



8:00	Senior Warmup	8:30	Senior Meet
10:00	11 - 12 Warmup	10:30	11 - 12 Meet
12:00	9 - 10 Warmup	12:30	9 - 10 Meet
1:00	8 & U Warmup	1:30	8 & U Meet

**ENTRIES:** Teams who have HYTEK'S Meet/Team Manager should E-mail their HYTEK entries to [coach.trey@pnyswimteam.org](mailto:coach.trey@pnyswimteam.org). Entries must include the swimmers' best times for yards. Please provide a written copy of entries for verification purposes.

**DISABILITIES:** Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.

**DEADLINE:** Entry disks and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Entries Chairman on or before Thursday, March 12, 2009. **Late entries** will be accepted for available lanes only until Saturday, March 21, 2008, until 1:00 PM. No new heats will be formed at any time.

Completed entries should be mailed to:

Trey Balog  
401 North 57<sup>th</sup> Avenue  
Pensacola, FL 32506  
850-554-0625  
or e-mailed to [coach.trey@pnyswimteam.org](mailto:coach.trey@pnyswimteam.org)

**FEES:** \$3.00 per individual event; **For swimmers inside the LSC - \$3.00** per swimmer SES surcharge. **For swimmers outside the LSC - \$5.00** per swimmer SES Surcharge. **Please make checks payable to:** ADG-PNY Inc. All entry fees are nonrefundable.

**LIMITS:** Swimmers are limited to 4 individual events per day, exclusive of relays. Entries will be limited to 180 swimmers per session.

**OPEN WATER POOL EVENT MEET FORMAT:** This "short track" open water swim event will be held in the 50m pool – swimming a rectangular course. The race is run in a counter-clockwise direction. All swimmers must keep all four turn buoys off their left shoulder. A 1:30 warning will be given to indicate swimmers should enter the pool and get into position behind the start rope. A countdown form 10 will be used to start the race from behind a rope. The lead swimmer will get a bell-lap signal. The finish is in the water and is determined by the swimmer touching the wall.

**COMPETITIVE MEET FORMAT:** This is a timed finals meet. All events will be pre-seeded.

**SCORING:** There is no individual or team scoring for this event.

**AWARDS:** Ribbons will be awarded for first through sixth place in all individual events for each individual age and each gender. (5 & Under, 6,7,8,9,10,11,12,13,14,15,16,17,18, and 18+ both male and female.)

**COACHES' MEETING:** A coaches' meeting will be held at 5:55 pm on Friday night and at 0755 on Saturday. No swimmers will be allowed in the pool during this time.

**MEET EVALUATIONS:**

Please send any comments, suggestions, or evaluations concerning the meet to:

John Woods  
205 Island Ave  
Chattanooga, TN 37405

**Southeastern Swimming**  
**Information Form for Disabled Swimmers**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Phone number: \_\_\_\_\_

**Events Entered:**

Event	No.	Event	No.	Event	No.	Event	No.

Type of disability (describe): \_\_\_\_\_

Extent of disability (Be specific, e.g., totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities etc.):

The following persons will accompany the swimmer for any needed assistance:

Seizures? Yes \_\_\_\_\_ No \_\_\_\_\_

Are You on Medication? Yes \_\_\_\_\_

Type of Medication

Dose

Parent or Guardian's Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

Parent or Guardian's Signature: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Physician's Address: \_\_\_\_\_

I have examined the above entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in USA Swimming competition.

Physicians Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Waiver of Claim Form

In consideration of the acceptance of this entry and on behalf of each of the listed competitors we \_\_\_\_\_ hereby waive and release any and all claims against the United States Government, NAS Pensacola, the Aquatic Development Group, Inc., the Pensacola Navy Youth Swim Team, Washington High School, the Escambia County School District, United States Swimming, Inc. and Southeastern Swimming, Inc. and their officers, agents and representatives for any and all injuries which may be sustained at this meet or while in transit to and from this meet. We

\_\_\_\_\_ expressly agree to waive claim as condition of being allowed to enter this meet. Further, we \_\_\_\_\_ affirm that all athletes entered in this meet and all coaches are current members of United States Swimming and that all coaches are in compliance. I hereby affirm that all of the swimmers we are entering in this meet are members in good standing of United States Swimming. I further affirm that all coaches for this team are listed on this document and are Coach members of United States Swimming.

Signature of coach or club official \_\_\_\_\_

CLUB \_\_\_\_\_

Date: \_\_\_\_\_ Title: \_\_\_\_\_

### Team Information

Team Name: \_\_\_\_\_ Initials: \_\_\_\_\_

Email Address : \_\_\_\_\_

LSC: \_\_\_\_\_ Coach: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (W) \_\_\_\_\_ (H) \_\_\_\_\_

Person to contact for questions on entry: \_\_\_\_\_

Phone: (W) \_\_\_\_\_ (H) \_\_\_\_\_

Certified Officials who may wish to work:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

### Entry Recap

Total Number of Swimmer Surcharges (Inside SES) \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

Total Number of Swimmer Surcharges (Outside SES) \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Total Number of Individual Events Entered \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

**Total Amount Enclosed** \$ \_\_\_\_\_

## Order of Events

### FRIDAY (3/20/09) at NAS PENSACOLA

(Each Age is scored separately. E.g.: 5-6-7-8-9-10-11-12-13-14-15-16-17-18-18+)

Session 1 begins at 6pm

G	B		
1	2	10 and Under	4 rounds (about 600m)
3	4	11-12	6 rounds (about 900m)
5	6	13 and Over	10 rounds (about 1500m)

### SATURDAY, March 21, 2009 at Washington High School

(Each Age is scored separately. E.g.: 5-6-7-8-9-10-11-12-13-14-15-16-17-18-18+)

#### SESSION 1

7		Senior 200 Mixed Medley Relay
8	9	Senior 100 Free
10	11	Senior 100 Back
12	13	Senior 100 Breast
14	15	Senior 100 Fly
16	17	Senior 50 Free
18	19	Senior 200 IM
20		Senior 200 Mixed Free Relay

#### SESSION 2

21		11-12 200 Mixed Medley Relay
22	23	11-12 50 Free
24	25	11-12 50 Back
26	27	11-12 50 Breast
28	29	11-12 50 Fly
30	31	11-12 200 IM
32		11-12 200 Mixed Free Relay

#### SESSION 3

33		10 & Under 200 Mixed Medley Relay
34	35	10 & Under 50 Free
36	37	10 & Under 50 Back
38	39	10 & Under 50 Breast
40	41	10 & Under 50 Fly
42	43	10 & Under 100 IM
44		10 & Under 200 Mixed Free Relay

#### SESSION 4

45		8 & Under 100 Mixed Medley Relay
46	47	8 & Under 25 Free
48	49	8 & Under 25 Back
50	51	8 & Under 25 Breast
52	53	8 & Under 25 Fly
54	55	8 & Under 100 IM
56		8 & Under 100 Mixed Free Relay