

Highlander Long Course Invitational

Hosted By: Highlander Aquatics
and Lake Highland Preparatory School
April 23 - 25, 2010

- Sanctioned by: Florida Swimming of USA Swimming #
- 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.
- Sponsored by: HIGHLANDER AQUATICS
- Date and Times: April 23 - 25, 2010
Friday, Session Meet start time 5:30 pm
Warm ups 4:00 pm
Saturday, AM Session II Meet start time: 8:30 am
Session III 400 Free, will start at Referee's discretion after last morning session event.
Saturday, PM Session IV, Meet start time: Not Before 1:30 pm
Session V 400 Free, will start at Referee's discretion after last event Saturday afternoon..
Sunday, AM Session VI, Meet start time: 8:30 am
Session VII 400 IM, will start at Referee's discretion after last morning session event.
Sunday, PM Session VIII, Meet start time: Not before 1:30 pm
The 12 and under sessions will be guaranteed at least :30 minutes for warmup.
- Type of Meet: Outdoor Long Course (50 Meters). Timed Final
NO qualifying times will be required.
- Location: Lake Highland Preparatory School Aquatic Center
901 North Highland Avenue
Orlando, FL 32803
407-206-1900 Ext. 1180
- Pool Specs: One certified 50 Meter, 8 lane course with non-turbulent lane lines.
A 25-Yard, 3 lane pool will be available for continuous warm up and warm down during all meet sessions. . The competition water depth is 6 foot 9 inches at the start end. Regulation starting platforms,
- Timing Equipment: Colorado 5000 timing systems and automatic touchpads with scoreboard will be used.
- Seeding: 50 Meter times will be used. Conversions may be made using the formula in the Florida Swimming Handbook.
- Scratch Penalty: No penalty for scratching pre-seeded events. Any swimmer entered in a deck seeded event, which has checked in for that event, must swim the event unless she/he notified the clerk of course before the seeding of that event has begun. Failure to do so will result in the swimmer being barred from the next individual event in which he/she is entered that day or the first event the following day.
- Eligibility: Open to the first 500 USA Swimming registered swimmers or the what ever puts us over Florida Swimming's 4 hour rule

Entry Limit: Three (3) individual events per day. Swimmers over entered will be considered as entered in the first three individual events of each session/day.

Entry Fee: \$7.50 facility fee per swimmer, \$3.00 per individual event, and \$5.00 for each relay event.

Entry Form: Entries must be in USA Swimming SDIF format or HY-TekCL2 submitted on a Hy-Tek disk with hard copy printout or sent by email using HY-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected with in 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent upon receipt of the file. Those entering with a disk may receive meet results on a disk prior to leaving the meet on Sunday. A completed Master Entry Sheet must be included. The current USA Swimming registration number must be listed on the entry form and the entry form must be signed.

List all attending coaches and contact phone numbers in the body of the email if they are not part of your Hy-Tek team manager entry.

If using the enclosed entry form, the form will serve as proof of entry. The legal name and current USA Swimming registration number for each swimmer must be listed on the entry form, including relay only swimmers. The master entry form must accompany the proof of entries and a current USA Swimming member must sign the form. These "non-electronic entries" will be accepted with an additional \$2.50 per swimmer entry fee with a max of \$50.00 per team.

A completed master entry form must be completed and signed by the member of USA Swimming completing the form for all entries.

Deck Entries: Deck entries are to be submitted to the head referee **no later than 30 minutes prior** to the start of each session. The fee for deck entries is \$10.00 per individual event. Deck entries will only be accepted if there is available room in an open lane without adding heats. Heats will not be reseeded for deck entries. Swimmers must still comply with the maximum per session and per day entry limits and other eligibility requirements. Swimmers may not scratch an event to deck enter a new event. Proof of USA Swimming registration must be met.

Entry Deadline: ENTRY DEADLINE: Friday, April 16, 2010
CHECKS PAYABLE TO: Highlander Aquatics.

Mail To: **or E-Mail To: Curleyfamily5@aol.com**
HIGHLANDER AQUATICS
MIKE CURLEY
901 NORTH HIGHLAND AVENUE
ORLANDO, FLORIDA 32803

Awards: No event awards for 14 and over
12 and under individual events: 1st – 8th place Ribbons,
12 and under relay events: 1st – 3rd place Ribbons
High Point Award for each age group and sex.
All awards must be picked up upon the completion of the meet.
No awards will be mailed.

Distance Events: The Senior 800 Free on Friday and the 13-14 and Senior 400 Free and the 400 IM will be deck seeded events. These events will be limited to the top 40 checked in swimmers of each gender, swum together (boys and girls) and be swum fastest to slowest.
*Swimmers not checked in by the deadline may swim in available heats and lanes, but no new heats will be created. At the discretion of the meet management, swimmers entered in the distance events, who are not in the fastest 40, may still be permitted to swim within the constraints of time management. In the event that several swimmers are tied with their seed time or at no time, for the last spot qualifying to swim; meet management once again will use discretion.

Team Rep: Prior to the start of the meet, the name of another person other than the Coach who will check with the Referee about any matter pertaining to the meet must be given to the Referee. The Coach and that person only will be recognized.

Scoring: Individual: 9-7-6-5-4-3-2-1
Relay: 18-14-12-10-8-6-4-2
In accordance with the Florida Swimming Handbook.

Officials: Referees: Brent Wine
Starters: Alex Pena
Head Stroke and Turn: Christine Pressley
Head Marshall: Pat Kane

Highlander Aquatics welcomes the assistance of all certified officials interested in serving at this meet. Please contact us at 407-206-1900 ext. 1180 to volunteer to help. Thank you.

Coaches/Officials: Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

Coaches Heat Sheets: Each Team will receive one heat sheet for every coach listed on their proof of entry form and with a current USA Swimming membership card.

Coach Supervision: Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-up and competition by a current Coach member of USA Swimming. An unattached athlete or an athlete not escorted by a Coach member must check in with the Meet Referee upon arrival at the meet. Such athletes must find a substitute Coach who will supervise him/her during warm-up and competition and must submit the enclosed Alternate Coaches Form (signed) to the Meet Referee

Rules: Current USA Swimming Technical Rules will govern.

Meet Manager: Mike Curley 407-206-1900 ext. 1180
And More Information

Host Hotel: Courtyard by Marriott
(407) 996-1014 Contact: Shari O'Hara
sohara@turnberry.com

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FRIDAY SESSION I

WARMUPS: 4:00 PM MEET STARTS: 5:30 PM

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
1-2	SENIOR	800 FREE*

* DECK SEEDED EVENTS, SWUM FASTEST TO SLOWEST. EVENTS 1 AND 2 WILL BE COMBINED FOR SEEDING BUT SCORED SEPARATELY BY GENDER. A TOTAL OF 40 SWIMMERS OF EACH GENDER WILL BE SEEDED FOR DISTANCE EVENTS, REGARDLESS OF AGE. *IF THERE ARE NOT 40 SWIMMERS IN ONE PARTICULAR GENDER CHECKED-IN; BY REFEREES DESCRETION OTHERS SWIMMERS MAY BE ADDED TO REACH A TOTAL OF 80.*

CHECK IN BY 4:30 on Friday

SATURDAY MORNING SESSION II

WARMUPS: 7:30 AM MEET STARTS: 8:30 AM

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
3-4	SENIOR	200 IM
5-6	13-14	200 IM

7-8	SENIOR	100 FREE
9-10	13-14	100 FREE

11-12	SENIOR	200 BACK
13-14	13-14	200 BACK

15-16	SENIOR	100 FLY
17-18	13-14	100 FLY

19-20	SENIOR	200 BREAST
21-22	13-14	200 BREAST

SESSION III

23-24	13-14	400 FREE*
25-26	SENIOR	400 FREE*

*DECK SEEDED EVENTS, SWUM FASTEST TO SLOWEST. EVENTS 23 – 26 WILL BE COMBINED AND SWUM TOGETHER FOR SEEDING, BUT SCORED SEPARATELY. A TOTAL OF 40 SWIMMERS OF EACH GENDER WILL BE SEEDED FOR THE 400 FREESTYLE, REGARDLESS OF AGE. *IF THERE ARE NOT 40 SWIMMERS IN ONE PARTICULAR GENDER CHECKED-IN; BY REFEREES DESCRETION OTHERS SWIMMERS MAY BE ADDED TO REACH A TOTAL OF 80.*

CHECK IN BY 10:00 AM

SATURDAY AFTERNOON SESSION IV

WARMUPS: Guaranteed :30 minutes

MEET STARTS: NOT BEFORE 1:30 PM

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
27-28	11-12	200 IM
29-30	10 AND UNDER	200 IM
31-32	11-12	100 BREAST
33-34	10 AND UNDER	50 BREAST
35-36	8 AND UNDER	50 BREAST
37-38	11-12	100 FREE
39-40	10 AND UNDER	100 FREE
41-42	11-12	100 BACK
43-44	10 AND UNDER	50 BACK
45-46	8 AND UNDER	50 BACK
47-48	11-12	50 FLY
49-50	10 AND UNDER	100 FLY

SESSION V

51-52	11-12	400 FREE**
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*DECK SEEDED EVENTS, SWUM FASTEST TO SLOWEST. EVENTS 51-52 WILL BE COMBINED AND SWUM TOGETHER FOR SEEDING, BUT SCORED SEPARATELY. A TOTAL OF 40 SWIMMERS OF EACH GENDER WILL BE SEEDED FOR THE 400 FREESTYLE, REGARDLESS OF AGE. *IF THERE ARE NOT 40 SWIMMERS IN ONE PARTICULAR GENDER CHECKED-IN; BY REFEREES DESCRETION OTHERS SWIMMERS MAY BE ADDED TO REACH A TOTAL OF 80.*

CHECK IN BY 3:00 PM**SUNDAY MORNING SESSION VI**

WARMUPS: 7:30 AM MEET STARTS: 8:30 AM

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
53-54	SENIOR	100 BREAST
55-56	13-14	100 BREAST
57-58	SENIOR	200 FLY
59-60	13-14	200 FLY
61-62	SENIOR	50 FREE
63-64	13-14	50 FREE
65-66	SENIOR	100 BACK
67-68	13-14	100 BACK
69-70	SENIOR	200 FREE
71-72	13-14	200 FREE

SESSION VII

73-74	13-14	400 IM*
75-76	SENIOR	400 IM*

*DECK SEEDED EVENTS, SWUM FASTEST TO SLOWEST. EVENTS 73 – 76 WILL BE COMBINED AND SWUM TOGETHER FOR SEEDING, BUT SCORED SEPARATELY. A TOTAL OF 40 SWIMMERS OF EACH GENDER WILL BE SEEDED FOR THE 400 FREESTYLE, REGARDLESS OF AGE. *IF THERE ARE NOT 40 SWIMMERS IN ONE PARTICULAR GENDER CHECKED-IN; BY REFEREES DESCRETION OTHERS SWIMMERS MAY BE ADDED TO REACH A TOTAL OF 80.* **CHECK IN BY 10:00 AM**

SUNDAY AFTERNOON SESSION VIII

WARMUPS: Guaranteed :30 minutes

MEET STARTS: NOT BEFORE 12:30 PM

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENTS</u>
77-78	11-12	50 FREE
79-80	10 AND UNDER	50 FREE
81-82	8 AND UNDER	50 FREE
83-84	11-12	50 BACK
85-86	10 AND UNDER	100 BACK
87-88	11-12	100 FLY
89-90	10 AND UNDER	50 FLY
91-92	8 AND UNDER	50 FLY
93-94	11-12	50 BREAST
95-96	10 AND UNDER	100 BREAST
97-98	11-12	200 FREE
99-100	10 AND UNDER	200 FREE

Warm-up Schedule for Both Courses and Sessions:

The first 1/2 hour is general warmup as follows:

Lane (Push-off's only NO EQUIPMENT)

- 1 Swimming and Pulling only
- 2 Swimming and Pulling only
- 3 Swimming and Pulling only
- 4 Swimming and Pulling only
- 5 Swimming and Pulling only
- 6 Swimming and Pulling only
- 7 Swimming and Pulling only
- 8 Swimming and Pulling only

The second 1/2 hour is controlled warm-up as follows:

Lane (NO EQUIPMENT)

- 1 Push off 50's pace (circle swimming)
- 2 Racing start one length only sprints)
- 3 Swimming and Pulling only
- 4 Swimming and Pulling only
- 5 Swimming and Pulling only
- 6 Racing start one length only sprints
- 7 Racing start one length only sprints
- 8 Push off 50's pace (circle swimming)

NO EQUIPMENT PERMITTED

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TEAM NAME _____ CALL LETTERS _____

ADDRESS _____

COACH _____ LSC _____

HOME PHONE _____ OFFICE PHONE _____

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 ALL WARM-UP AND COMPETITIVE SESSIONS AT THE MEET.

NAME OF COACH	TEAM

I CERTIFY THAT THE INDIVIDUALS LISTED ABOVE ARE CURRENTLY REGISTERED USA SWIMMING COACH MEMBERS, AND THAT I AM A CURRENT USA SWIMMING REGISTERED NON-ATHLETE MEMBER.

SIGNATURE (MUST BE USA SWIMMING MEMBER)	TEAM	DATE

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ENTRIES MUST BE RECEIVED BY FRIDAY April 17, 2009
 NO LATER THAN 5:00 PM

MAIL TO: Highlander Aquatics
 MICHAEL H. CURLEY
 901 N. HIGHLAND AVE.
 ORLANDO, FL 32803

FINANCIAL RECAP

WE HAVE ENTERED THE FOLLOWING:

Girls Individual Events	_____ at \$3.00 each = \$	_____
Boys Individual Events	_____ at \$3.00 each = \$	_____
Girls Relays	_____ at \$5.00 each = \$	_____
Boys Relays	_____ at \$5.00 each = \$	_____
Total Swimmers	_____ at \$7.50 each = \$	_____
Total Entry Fees Paid \$		_____

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**The following swimmers are entered in the Highlander Long Course Invitational
and are attending without a coach.**

Swimmer's Name	USA #	Team	Age

I am a certified coach of USA Swimming in good standing and I agree to coach the above named swimmer(s) during all warm-ups and competitions in which they participate associated with this meet.

Signature _____

Print Name _____

Coaches Team _____
