

2024 Spring Area 4 Championships

February 24th – 25th, 2024

Florida Aquatics Swimming & Training

4635 SW 67th Ave. Rd Ocala, FL 34474



Date & Times:

Date	Warm Up Start	Meet Start
Saturday, February 24 th Morning – Timed Finals	9:00 AM	10:15 AM
Saturday, February 24 th Afternoon - 8 & Unders	Immediately following conclusion of morning session	1 hour after conclusion of morning session
Sunday, February 25 th Morning – Timed Finals	9:00 AM	10:15 AM
Sunday, February 25 th Afternoon – 1650 Free	TBD	TBD

Sanctioned By: Florida Swimming of USA Swimming: # **FL-6639**

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

Conditions of Sanction:

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.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and 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. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

Sponsored by: Florida Aquatics Swimming & Training / FAST-FL

- Location:** Florida Aquatics Swimming & Training – 4635 SW 67th Ave Rd. Ocala, FL 34474
- Pool Spec & Timing System:** Certified 25 yard, 10 lane pool with continuous non-turbulent lane lines, bottom lane markers and backstroke flags. There is a separate outdoor pool for warm ups and warm downs.
Water depth at starting end is 9'10"; Pool certification is on file with USA Swimming / Florida Swimming.
Colorado Timing System Gen 7 Timing with scoreboard. Manual back up
- Medical:** Lifeguards on duty with AED device available.
- Type of Meet:** 25 yard course, time final competition.
- Rules:** Current USA Swimming and Florida Swimming rules will govern.
- Eligibility:** Open to any 2024 USA Swimming members in Area 4.
Entries will be limited to keep the meet under the four (4) hours per session.
On deck registrations will not be allowed.
- Entry Limit:** Swimmers will be limited to 4 individual events and 1 relay per session.
Swimmers may not exceed 5 individual events per day if they elect to swim in multiple sessions.

To RSVP for the meet, please email Cameron_rasmussen@floridafast.com, with your expected number of total swimmers, and expected number of 12 and under swimmers.
- Entry Deadline:** All entries must be received by 12pm, Friday, February 16th 2024.
- Entry Form:** **We request entries via email to: Kevin_Milak@FloridaFAST.com with a pdf entry report.** Coaches will be emailed results upon completion of the meet. A complete Entry Sheet must be included. The current USA Swimming registration number must be listed on the entry form.
\$ 50.00 Additional fee if team does not enter the meet using the Hy-Tek format.
- Entry Fees:** Facility Fee: \$10.00 per swimmer
Heat Sheet Fee: \$3.00 per swimmer
\$5.50 per individual event
\$6.00 per relay

Teams should pay with a single check for entry fees, bring check with you to the meet, make checks payable to "Florida Aquatics Swimming & Training".
- Seeding:** 25-yard, SCY times will be used for seeding. Conversion can be made using the formula as published in the current Florida Swimming Handbook. Events will be seeded fastest to slowest. **The 1650 Free may be limited to the top 40**

swimmers per gender. The 500 Free and 400 IM may be limited to the top 50 swimmers per gender.

BREAKS MAY BE ADDED, EVENTS AND/OR HEATS MAY BE MOVED, DELETED, COMBINED OR CONSOLODATED AT THE DISCRETION OF MEET MANAGEMENT

Scratches: Scratch on the block with no penalty

Awards: Medal awards in each scoring age group for 1st– 3rd places, ribbons for 4th– 10th. High Point award for boys and for girls in 8 & under, 9-10, 11-12, 13-14, and 15-18.

Disability Athletes:

FAST encourages the participation of USA Swimming members with disabilities in this meet. The swimmers disability must meet the definition of a disability as outlined by USA Swimming Rules and Regulations: “A permanent physical or mental impairment that substantially limits one or more major life activities.” Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able bodied swimmers.

The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4. Any athlete with a disability will be accommodated to the best of meet managements ability.

Spectators: Spectators are allowed in the balcony bleacher section only. No spectators are allowed on deck. Bleacher seating capacity is 1200. Spectator fee of \$5 per day or \$10 for the meet will be charged

Officials:

Referee – Quinn Sampson
Starter – Kevin Milak
S & T – Tina Nemes
Marshall – Cameron Rasmussen
AO – Andrew Lazar
Meet Manager –Kevin Milak

Deck Restriction: USA Swimming Insurance Safety Regulations require that the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials, and meet personnel. Parents and other spectators are not allowed into any areas other than the bleacher seating.

Warm Up Rules: No equipment permitted in the competition pool during warm ups.

Unless doing a racing start in the designated lanes, all swimmers must enter the pool feet first.

Warm up session may be divided on a “by team” warm up schedule with assigned lanes if posted and sent out to teams prior to the start of the meet. The

meet referee may alter the warm up schedule to meet the needs of the competitors.

Camera Zones: per Florida Swimming Rule 223.13, 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 a competitor in a race may be taken. Acceptable “Camera Zones” may include, but 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 racing course(s) while they are in use for “racing starting 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

COVID-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Additional Information: Contact – Cameron_Rasmussen@FloridaFAST.com

Girls Event #	Saturday AM 9:00 AM Warm Up / 10:15 AM Start	Boys Event #
1	Open 200 Free Relay	2
3	13-14 200 Free Relay	4
5	11-12 200 Free Relay	6
7	10 & Under 200 Free Relay	8
9	Open 200 IM	10
11	13-14 200 IM	12
13	11-12 200 IM	14
15	10 & Under 200 IM	16
17	Open 50 Back	18
19	13-14 50 Back	20
21	11-12 50 Back	22
23	10 & Under 50 Back	24
25	Open 100 Fly	26
27	13-14 100 Fly	28
29	11-12 100 Fly	30
31	10 & Under 100 Fly	32
33	Open 200 Breast	34
35	13-14 200 Breast	36
37	Open 100 Free	38
39	13-14 100 Free	40
41	11-12 100 Free	42
43	10 & Under 100 Free	44
45	Open 200 Back	46
47	13-14 200 Back	48
49	Open 50 Breast	50
51	13-14 50 Breast	52
53	11-12 50 Breast	54
55	10 & Under 50 Breast	56
57	Open 500 Free	58
59	13-14 500 Free	60
61	11-12 500 Free	62

Girls Event #	Saturday PM Start time: 1 hour after conclusion of AM session	Boys Event #
63	8 & Under 100 Free Relay	64
65	8 & Under 25 Fly	66
67	8 & Under 25 Back	68
69	8 & Under 25 Breast	70
71	8 & Under 25 Free	72
73	8 & Under 100 IM	74

Girls Event #	Sunday AM 9:00 AM Warm Up / 10:15 AM Start	Boys Event #
75	Open 200 Medley Relay	76
77	13-14 200 Medley Relay	78
79	11-12 200 Medley Relay	80
81	10 & Under 200 Medley Relay	82
83	Open 200 Free	84
85	13-14 200 Free	86
87	11-12 200 Free	88
89	10 & Under 200 Free	90
91	Open 50 Fly	92
93	13-14 50 Fly	94
95	11-12 50 Fly	96
97	10 & Under 50 Fly	98
99	Open 100 Breast	100
101	13-14 100 Breast	102
103	11-12 100 Breast	104
105	10 & Under 100 Breast	106
107	Open 100 Back	108
109	13-14 100 Back	110
111	11-12 100 Back	112
113	10 & Under 100 Back	114
115	Open 50 Free	116
117	13-14 50 Free	118
119	11-12 50 Free	120
121	10 & Under 50 Free	122
123	Open 200 Fly	124
125	13-14 200 Fly	126
127	11-12 100 IM	128
129	10 & Under 100 IM	130
131	Open 400 IM	132
133	13-14 400 IM	134
135	11-12 400 IM	136

Girls Event #	Sunday PM (Miles) Immediately Following AM Session	Boys Event #
137	Open 1650 Free	138
139	13-14 1650 Free	140
141	11-12 1650 Free	142

****Miles may be combined by age and/or gender but will be scored separately**