

Episcopal AmberJax's Spring into Long Course

April 6th-7th, 2024

Sanctioned by: Florida Swimming of USA Swimming #_____

"In granting this approval it is understood and agreed the USA Swimming/Florida Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event". Condition 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 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.
- COVID Prevention: In applying for this sanction, the host, Episcopal AmberJax, agrees to enforce all health and safety mandates and guidelines by USA Swimming, Florida Swimming, the State of Florida, and the Episcopal School of Jacksonville. Please Note: 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,
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FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID19
RELATED TO PARTICIPATION IN THIS COMPETITION.

Episcopal AmberJax's Spring into Long Course

April 6th-7th, 2024

Hosted by: Episcopal AmberJax of Jacksonville

Type of Meet: 50 Meter Course Timed Finals. One (8) Lane Course. No qualifying times will be required. Meet management may use fly-over starts at this competition.

Pool Specs: One outdoor 50 Meter 10 Lane pool with non-turbulent lane lines. Water depth at all parts is a minimum of 5 feet. Regulation KDI Paragon Starting Blocks. There will be at least one lane for continuous warm up/cool down.

Timing: SST, Colorado touch pads will be used. Hy-Tek Meet Manager will be used to score the meet.

Timers: **We will request timers from each participating team based on the number of entrants per team. More information will be sent out to teams.**

Dates & Times:

Saturday, April 6th Timed Finals 8:30AM- 13 & Over (Session 1)

Saturday, April 6th Timed Finals- 12 & Under (Session 2)
Begins 45 minutes after completion of session one.

Sunday, April 7th Timed Finals 8:30AM- 13 & Over (Session 3)

Sunday, April 7th Timed Finals- 12 & Under (Session 4)
Begins 45 minutes after completion of session four.

Location: Elizabeth Walton Aquatic Center (Episcopal School of Jacksonville)
4455 Atlantic Blvd
Jacksonville, FL 32207

Medical Supervision: Lifeguards on duty and AED device available.

Warm-Up: Saturday, Session 1 7:00 AM
Saturday, Session 2 Immediately following Session 1
Sunday, Session 3 7:00 AM
Sunday, Session 4 Immediately following Session 3

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Eligibility: Open to all currently registered USA Swimming swimmers.

Entry Limit: The total number of entries will be limited as not to exceed the 4-hour rule. The team whose entries put the meet over 500 will be the final team allowed in the meet. Swimmers are limited to three (3) individual events per session. Swimmers over entered will be considered entered in the first three events.

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 in prelims with the exception of deck seeded events. Any swimmer entered in a deck seeded event that has checked in for the event must swim the event unless he/she notifies the clerk of course before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer being barred from his/her next individual event in which he/she is entered on that day or the next day of the meet, whichever is first.

Entries:

Entries must be submitted on the enclosed entry form, which will serve as proof of entry. All current USA Swimming registration numbers, including relay only swimmers, must be listed on the entry form, and the form must be signed by a current USA Swimming Member. The Master Entry Form must accompany the proof of entries. *Hy-Tek Disk with a signed hard copy printout is acceptable as proof of entry in place of the enclosed entry forms. A Master Entry Form must be included. NOTE: Check with the computer operator for any details that would be required if submitting by disk that would be helpful to include in this information. *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 e-mail entries will not be accepted. Disk or e-mailed entries must be accompanied by a backup hard copy of the entry. List all attending coaches, contact phone numbers, and RELAY ONLY swimmers 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

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Entry Form, including "relay-only" swimmers. The Master Entry Form must accompany the proof of entries and a current USA Swimming Member must sign the form.

Entry Fee:

Timed Finals \$5.50 per individual event
Facility Fee \$10.00 per swimmer
Travel Surcharge Out of Town Swimmer \$2.00
Heat Sheet Surcharge \$3.00
Entry fees must accompany entries. Entries will not be accepted without payment.

Entry Deadline:

All entries must be received by **9:00 PM Sunday, March 31st, 2024** FOR HYTEK ENTRIES ONLY: email zuberom@esj.org No phone or fax entries accepted, we recommend express mail or other rapid mail service. Coaches make checks payable to "Episcopal AmberJax" and mail to:

Meet Director: Martin Zubero (904)-396-5751 ext.1627
4455 Atlantic Blvd. Jacksonville, FL 32207

Officials: Meet Referee: Ellen Johnson
Admin Official:
Starter:
Stroke & Turn Official:

Meet Workers:

Parents from visiting teams are welcome to volunteer, please contact Meet Director Martin Zubero email: zuberom@esj.org

Awards: Ribbons will be awarded for 1st-8th place for 12&under events only. NO AWARDS WILL BE MAILED. Coaches please pick up at the conclusion of the meet. NO HIGH POINT AWARDS.

Team Rep: 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

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 prove current registration through USA Swimming App. Coaches must

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show proof of membership before swimmers compete in any event to the Meet Referee.

Rules: Current USA Swimming Rules and Regulations will govern. Safety Rules, as outlined by USA Swimming, will be in effect during all warm ups and sessions. Fly-over starts may be used. Meet Referee may, at his/her discretion, combine heats

Officials Briefing:

Officials Briefing will be held one hour prior to each session. Visiting officials are welcome and appreciated. Please contact: zuberom@esj.org

Meet Committee:

A meet committee will be composed by the meet referee, home team coach and three other coaches chosen at the first coaches meeting will meet as necessary to make decisions regarding weather or at other times as requested by the meet referee.

Supervision:

A current USA Swimming member coach must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm up and competition. An unattached swimmer or an athlete not escorted by a coach must check in with the Admin Referee upon the arrival at the meet. Such athletes must find a substitute coach who will supervise him/her during the meet warm-up and competition. Athlete must submit alternate contact form to Admin Official.

Camera Zone:

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 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 racing course(s) while they are in use for "race 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

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subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

Meet Info: Director: Martin Zuberom (904)396-5751 ext.1627 zuberom@esj.org

Scoring: No team or individual high point awards will be given.

ORDER OF EVENTS

Saturday Session One

13 & Older Meet Starts 8:30AM

Event #	Event	Age Group
1-2	200 Free	13 & over
3-4	100 Back	13 & over
5-6	200 Fly	13 & over
7-8	200 Breast	13 & over
9-10	50 Free	13 & over
11-12	400 IM	OPEN

Saturday Session Two

12 & Under Begins 45 minutes after the completion of session one

Event #	Event	Age Group
13-14	200 Free	12 & under
15-16	50 Breast	12 & under
17-18	100 Back	12 & under
19-20	100 Fly	12 & under
21-22	50 Free	12 & under

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Sunday Session Three
13 & Older Meet Starts 8:30AM

Event #	Event	Age Group
23-24	200 IM	13 & Over
25-26	200 Back	13 & Over
27-28	100 Fly	13 & Over
29-30	100 Breast	13 & Over
31-32	100 Free	13 & Over
33-34	400 Free	OPEN

Saturday Session Four
12 & Under Begins 45 minutes after the completion of session four

Event#	Event	Age Group
35-36	200 IM	12 & Under
37-38	50 Back	12 & Under
39-40	50 Fly	12 & Under
41-42	100 Breast	12 & Under
43-44	100 Free	12 & Under

**Episcopal AmberJax's Spring into Long Course
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**MASTER ENTRY FORM
EAJ's Spring into Long
Course April 6th-7th, 2024**

Team Name _____
Call Letters _____
Address _____
Coach _____ **LSC** _____
Home Phone () _____ **Office Phone ()** _____

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

Name of coach _____ Team _____

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

Signature _____ Date _____

Entry Deadline: Sunday, March 31st 9:00PM
Mail to: Martin Zubero 4455 Atlantic Blvd, 32207

Financial Recap:

We have entered the following:

Total Swimmers: \$10.00 =

Individual Timed Final Events \$5.50 =

Travel Surcharge Out of Town Swimmer \$2.00=

Heat Sheet Surcharge \$3.00=