



**2008 FLORIDA SWIMMING
"B" CHAMPIONSHIP – East
December 13, 2008**



- SANCTIONED BY:** Florida Swimming Member of USA Swimming Sanction # 4718
- SPONSORED BY:** FLORIDA SWIMMING, INC.
- HOSTED BY:** The Bolles School Sharks
- TYPE OF MEET:** 25 Yard short course - 8 & U, 10 & U, 11 & 12, 13 & 14, 15 - 18 timed finals
- DATE AND TIME:** Saturday, December 13, 2008.
11 & 12, 13 & 14, 15 – 18, 8:00 A.M. start; 8 & U and 10 & U, not before 12:00 noon.
- LOCATION:** Cecil Aquatics Center
13611 Normandy Blvd.
Jacksonville, FL 32221
Ph# (904) 573-8994
- POOL SPECS** Certified indoor 8 or 10 lane, 25 yard course (see “Long Sessions” below) with minimum water depth at the competition starting end of 5’0”, non-turbulent lane lines and an additional 25 yard pool for continuous warm-up during the meet.
- TIMING EQUIPMENT:** Colorado timing system and back up; *HYTEK Meet Manager for Windows* will be used to score the meet.
- WARM UP:** One hour guaranteed for each session.
Swimmers must enter the pool feet first with one hand on the pool deck unless doing a racing start while supervised by a coach in the appropriate lane at the appropriate time.
- WARM UP TIMES:** 7:00 a.m. for 11 & 12, 13 & 14 and 15 - 18 age group; not before 11:00 a.m.
for 8 & Under and 10 age groups.
- ELIGIBILITY:** Open to any Florida Swimming registered swimmers. A swimmer may not enter any individual event in which he or she has achieved a 2008 JO/Senior Championship qualifying time as listed on the Order of Events, nor is that individual eligible to swim that stroke (regardless of distance) in a relay event.
- SEEDING:** Seeding for the meet shall be by short course yard times. Conversions may be used for seeding purposes only and must follow the formula listed in the 2008 Florida Swimming Handbook
.

Relay forms will be available at the Clerk of Course.
- SCRATCHES:** No penalty for scratching at the block.
- ENTRY LIMIT:** Three (3) individual events for the meet plus relays. A swimmer whose entry exceeds that limit will be considered entered in the first 3 events listed on the entry.
- RELAY ENTRIES:** Teams may only enter two (2) relays per event

WARM UP SCHEDULE

No equipment may be used at any time

The first half
is general warm up
as follows

LANE 1 Push off 25's pace
circle swim

LANE 2 Swim and pull only
push off

LANE 3 Swim and pull only
push off

LANE 4 Swim and pull only
push off

LANE 5 Swim and pull only
push off

LANE 6 Swim and pull only
push off

LANE 7 Swim and pull only
push off

LANE 8 Push off 25's pace
circle swim

The second half
is controlled warm up
as follows

LANE 1 Push off 25's pace
circle swim

LANE 2 Racing start one length only
from the east end only

LANE 3 Swim and pull only
push off

LANE 4 Swim and pull only
push off

LANE 5 Swim and pull only
push off

LANE 6 Swim and pull only
push off

LANE 7 Racing start one length only
from the east end only

LANE 8 Push off 25's pace
circle swim

One hand must be on the pool deck when swimmers enter the water, unless doing a racing start while supervised by a coach in the appropriate lane at the appropriate time.

Warm ups may be modified by the Referee or Meet Management to suit the needs of the competitors.

2008 Florida Swimming Short Course "B" Championship - EAST
 Order of Events
 (Times entered must be under listed Order of Event times.)

SESSION I: Timed Finals Start 8:00			SC Yards		LC Meters	
			Girls	Boys	Girls	Boys
1 - 2	13 & 14	50 Yard Freestyle	26.89	25.69	30.59	29.89
3 - 4	15 - 18	50 Yard Freestyle	26.79	23.39	30.79	27.39
5 - 6	11 & 12	50 Yard Freestyle	28.69	28.29	32.59	32.39
7 - 8	13 & 14	100 Yard Backstroke	1:07.09	1:04.99	1:17.09	1:15.39
9 - 10	15 - 18	100 Yard Backstroke	1:07.79	1:01.49	1:18.09	1:09.39
11 - 12	11 & 12	50 Yard Backstroke	33.09	33.79	37.59	38.49
13 - 14	13 & 14	100 Yard Breaststroke	1:15.39	1:12.29	1:27.09	1:23.59
15 - 16	15 - 18	100 Yard Breaststroke	1:15.19	1:07.79	1:28.69	1:16.99
17 - 18	11 & 12	50 Yard Breaststroke	36.99	37.59	42.39	42.99
19 - 20	13 & 14	100 Yard Butterfly	1:05.59	1:04.09	1:14.79	1:12.69
21 - 22	15 - 18	100 Yard Butterfly	1:04.79	57.19	1:13.09	1:05.29
23 - 24	11 & 12	50 Yard Butterfly	31.39	32.39	35.39	36.29
25 - 26	13 & 14	200 Yard I.M.	2:23.89	2:22.49	2:46.39	2:41.39
27 - 28	15 - 18	200 Yard I.M.	2:21.39	2:08.39	2:42.89	2:26.89
29 - 30	11 & 12	100 Yard I.M.	1:11.59	1:11.29		
31 - 32	13 & 14	100 Yard Freestyle Relay*				
33 - 34	15 - 18	100 Yard Freestyle Relay*				
35 - 36	11 & 12	100 Yard Free Relay*				

SESSION II: Timed finals not before 11:00 a.m.

37 - 38	8 & U	25 Yard Freestyle				
39 - 40	10 & U	50 Yard Freestyle	31.59	31.89	35.09	34.89
41 - 42	8 & U	25 Yard Backstroke				
43 - 44	10 & U	50 Yard Backstroke	37.39	38.09	42.39	42.49
45 - 46	8 & U	25 Yard Breaststroke				
47 - 48	10 & U	50 Yard Breaststroke	41.99	42.49	47.69	48.19
49 - 50	8 & U	25 Yard Butterfly				
51 - 52	10 & U	50 Yard Butterfly	35.99	36.69	39.89	40.99
53 - 54	8 & U	100 Yard I.M.	1:19.79	1:21.49		
55 - 56	10 & U	100 Yard I.M.	1:19.79	1:21.49		
57 - 58	8 & U	100 Yard Free Relay				
59 - 60	10 & U	100 Yard Free Relay*				

*** THESE EVENTS ARE NOT RECOGNIZED BY USA SWIMMING AND FLORIDA SWIMMING AND ARE ONLY INCLUDED IN THIS MEET FOR THE PURPOSES OF HAVING FUN**

**MASTER ENTRY FORM
2008 FLORIDA SWIMMING SHORT COURSE
"B" CHAMPIONSHIP - EAST**

**COURSE: 25 YARD
DATE OF MEET: DECEMBER 13, 2008**

TEAM NAME _____ CALL _____

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 Coach Members, and that I am a current USA registered Non-athlete member.

Signature (MUST be a USA member)	Team	Date
----------------------------------	------	------

ENTRY DEADLINE

Entries must be received by Wednesday, December 3, 2008, no later than 5:00 p.m.

Email to bollesswimming@yahoo.com and mail paper and Hytek Export entries to:

**Bolles School Sharks c/o Martin Zubero
7400 San Jose Blvd.
Jacksonville, FL 32217**

FINANCIAL RECAP

WE HAVE ENTERED THE FOLLOWING:

Total number of swimmers entered	_____	
Women's individual events	_____	at \$5.00 each = \$ _____
Men's individual events	_____	at \$5.00 each = \$ _____
Women's relay events	_____	at \$10.00 each = \$ _____
Men's relay events	_____	at \$10.00 each = \$ _____
Facility surcharge	_____	at \$9.00 each = \$ _____
Swimmer support fee	_____	at \$1.00 each = \$ _____
TOTAL ENTRY FEES PAID =		\$ _____

MAKE CHECKS PAYABLE TO: The Bolles School Sharks