

2024 Sunshine State Games
Hosted By: Makos Aquatics Club of Gainesville
May 31 - June 2, 2024

ENTRY INFORMATION: Entry deadline - Wednesday, May 22, 2024 5:00PM Email to: coachjoy1@yahoo.com

SANCTIONED BY: Florida Swimming of USA Swimming Inc. Sanction #FL-6690

In granting this approval it is understood and agreed that USA 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). The copy of such certification is on file with USA Swimming.
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 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.

MEET LOCATION: Dwight H. Hunter Northeast Pool, 1100 NE 14th Street, Gainesville, FL 32601

DATES & TIMES:

- Friday, May 31 Session #1 - ALL AGES
Warm Up: TBA (at least 40 min) Meet Start 4:30PM ●
- Saturday, June 1 Session #2 - 13 & OVER
Warm Up: TBA (at least 40 min) Meet Start 8:30AM
- Saturday, June 1 Session #3 - 12 & UNDER
Warm Up: at conclusion of session #3 (at least 20 min) Meet Start: TBA
- Sunday, June 2 Session #4 - 13 & OVER
Warm Up: TBA (at least 40 min) Meet Start 8:30AM
- Sunday, June 2 Session #5 -12 & UNDER
Warm Up: at conclusion of session #3 (at least 20 min) Meet Start: TBA

**A detailed warm up schedule and timeline will be sent to coaches on Wednesday, May 29th

ELIGIBILITY: Open to all currently registered USA Swimming Inc. swimmers **WHO RESIDE IN FLORIDA.** On deck USA registration will NOT be allowed.

TYPE OF MEET: Long Course Meters, timed finals swimming in age groups 8 & Under, 10 & Under, 11-12, 13-14, and Open . When age groups compete together they will be separated for awards and scoring.

POOL SPECS: Outdoor pool. Certified 8 lanes, 50 Meters, Non-turbulent lane lines. The water depth is at least 7 feet at the starting end and at least 3 feet 8 inches at the turn end.

Diving well will be used for warm up and cool down for competitors only. The warm up area will be monitored and is to be used strictly by competitors in the current session. Feet first entry is to be used only. Swimmers will be asked to exit if they are playing or being disruptive.

TIMING EQUIPMENT: Daktronics Timing system, non-slip touch pads, back up buttons and eight lane display board.for events 100 meters and above. .At least one hand timer per lane and one button. Two semi-automatic Daktronics buttons and one hand timer will be used for 50 meter events.

OFFICIALS: Each visitor team is asked to provide one official for each session.

DISABILITIES: Swimmers with disabilities are welcome to enter this meet. The athlete (or the athlete's coach) is responsible for notifying the Referee prior to the competition of any disability of the athlete.

SEEDING: 50 Meter Long Course times will be used

All entries must be legal LC times or conversions from short course for all 400 Freestyle, 400 IM and 1500 races.

Conversions will be allowed from Short Course Yards using the approved formulas below:

Let T= difference in number of turns between short and long course

(a) 50, 100, 200, 400 yards to meters Meter time = (yard time x 1.105) + T

(b) 500 or 1000 yards to meters Meter time = (yard time x .8751) + T

(c) 1650 Yard to 1500 meters Meter time = (yard time + 30 seconds)

ENTRY LIMIT: Entries will be limited to the first 450 swimmers. Teams will not be broken up, but no additional teams will be accepted after the 450 mark is reached.

All age groups are limited to one (1) event Friday, three (3) individual events Saturday, three (3) individual events for Sunday and seven (7) individual events for the meet, plus relays. Entries that exceed the entry limit(s) will be dropped when they exceed the limit for the meet or day.

Each team may enter unlimited relays per event and should designate their entries A, B, C etc. An athlete may compete in a relay in their age group or the Open age group, but only one relay in that relay sequence.

Meet management reserves the right to eliminate relay events or limit the number of individual swims to accommodate the meet timeline and 4 hour rule.

SCRATCHES: No penalty for scratching on the block, except for deck seeded events. Failure to swim once checked in to a positive check in event will result in that swimmer being barred from the next individual event he/she is entered in. Swimmers may not scratch an event to enter another event.

SEND ENTRIES TO: Joy Kraus: coachjoy1@yahoo.com 304-654-0240 - bring payment to the meet or mail to Leonard Kraus - 1114 SW 91st Street, Gainesville, FL 32607 (Make checks payable to MACG)

ENTRY DEADLINE: All entries must be received no later than **WEDNESDAY, MAY 22ND**. The meet will close when there are 450 committed athletes. **Entries received after the entry deadline will be considered DECK ENTRIES (\$10 PER EVENT) and accepted only to fill empty lanes.**

ENTRY FORM: 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 email entries will not be accepted. Dish and e-mail entries will not be accepted that are not accompanied by a hard copy entry, including the Master Entry Form. List all attending coaches, contact phone numbers and Relay only swimmers in the body of the email. 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 the 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. Florida Swimming requires a \$50 penalty from teams that do not submit their entries in the Hy-tek format.

ENTRY FEES: \$10 Facility Fee per swimmer/\$3.00 Heat sheet fee per swimmer/ \$5.50 per individual event/\$6.00 per relay event/\$10.00 per deck entry

Payment must be brought to the meet and made payable to: Makos Aquatics Club of Gainesville
Mailed payments may be sent to: Leonard Kraus, 1114 SW 91st Street, Gainesville, FL 32607

SCORING: Individual events: 9-7-6-5-4-3-2-1 Relay events: 18-14-12-10-8-6-4-2

**12 & Under events scored (8 & Under, 9-10 AND 11 -12)

**13 & Over events scored (13-14 AND 15 & Over)

AWARDS:

Individual events: Medals (1st-3rd), Ribbons 12 & under events only (4th-8th)

Relay events: Medals (1st-3rd)

High Point: (1st & 2nd) per age group and gender (8&U, 10&U, 11-12, 13-14, 15 & Over)

Team Awards: 1st & 2nd

RULES: Current USA Swimming Inc. Rules govern the meet.

Florida Swimming Rules and Regulations 223.10

OFFICIALS:

Meet Director: Leonard Kraus

Meet Referee: Quinn Sampson

Starter: Ale Maruniak

Head Marshal: John Whitaker

Stroke & Turn: Erin Peters

Administrative Referee: Joy Kraus

****Officials wishing to volunteer at any session, please contact:**

Ale Maruniak - alejandramaruniak@gmail.com

COACHES MEETING: There will be a coaches meeting on Saturday, June 1st prior to session 1

OFFICIALS BRIEFINGS: Officials briefings will be held one hour prior to the start of each session in the hospitality room.

MEET COMMITTEE: A meet committee to be composed of the Meet Director/home team coach, and two visiting coaches will make decisions regarding the meet schedule in the event of inclement weather or at other times as requested by the Meet Director. In case of weather delays, the meet committee will have the power to cancel the meet or events or postpone it to a future date or time with the best interest of the swimmers and traveling teams in mind.

COACH SUPERVISION: Each swimmer participating in a Florida Swimming Sanctioned meet must be supervised during warm-up and competition by a currently registered USA Swimming Coach. An athlete not escorted by a Coach member must check in with the Meet Referee upon arrival at the meet. Such athletes must find a substitute Coach who will supervise them during warm-up and competition and must submit the enclosed Alternate Coach form (signed by the accepting coach) to the Meet Referee prior to beginning any warm-up or competition.

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 show proof of current 2024 USA-S coach membership in Deck Pass.

TEAM REPRESENTATIVE: Prior to the start of the meet, the name of one person other than the coach who will check with the Meet Referee about any matter pertaining to the meet may be given to the Meet Referee. The coach(es) and that person only will be recognized.

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

SPECTATORS: Spectators are limited to a designated spectator area on the pool deck only. NO CHAIRS/TENTS ETC. will be allowed in the on deck spectator area this area will be standing room only. Spectators may watch from outside the fence area and set up tents and chairs outside the fence area as well.

MEDICAL INFORMATION: Lifeguards will be on duty during the duration of the event. AED is available at all times.

INFORMATION: Leonard Kraus, Meet Director / kraus.leonard@gmail.com/ 304-360-3478

Friday, May 31st Session #1 - ALL AGES
Warm Up: TBA (at least 40 min) Meet Start 4:30PM

Girls	Age Group	Stroke & Distance	Boys
1	12 & Under	200 IM	2
3	13 & Over	400 IM	4
5	12 & Under	400 FR	6
7	13 & Over	400 FR	8

Saturday, June 1st Session #2 - 13 & OVER
Warm Up: TBA (at least 40 min) Meet Start 8:30AM

Girls	Stroke & Distance	Boys
9	400 FREE RELAY	10
11	100 FLY	12
13	200 BK	14
15	100 BR	16
17	200 FR	18
19	50 FR	20

10 Minute Break - Pool open for warm up

xxxx	1500 FR**	21
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**Limited to top 24 swimmers.. Swimmers must provide their own counter and timer.

Saturday, June 1st Session #3 - 12 & UNDER
Warm Up: at conclusion of session #3 (at least 20 min) Meet Start: TBA

Girls	Stroke & Distance	Boys
22	200 FREE RELAY*	23
24	50 FLY	25
26	50 BACK	27
28	50 BREAST	29
30	50 FREE	31

*In water exchange at shallow end

Sunday, June 2nd Session #4 - 13 & OVER
Warm Up: TBA (at least 40 min) Meet Start 8:30AM

Girls	Stroke & Distance	Boys
32	400 MEDLEY RELAY	33
34	200 BR	35
36	100 FR	37
38	200 FLY	39
40	100 BK	41
42	200 IM	43

10 Minute Break - Pool open for warm up

44	1500 FR**	XXX
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**Limited to top 24 swimmers.. Swimmers must provide their own counter and timer.

Sunday, June 2nd Session #5 -12 & UNDER
Warm Up: at conclusion of session #3 (at least 20 min) Meet Start: TBA

Girls	Stroke & Distance	Boys
45	200 MEDLEY RELAY*	46
47	200 FR	48
49	100 FLY	50
51	100 BK	52
53	100 BR	54
55	100 FR	56

*In water exchange at shallow end