



SOUTH LAKE AQUATIC CLUB

ORLANDO
HEALTH[®]

NTC National
Training Center

9th Annual Matt & Karen Hohne Memorial Invitational

Hosted by the South Lake Aquatic Club
and the Orlando Health National Training Center
April 20-21, 2024

ALL PROCEEDS BENEFIT THE MATT & KAREN HOHNE MEMORIAL SCHOLARSHIP
FUND

Sanctioned By: Florida Swimming of USA Swimming # _____

“In granting this approval, it is understood and agreed that USA Swimming 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:**

1. 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.
2. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. OR The competition course has not been certified in accordance with 104.2.2(C).
3. 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.
4. 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.

5. All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

Hosted By: **South Lake Aquatic Club & Orlando Health - National Training Center**
2150 Legends Way
Clermont, FL 34711

Type of Meet: 50-Meter Long Course Timed Finals. At the discretion of the meet host, time trials for swimmers targeting FLAGS, FL Senior Championships, and USA Swimming championship level Meets may be available. All meet proceeds will go to support the Matt & Karen Hohne Memorial Scholarship Fund.

Dates & Times: Saturday & Sunday, April 20th & 21st, 2024
Senior Division Timed Finals - Warm-Up - 7:30 AM Start – 9:00 AM
12 & Under Timed Finals- Warm up of a minimum of 30 minutes to begin at the completion of the Open session, but not before 12:30 pm.
Session start time not be before 1:00 pm.

Location: National Training Center
2150 Legends Way
Clermont, FL 34711
Use this address for GPS purposes

Directions: From Florida’s Turnpike:
From the South: Take exit 272 towards Clermont. Turn WEST onto FL-50 W/State Hwy 50 W/W Colonial Dr. and travel approximately 5.2 mi. Turn right onto Champions Way and cross Legends Way onto NTC property. Parking is available in the grass area down the hill from the pool.
From the North: Take exit 279 and turn right on Hancock Rd. Travel approximately 3.5 miles and turn right on Oakley Seaver Dr. Continue 0.7 miles and turn left onto Don Wickham Drive. Turn left at the 4-way intersection onto Champions Way. Parking is available in the grass area down the hill from the pool.
From Hwy 27: Head towards Clermont/Hwy 50. Turn EAST onto FL-50 E/Hwy 50 and travel approximately 1 mi. Turn left onto Champions Way and cross Legends Way onto NTC property. Parking is available in the grass area down the hill from the pool.

Pool Specifications: Certified 50-meter 10 lane competition course with non-turbulent lane lines. Water depth at the competition starting end is a minimum of 12 feet and the turn end is a minimum of 6 feet, 7 inches. Continuous warm-up/warm-down will be available during the meet. Competitors may only swim in designated lanes.

OUTSIDE OF COMPETITION AND RACING STARTS.....Swimmers must enter the water feet first with at least one hand in contact with the pool.

Timing Equipment: Colorado Automatic Timing, pads & buttons & stopwatches, Computer scoring.

Eligibility: Open to all currently registered USA Swimming athletes. On-deck registrations will **NOT** be accepted at this meet. International teams and swimmers may contact CoachAlex@Southlakeaquatics.com for an invitation to compete.

Entry Limit: Meet host may limit total entries in accordance with USA Swimming COVID 19 Protection protocols. 4 individual events per day. Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the meet and/or day. 400 Freestyle event may be limited to 5 total heats, 400 Individual Medley may be limited to 5 total heats, and 800 Freestyle may be limited to 3 total heats at the discretion of the meet host.

Check in Events: There will be positive check-in for Senior 400 Freestyle, the 12 & Under 400 Freestyle, and the Senior 800 Freestyle. Check-in for this event will close 30 minutes after the start of the session.

Seeding: All events will be seeded using 50-Meter times. Conversions, using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes. ***Note: All events will swim as Senior in the morning sessions and 12&Under during the afternoon sessions, mixed gender, and fastest to slowest. Individual events will be scored separately by age groups as listed in the Awards & Scoring section of the meet information.**

Scratch Penalty: No penalty for scratches on the block.

Entries: Entries **must** be in USA Swimming SDIF format or Hy-Tek CL2 sent by email using the Hy-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent upon receipt of the file. Entries will be accepted via e-mail attachment to Quinn Sampson at entries@accurateswimtiming.com. No phone or faxed entries will be accepted. No deck entries will be accepted.

Entry Fee: \$5.50 Per individual event
\$10.50 Facility fee per swimmer
\$3.00 Heat Sheet Fee
\$2.00 Surcharge to out-of-state LSC swimmers
\$10.00 Per Time Trial Event

Checks Payable To: **“OH-National Training Center”**

Mail checks to:OH - National Training Center
Attn: Crystal Lee
1935 Don Wickham Drive
Clermont, FL 34711

Entry Deadline: All entries must be received by Monday, April 15th 2024 at 5:00PM.

Entries must be e-mailed to entries@accurateswimming.com

Heat Sheets: Check for updates to meet information on our website, www.southlakeswim.com
Timelines and psych sheets will be available the Wednesday prior to the meet at www.accurateswimming.com.

A limited number of printed heat sheets will be available on-site for officials and coaches.

Officials: Meet Referee: Quinn Sampson Head Stroke & Turn: Diana Moore
Starter: Cheryl Pavlacka Marshal: Jessica Stromberg
Admin Official: Andrew Rzepecki Meet Manager: Don Gibb

All currently certified and in training, USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and Florida Swimming for 2024. Please email Quinn Sampson at qsampson@gmail.com with your certification level and availability so he can plan accordingly.

Awards/Scoring: 11-12 and 10&Under events: 1st-8th place ribbon. High Point award for top scorer in 10&Under, 11-12, 13-14 girls and boys. There are no awards for Open Division.

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 registration card in a conspicuous location at all times while on deck during a swim meet.

Spectator Access: Adopted by USA-Swimming, Florida Swimming, and YMCA of the USA, MAAPP (Minor Athlete Abuse Prevention Policy) requires policies and standards to be used by athletes, adults, teams, and facilities that are involved in the sport of swimming. These changes are mandated by USA-Swimming and the U.S. Center for Safe Sport and are a condition of the sanction of this meet. Facilities with multiple restrooms/locker rooms must designate ONE set of restrooms/locker rooms for athletes under the age of 18 and a SEPARATE restroom/locker room for all meet attendees 18 and older. This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials, and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations.

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 are not limited to, the side courses of a pool, team gathering areas, concession areas, 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 areas. 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.

Rules: Current USA Swimming Rules and Regulations will govern.

Medical Supervision: Lifeguards will be on duty, and AED will be available on deck.

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.

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 (First 25 minutes)

Lane(s)

1 – 10 Circle swimming only

Controlled Warm-Up (Last 20 minutes)

Lane(s)

1	Pace 50s – push off
2	Racing starts – one way (scoreboard end)
3	Racing starts – one way (from bulkhead)
4	Circle swimming only
5	Circle Swimming only
6	Circle swimming only
7	Circle swimming only
8	Racing starts – one way (scoreboard end)
9	Racing starts – one way (from bulkhead)
10	Pace 50s – push off

-12&Under Sessions-

General Warm-Up. (Begins at the end of morning sessions.)

A minimum warm-up of 30 minutes before the afternoon start time will be provided.

ORDER OF EVENTS

This meet will be seeded from fastest to slowest.

Session 1: Saturday, April 20th
Warm up 7:30 AM, Meet starts 9:00 AM

Event #	Event Name
1	Senior 200 Individual Medley
2	Senior 100 Breast
3	Senior 50 Free
4	Senior 200 Fly
5	Senior 100 Back
6	Senior 100 Freestyle
7	Senior 50 Fly
	5 MINUTE BREAK
8	Senior 400 Freestyle

Session 2: Saturday, April 20th
30 Minutes after the conclusion of the AM session, not before 1:00 pm.

Event #	Event Name
9	12 & Under 50 Freestyle
10	12 & Under 200 Back
11	12 & Under 50 Breast
12	12 & Under 50 Fly
13	12 & Under 200 Freestyle
14	12 & Under 50 Back
15	12 & Under 200 Breast

Session 3: Sunday, April 21st
Warm up 7:30 AM, Meet starts 9:00 AM

Event #	Event Name
16	Senior 400 Individual Medley
17	Senior 50 Back
18	Senior 200 Freestyle
19	Senior 200 Breast
20	Senior 100 Fly
21	Senior 50 Breast
22	Senior 200 Back
	5 MINUTE BREAK
23	Senior 800 Free

Session 4: Sunday, April 21st
30 Minutes after the conclusion of the AM session, not before 1:00 pm.

Event #	Event Name
24	12 & Under 100 Free
25	12 & Under 200 Fly
26	12 & Under 100 Back
27	12 & Under 100 Breast
28	12 & Under 100 Fly
29	5 MINUTE BREAK
30	12 & Under 400 Freestyle

MASTER ENTRY FORM
9th Annual Matt & Karen Hohne Memorial Invitational
South Lake Aquatic Club
April 20th & 21st, 2024

Team Name: _____ Call Letters: _____

Address: _____

Coach: _____ LSC: _____

Home Phone: (____) _____ Office Phone: (____) _____

Swimmer/Coach Registration

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 Team Date
 Entry Deadline: Wednesday, Apr 15, 2024 5:00 PM

Make Check Payable to: "OH-National Training Center"

Mail to: OH-National Training Center
 Attn: Crystal Lee
 1935 Don Wickham Drive
 Clermont, FL 34711

Financial Recap:

We have entered the following:

Total Swimmers: (Facility charge)	_____ @ \$10.00 =
Heat Sheet Fee:	_____ @ \$3.00 =
Out of LSC Travel Surcharge	_____ @ \$2.00 =
Individual Timed Final Events	_____ @ \$5.50 =
Total Fees Payable:	_____ =