

2014 Sunshine State Games  
Hosted by Makos Aquatics Club of Gainesville  
June 6 – 8, 2014

**SANCTIONED BY:** Florida Swimming of USA Swimming Inc. Sanction # 2972

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:**

The competition course has been certified in accordance with the 104.2.2. 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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged

**MEET LOCATION:** Dwight H. Hunter Northeast Pool, 1100 NE 14<sup>th</sup> Street, Gainesville, FL 32601

**DATES & TIMES:** June 6 – June 8, 2014

Session #1: Friday, June 6<sup>th</sup> (10 & U, 11-12, 13- 14 & Open)

Competition Starts: 4:30PM

Warm Up: 3:00PM....Meet management reserves the right to assign teams to two 40 minute warm up sessions if necessary to accommodate large numbers of swimmers.

Session #2: Saturday, June 7<sup>th</sup> AND Session #4: Sunday, June 8<sup>th</sup>  
(13-14 & Open)

Competition Starts: 8:30AM

Warm Up: 7:00AM....Meet management reserves the right to assign teams to two 40 minute warm up sessions if necessary to accommodate large numbers of swimmers.

Session #3: Saturday, June 7<sup>th</sup> AND Session #5: Sunday, June 8<sup>th</sup>  
(8 & Under, 10 & U and 11-12)

Competition Starts: TBA....no earlier than 12:00PM

Warm Up: Time TBA (30 minutes guaranteed)...meet management reserves the right to assign teams to two 30 minute warm up session if necessary to accommodate large numbers of swimmers.

**TYPE OF MEET:**

50 Meter Course, Timed Finals

Age Groups 8 & Under, 10 & Under, 11-12, 13-14 and Open

Meet management reserves the right to limit the 400 IM and 400 Free events on Friday night to top 24 of each gender and age group to remain within the Florida swimming 4 hour rule. Coaches will be notified prior to the start of the meet if this limitation is necessary.

The 1500 Freestyle will be limited to the top 32 swimmers per gender. It will be swam together by gender and scored separately by age group 13-14 & Open. Coaches will be notified prior to the start of the meet if their swimmer is excluded from the event. Swimmers excluded from the 1500 will be allowed to deck enter an event provided there is an open lane in their chosen event.

All entries must be legal LC times or conversions from short course for all 400 Freestyle, 400 IM and 1500 races. NT entries will not be accepted and entry times will be checked on the USA Swimming database.

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)

**Meet management reserves the right to use fly-over starts. Coaches will be notified before start of any session where fly-over starts will be used.**

**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. Two additional hand times per lane will also be used.

- ELIGIBILITY:** Open to all currently registered USA Swimming Inc. swimmers WHO RESIDE IN FLORIDA. On deck USA registration will be allowed and presented to the referee for proof.
- DISABILITIES:** Swimmers with disabilities are welcome to enter this meet. The athlete (or the athletes coach) is responsible for notifying the Referee prior to the competition of any disability of athlete.
- SEEDING:** 50 Meter Long Course times will be used.
- All Friday night events will be deck seeded and positive check in is required by 3:45PM.
- All 1500 events will be deck seeded and positive check in is required by 9:30AM on Saturday, June 7<sup>th</sup> for male events #41 & #42 and 9:30AM on Sunday, June 8<sup>th</sup> for female events #95 & #96.
- Failure to swim once checked in will result in that swimmer being barred from the next individual event he/she is entered in.
- 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 four (4) individual events per day, ten (10) 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 two (2) relays per event and should designate their entries A & B.
- 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 relays to maintain the 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.

**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.

**SEND ENTRIES TO:** Preferred method - Email Entries to: Joy Kraus: [coachjoy1@yahoo.com](mailto:coachjoy1@yahoo.com) 304-654-0240  
Mail Entries to: MACG, PO Box 357194, Gainesville FL 32635

**ENTRY DEADLINE:** All entries must be received no later than, 5:30PM on Wednesday, May 28, 2014. This is a popular meet and fills quickly. Teams are encouraged to submit their entries well in advance of the entry deadline. The meet will close when there are 450 committed athletes. Entries received after the entry deadline will be considered deck entries and accepted only to fill empty lanes.

**ENTRY FEES:** \$7.50 facility fee per swimmer  
\$3.00 per individual event  
\$5.00 per relay event  
  
\$10.00 per DECK entered event  
\*\*no new heats will be made, only accepted to fill open lanes\*\*  
\*\*Swimmers may not scratch an event to enter another event\*\*

Make Checks Payable to: Makos Aquatics Club of Gainesville

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

**AWARDS:** Individual events: Medals (1<sup>st</sup>-3<sup>rd</sup>) Ribbons (4<sup>th</sup>-8<sup>th</sup>)  
Relay events: Medals (1<sup>st</sup>-3<sup>rd</sup>)  
  
High Point: Plaque or Trophy (1<sup>st</sup> & 2<sup>nd</sup>) per age group and gender  
(8&U, 10&U, 11-12, 13-14 and Open)

Team Awards: Plaque or Trophy (1<sup>st</sup>-3<sup>rd</sup>)

Random Mystery Heat Winners: Small token

\*\*\*NO AWARDS WILL BE MAILED....Please pick up awards at the end of the meet\*\*\*

**RULES:** Current USA Swimming Inc. Rules govern the meet.  
Florida Swimming Rules and Regulations 223.10

**OFFICIALS:** Meet Director: Nicole Covert                      Meet Referee: Rick Mills  
Starter: Ale Maruniak    Head Marshal: Gregg Fissenden  
Chief Stroke & Turn: GERALYN RYAN                      Administrative Official: David Nesper

\*\*\*Officials wishing to volunteer at any session, please contact:  
Nicole Covert : 305-479-9097 [nexus67@aol.com](mailto:nexus67@aol.com)

**COACHES MEETING:** There will be a coaches meeting at 4:15PM on Friday in the hospitality room.

**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, the home team coach and three 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.

#### **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 223.12, 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.

**DISTANCE EVENTS:** Swimmers must provide their own counter and timer for the 1500.

**SPECTATORS:** No spectators will be allowed behind the starting block area during the entire duration of the meet. Spectators are also asked to observe designated coach and official only areas.

**INFORMATION:** Nicole Covert, Meet Director  
305-479-9097 [nexus67@aol.com](mailto:nexus67@aol.com)

## WARM-UP SCHEDULE

### NO EQUIPMENT AT ANY TIME

Except for controlled racing starts, every swimmer must enter the water feet first with at least one hand touching the deck.

For the Friday evening, Saturday and Sunday morning session, the warm-up period will be one-and-half hours. The first 70 minutes are general warm-up and the last 20 minutes will be controlled warm-up

There will be a half-hour warm up for the Saturday and Sunday afternoon sessions.

#### **Prior to controlled warm-up:**

Lanes 1-8 (circle swimming)

**The last 20 minutes (Friday, Sat. AM & Sun. AM) and 10 minutes (Sat. PM & Sun. PM) are controlled warm-up as follows:**

Lanes 1 and 8 push off 50's pace (circle swimming)

Lanes 2 and 7 race starts one way only. Swimmers will start from the end and clear the start area quickly, continue to the far end and exit the pool.

Warm-up procedures may be altered by the meet marshal to fit the needs of the swimmers. Coaches are asked to supervise swimmers at all times to ensure the safety of the competitors.

**\*\*If meet management determines it is necessary to break the warm up in-to two 40 minutes sessions on Friday evening, Saturday and Sunday morning or two 30 minute sessions in the afternoon, teams will be allowed to use their assigned lanes at their discretion as long as the warm-up is supervised by a coach.**

## ORDER OF EVENTS

FRIDAY, JUNE 6, 2014 – SESSION #1

Warm-up: 3:00PM Competition: 4:30PM

Girls	Qual. Time	Age Group	Distance & Stroke	Qual. Time	Boys
1	3:43.89	10 & Under	200 IM	3:42.49	2
3	3:13.49	11-12	200 IM	3:11.39	4
5	6:30.39	13-14	400 IM*	6:08.79	6
7	6:18.79	OPEN	400 IM*	5:51.59	8
9	6:51.69	10 & Under	400 FREE*	6:44.59	10
11	5:56.49	11-12	400 FREE*	5:48.69	12
13	5:41.19	13-14	400 FREE*	5:27.89	14
15	5:34.69	OPEN	400 FREE*	5:12.79	16

**ALL FRIDAY events are POSITIVE CHECK-IN BY 3:45PM**

\*400 IM & 400 FREE events will be swam FASTEST to SLOWEST

SATURDAY, JUNE 7, 2014 – SESSION #2

Warm-up: 7:00AM Competition: 8:30AM

Girls	Age Groups	Distance & Stroke	Boys
17	13-14	400 MED. RELAY	18
19	OPEN	400 MED. RELAY	20
21	13-14	100 FLY	22
23	OPEN	100 FLY	24
25	13-14	200 BACK	26
27	OPEN	200 BACK	28
29	13-14	100 BREAST	30
31	OPEN	100 BREAST	32
33	13-14	200 FREE	34
35	OPEN	200 FREE	36

**5 MINUTE BREAK (pool closed)**

37	13-14	50 FREE	38
39	OPEN	50 FREE	40

**10 MINUTE BREAK (POOL OPEN FOR WARM UP)**

Girls	Qual. Time	Age Group	Event	Qual. Time	Boys
		13-14	1500 FREE**	23:14.99	41
		OPEN	1500 FREE**	22:18.99	42

**\*\*1500 FREE**

Positive check-in by 9:30AM

Limited to top 32 swimmers

Combined 13-14 & Open, scored separately

Swam fastest to slowest

Swimmers must provide own timer and counter



SATURDAY, JUNE 8, 2014 – SESSION #3

Warm-up: TBA Competition: NOT BEFORE 12:00PM

Girls	Age Groups	Distance & Stroke	Boys
43	8 & UNDER	50 FREE	44
45	10 & UNDER	50 FREE	46
47	11-12	50 FREE	48
49	8 & UNDER	50 FLY	50
51	10 & UNDER	50 FLY	52
53	11-12	50 FLY	54
55	8 & UNDER	50 BACK	56
57	10 & UNDER	50 BACK	58
59	11-12	50 BACK	60
61	8 & UNDER	50 BREAST	62
63	10 & UNDER	50 BREAST	64
65	11-12	50 BREAST	66

**5 MINUTE BREAK (pool closed)**

67	10 & UNDER	200 MED. RELAY***	68
69	12 & UNDER	200 MED. RELAY***	70

\*\*\*In water exchange at shallow end.

SUNDAY, JUNE 8, 2014 – SESSION #4

Warm-up: 7:00AM Competition: 8:30AM

Girls	Age Groups	Distance & Stroke	Boys
71	13-14	400 FREE RELAY	72
73	OPEN	400 FREE RELAY	74
75	13-14	200 BREAST	76
77	OPEN	200 BREAST	78
79	13-14	100 FREE	80
81	OPEN	100 FREE	82
83	13-14	200 FLY	84
85	OPEN	200 FLY	86
87	13-14	100 BACK	88
89	OPEN	100 BACK	90
91	13-14	200 IM	92
93	OPEN	200 IM	94

**10 MINUTE BREAK (POOL OPEN FOR WARM UP)**

Girls	Qual. Time	Age Group	Event	Qual. Time	Boys
95	24:06.39	13-14	1500 FREE**		
96	23:39.89	OPEN	1500 FREE**		

**\*\*1500 FREE**

Positive check-in by 9:30AM

Limited to top 32 swimmers

Combined 13-14 & Open, scored separately

Swam fastest to slowest

Swimmers must provide own timer and counter

SUNDAY, JUNE 10, 2014 – SESSION #5

Warm-up: TBA Competition: NOT BEFORE 12:00PM

Girls	Age Groups	Distance & Stroke	Boys
97	10 & UNDER	200 FREE	98
99	11-12	200 FREE	100
101	10 & UNDER	100 FLY	102
103	11-12	100 FLY	104
105	10 & UNDER	100 BACK	106
107	11-12	100 BACK	108
109	10 & UNDER	100 FREE	110
111	11-12	100 FREE	112
113	10 & UNDER	100 BREAST	114
115	11-12	100 BREAST	116

**5 Minute Break (pool closed)**

117	10 & UNDER	200 FREE RELAY***	118
119	12 & UNDER	200 FREE RELAY***	120

\*\*\*In water exchange at shallow end.

MASTER ENTRY FORM  
2014 Sunshine State Games

Team Name \_\_\_\_\_ Call Letters \_\_\_\_\_

Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Cell 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 event. I further certify that one or more of the following coaches will be on-deck supervising the activities of the individuals during all warm-up and competitive sessions at the meet.

Name of Coach:

Team:

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I certify that the individuals 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, May 28, 2014 (entries received after this date are considered deck entries)

Financial Recap (make checks payable to Makos Aquatics Club of Gainesville)

Total Swimmers: \_\_\_\_\_ x \$7.50 = \_\_\_\_\_

Total Individual events: \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Total Relay events: \_\_\_\_\_ \$5.00 = \_\_\_\_\_

Total Due = \_\_\_\_\_

MASTER ENTRY FORM  
2014 Sunshine State Games  
Alternate Coach Form

The following swimmers are entered in the 2014 Sunshine State Games and are present without a member coach.

Swimmer Name	USA Registration number	Team	Age

I am a USA Swimming Certified Coach in good standing and I agree to coach the above named swimmer(s) during all warm-ups and competitions in which they participate in this meet.

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Coaches Team: \_\_\_\_\_