

Florida Swimming mandates that all persons follow COVID guidelines as required by facility and local protocols including but not limited to mask and social distancing policies. Please follow host meet letter guidelines.

Florida Swimming will not be responsible for enforcing facility protocols however participation in the meet must adhere to facility guidelines.

2021 Area 1 & 4 Championships

July 31st – August 1st, 2021

Please note – there is a \$2 per athlete surcharge for access to heat sheets, that will be provided to attending teams 48 hours prior.

Sanctioned by: Florida Swimming of USA Swimming Sanction:
“In granting this approval it is understood and agreed that USA Swimming/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: The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

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.

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 is 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 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.

COVID-19:

In applying for this sanction, the host, Area Tallahassee Aquatic Club, agrees to enforce all health and safety mandates and guidelines by USA Swimming, Florida Swimming, the State of Florida, and the City of Tallahassee. 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, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

Hosted By:	Area Tallahassee Aquatic Club (ATAC)
Type of Meet:	Outdoor, 25-yard, 8 lane short course meet. Timed Finals (Age Groups & Seniors) – All events will be seeded <u>Slowest to Fastest</u> , except for Deck-seeded events. Meet management may opt to use fly-over starts at this competition. Events and/or heats may be combined.
Dates & Times:	Saturday July 31st and Sunday August 1st, 2021: 8:00 AM start.
Location:	Trousdell Aquatic Center 298 John Knox Road Tallahassee, FL 32303
Pool Specifications:	Outdoor 25-yard pool with 8 lanes, and non-turbulent lane lines. 8 lanes will be used for competition. Continuous warm up and warm down lanes are available throughout the meet. After entries are received ATAC reserves the right to adjust the lanes to use 6 or 10 lanes for competition with additional warm up and warm down lanes. Water depth at the competition start end is a minimum of ten (10) feet zero inches and the turn end is a minimum of four (4) feet zero inches. The starting blocks are twenty-nine (29) inches above the surface of the water.
Timing Equipment:	SST Automatic Timing with Colorado touchpads, buttons & stop watches. Hy-Tek Meet Manager Software with Colorado Timing Score Board
Warm-up:	Saturday July 31st and Sunday August 31st, 2021: 7:00 AM warm-up Teams will be assigned warm-up lanes. Meet host reserves the right to adjust warm up and start times after receiving meet entries.
Eligibility:	Open to all currently registered USA Swimming athletes from Teams in Areas 1 and 4 of Florida LSC, or unattached swimmers from those Areas. On deck registrations will be accepted at this meet; The 2021 USA-S form, fee, etc. must be presented to the Referee. Limited to the first 400 swimmers. A Swimmer may not swim an event in which she or he has achieved a Florida Swimming Age Group qualifying time (for ages 14 and under) or the Florida Swimming Senior Championship qualifying time (for ages 15 – 16 or senior, whichever age group applies). Swimmers with Age Group or Senior Championship qualifying times may enter in any event identified as “Open.” *** Relay Entries – Coaches may not permit any swimmer with an Age Group or Senior Championship qualifying time in a particular stroke(s), regardless of distance, to swim that respective leg of a relay event.
Entry Limit:	Swimmers will be limited to a maximum of (3) individual events and One Relay entry per day . Entries that exceed the entry limit(s) will automatically be dropped.
Seeding:	Short Course, 25-yard times will be used for seeding. Meet Management reserves the right to combine events by Gender.
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 athlete.

- Positive Check In: Positive check-in will be conducted for the 500 Freestyles. If a swimmer checks in and then fails to swim in the event, the swimmer will be disqualified from his/her next individual event. Check-in is by session start time.
- Scratch Penalty: No penalty for scratching on the block with the exception of deck seeded events.
- Entries: **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. **Disk or e-mailed entries must be accompanied by a backup hard copy of the entry. Free text e-mail entries will not be accepted.** List all attending coaches, and contact phone numbers in the body of the e-mail.
- Deck Entries Deck entries may be accepted if: (1) The swimmer is not already entered in the maximum allowable events for the day; (2) The requested event is not a substitute for another event; and (3) There is an empty lane in the requested event. No new heats will be added. Deck entries must be requested at least **45 minutes** before the start of the session in which the deck entry is made.
- Entry Fee:
- | | |
|-------------------|------------------------------------|
| Individual Events | \$4.15 per Individual Event |
| Relay Events | \$5.00 per Relay |
| Facility Fee: | \$15.00 per swimmer |
| Heat Sheet Fee: | \$2.00 per Swimmer |
| Deck Entry Fee: | \$10.00 |
- Entry fees must accompany entries. Entries will not be accepted without payment.
- Entry Deadline: All entries must be received by **8:00 pm on Sunday, July 25, 2021**
No phone or fax entries accepted, we recommend Express Mail or other rapid mail service.
- Send Entries to: E-mail Hy-Tek entries to Meet Registrar: hedgevine@comcast.net
- Make checks payable to: ATAC Boosters.
1700 North Monroe St., Suite #11-163
Tallahassee, FL 32303**
- Officials:
- | | |
|---------------------|----------------------|
| Meet Referee: | Alex Kercheval |
| Admin Referee: | Doug Garthwaite |
| Starter: | Carl Moore |
| Head Stroke & Turn: | Alan Autry |
| Meet Manager: | Eddie VonHertsenberg |
- Scoring: Individual events: 9-7-6-5-4-3-2-1
Relay events: 18-14-12-10-8-6-4-2 Only the A and B Relays will score.
Open Events will NOT be scored for Team Awards.
- Awards: Medals for individual places 1-3 and relay places 1-3. Ribbons for individual places 4-8. ATAC will present Individual High Point and Runner-up awards for each age group and gender.
Trophies will be awarded to the top three (3) teams overall.
Please pick up team trophies and highpoint awards at the meet. All other awards will be mailed.
- 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, may be given to the referee. For each team, the coach and that person only will be recognized.
- Meet Committee: A Meet Committee consisting of the Head Referee, Meet Manager, Home Team Coach and two other coaches, and one athlete chosen at the coaches meeting will be convened in the event of inclement weather or other issues to decide how to proceed with the meet.

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 or prove current registration through Deck Pass. Coaches must sign in upon arrival at each session.
Coaches Meeting:	There will be a coaches' meeting prior to the start of Saturday AM session.
For Information:	ATAC: Peter Hegwein, Meet Registrar (hedgevine@comcast.net)
Rules:	Current USA Swimming Rules & Regulations 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/warm-down areas. The USA Swimming "no recall" start will be used as outlined in 102.14.4H.
Spectator Seating:	Spectators WILL be allowed on the competition pool deck. Spectator seating will be clearly designated. Please adhere to all local Covid safety guidelines in effect.
Facility Requirements:	Masks are recommended but not required for all spectators, athletes, and meet personnel.
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 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 subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.

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 (Start of warm-up period until the last half-hour)

Lane(s)	
1	Push off 50's or 100's pace – circle swimming.
2	Racing Starts - one length only (from the south end only)
3	Swimming and pulling only – push off - circle swimming.
4	Swimming and pulling only – push off - circle swimming.
5	Swimming and pulling only – push off - circle swimming.
6	Swimming and pulling only – push off - circle swimming.
7	Swimming and pulling only – push off - circle swimming.
8	Push off 50's or 100's pace – circle swimming.

Controlled Warm Up (Last half-hour of warm-up period)

Lane(s)	
1	Pace 50s - push off – circle swimming.
2	Racing Starts - one length only (from the south end only)
3	Swimming and pulling only – push off - circle swimming.
4	Swimming and pulling only – push off - circle swimming.
5	Swimming and pulling only – push off - circle swimming.
6	Racing Starts - one length only (from the south end only)
7	Racing Starts - one length only (from the south end only)
8	Pace 50s - push off – circle swimming.

Order of Events

Saturday July 31st

Warmup: 7AM

Timed Finals: 8:00AM

Event #	Age	Event	Note
1-2	15 & over	200 Free Relay	
3-4	13-14	200 Free Relay	
5-6	11-12	200 Free Relay	
7-8	10 & under	200 Free Relay	
9-10	8 & under	100 Free Relay	
11-12	Open	400 IM	
13-14	15-18	400 IM	
15-16	13-14	200 IM	
17-18	11-12	100 IM	
19-20	10 & under	100 IM	
21-22	8 & under	100 IM	
23-24	Open	50 Free	
25-26	15-18	50 Free	
27-28	13-14	50 Free	
29-30	11-12	50 Free	
31-32	10 & under	50 Free	
33-34	8 & U	25 Free	
35-36	Open	200 Back	
37-38	15-18	200 Back	
39-40	13-14	200 Back	
41-42	11-12	100 Back	
43-44	10 & under	100 Back	
45-46	8 & U	50 Back	
47-48	Open	100 Breast	
49-50	15-18	100 Breast	
51-52	13-14	100 Breast	
53-54	11-12	50 Breast	
55-56	10 & under	50 Breast	

57-58	8 & under	25 Breast
59-60	Open	200 Fly
61-62	15-18	200 Fly
63-64	13-14	200 Fly
65-66	11-12	100 Fly
67-68	10 & under	100 Fly
69-70	8 & under	50 Fly
71-72	Open	500 Free #
73-74	15-18	500 Free #
75-76	13-14	500 Free #
77-78	11-12	500 Free #

Swimmers in these events must provide their own counter and timer. Swum Fastest to Slowest.

Sunday August 1st

Warmup: 7 AM

Timed Finals: 8:00 AM

Event #	Age	Event	Note
79-80	15 & over	200 Medley Relay	
81-82	13-14	200 Medley Relay	
83-84	11-12	200 Medley Relay	
85-86	10 & U	200 Medley Relay	
87-88	8 & under	100 Medley Relay	
89-90	Open	200 IM	
91-92	15-18	200 IM	
93-94	8 & under	50 Free	
95-96	10 & under	100 Free	
97-98	11-12	100 Free	
99-100	13-14	100 Free	
101-102	15-18	100 Free	
103-104	Open	100 Free	
105-106	8 & under	25 Back	
107-108	10 & under	50 Back	
109-110	11-12	50 Back	
111-112	13-14	100 Back	
113-114	15-18	100 Back	

Event #	Age	Event	Note
115-116	Open	100 Back	
117-118	8 & under	50 Breast	
119-120	10 & under	100 Breast	
121-122	11-12	100 Breast	
123-124	13-14	200 Breast	
125-126	15-18	200 Breast	
127-128	Open	200 Breast	
129-130	8 & under	25 Fly	
131-132	10 & under	50 Fly	
133-134	11-12	50 Fly	
135-136	13-14	100 Fly	
137-138	15-18	100 Fly	
139-140	Open	100 Fly	
141-142	8 & under	100 Free	
143-144	10 & under	200 Free	
145-146	11-12	200 Free	
147-148	13-14	200 Free	
149-150	15-18	200 Free	
151-152	Open	200 Free	

Note: Meet Referee may insert timeline breaks at any point in the meet.

MASTER ENTRY FORM
2021 Area 1 and 4 Championships
Hosted by: Area Tallahassee Aquatic Club
July 31 – August 1, 2021

Team Name _____ Call Letters _____

Address _____

E-Mail _____

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: July 25th, 2021 @ 8 PM

E-mail Hy-Tek entries to: Meet Registrar hedgevine@comcast.net

Financial Recap:

We have entered the following:

Total Swimmers: (Facility charge) _____

@ \$ 15.00/swimmer = _____

Total Swimmers: (Heat Sheet charge) _____

@ \$ 2.00/swimmer = _____

Total Relays _____

@ \$ 5.00/relay = _____

All Individual Events _____

@ \$ 4.15/swimmer = _____

Total Entry Fee Enclosed

\$ _____

Make check payable to: **ATAC Boosters.**