



SOUTH LAKE AQUATIC CLUB

8th Annual

Matt & Karen Hohne Memorial Invitational

Hosted by the South Lake Aquatic Club
January 28th & 29th, 2023

**AT FLORIDA AQUATICS AND SWIM TRAINING
Ocala, FL**

A PORTION OF PROCEEDS TO BENEFIT THE MATT & KAREN HOHNE MEMORIAL SCHOLARSHIP FUND

Dates & Times: Saturday, January 28 8:30 AM warm up, 9:45 AM start 13 & Over Session
Saturday, January 28, 12:30pm warm up, 1:30pm start 12 & Unders* *Saturday sessions may be combined into one AM/all ages session at the discretion of meet management.
Sunday, January 29 8:30 AM warm up, 9:45 AM start Open session

Sanctioned By: Florida Swimming of USA Swimming # _____
“In granting this approval it is understood and agreed that USA-S/FL shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of this event.”

Condition of Approval:

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.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. 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.

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.

- Sponsored By:** South Lake Aquatic Club
- Location:** Florida Aquatics and Swim Training
4635 SW 67th Avenue Rd.
Ocala, FL 34474
- Type of Meet:** Short Course, 25 Yards, Timed Finals
- Warm up:** Swimmers must enter the water feet first, with at least 1 hand in contact with the deck, unless executing a racing start under coach supervision in a designated one-way sprint lane.
- Pool Specifications:** Certified 25Yard, 10 lane pool with continuous non-turbulent lane lines, bottom lane markers and backstroke flags. There is a separate outdoor pool for warm-ups and warm downs. Water depth at starting end is 9' 10"; Pool certification is on file with USASwimming / Florida Swimming.
- Timing Equipment:** Colorado Timing System Gen 7 Timing with scoreboard. Manual back up.
- Eligibility:** Open to all currently registered USA Swimming athletes. On deck registrations will **NOT** be accepted at this meet. International teams and swimmers may contact CoachAlex@Southlakeaquatics.com for an invitation to compete.
- Entry Limit:** 4 individual events per day/session. Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the meet and/or day. Time Trial events are for those swimmers seeking LSC and USA championship meet time standards. 1000 Freestyle may be limited to 3 total heats, 400 Individual Medley to be limited to 5 total heats at discretion of meet host and meet referee as needed to fit within the allowed meet timelines.

BREAKS MAY BE ADDED, EVENTS AND/OR HEATS MAY BE MOVED, DELETED, COMBINED OR CONSOLIDATED AT THE DISCRETION OF MEET MANAGEMENT

- SEEDING:** **THIS MEET WILL BE DECK SEEDED** to eliminate open lanes and unnecessary heats. Coaches will receive a scratch sheet for the meet in their information packets listing all of their swimmers and the events for each session. Coaches must indicate all scratches on these sheets and turn them into the scorers table within one half hour after the beginning of warm-up. If the scratch sheet is not received by that deadline all swimmers will be considered to be scratched. Heat sheets will be printed after completion of the deck seeding procedure.

All events will be seeded using 25 yard times. Conversions, using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes. ***Note: All events will be swum mixed gender, fastest to slowest.**

- Scratch Penalty:** Coaches will receive a scratch sheet for the meet in their information packets listing all of their swimmers and the events for each session. Coaches must indicate all scratches on these sheets and turn them into the scorers table within one half hour after the beginning of warm-up. If the scratch sheet is not received by that deadline all swimmers will be considered to be scratched. No penalty for scratches on the block.

- Entries:** Entries **must** be in USA Swimming SDIF format or Hy-Tek CL2 sent by email using Hy-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent upon receipt of the file. Entries will be accepted via e-mail attachment to Quinn Sampson at entries@accurateswimtiming.com. No phone or faxed entries accepted. No deck entries will be accepted.
- Entry Fee:** \$5.50 Per individual event
\$10.00 Facility fee per swimmer
\$3.00 Heat Sheet Fee
\$2.00 Surcharge to out of state swimmers
\$10.00 Deck Entry Fee
- Checks Payable To:** **“SOUTH LAKE AQUATIC CLUB”**
- Entry Deadline:** **All entries must be received by Monday, January 23rd 2022 at 5:00PM.**
Entries must be e-mailed to entries@accurateswimtiming.com
- Heat Sheets:** Heat Sheets will be available for spectator purchase after completion of the deck seeding process each session.
- Officials:** **Meet Referee:** Quinn Sampson **Head Stroke & Turn:** Tara Williams
Starter: Cheryl Pavlacka **Marshal:** Haleigh Smith
Admin Official: Andrew Rzepecki **Meet Manager:** Don Gibb
All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and Florida Swimming for 2021. Please email Quinn Sampson at qsampson@gmail.com with your certification level and availability so he can plan accordingly.
- Awards/Scoring:** There will be random heat winner prizes awarded during each session of the meet.
- Team Rep:** 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.
- 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.
- Spectator Access:** Adopted by USA-Swimming, Florida Swimming, and YMCA of the USA, MAAPP (Minor Athlete Abuse Prevention Policy) requires policies and standards to be used by athletes, adults, teams and facilities that are involved in the sport of swimming. These changes are mandated by USA-Swimming and the U.S. Center for Safe Sport and is a condition of the sanction of this meet. Facilities with multiple restrooms/locker rooms must designate ONE set of restrooms/locker rooms for athletes under the age of 18 and a SEPARATE restroom/locker room for all meet attendees 18 and older. This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations.

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 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(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, restrooms, or any other dressing areas. 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.

Mail checks to: South Lake Aquatic Club – c/o Gena Gibb
16610 Magnolia Terrace Blvd
Montverde, FL 34756
Check for updates to meet information on our web site www.southlakeaquatics.com Timelines and psych sheets will be available the Wednesday prior to the meet at www.southlakeaquatics.com. Payment by credit card also accepted. Contact coachalex@southlakeaquatics.com for details.

Rules: Current USA Swimming Rules and Regulations will govern.

COVID-19:

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 THEREWITH.

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.

-Morning Sessions-

General Warm-Up (First 35 minutes)

Lane(s)

1 – 10 Circle swimming only

Controlled Warm-Up (Last 20 minutes)

Lane(s)

1	Pace 50s – push off
2	Racing starts – one way (scoreboard end)
3	Racing starts – one way (from bulkhead)
4	Circle swimming only
5	Circle Swimming only
6	Circle swimming only
7	Circle swimming only
8	Racing starts – one way (scoreboard end)
9	Racing starts – one way (from bulkhead)
10	Pace 50s – push off

-Saturday PM 12&Under Session-

General Warm-Up. (Begins at the end of morning sessions.)

A minimum warm-up of 30 minutes before afternoon start time will be provided.

ORDER OF EVENTS

This meet will be seeded fastest to slowest.

Session 1: Saturday, January 28th, 2023

Warm up 8:30 AM, Meet starts 9:45 AM

Event #	Event Name
1	13 and Over 200 Fly
2	13 and Over 50 Breast
3	13 and Over 200 Back
4	13 and Over 50 Free
5	13 and Over 50 Fly
6	13 and Over 200 Breast
7	13 and Over 50 Back
8	13 and Over 200 Free

Session 2: Saturday, January 28th, 2023

Warm up after conclusion of AM session, not before 12:30 PM. Meet starts NOT BEFORE 1:30 PM

This session may be combined with Saturday AM sessions at discretion of the meet host.

Event #	Event Name
9	12 & Under 200 Fly
10	12 & Under 50 Breast
11	12 & Under 200 Back
12	12 & Under 50 Free
13	12 & Under 50 Fly
14	12 & Under 200 Breast
15	12 & Under 50 Back
16	12 & Under 200 Free

Session 3: Sunday, January 29th, 2023
Warm up 8:30 AM, Meet starts 9:45 AM

Event #	Event Name
17	Open 200 Individual Medley
18	Open 100 Fly
19	Open 100 Back
20	Open 100 Breast
21	Open 100 Free
22	Open 100 IM
23	Open 1000 Free

MASTER ENTRY FORM
8th Annual Matt & Karen Hohne Memorial Invitational
South Lake Aquatic Club
January 28 and 29, 2023

Team Name: _____ Call Letters: _____

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 Swimming coach Members and that I am a current USA Swimming registered Non-athlete member.

Signature	Team	Date
Entry Deadline: Monday, Jan 23, 2023 5:00PM		

Mail to: South Lake Aquatic Club – c/o Gena Gibb
 16610 Magnolia Terrace Blvd
 Montverde, FL 34756

Financial Recap:

We have entered the following:

Total Swimmers: (Facility charge) _____ @ \$10.00 = _____

Heat Sheet Fee: _____ @ \$3.00 = _____

Out of State Per Swimmer Surcharge _____ @ \$2.00 = _____

Individual Timed Final Events _____ @ \$5.50 = _____

Total Fees Payable: _____ = _____

Make check payable to: "SOUTH LAKE AQUATIC CLUB"