2 Qualifying Times = 1 Bonus Swim
3-4 Qualifying Times = 2 Bonus Swims
5-6 Qualifying Times = 3 Bonus Swims
The 400 FR, 800 FR, 1500 FR, and 400 IM are not eligible to be entered as bonus events.

ENTRY FEES: \$4.00 per individual event
\$8.00 per relay team
\$7.50 per athlete meet surcharge

NOTE: Please make checks payable to FLA Aquatics. Credit cards are accepted and can be processed by calling the FLA Team Office at (954) 468-5590.

SEEDING: Eligible entries shall be seeded in the following order - Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY), followed by all Bonus entry Long Course Meters (LCM), Short Course Meters (SCM), Short Course yards (SCY).

FINALS: A-Final, B-Final, C-Final, for all prelim/final events.
All Finals will be competed in 10 lanes.
The C-Final is reserved for athletes 18 years of age and younger.

SCRATCHES: **PRELIMS:** Scratches prior to the seeding of heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box.

The deadline for positive check-in for INDIVIDUAL DISTANCE EVENTS on Thursday, July 16th shall be 4:00 pm.

The deadline for check-in for Thursday night's relays shall be 6:00 pm.
Positive Check-in for Thursday night's events only will be accepted in person and by
Fax: (954) 468-5595, Phone: (954) 468-5590, Email: lmcluckie@FLAswim.com
Scratch Box located at Clerk of Course.

SCRATCH DEADLINES:

Friday's Events:	Thursday	5:30 pm
Saturday's Events:	Friday	5:30 pm
Sunday's Events:	Saturday	5:30 pm

Failure to scratch by the deadlines listed above and not swim in the prelim will result in a fine of \$10.00. There is no event penalty. The swimmer must declare their intent to swim with the Administrative Referee for subsequent days of competition prior to the closing of the scratch box for the next days seeding (positive check in all subsequent events).

FINALS: Any swimmer who competes in a preliminary heat and qualifies as one of the fastest thirty (30) swimmers must swim A-Finals, B-Finals, or C-Finals; or must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intentions within 30 minutes of their last individual preliminary event.

Scratches will be declared by drawing a single line and initialing on the preliminary result maintained by the Clerk of Course. "Failure to Swim" will result in the swimmer being fined \$25.00. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet. In the case of missing a Sunday night final, payment of the \$25.00 must be made in order to compete in future Speedo Champions Series meets.

A swimmer not in the originally announced or posted in the fastest thirty (30) swimmers who is moved into a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final. Swimmers within the top 40 are encouraged to declare their intention not to compete if they do not intend to swim so that the Administrative Referee will be able to properly seed the meet for finals.

All fines must be paid prior to any swimmer competing in any future Southern Sectional Meet competition, at which time the swimmer will be reinstated in the meet.

NOTE 1: Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call for the alternate.

NOTE 2: Scratches must be done individually; "team" scratches are not accepted.

NOTE 3: In addition to the swimmers required to scratch if they are not going to swim in finals, all swimmers who do not plan to swim in finals are strongly urged to scratch, especially swimmers who finished the preliminary events in places 31 – 40.

800 and 1500 FREE: Positive check-in is required to be seeded in the Women's 800 Free and Men's 1500 Free. For Sunday's Women's 800 Free and Men's 1500 Free – Any swimmer who is ranked in the top 10 for seeding purposes who desires to swim in the preliminary session must declare their desire for a preliminary session swim by the check-in deadline (same as scratch box closing) on Saturday night.

400 IM /400 Free: Events 15 and 16, the Women's and Men's 400 IM; and
Events 27 and 28, the Women's and Men's 400 FR

Will be swum as follows:

- Fastest 4 heats of women, slowest to fastest
- Fastest 4 heats of men, slowest to fastest
- All remaining heats, alternating women and men, fastest to slowest

50 FL, BA, BR: Please, enter using 50 times. Swimmers qualified for the 100 of the same stroke may enter the 50. Otherwise, please mark the entry as a "bonus event".

RELAY EVENTS: Events 17 and 18, the Women and Men's 800 Free Relay
Events 29 and 30, the Women and Men's 400 Medley Relay
Events 41 and 42, the Women and Men's 400 Free Relay

Will be swum as follows:

- All heats to be swum at the end of finals on Friday, Saturday and Sunday
- 2nd fastest women's heat, fastest women's heat
- 2nd fastest men's heat, fastest men's heat
- All remaining heats, alternating women and men, fastest to slowest
- On Sunday, those 400 Free Relay teams declaring for the prelim session will be swum all women, all men, slowest to fastest; at the end of prelims; before the individual distance events. All other heats will be swum as stated above.

FINALS PROTOCOL: A - Finalists will be paraded.
B - Finalists will be announced behind the blocks.
C - Finalists will be announced in the water.

TIMELINES: There will be a 5-minute break before relays in each session; timed finals, prelims, and finals. During finals, there will be break for awards after every 4 events.
If Bonus entries take any preliminary session timeline beyond 3 hours; the meet committee will determine how to best manage the session and any change will be announced at the General Meeting.

SCORING: **The top 20 places in each event; (A) Finals and (B) Finals, and all timed final events, will be scored.**
Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
Relay: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2
No points will be awarded when not making the qualifying time, but qualifying times may be achieved during prelims or finals.

AWARDS: Awards will be presented after every 4 events (2 Female, 2 Male)) the top 3 finishers must report to the podium to participate in the award ceremony. The winning coach for each event will present the awards for that event. The previous nights relay awards will be presented prior to finals on the next night (with the exception of Sunday night).

Individual Events:	1 st -10 th place
Relay Events:	1 st -3 rd place
Team High Point Awards:	
Combined:	1 st -5 th
Women:	1 st -3 rd
Men:	1 st -3 rd
Individual High Point Awards:	Top Female and Top Male

RULES: Current USA Swimming rules will apply.

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

REFEREE: Pending Selection

IDENTIFICATION: Coaches and Officials shall wear their 2009 USA Swimming registration card in a conspicuous location at all times during this swim meet.

DECK RESTRICTION: USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Gold Coast Swimming sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area.

ADMISSION FEES: \$6.00 per session (Includes Heat Sheet)

INFORMATION: Call (954)-468-5590 or Email the Meet Director at meetdir@FLAswim.com

SUNDAY FINALS:

ORDER OF EVENTS:	
31-32	200 M Butterfly
33-34	100 M Freestyle
43	Women's 800 M Freestyle
36-35	200 M Breaststroke (Men before Women)
38-37	50 M Butterfly (Men before Women)
40-39	200 M Backstroke (Men before Women)
44	Men's 1500 M Freestyle
41-42	400 M Free Relay

WARM UP PROCEDURES

NO EQUIPMENT PERMITTED. SWIMMERS MUST ENTER THE WATER FEET FIRST.

Friday, Saturday and Sunday Preliminaries

7:00 am – 8:15 am General Warm Up
Swimming and Pulling Only, Push Off
No Racing Starts
No Sprinting or Pace Work

8:15 am – 8:55 am **Controlled Warm Up**

Lane 1	Pace, 50 and 100 Circle Swim, Push Off
Lane 2	Racing Starts 50s One Length
Lane 3	Racing Starts 50s One Length
Lane 4	Swimming and Pulling, Push Off
Lane 5	Swimming and Pulling, Push Off
Lane 6	Swimming and Pulling, Push Off
Lane 7	Swimming and Pulling, Push Off
Lane 8	Racing Starts 50s One Length
Lane 9	Pace, 50 and 100 Circle Swim, Push Off
Lane 10	Pace, 50 and 100 Circle Swim, Push Off

FINALS (and Thursday's Time Finals) WARMUP

Thursday - Sunday	3:30 pm – 4:15 pm	General Warm Up – See Above
	4:15 pm – 4:55 pm	Controlled Warm up – See Above

FLA SENIOR CHALLENGE
July 16-29, 2009

THURSDAY, July 16, 2009		QUALIFYING TIMES					
ORDER OF EVENTS		CONFORMING TIMES		NON CONFORMING TIMES			
		LONG COURSE		SHORT COURSE METERS		SHORT COURSE YARDS	
Ev #	Event	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN
1	1500M Women FR*	18:58.09		18:28.09		18:32.29	
2	800 M Men FR*		9:19.89		9:03.89		10:24.39
3-4	200 M MED Relay*	NTS	NTS	NTS	NTS	NTS	NTS
5-6	200 M FR Relay*	NTS	NTS	NTS	NTS	NTS	NTS

* Events 1-6 will be deck seeded. Positive check in by 4:00 pm is required to be seeded in events 1 & 2. Events 1& 2 will be swum fastest to slowest, alternating one heat of event 1 and one heat of event 2 if only one course is used.
Events 3, 4, 5, & 6 will be swum after the conclusion of events 1 & 2. They will not begin before 7:00 pm with a positive check in by 6:00pm.
There will be at least a 5 min break after event 4.

FRIDAY, July 17, 2009		QUALIFYING TIMES					
ORDER OF EVENTS		CONFORMING TIMES		NON CONFORMING TIMES			
		LONG COURSE		SHORT COURSE METERS		SHORT COURSE METERS	
Ev #	Event	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN
7-8	200 M FR	2:16.49	2:05.59	2:12.49	2:01.59	2:01.29	1:48.79
9-10	50 M BA	NA	NA	NA	NA	NA	NA
11-12	100 M BR	1:26.79	1:16.49	1:24.79	1:15.29	1:14.89	1:07.09
13-14	100 M FL	1:10.89	1:03.39	1:08.89	1:01.39	1:02.59	56.59
15-16	400 M IM *	5:30.39	5:05.49	5:22.39	4:57.49	4:50.29	4:32.79
17-18	800 M FR Relay**	9:29.89	8:58.89	9:17.09	8:46.09	8:29.79	7:35.59

*Event 15 & 16 will be swum as follows: fastest 4 heats of women; fastest 4 heats of men, slowest to fastest. All remaining heats, alternating women and men, fastest to slowest. **Event 17 & 18 will be swum in finals as follows: 2nd fastest women's; fastest women's; 2nd fastest men's; fastest men's; remaining heats will swim fastest to slowest, alternating women and men.

SATURDAY, July 18, 2009		QUALIFYING TIMES					
ORDER OF EVENTS		CONFORMING TIMES		NON CONFORMING TIMES			
		LONG COURSE		SHORT COURSE METERS		SHORT COURSE YARDS	
Ev #	Event	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN
19-20	100 M BA	1:15.49	1:07.29	1:13.49	1:05.29	1:05.89	57.59
21-22	200 M IM	2:35.89	2:22.19	2:31.89	2:18.19	2:16.49	2:04.79
23-24	50 M FR	29.89	26.69	28.89	25.69	26.39	23.29
25-26	50 M BR	NA	NA	NA	NA	NA	NA
27-28	400 M FR***	4:43.29	4:26.39	4:35.29	4:18.39	5:16.59	4:54.89
29-30	400 M MED Relay****	5:00.09	4:32.89	4:53.69	4:29.49	4:23.49	3:55.89

Event 27 & 28 will be swum as follows: fastest 4 heats of women; fastest 4 heats of men, slowest to fastest. All remaining heats, alternating women and men, fastest to slowest. * Event 29 & 30 will be swum in finals as follows: 2nd fastest women's; fastest women's; 2nd fastest men's; fastest men's; remaining heats will swim fastest to slowest, alternating women and men.

SUNDAY, July 19, 2009		QUALIFYING TIMES					
ORDER OF EVENTS		CONFORMING TIMES		NON CONFORMING TIMES			
		LONG COURSE		SHORT COURSE METERS		SHORT COURSE YARDS	
Ev #	Event	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN
31-32	200 M FL	2:34.39	2:23.99	2:30.39	2:21.99	2:17.49	2:05.59
33-34	100 M FR	1:04.19	57.99	1:02.19	55.99	56.79	50.79
35-36	200 M BR	3:05.39	2:49.79	3:01.39	2:45.79	2:41.69	2:27.09
37-38	50 M FL	NA	NA	NA	NA	NA	NA
39-40	200 M BA	2:40.19	2:24.99	2:36.19	2:20.99	2:21.19	2:07.59
41-42	400 M FR Relay#	4:28.49	4:04.09	4:22.09	3:57.69	3:49.89	3:23.59
43	800 M Wom FR##	9:49.39		9:33.39		11:00.49	
44	1500 M Men FR##		17:44.99		17:14.99		17:21.49

Event 41-42: Teams must declare AM/PM by the scratch deadline on Saturday night; based on declarations, meet management will best organize the order of finals relays. AM declared relays will swim slow to fast, all women, all men, prior to the distance events.
Events 43 & 44 are deck seeded events and will be swum as timed finals. The fastest heat of each Event will swim in the finals. The remaining heats will swim fastest to slowest, alternating with next fastest seeded heat of 43 followed by the next fastest seeded heat of 44 beginning after event 42 in the prelims. These swimmers may also declare AM/PM by the scratch deadline for Sunday's events.

**FLA SENIOR CHALLENGE
MASTER ENTRY FORM
July 16-19, 2009**

Team Name _____ Call Letters _____

Address _____

City _____ State _____ Zip _____

Coach _____ LSC _____

Home Phone _____ Office Phone _____

Fax # _____ E-Mail Address _____

SWIMMER/COACH REGISTRATION

I certify that all individuals listed on the 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 of Coach

Team Affiliation

I certify that the individuals listed above are currently registered USA Swimming Coach Member(s), and that I am a current USA Swimming registered Non-Athlete Member.

Signature of USA Swimming Non-Athlete Member

Team Affiliation

Date

FINANCIAL RECAP:

Total Women's Individual Events	_____	at \$7.50 each =	\$ _____
Total Men's Individual Events	_____	at \$7.50 each =	\$ _____
Total Women's Relay Events	_____	at \$15.00 each =	\$ _____
Total Men's Relay Events	_____	at \$15.00 each =	\$ _____
Total Women's Surcharges	_____	at \$7.50 each =	\$ _____
Total Men's Surcharges	_____	at \$7.50 each =	\$ _____

Total Entry Fees Paid = \$ _____

Make Checks Payable to: *FLA AQUATICS*

FLA SENIOR CHALLENGE – TIME TRIALS

July 16-19, 2009

- SANCTIONED BY:** Florida Gold Coast Swimming Sanction # Pending
- SPONSORED BY:** Fort Lauderdale Aquatics and the City of Fort Lauderdale,
- PLACE:** Fort Lauderdale Aquatic Complex
- TIME:** 15 minutes after the conclusion of the FINALS each day.
The host may conduct a session at the end of preliminaries, as well. Announcement will be made at the General Meeting.
- POOL:** One 10-lane, 50-meter pool for competition. Colorado Timing System.
- ELIGIBILITY:** Open to all swimmers already properly entered in the FLA Senior Challenge.
Saturday's session (s) will be available for FG swimmers trying for FG Junior Olympic Qualifying times.
- ENTRY LIMIT:** 3 individual events per day, including events swum in the FLA Senior Challenge. We will go through the order of events only one time.
- ENTRY FEES:** \$10 per event. Cash only will be accepted.
- ENTRIES:** Will be at the Clerk of course and will close 1 hour before the end of finals each day.
- SEEDING:** 50-meter long course times.
- SCRATCHES:** No penalty for scratching at the block.
- RULES:** Current USA Swimming rules will apply.
- OFFICIALS:**
- | | |
|----------------|-----|
| Meet Referee: | TBA |
| Starter: | TBA |
| Stroke & Turn: | TBA |
| Meet Marshall: | TBA |

ORDER OF EVENTS:

THUR – July 16		FRI – July 17		SAT – July 18		SUN – July 19	
Event #	Event	Event #	Event	Event #	Event	Event #	Event
101	W 1500 FR	201-202	200 FR	301-302	100 BA	401-402	200 FL
102	M 800 FR	203-204	100 BR	303-304	200 IM	403-404	100 FR
		205-206	100 FL	305-306	50 FR	405-406	200 BR
		207-208	400 IM	307-308	400 FR	407-408	200 BA
		209-210	100 BA	309-310	200 FL	409-410	200 FR
		211-212	200 IM	311-312	100 FR	411-412	100 BR
		213-214	50 FR	313-314	200 BR	413-414	100 FL
		215-216	400 FR	315-316	200 BA	415-416	400 IM
		217-218	200 FL	317-318	200 FR	417-418	100 BA
		219-220	100 FR	319-320	100 BR	419-420	200 IM
		221-222	200 BR	321-322	100 FL	421-422	50 FR
		223-224	200 BA	323-324	400 IM	423-424	400 FR
		226	M 1500 FR	325-326	50 FL		
				327-328	50 BA		
				329-330	50 BR		
				331	W 800 FR		



DISABILITY SWIMMERS

FLA is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation.

Swimmer's disability must satisfy the definition of a disability as outlined in USA Swimming Rule and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities.

Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able bodied swimmers. Such swimmers need not have achieved the including qualifying times for this meet.

DISABILITY ENTRIES

- Entries for swimmers with disabilities should be submitted with the team's meet entry file. Please, indicate preference for seeding in the body text of the corresponding e-mail.
- "Classification" of a swimmer with a disability is irrelevant.
- The swimmer, his/her coach, shall inform the Meet Referee of any disability-related accommodations he/she may need to compete; in advance of the meet.
- The Meet Referee shall determine any modifications that may be required; and will share his/her information to the starter and stroke and turn judges.
- Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
- The Meet Referee shall determine an appropriate method of seeding the athlete into events.
- It is the responsibility of the USA Swimming Disability Swimming Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.