

2010 Area 3-5 Spring Championship

March 19-21, 2010

Hosted by: Sarasota YMCA Sharks (SYS) - Selby Aquatic Center - 8301 Potter Park Drive - Sarasota FL 34238

Meet entry and payment must be returned to Coach's Folder by:

Friday, March 5th

Each swimmer may enter a *maximum of 3 events per day*
8&U - 10&U events, Relays and Distance Events are swum as TIMED FINALS.
11-12 and up events are Prelims / Finals.

Eligibility: Open to all currently registered USA Swimming swimmers in Areas 3 and 5 only who have not achieved a current JO or Senior Champs qualifying time standard in their age group in each event in which they enter or swim, unless entered in the Open or Senior division. Any swimmer entered with a time faster than the appropriate standard for that event will not be allowed to swim in that event.

Name _____ Age _____ DOB ____/____/____
 (First, MI, Last) (at start date of meet)

A separate form is required for each swimmer.

<u>Event #</u>	<u>Distance/Stroke</u>	<u>Price</u>	
		8&U – 10&U	11-12 and up
_____	_____	3.00	/ 4.00
_____	_____	3.00	/ 4.00
_____	_____	3.00	/ 4.00
_____	_____	3.00	/ 4.00
_____	_____	3.00	/ 4.00
_____	_____	3.00	/ 4.00
_____	_____	3.00	/ 4.00
_____	_____	3.00	/ 4.00
_____	_____	3.00	/ 4.00

Total Event Chgs \$ _____

Facility Charge + 7.50

TOTAL DUE \$ _____

Girls events are ODD
Boys events are EVEN

(Check payable to YMCA must be attached to entry)

SYS Official Host Hotel: **HOLIDAY INN EXPRESS – SIESTA KEY/SARASOTA**

6600 South Tamiami Trail (US 41)

Sarasota, Florida 34231 (3 miles from the pool)

(941) 924-4900 and ask for "Sharks Swim Rate".

Stay includes bagged "breakfast to go" for early morning swimmers and a \$25 charge for the option of Sunday 4pm checkout for all finals swimmers.

Deck Entries

Deck entries may be accepted by the Meet Referee or his/her designee, up to 45 minutes before the start of the session under the following conditions:

- * Swimmers must meet all other standard requirements of the meet.
- * Entry & meet fees must be paid at time of entry (\$10.00/individual)
- * A swimmer may not scratch an event to deck enter an event.
- * A swimmer may only deck enter an event that has an existing empty lane, no new heats will be established.

Identification:

Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet. ***NO SPECTATOR, 18 & OVER, WILL BE ADMITTED INTO THE SELBY AQUATIC FACILITY WITHOUT SHOWING A PHOTO ID (i.e. Drivers License) - This is YMCA Policy for your children's safety. COACHES PLEASE INFORM YOUR SWIM PARENTS.**

Ver. 20100216

Order of Events

Friday, March 19, 2010

Warm-up 3:30 pm

Timed Finals 5:00 pm

EVENT #	AGE	EVENT	NOTE
1-2	Senior	25 Free	* 4
3-4	10 & Under	200 Free	
5-6	11 & 12	500 Free	* 1
	13 & 14	500 Free	* 1
	15-18	500 Free	* 1
	Senior	500 Free	* 1
7-8	10 & Under	200 IM	
9-10	11 & 12	200 IM	
11-12	13 & 14	400 IM	* 2
	15-18	400 IM	* 2
	Senior	400 IM	* 2

Saturday, March 20, 2010

Warm-up 7:00 am

Prelims 8:00 am

Finals 4:30 pm

EVENT #	AGE	EVENT	NOTE
13-14	11 & 12	50 Free	
15-16	13 & 14	50 Free	
17-18	15-18	50 Free	
19-20	Senior	50 Free	
21-22	11 & 12	50 Breast	
23-24	13 & 14	100 Breast	
25-26	15-18	100 Breast	
27-28	Senior	100 Breast	
29-30	11 & 12	100 Back	
31-32	13 & 14	200 Back	
33-34	15-18	200 Back	
35-36	Senior	200 Back	
37-38	11 & 12	200 Medley Relay	
39-40	13 & 14	200 Medley Relay	
41-42	Senior	200 Medley Relay	
43-44	11 & 12	100 Fly	
45-46	13 & 14	100 Fly	
47-48	15-18	100 Fly	
49-50	Senior	100 Fly	
51-52	11 & 12	100 IM	
53-54	13 & 14	200 IM	
55-56	15-18	200 IM	
57-58	Senior	200 IM	* 6
59-60	Senior	1000 Free	* 3

Ver. 20100216

Saturday, March 20, 2010

Warm-up 45 min. prior to PM session

Timed Finals not before Noon

EVENT #	AGE	EVENT	NOTE
61-62	9 & 10	25 Fly	* 4
63-64	8 & Under	25 Free	* 4
65-66	9 & 10	50 Free	
67-68	8 & Under	25 Breast	* 4
69-70	9 & 10	50 Breast	
71-72	8 & Under	50 Back	
73-74	9 & 10	100 Back	
75-76	8 & Under	100 Medley Relay	
77-78	10 & Under	100 Medley Relay	
79-80	8 & Under	50 Fly	
81-82	9 & 10	100 Fly	
83-84	8 & Under	100 IM	* 5
85-86	9 & 10	100 IM	
87-88	9 & 10	25 Free	* 4

Sunday, March 21, 2010

Warm-up 7:00 am

Prelims 8:00 am

Finals 4:00 pm

EVENT #	AGE	EVENT
89-90	11 & 12	200 Free
91-92	13 & 14	200 Free
93-94	15-18	200 Free
95-96	Senior	200 Free
97-98	11 & 12	50 Back
99-100	13 & 14	100 Back
101-102	15-18	100 Back
103-104	Senior	100 Back
105-106	11 & 12	200 Free Relay
107-108	13 & 14	200 Free Relay
109-110	Senior	200 Free Relay
111-112	11 & 12	100 Breast
113-114	13 & 14	200 Breast
115-116	15-18	200 Breast
117-118	Senior	200 Breast
119-120	11 & 12	100 Free
121-122	13 & 14	100 Free
123-124	15-18	100 Free
125-126	Senior	100 Free
127-128	11 & 12	50 Fly
129-130	13 & 14	200 Fly
131-132	15-18	200 Fly
133-134	Senior	200 Fly

Sunday, March 21, 2010

Warm-up 45 min. prior to P.M. session

Timed Finals not before Noon

EVENT #	AGE	EVENT	NOTE
135-136	9 & 10	25 Back	* 4
137-138	8 & Under	50 Free	
139-140	9 & 10	100 Free	
141-142	8 & Under	50 Breast	
143-144	9 & 10	100 Breast	
145-146	8 & Under	100 Free Relay	
147-148	9 & 10	100 Free Relay	
149-150	8 & Under	25 Back	* 4
151-152	10 & Under	50 Back	
153-154	8 & Under	25 Fly	* 4
155-156	9 & 10	50 Fly	
157-158	9 & 10	25 Breast	* 4

- * 1 All **500 Freestyles** will be deck seeded and swum together fastest to slowest by gender regardless of age, and results will be posted separately by age group. All swimmers must check in by **4:00 p.m.**
- * 2 All **400 IMs** will be deck seeded and swum together fastest to slowest by gender regardless of age, and results will be posted separately by age group. All swimmers must check in by **4:30 p.m.**
- * 3 All **1000 Freestyles** will be deck seeded and swum fastest to slowest by gender, and may be limited to two heats each. All swimmers must check in by **8:00 am** and **provide their own timer and counter. The fastest seeded heat of each gender will swim during the finals session as a timed final - however swimmers may have the option during the check-in period to swim in the morning session.**
- * 4 Not a recognized Florida Swimming event for this age group.
- * 5 Coaches please do not enter swimmers who are not strong enough for 4 lengths of the pool...thanks.
- * 6 There will be a 10 minute break between events 57-58 and the beginning of the 1000s.