

2019 Sunshine State Games
Hosted by Makos Aquatics Club of Gainesville June 7-9, 2019

SANCTIONED BY: Florida Swimming of USA Swimming Inc. Sanction #

In granting this approval it is understood and agreed that USA and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

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

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

HOSTED BY: Makos Aquatics Club of Gainesville. USA Swimming, the LSC, the facility, and the Makos Aquatics Club of Gainesville shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.

MEET LOCATION: Dwight H. Hunter Northeast Pool, 1100 NE 14th Street, Gainesville, FL 32601

DATES & TIMES:

Session #1: Friday, June 8th (13-14 & OPEN)

Warm Up: 7:00AM* Start: 8:30AM

Session #2: Friday, June 8th (12 & UNDER)

Warm Up: TBA not before 11:00AM (at least 20 minutes)** Competition Starts: TBA...no earlier than 11:30AM

Session #3: Saturday, June 9th (13-14 & Open)

Warm Up: 7:00AM* Start: 8:30AM

Session #4: Saturday, June 9th (12 & Under)

Warm Up: TBA not before 11:40AM (at least 20 minutes)** Competition Starts: TBA...no earlier than 11:30AM

Session #5: Sunday, June 10th (13-14 & Open)

Warm Up: 7:00AM* Start: 8:30AM

Session #6: Sunday, June 10th (13-14 & Open 1500)

Competition Starts: 10 minutes after the conclusion of Session #5 Warm Up: 10 minutes beginning at the the conclusion of Session #5

Session #7: Sunday, June 12th (10 & U, 11-12)

Warm Up: TBA not before 11:00AM (at least 20 minutes)** Competition Starts: TBA...no earlier than 11:30AM

*Meet management reserves the right to assign teams to two 40 minute warm up sessions if necessary to accommodate large numbers of swimmers.

**Meet management reserves the right to assign teams to two 20 minute warm up session if necessary to accommodate large numbers of swimmers.

TYPE OF MEET: 50 Meter Course, Timed Finals

Age Groups 8 & Under, 10 & Under, 11-12, 13-14 and Open

Meet management reserves the right to limit the 400 IM and 400 Free events to top 24 of each gender and age group to remain within the Florida swimming 4 hour rule. Coaches will be notified prior to the start of the meet if this limitation is necessary.

The 1500 Freestyle will be limited to the top 16 swimmers per gender and age group. It will be swam together and scored separately by age group 13-14 & Open. Coaches will be notified prior to the start of the meet if their swimmer is excluded. Swimmers excluded will be allowed to deck enter the events in available open lanes.

All entries must be legal LC times or conversions from short course for all 400 Freestyle, 400 IM and 1500 races. NT entries will not be accepted and **entry times will be checked on the USA Swimming database.**

Conversions will be allowed from Short Course Yards using the approved formulas below:

Let T= difference in number of turns between short and long course

(a) 50, 100, 200, 400 yards to meters Meter time = (yard time x 1.105) + T

(b) 500 or 1000 yards to meters Meter time = (yard time x .8751) + T

(c) 1650 Yard to 1500 meters Meter time = (yard time + 30 seconds)

Meet management reserves the right to use fly-over starts. Coaches will be notified before start of any session where fly-over starts will be used.

POOL SPECS: Outdoor pool. Certified 8 lanes, 50 Meters, Non-turbulent lane lines. The water depth is at least 7 feet at the starting end and at least 3 feet 8 inches at the turn end.

Diving well will be used for warm up and cool down for competitors only. The warm up area will be monitored and is to be used strictly by competitors in the current session. Feet first entry is to be used only. Swimmers will be asked to exit if they are playing or being disruptive.

TIMING EQUIPMENT: Daktronics Timing system, non-slip touch pads, back up buttons and eight lane display board for events 100 meters and above. Two additional hand times per lane will also be used. 50 meter events will be timed with 1 watch time and two buttons.

ELIGIBILITY: Open to all currently registered USA Swimming Inc. swimmers **WHO RESIDE IN FLORIDA.**

On deck USA registration will be allowed and presented to the referee for proof.

DISABILITIES: Swimmers with disabilities are welcome to enter this meet. The athlete (or the athlete's coach) is responsible for notifying the Referee prior to the competition of any disability of athlete.

SEEDING: 50 Meter Long Course times will be used.

All 1500 events will be deck seeded and positive check in is required by 10:00AM on Sunday, June 10th.

ENTRY LIMIT: Entries will be limited to the first 550 swimmers. Teams will not be broken up, but no additional teams will be accepted after the 550 mark is reached.

All age groups are limited to three (3) individual events per day, nine (9) individual events for the meet, plus relays. Entries that exceed the entry limit(s) will be dropped when they exceed the limit for the meet or day.

Each team may enter two (2) relays per event and should designate their entries A & B.

An athlete may compete in a relay in their age group or the Open age group, but only one relay in that relay sequence.

Meet management reserves the right to eliminate relays to maintain the 4 hour rule.

SCRATCHES: No penalty for scratching on the block, except for deck seeded events. Failure to swim once checked in to a positive check in event will result in that swimmer being barred from the next individual event he/she is entered in. Swimmers may not scratch an event to enter another event.

ENTRY FORM: Entries must be in USA Swimming SDIF format or Hy-tek, CL2 format. A signed hard copy printout is acceptable as proof of entry in place of the enclosed entry forms. Free text email entries will not be accepted. Dish and e-mail entries will not be accepted that are not accompanied by a hard copy entry, including the Master Entry Form. List all attending coached, contact phone numbers and Relay only swimmers in the body of the email. Corrupted unreadable or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent upon receipt of the file. 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. Florida Swimming requires a \$50 penalty from teams that do not submit their entries in the Hy-tek format.

SEND ENTRIES TO: Preferred method - Email Entries to: Joy Kraus: coachjoy1@yahoo.com 304-654-0240

Mail Entries & payment to: MACG, PO Box 357194, Gainesville, FL 32635

ENTRY DEADLINE: All entries must be received no later than, 5:00PM on Wednesday, May 29th, 2019. This is a popular meet and fills quickly. Teams are encouraged to submit their entries well in advance of the entry deadline. The meet will close when there are 550 committed athletes. Entries received after the entry deadline will be considered deck entries and accepted only to fill empty lanes.

ENTRY FEES: \$10.00 facility fee per swimmer

\$4.15 per individual event \$5.00 per relay event

\$10.00 per DECK entered event....no new heats will be made, only accepted to fill open lanes...swimmers may not scratch an event to enter another event

Make Checks Payable to: Makos Aquatics Club of Gainesville

SCORING: Individual events: 9-7-6-5-4-3-2-1 Relay events: 18-14-12-10-8-6-4-2

AWARDS:

Individual events: Medals (1st-3rd) Ribbons (4th-8th)

Relay events: Medals (1st-3rd)

High Point: Plaque or Trophy (1st & 2nd) per age group and gender (8&U, 10&U, 11-12, 13-14 and Open)

Team Awards: Plaque or Trophy (1st & 2nd)

Random Mystery Heat Winners: Small token

NO AWARDS WILL BE MAILED....Please pick up awards at the end of the meet

RULES: Current USA Swimming Inc. Rules govern the meet.

Florida Swimming Rules and Regulations 223.10

OFFICIALS:

Meet Director: Leonard Kraus Meet Referee: Quinn Sampson

Starter: Ale Maruniak Head Marshal: Gregg Fissenden

Stroke & Turn: Rick Chu Administrative Referee: Joy Kraus

**Officials wishing to volunteer at any session, please contact:

Ale Maruniak alemar@ufl.edu

COACHES MEETING: There will be a coaches meeting at 8:15AM on Friday in the hospitality room.

OFFICIALS BRIEFINGS: Officials briefings will be held one hour prior to the start of each session in the hospitality room.

MEET COMMITTEE: A meet committee to be composed of the Meet Director, home team coach, and three visiting coaches will make decisions regarding the meet schedule in the event of inclement weather or at other times as requested by the Meet Director. In case of weather delays, the meet committee will have the power to cancel the meet or events or postpone it to a future date or time with the best interest of the swimmers and traveling teams in mind.

COACH SUPERVISION: Each swimmer participating in a Florida Swimming Sanctioned meet must be supervised during warm-up and competition by a currently registered USA Swimming Coach. 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 them during warm-up and competition and must submit the enclosed Alternate Coach form (signed by the accepting coach) to the Meet Referee prior to beginning any warm-up or competition.

IDENTIFICATION: Coaches and Officials shall wear their USA Swimming Registration card in a conspicuous location at all times while on deck during the meet or show proof of current 2018 USA-S coach membership in Deck Pass.

TEAM REPRESENTATIVE: Prior to the start of the meet, the name of one person other than the coach who will check with the Meet Referee about any matter pertaining to the meet may be given to the Meet Referee. The coach(es) and that person only will be recognized.

CAMERA ZONES: 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 and video photography of a race or competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start end" etc. 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 start purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. 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.

DISTANCE EVENTS: Swimmers must provide their own counter and timer for the 1500.

SPECTATORS: No spectators will be allowed behind the starting block area during the entire duration of the meet. Spectators are also asked to observe designated coach and official only areas.

INFORMATION: Leonard Kraus, Meet Director / kraus.leonard@gmail.com/ 304-360-3478

WARM-UP SCHEDULE

NO EQUIPMENT AT ANY TIME

Except for controlled racing starts, every swimmer must enter the water feet first with at least one hand touching the deck.

For the Friday evening, Saturday and Sunday morning session, the warm-up period will be one-and-half hours. The first 70 minutes are general warm-up and the last 20 minutes will be controlled warm-up. There will be a one hour warm up for the Saturday and Sunday afternoon session. During the one hour controlled warm-up with the assigned lanes for pace 50's and starts.

Prior to controlled warm-up:

Lanes 1-8 (circle swimming)

The last 20 minutes are controlled warm-up as follows:

Lanes 1 and 8 push off 50's pace (circle swimming)

Lanes 2 and 7 race starts one way only. Swimmers will start from the end and clear the start area quickly, continue to the far end and exit the pool.

Warm-up procedures may be altered by the meet marshal to fit the needs of the swimmers. Coaches are asked to supervise swimmers at all times to ensure the safety of the competitors.

****If meet management determines it is necessary to break the warm up in-to two 40 minutes session on Friday evening, Saturday and Sunday morning or two 20 minute sessions in the afternoon, teams will be allowed to use their assigned lanes at their discretion as long as the warm-up is supervised by a coach.**

ORDER OF EVENTS

FRIDAY, JUNE 7, 2019 – SESSION #1 Warm-up: 7:00AM Competition:8:30AM

Girls	Qualifying Time	Age Group	Stroke & Distance	Qualifying Time	Boys
101		13-14	200 IM		102
103		OPEN	200 IM		104
105		13-14	50 FR		106
107		OPEN	50 FR		108
109		13-14	200 BK		110
111		OPEN	200 BK		112
113		13-14	100 FLY		114
115		OPEN	100 FLY		116
117	5:40.89	13-14	400 FR#	5:24.09	118
119	5:32.89	OPEN	400 FR#	5:09.89	120

#13-14 & Open events will be swum together by gender but scored separately

FRIDAY, JUNE 7, 2019 Session #2

Warm-up: Not before 11:00AM Competition: Not before 11:30AM

Girls	Age Group	Stroke & Distance	Boys
121	10 & UNDER	100 FL	122
123	11-12	100 FL	124
125	10 & UNDER	100 BK	126
127	11-12	100 BK	128
129	10 & UNDER	200 FR	130
131	11-12	200 FR	132

SATURDAY, JUNE 8, 2019 Session #3

Warm-up: 7:00AM Competition: 8:30AM

Girls	Qualifying Time	Age Group	Stroke & Distance	Qualifying Time	Boys
201		13-14	200 MED RELAY*		202
203		OPEN	200 MED RELAY*		204
205		13-14	200 FR		206
207		OPEN	200 FR		208
209		13-14	200 BR		210
211		OPEN	200 BR		212
213		13-14	100 BK		214
215		OPEN	100 BK		216
217	6:27.59	13-14	400 IM#	6:04.69	218
219	6:18.79	OPEN	400 IM#	5:47.29	220

*in water exchange at shallow end

#13-14 & Open events will be swum together by gender but scored separately

SATURDAY, JUNE 8, 2019 Session #4

Warm-up: Not before 11:00AM Competition: Not before 11:30AM

Girls	Age Group	Stroke & Distance	Boys
221	8 & UNDER	50 FL	222
223	10 & UNDER	50 FL	224
225	11-12	50 FL	226
227	8 & under	50 BK	228
229	10 & UNDER	50 BK	230
231	11-12	50 BK	232
233	8 & UNDER	50 BR	234
235	10 & UNDER	50 BR	236
237	11-12	50 BR	238

239	8 & UNDER	50 FR	240
241	10 & UNDER	50 FR	242
243	11-12	50 FR	244
	5 MINUTE BREAK	POOL CLOSED	
245	10 & UNDER	200 MED RELAY*	246
247	11-12	200 MED RELAY*	248
	10 MINUTE BREAK		
249	10 & UNDER	400 FREE**	250
251	11-12	400 FREE**	252

*In water exchange shallow end.

**Limited to top 16 swimmers per age group & gender. Swam fastest to slowest, Positive check-in by 1:00PM. Swimmers must provide their own timer.

SUNDAY, JUNE 9, 2019– SESSION #5

Warm-up: 7:00AM Competition: 8:30AM

Girls	Age Group	Stroke & Distance	Boys
301	13-14	400 FR RELAY	302
303	OPEN	400 FR RELAY	304
305	13-14	200 FL	306
307	OPEN	200 FL	308
309	13-14	100 BR	310
311	OPEN	100 BR	312
313	13-14	100 FR	314
315	OPEN	100 FR	316

SUNDAY, JUNE 9, 2019– SESSION #6

Warm-up: Immediately after the conclusion of session #5

Competition: 10 minutes after conclusion of session #5

317	24.06.39	13 -14	1500 FR**	23:06.49	318
319	23.43.89	OPEN	1500 FR**	22:08.99	320

** Limited to top 24 per gender. Swim fastest to slowest alternating gender. Scored separately 13-14 & Open. Swimmers must provide their own timer and counter. **Positive check in by 9:30AM**

SUNDAY, JUNE 9, 2019 Session #7

Warm-up: Not before 11:00AM Competition: Not before 11:30AM

Girls	Age Group	Stroke & Distance	Boys
321	10 & UNDER	100 BR	322
323	11-12	100 BR	324
325	10 & UNDER	100 FR	326
327	11-12	100 FR	328
329	10 & UNDER	200 IM	330
331	11-12	200 IM	332
	5 MINUTE BREAK	POOL CLOSED	
333	10 & UNDER	200 FR RELAY*	334
335	11-12	200 FR RELAY*	337

*In water exchange at shallow end.

MASTER ENTRY FORM 2019 Sunshine State Games

Team Name _____ Call Letters _____

Address _____

Coach _____ LSC _____

Home Phone _____ Cell Phone _____

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

Name of Coach: Team:

I certify that the individuals above are currently registered USA Swimming coach members and that I am a current USA Swimming registered Non-athlete member.

Signature Team Date

Entry Deadline: Wednesday, MAY 29, 2019 (ALL entries received after this date are considered deck entries)

Financial Recap (make checks payable to Makos Aquatics Club of Gainesville)

Total Swimmers: _____ x \$10.00 = _____

Total Individual events: _____ x \$4.15= _____

Total Relay events: _____ x \$5.00= _____

Total Due = _____

MASTER ENTRY FORM 2019 Sunshine State Games Alternate Coach Form

The following swimmers are entered in the 2019 Sunshine State Games and are present without a member coach.

Swimmer Name:

USA Registration number :

Team :

Age:

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

Signature: _____

Printed Name: _____

Coaches Team: _____