

2010 KENT B. HOLDREN MEMORIAL MEET

May 14th through 16th, 2010

Selby Aquatic Center, Sarasota, Florida

- Sanctioned By: Florida Swimming of USA Swimming Sanction #5115
"In granting this approval it is understood and agreed that USA 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 meet.
- 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.
- Hosted By: Sarasota YMCA Sharks swim team
- Type of Meet: Outdoor, 50 Meter – 8 lane long course meet
Timed Finals (Age Groups & Seniors)
Meet management may opt to use fly-over starts at this competition
- Dates & Times: Friday, May 14th: 5:00 pm session start
Saturday, May 15th & Sunday, May 16th:
Morning Sessions (13 & overs): 8:30 am session start
Afternoon Sessions (12 & unders): session start no earlier than 12 noon
- Location: Selby Aquatic Center
8301 Potter Park Drive
Sarasota, FL 34238
Directions to Pool at <http://sysharks.org/map.html>
- 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**". Website - www.hiexsarasota.com
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.
- Pool Specifications: Water depth at the competition starting and turn end is a minimum of 5 feet, 0 inches.
Outdoor, heated, long course meters, Certified 50 meter, 8 lane pool
Continuous warm-up/warm-down in separate, heated 25 yard 6 lane pool
Kiefer, non-turbulent lane lines; KDI Paragon starting blocks
- Timing Equipment: Colorado Automatic Timing, pads & buttons
Stop watches, Computer scoring, Colorado Timing Score Board
- Warm-up: Friday, May 14th: 3:30 pm warm-up
Saturday, May 15th and
Sunday, May 16th:
Morning Sessions: 7:00 am warm-up
Afternoon Sessions: warm-up - 45 min. prior to start; session start no earlier than 12 noon
* 25 yard, 6 lane warm up/warm down available during meet
- Eligibility: Open to all currently registered USA Swimming swimmers with a registration number.
- Entry Limit: Limited to three (3) individual events per day. Total of eight (8) individual events for the weekend. Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the day
Teams - No limit on relay teams, but please designate as A, B, C, etc.
- Seeding: Use 50 Meter Long Course times. Conversions, using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes.

- Scratch Penalty: No penalty for scratching on the block with the exception of deck seeded distance events.
- Distance events (400 Free, 400 IM, 800 Free, and 1,500 Free) will require an athlete to positively check in to compete in that event. If an athlete checks in to compete and to positively swim and then does NOT show for that event, a penalty will then be in effect for that athlete's next individual event.**
- Deck seeded events close for seeding at the specified times listed in the order of events. Check-in must be done with the clerk of the course prior to the listed check-in time to be seeded in that event. Any swimmer, properly entered in an event, who fails to check-in for that event by the designated cutoff time, will be allowed to swim in open lanes, if any. No new heats will be formed.
- Entries: **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. **Disk or e-mailed entries must be accompanied by a backup hard copy of the entry . Free text e-mail entries will not be accepted.** List all attending coaches, and contact phone numbers in the body of the e-mail. 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 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. The Master Entry Form must accompany the proof of entries and a current USA Swimming Member must sign the form.
- Deck Entries Deck entries may be accepted by the Meet Referee or his/her designee (see notes on page 7 for check-in cutoff times), 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.
- Entry Fee: All ages – Individual Events: **\$3.00** per Individual event
 All ages – Relay Events: **\$5.00** per Relay event
 Facility Fee: **\$7.50** per swimmer
 Entry fees must accompany entries. Entries will not be accepted without payment.
- Entry Deadline: All entries must be received by **6:00 pm on Wednesday, May 5th, 2010**
 No phone or fax entries accepted, we recommend Express Mail or other rapid mail service.
- Mail Entries to: Sherwood Watts E-mail Hy-Tek entries to: robclark@sysharks.org
 c/o Sarasota YMCA Sharks
 8301 Potter Park Drive
 Sarasota, FL 34238
 (941) 922-9622
Make checks payable to: SARASOTA YMCA SHARKS
- Officials: Meet Referee: Kurt Lee
 Administrative Referee: Allen Hillman
 Starter: Mark Davis
 Head Stroke & Turn: Peter Hegwein
 Marshall: Randy Averett
 Meet Manager: Sherwood Watts
- Scoring: Individual 9, 7, 6, 5, 4, 3, 2, 1
 Relays 18, 14, 12, 10, 8, 6, 4, 2

- Awards:
- | | | |
|-----------------------|-------------------------------------|--|
| Individual Events: | Medals - | 1 st thru 3 rd Place |
| | Ribbons - | 4 th thru 8 th Place |
| | Heat Winner Ribbons for 10 & Unders | |
| Relay Events: | Medals - | 1 st Place |
| | Ribbons - | 2 nd & 3 rd Place |
| Individual High Point | Trophies - | 1 st & 2 nd Place in each Age Group |
| Combined Team | Trophies - | 1 st , 2 nd , & 3 rd Place (Host team ineligible) |
- 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.
- 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.**
- For Information: SARASOTA SHARKS OFFICE (941) 922-9622 Sherwood Watts or Steve Brown
- Rules: Current USA Swimming Rules & Regulations will govern. Safety rules, as outlined by USA Swimming and as recommended by the Head Marshall, will be in effect during all warm-up periods and in all warm-up/warm-down areas. The USA Swimming "no recall" start will be used as outlined in 102.14.4H.
- Disabilities: Please notify the Meet Manager or Meet Referee PRIOR to the meet if you have an athlete with a disability and let us know how we can assist the athlete. It is the coach's and/or athlete's responsibility to notify meet management prior to the meet.
- Spectator Seating: Spectators will NOT be allowed on the competition pool deck. Spectator seating will be clearly designated.
- Distance Check-In: All Coaches must check-in their swimmers for the 400 IM by 4:00 PM, 400 Freestyle by 4:30 PM, and the 800 Freestyle by 5:00 PM on Friday. The 400 Free and 1500 Freestyle events must be checked in by 8:30 AM on Saturday/Sunday.

WARM-UP SCHEDULE**NO EQUIPMENT PERMITTED**

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.

- The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

General Warm Up (Start of warm-up period until the last half-hour)

Lane(s)

- | | |
|---|--|
| 1 | Pace 50s - push off – circle swimming |
| 2 | Racing Starts - one length only (from the west end only) |
| 3 | Swimming and pulling only – push off - circle swimming |
| 4 | Swimming and pulling only – push off - circle swimming |
| 5 | Swimming and pulling only – push off - circle swimming |
| 6 | Swimming and pulling only – push off - circle swimming |
| 7 | Swimming and pulling only – push off - circle swimming |
| 8 | Pace 50s - push off – circle swimming |

Controlled Warm Up (Last half-hour of warm-up period)

Lane(s)

- | | |
|---|--|
| 1 | Pace 50s - push off – circle swimming |
| 2 | Racing Starts - one length only (from the west end only) |
| 3 | Swimming and pulling only – push off - circle swimming |
| 4 | Swimming and pulling only – push off - circle swimming |
| 5 | Swimming and pulling only – push off - circle swimming |
| 6 | Racing Starts - one length only (from the west end only) |
| 7 | Racing Starts - one length only (from the west end only) |
| 8 | Pace 50s - push off – circle swimming |

Order of Events

Friday, May 14, 2010		Warm-up 3:30 pm		Timed Finals 5:00 pm
EVENT #	AGE	EVENT		NOTE
1-2	10 & Under	200 IM		* 1
3-4	11-12	400 IM		* 2
	13-14	400 IM		* 2
	Senior	400 IM		* 2
5-6	10 & Under	200 Free		* 1
7-8	11-12	400 Free		* 3
9-10	Senior	800 Free		* 4

Saturday, May 15, 2010		Warm-up 7:00 am		Timed Finals 8:30 am
EVENT #	AGE	EVENT		NOTE
11-12	13-14	200 IM		
13-14	Senior	200 IM		
15-16	13-14	50 Free		
17-18	Senior	50 Free		
19-20	13-14	200 Fly		
21-22	Senior	200 Fly		
23-24	13-14	100 Back		
25-26	Senior	100 Back		
27-28	13-14	100 Breast		
29-30	Senior	100 Breast		
31-32	13-14	400 Free		* 5
	Seniors	400 Free		* 5

Saturday, May 15, 2010		Warm-up 45 min. prior to PM session		Timed Finals not before Noon
EVENT #	AGE	EVENT		NOTE
33-34	11-12	100 Free		
35-36	8 & Under	50 Back		
37-38	11-12	200 Back		
39-40	10 & Under	50 Back		
41-42	11-12	50 Back		
43-44	10 & Under	100 Fly		
45-46	11-12	100 Fly		
47-48	8 & Under	50 Free		
49-50	11-12	200 IM		
51-52	10 & Under	50 Free		
53-54	11-12	50 Free		
55-56	10 & Under	100 Breast		
57-58	11-12	100 Breast		
59-60	10 & Under	200 Free Relay		* 7
61-62	11-12	200 Free Relay		* 7

Sunday, May 16, 2010		Warm-up 7:00 am	Timed Finals 8:30 am
EVENT #	AGE	EVENT	NOTE
63-64	13-14	200 Free	
65-66	Senior	200 Free	
67-68	13-14	100 Fly	
69-70	Senior	100 Fly	
71-72	13-14	200 Back	
73-74	Senior	200 Back	
75-76	13-14	100 Free	
77-78	Senior	100 Free	
79-80	13-14	200 Breast	
81-82	Senior	200 Breast	
83-84	Senior	1500 Free	* 6

Sunday, May 16, 2010		Warm-up 45 min. prior to P.M. session	Timed Finals not before Noon
EVENT #	AGE	EVENT	NOTE
85-86	10 & Under	100 Free	
87-88	11-12	200 Free	
89-90	8 & Under	50 Fly	
91-92	11-12	200 Fly	
93-94	10 & Under	50 Fly	
95-96	11-12	50 Fly	
97-98	10 & Under	100 Back	
99-100	11-12	100 Back	
101-102	8 & Under	50 Breast	
103-104	11-12	200 Breast	
105-106	10 & Under	50 Breast	
107-108	11-12	50 Breast	
109-110	10 & Under	200 Medley Relay	* 7
111-112	11-12	200 Medley Relay	* 7

- *1 For 10 & Unders - 200 IM and 200 Free, NO limit on the number of swimmers and NO check-in. These events will be pre-seeded.
- *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 be checked-in with the Clerk of Course by **4:00 p.m.** This event may be limited to 2 Heats per gender for the 11-12's and may be limited to 3 Heats per gender per age group for the 13-14's and Seniors.
- *3 For 11-12's - 400 Freestyle will be swum **Fastest to Slowest**, and may be limited to 3 Heats per gender. All swimmers must be checked-in with the Clerk of Course by **4:30 p.m.**
- *4 The **800 Freestyle** may be limited to the 3 fastest Heats per gender. It will be swum **Fastest to Slowest, alternating Girls and Boys**. All swimmers must be checked-in with the Clerk of Course by **5:00 p.m.**
- *5 The 13-14 and Senior **400 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. This event may be limited to a total of six Heats per gender. All swimmers must be checked-in with the Clerk of Course by **8:30 am on Saturday**. There will be a 10 Minute Break before the start of the 400 Free.
- *6 The **1500 Freestyle** may be limited to the 2 fastest Heats per gender. It will be swum **Fastest to Slowest, alternating Girls and Boys**. All swimmers must be checked-in with the Clerk of Course by **8:30 a.m. on Sunday**. There will be a 10 Minute Break before the start of the 1500 Free.
- *7 Relays will be swum only if time permits. Fees for relays will be refunded if relays do not compete.