

Saint Petersburg Aquatics' Long Course Invitational - July 2-4, 2010

- Sanctioned by:** Florida Swimming of USA Swimming # 5170
- 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:** St. Petersburg Aquatics, City of St. Petersburg Department of Leisure Services
- Type of Meet:** Age Group and Senior 50 meter long course, Timed Finals, The ENTIRE MEET WILL BE SEEDED FASTEST TO SLOWEST.
- Date and Time:** Friday, July 2, 2009 3:30pm Warm-up 5:00pm Start
Saturday July 3 ; AM session 7:00am Warm-up 8:00am Start
PM session 10:30am Warm-up Start not before 11:30am
Sunday July 4; AM session 7:00am Warm-up 8:00am Start
PM session 10:30am Warm-up Start no before 11:30am
- Location:** North Shore Pool
901 North Shore Drive NE, St. Petersburg, FL 33701
- Pool Spec:** Certified 50 meter, outdoor pool with a maximum of 10 long course racing lanes having a minimum depth of 4 feet and non-turbulent lane lines. Separate warm down lane.
- Timing Equipment:** Colorado Timing System with scoreboard
- Eligibility:** Open to all USA swimming registered swimmers.
- Seeding:** NON CONVERTED 50-meter times will be used for seeding. Converted times will not be accepted. REAL TIMES ONLY!
- Scratches:** No penalty for scratching on the block with the exception of DECK SEEDED EVENTS. Any swimmer entered in an individual event that Is seeded at the meet, in whole or in part, who has checked in for That event, must swim in that event unless he/she notifies the Clerk Of Course before the seeding of that event has begun that he/she Wishes to scratch. Failure to do so will result in his/her being barred From the next individual event in which he/she is entered on that Or the next meet day.
- Proof of Time:** The 1500 freestyle WILL REQUIRE PROOF OF TIME, submitted to the meet manager prior to seeding. Florida LSC athletes may use proof of a current **Junior Olympic or Senior Champ 400m free or 500y free and enter at the Age Group Championship Standard. Non Florida LSC athletes must provide proof of time.**
- Entry Limit:** Entries will be limited to keep the meet under the four (4) hours Per session. Swimmers will be limited to a maximum of four (4) Individual events per day. Swimmers posting entries over the Limit will be considered as entered in the first four (4) events Listed.
- Entry Form:** Entries must be submitted by electronic entry on the HyTek export Format. Entries will be accepted via electronic mail attention

JohnWare@MidnightSports.com or via mail on a 1.44 megabyte disk. Disk or E-mail entries must be accompanied by a back-up hard copy on the entry. List all attending coaches, contacts and phone numbers in the body of the e-mail, which serves as proof of entry. Current USA Swimming registration number, full name, age and entry time must be listed. All entry forms must be signed and Master Entry Form enclosed. **MANUAL ENTRIES WILL NOT BE ACCEPTED.**

- Entry Fee:** Individual events: \$3.00
Facility Charge \$7.50 per swimmer
- Deck Entry:** Deck entries will be accepted to fill heats only. No new heats Will be created. Each deck entry will cost \$10.00. All deck entries Must be accepted by the Administrative Referee and assigned a Lane 45 minutes before the session starts, on the day of the event. A swimmer may not drop an event to deck enter another event, and the entry limit of 4 events remains.
- Entry Deadline:** All entries must be submitted by **Thursday June 24, 2010.** Enclose checks and make payable to **St. Petersburg Aquatics.** Please send **Express Mail Overnight** to:
Mr. John Ware---johnware@midnightsports.com
15121 Shearcrest Drive
Lithia, Florida 33547-4809
- Awards:** Age Group events: ribbons 1st to 10th. No awards for Seniors
High Point: all age groups and seniors
Team Championship (host not eligible): Team Trophy
- Scoring:** Individual: 12-9-8-7-6-5-4-3-2-1
- Rules:** Current USA Swimming Technical rules 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 areas. Coaches and officials shall wear their USA Swimming registration card in a conspicuous place at all times, while on Deck during the meet.
- 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 must be given to the referee. The coach and Only that person will be recognized.
- Warm-Up Schedule:** The first 25 minutes will be general warm-up as listed below. The Last 20 minutes will be controlled warm-up as listed below.
- | | |
|--|--|
| Lane 1 Push off 50's pace (circle swimming) | Lane 1 Push off 50's pace (circle swimming) |
| Lane 2 Swimming and pulling only (push-off no equipment) | Lane 2 Racing start one length only |
| Lane 3 Swimming and pulling only (push-off no equipment) | Lane 3 Racing start one length only |
| Lane 4 Swimming and pulling only (push-off no equipment) | Lane 4 Swimming and pulling only |
| Lane 5 Swimming and pulling only (push-off no equipment) | Lane 5 Swimming and pulling only |
| Lane 6 Swimming and pulling only (push-off no equipment) | Lane 6 Swimming and pulling only |
| Lane 7 Swimming and pulling only (push-off no equipment) | Lane 7 Swimming and pulling only |
| Lane 8 Swimming and pulling only (push-off no equipment) | Lane 8 Racing start one length only |
| Lane 9 Swimming and pulling only (push-off no equipment) | Lane 9 Racing start one length only |
| Lane 10 Push off 50's pace (circle swimming) | Lane 10 Rush off 50's pace (circle swimming) |

*****Except for racing start, swimmers must enter the pool feet first with one hand Touching the deck of the pool*****

NO EQUIPMENT ALLOWED IN THE POOL AT ANY TIME

Officials: Referee: Kevin Mooren & Dan Nardoizzi Chief S&T: Joe Finke
Admin. Referee: Joanie Gauzens Head Marshall: Annie Krasteva
Starter: Jeanne Finke & Angela Jones

Meet Manager: Fred Lewis 821-2918, Chris Grant 821-2918
swimstpete@aol.com

Special Note: Meet management reserves the right to use fly over starts and combine heats and events. Entry fees from swimmers cut out of Deck seeded events will not be refunded.

Friday, July 2, 2010 . (Swimmers may enter a maximum of four (4) events/day)
3:30 PM Warm-up 5:00 PM Start

USE 50 METER TIMES FOR ENTRY!!!!!!!!USE 50 METER TIMES FOR ENTRY!!!!!!!!!!!!

| Event Number | Age Group | Event |
|--------------|-----------|---------------------|
| G - B | | |
| 1 - 2 | Senior | 50 Free |
| 3 - 4 | Senior | 50 Breaststroke**** |
| 5 - 6 | Senior | 50 Backstroke**** |
| 7 - 8 | Senior | 50 Butterfly**** |
| 9 - 10 | Senior | 400 Free * |
| 11 - 12 | 13 - 14 | 400 Free * |
| 13 - 14 | 11 - 12 | 400 Free * |
| 15 - 16 | 9 - 10 | 400 Free * |
| 17 - 18 | 9 - 10 | 200 IM ** |
| 19 - 20 | 11 - 12 | 200 IM ** |
| 21 - 22 | Senior | 200 FLY *** |
| 23 - 24 | 13 - 14 | 200 FLY *** |

*Events 9,10,11,12,13,14,15 and 16 will be swum as one event, girls and boys seeded together, but will be scored separately by age and gender. This event will be deck seeded with the coaches checking in their swimmers by 4:00pm. The event will be swum fastest to slowest, with fastest (8) heats swimming in the normal order of events. All other heats will be swum fastest to slowest after event # 24. Remaining heats may be restricted to keep the meet under the 4 hour rule.

** Events 17,18,19,20 will be deck seeded, with the coaches checking in their swimmer by 4:30pm.

***Events 21,22,23,24 will be seeded together by gender and scored separately by age group. This event will be deck seeded with the coaches checking in their swimmers by 4:30pm.

****Not recognized Florida Swimming event

Saturday July 3, 7:00am Warm-up 8:00am Start Saturday July 3, 10:30am Warm-up 11:30am Start

| Event Number | Age Group | Event | Event Number | Age Group | Event |
|--------------|-----------|-----------|--------------|-----------|------------|
| 25 – 26 | 11 – 12 | 200 Free | 49 – 50 | Senior | 200 Free |
| 27 – 28 | 10 & U | 200 Free | 51 – 52 | 13 – 14 | 200 Free |
| 29 – 30 | 11 – 12 | 50 Breast | 53 – 54 | Senior | 100 Breast |
| 31 – 32 | 9 - 10 | 50 Breast | 55 – 56 | 13 – 14 | 100 Breast |
| 33 – 34 | 8 & U | 50 Breast | 57 – 58 | Senior | 200 Back |
| 35 – 36 | 11 – 12 | 100 Back | 59 – 60 | 13 – 14 | 200 Back |
| 37 – 38 | 10 & U | 100 Back | 61 – 62 | Senior | 100 Fly |
| 39 – 40 | 11 – 12 | 50 Fly | 63 – 64 | 13 – 14 | 100 Fly |
| 41 – 42 | 9 - 10 | 50 Fly | 65 – 66 | Senior | 400 IM# |
| 43 – 44 | 8 & U | 50 Fly | 67 – 68 | 13 – 14 | 400 IM# |
| 45 – 46 | 11 – 12 | 50 Free | | | |
| 47 – 48 | 10 – U | 50 Free | | | |

Sunday July 4, 7:00am Warm-up 8:00am Start

| Event Number | Age Group | Event |
|----------------|-------------------|----------------|
| 69 – 70 | 8 & U | 50 Free |
| 71 – 72 | 11 - 12 | 100 Free |
| 73 – 74 | 10 & U | 100 Free |
| 75 – 76 | 11-12 | 100 Breast |
| 77 – 78 | 10 & U | 100 Breast |
| 79 – 80 | 8 & U | 50 Back |
| 81 – 82 | 11 – 12 | 50 Back |
| 83 – 84 | 10 & U | 50 Back |
| 85 - 86 | 11 – 12 | 100 Fly |
| 87 – 88 | 10 & U | 100 Fly |

Sunday July 4, 10:30am Warm-up 11:30am Start

| Event Number | Age Group | Event | Qualifying Time | |
|--------------|-----------|--------------|-----------------|----------|
| 89 – 90 | Senior | 100 Free | | |
| 91 – 92 | 13 – 14 | 100 Free | | |
| 93 – 94 | Senior | 200 Breast | | |
| 95 – 96 | 13 – 14 | 200 Breast | | |
| 97 – 98 | Senior | 100 Back | | |
| 99 – 100 | 13 – 14 | 100 Back | | |
| 101 – 102 | Senior | 200 IM | | |
| 103 – 104 | 13 – 14 | 200 IM | | |
| 105 – 106 | Senior | 50 Fr | | |
| 107 – 108 | 13 – 14 | 50 Free | | |
| 109 – 110 | Senior | 1500 Free ## | 20:58.49 | 19:52.99 |
| 111 – 112 | 13 – 14 | 1500 Free ## | 20:18.19 | 19:44.39 |
| 113 – 114 | 11 – 12 | 1500 Free ## | 21:36.89 | 21:18.79 |

Events 65,66,67,68 will be swum as one event, girls and boys seeded together, but scored separately by age and gender. The event will be deck seeded and coaches must check-in their swimmers by 12:30pm. The event will be swum fastest to slowest. **NO TIME ENTRIES WILL NOT BE ACCEPTED.**

Events 111,112,113,114,115 and 116 will be swum as one event, girls and boys seeded together, but scored separately by age and gender. The event will be deck seeded and coaches must check-in their swimmers by 12:30pm. All qualifying times must be proven to the meet manager in order to be seeded. The event will be swum fastest to slowest. **FLORIDA LSC SWIMMERS MAY USE JUNIOR OLYMPIC OR SENIOR CHAMP 500yard OR 400meter TIMES AS PROOF OF ENTRY. THESE SWIMMERS WILL BE SEEDED AT THE AGE GROUP CHAMPIONSHIP STANDARD. NO TIME ENTRIES WILL NOT BE ACCEPTED.**

Facilities & Services

- Adjoining rooms of any type for large families
- FREE High Speed Internet in ALL Guestrooms
- FREE continental breakfast
- Complimentary use of Bally's Health Club (2 miles away), enjoy their pools for swim practice!
- 24-hour access to food with the Courtyard Market
- In-room coffee service
- Full size iron/board
- Daily Housekeeping
- Large retractable desk with phone and dataport
- Cable Television Featuring HBO & ESPN
- In-room pay to view movies
- Complimentary newspaper available in lobby
- Heated outdoor swimming pool and indoor whirlpool spa
- Onsite fitness center
- Complimentary on-site parking
- Laundry valet and on-site facility
- Safe deposit box at front desk
- Neighborhood restaurants...Saute Café, Bascom's Chop House, Courtside Grill, Cracker Barrel and Bob Evans.

Hotel Information

**SPA Group Rate
\$84.00**

**Standard Room
~ 1 King Bed**

**Double room
~ 2 Queen Beds**

**rates based on time of year and availability*

**\$30 upgrade for suites from group rate*

Directions traveling Southbound

Take I-275 South towards St. Petersburg. Cross over the Howard Frankland Bridge.

Take exit 31 (688West/Ulmerton Rd).

Head west on 688 approx. 1/2 mile. Turn right into Centres Office Park. Turn left onto Executive Dr. Hotel is on the right.

Directions traveling Northbound

Take I-275 North towards St. Petersburg to exit 30 (686 west to 688 west).

At the bottom of the ramp, take an immediate right onto 34th St.

Turn right onto Executive Drive.



HOMewood SUITES

— **Hilton** —

Homewood Suites by Hilton is an all Suites hotel located on Ulmerton Road. Homewood Suites offers a full suite start hot breakfast every morning with eggs, breakfast meats, fresh fruits and various breads and cereals. Our suites feature a separate living area from the bedroom and bath and have a fully equipped kitchen in every suite! We have a heated pool, business center, fitness center, and interior entrances. All of our rooms come with complimentary high speed Internet access. We have staff at the hotel 24 hours in case there is anything we can do to make your stay more enjoyable. Homewood Suites is a member of the Hilton family of hotels, so you can earn Hilton HHonors points and miles for every visit!

Contact the Sales Department at (727) 573-1500 for special low swim team rates while they last!

Homewood Suites by Hilton
2233 Ulmerton Road
Clearwater, Fl 33762
www.clearwater.homewoodsuites.com