

**2023 TYR Swim Your Own Age Meet**  
**Hosted by: Trinity Prep Aquatics**  
**May 13, 2023**

**Sanctioned By:** Florida Swimming of USA Swimming – #FL-6442

*In granting this approval it is understood and agreed that USA swimming 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. Trinity Prep Aquatics and Trinity Preparatory School, accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet.*

**Condition of Sanction:**

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 adults (18 years and older) 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 MAAPP is a condition of participation in the conduct of this competition.

**COVID-19 Considerations:**

In applying for this sanction(ed event), the Host, Trinity Prep Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida and Seminole County.

We have taken enhanced health and safety measures – for you, our other guests, and cast members. You must follow all posted instructions while visiting Trinity Prep Aquatics. 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 guests with underlying medical conditions are especially vulnerable. By visiting Trinity Prep Aquatics, you voluntarily assume all risks related to exposure to COVID-19.

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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.**

**Sponsored By:** Trinity Prep Aquatics and Blue Dolphins

**Type of Meet:** Age Group and Senior  
25 Yard Course  
6 and under, 7, 8, 9, 10, 11, 12, 13, 14, Open - timed finals Meet  
management may opt for use “fly-over” starts at competition  
Ages 7-14 are single age.

**Date and Time:** Saturday, May 13th  
Saturday Session 1 (11 and over): Warm-up: 8:00am; Start: 9:00am  
Saturday Session 2 (10 and under): Warm up at conclusion of session 1, meet will start no  
earlier than 1 hour after session 1 concludes

**Location:** Trinity Prep Aquatics Center on the campus of Trinity Preparatory School  
5700 Trinity Prep Lane  
Winter Park, FL 32792

**Pool Specs:** One 10 lane certified 25 yard course with non-turbulent lane lines. Four lanes, 25 yard  
continuous warm-up/down area plus five 34.5 meter lanes. Water depth at the competition  
meet starting end of the pool is 5 feet, 0 inches, turn end is 4 feet, 0 inches (start end for 25  
yard events with no blocks).

**Medical Supervision:** Lifeguards on duty and AED device available.

**Timing Equipment:** Regulation starting platforms. Daktronics timing system, scoreboard, Hy-Tek Computer  
seeding and scoring, automatic touch pads and hand held backups will be used.

**Seeding:** 25 yard times will be used. Conversions may be made using the formula in the current  
Florida Swimming Handbook.

**Scratches:** No penalty for scratches on the block.

**Eligibility:** Open to all current USA Swimming registered athletes and foreign swimmers with proper  
travel credentials. Entries will close upon receipt of any team's entries that put any one  
session at the four hour limit. Trinity Prep reserves the right to limit the entries in events  
200YD if the timeline is too long. Meet Management may limit entries in the event the  
timeline exceeds 4 hours.

**Adaptive Swimmers:** Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson  
must alert the meet director, as to the need for any special accommodations or seeding  
arrangements at the time the entry is submitted.

**Entry Limit:** Five (5) individual events plus relays.  
**Please send entries via email to [stricklina@trinityprep.org](mailto:stricklina@trinityprep.org)**

**Entry Fees:** \$10 facility fee per swimmer, \$5.50 per individual event, \$6.00 for each relay event  
\$3 Electronic Heat Sheet  
\$2 per out of LSC Swimmer Travel Surcharge

**Entry Form:** Entries must be in USA Swimming SDIF format or HY-Tek CL2 submitted on a HY-TEK  
disk with hard copy printout or 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. List all attending coaches and contact phone numbers in the  
body of the email if they are not part of your HY-TEK Team Manager entry.  
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, including relay only swimmers. The master entry form must accompany the proof of  
entries and a current USA Swimming member must sign the form. The “non-electronic  
entries” will be accepted with an additional \$50 fee per team. A completed master entry form  
must be completed and signed by the member of USA Swimming completing the form for  
all entries.

**Deck Entries:** Will not be accepted at this meet.

**Heat Sheets:** Heat sheets will be posted on [tpaswim.org](http://tpaswim.org) and emailed to all competing teams' contact person no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$3.00 charge will be applied to each swimmer. **NO HEAT SHEETS WILL BE AVAILABLE FOR PURCHASE AT THE MEET!** Coaches will be provided heat sheets. Coaches, please make your teams aware of this.

**Entry Deadline:** ENTRY DEADLINE: Monday, May 8, 2023 5:00 pm  
CHECKS PAYABLE: Trinity Prep Aquatics

EMAIL ENTRIES TO: Anne Marie Stricklin: [stricklina@trinityprep.org](mailto:stricklina@trinityprep.org)

**Awards:** Individual Events: Ribbons 1st - 8th place; 14 and younger  
Relay Events: Ribbons 1st - 3rd place; 14 and younger

Top 3 High Point Award for each 14 and under age group and gender

**Team Rep:** Prior to the start of the meet, the name of another person other than the coach who will check with the Referee about any matter pertaining to the meet must be given to the Referee. The coach and that person only will be recognized.

**Scoring:** Individual Events: 9, 7, 6, 5, 4, 3, 2, 1

**Officials:**

**Referee:** Bart Smith  
**Admin Ref:** Karen Davidson  
**Starter:** Bob Walsh  
**Chief Stroke & Turn:** Lisa Scarborough  
**Marshalls:** Caroline White, Scott Caron

Trinity Prep Aquatics welcomes the assistance of all certified officials interested in serving at this meet. Please contact the Meet Manager.

**Meet Manager:** Anne Marie Stricklin - Questions: email [stricklina@trinityprep.org](mailto:stricklina@trinityprep.org)

**Coaches/Officials:** 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/certifications on the USA Swimming app.

**Coach Supervision:** Each swimmer participating in a Florida Swimming sanctioned meet must be supervised during warm-up and competition by a current Coach member of USA Swimming. An unattached athlete or 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 him/her during warm-up and competition and must submit the enclosed Alternate Coaches Form (signed) to the Meet Referee.

**Starts:** USA Swimming Championship Start Procedures will be used as outlined in 102.14.4H. If a false start is called after the starting device sounds the race will proceed and the swimmer will be notified at the completion of the race.

**Rules:** 2023 USA Swimming Technical Rules will govern.

**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 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 the pool, team gathering areas, concession area, turn end of the 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 239.2.

**Meet Warm-Up:**

Warm up may be assigned

**Information:**

Anne Marie Stricklin, 321-282-2579

**ORDER OF EVENTS – Session 1**  
**Warm up: 8:00 am; Meet begins: 9:00 am**

Event #	Age	Event	Event #	Age	Event
1-2	Open	200 Medley Relay	55-56	Open	200 IM
3-4	14 & Under	200 Medley Relay	57-58	14	200 IM
5-6	12 & Under	200 Medley Relay	59-60	13	200 IM
7-8	Open	100 Butterfly	61-62	12	100 IM
9-10	Open	50 Butterfly	63-64	11	100 IM
11-12	14	50 Butterfly	65-66	Open	200 Freestyle Relay
13-14	13	50 Butterfly	67-68	14 & Under	200 Freestyle Relay
15-16	12	50 Butterfly	69-70	12 & Under	200 Freestyle Relay
17-18	11	50 Butterfly			
19-20	Open	100 Backstroke			
21-22	Open	50 Backstroke			
23-24	14	50 Backstroke			
25-26	13	50 Backstroke			
27-28	12	50 Backstroke			
29-30	11	50 Backstroke			
31-32	Open	100 Breaststroke			
33-34	Open	50 Breaststroke			
35-36	14	50 Breaststroke			
37-38	13	50 Breaststroke			

39-40	12	50 Breaststroke
41-42	11	50 Breaststroke
43-44	Open	100 Freestyle
45-46	Open	50 Freestyle
47-48	14	50 Freestyle
49-50	13	50 Freestyle
51-52	12	50 Freestyle
53-54	11	50 Freestyle

## ORDER OF EVENTS – Session 2

Warm up at conclusion of session 1, meet will start no earlier than 1 hour after session 1 concludes

Event #	Age	Event	Event #	Age	Event
71-72	10 & Under	200 Medley Relay	127-128	10 & Under	200 Freestyle Relay
73-74	8 & Under	100 Medley Relay	129-130	8 & Under	100 Freestyle Relay
75-76	6 & Under	100 Medley Relay	131-132	6 & Under	100 Freestyle Relay
77-78	10	50 Butterfly			
79-80	9	50 Butterfly			
81-82	8	25 Butterfly			
83-84	7	25 Butterfly			
85-86	6 & Under	25 Butterfly			
87-88	10	50 Backstroke			
89-90	9	50 Backstroke			
91-92	8	25 Backstroke			
93-94	7	25 Backstroke			
95-96	6 & Under	25 Backstroke			
97-98	10	50 Breaststroke			
99-100	9	50 Breaststroke			
101-102	8	25 Breaststroke			
103-104	7	25 Breaststroke			
105-106	6 & Under	25 Breaststroke			
107-108	10	50 Freestyle			

109-110	9	50 Freestyle
111-112	8	25 Freestyle
113-114	7	25 Freestyle
115-116	6 & Under	25 Freestyle
117-118	10	100 IM
119-120	9	100 IM
121-122	8	100 IM
123-124	7	100 IM
125-126	6 & Under	100 IM



**Trinity Prep Aquatics**  
**Alternate Coaches Form TPA TYR Swim**  
**Your Own Age Meet**

The following swimmers are entered in the 2023 TYR TPA Swim Your Own Age Meet and are attending without a coach:

Swimmer's Name	USA #	Team	Age

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

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

Print Name: \_\_\_\_\_

Coach's Team: \_\_\_\_\_

**2023 TPA TYR Swim Your Own Age Meet  
Hosted by Trinity Prep Aquatics  
May 13, 2023**

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

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

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

Phone: Home: \_\_\_\_\_ Office: \_\_\_\_\_  
Cell: \_\_\_\_\_

**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 (must be an USA Swimming Member) Team Date

**Entries must be received by Monday, May 9, 2023 NO Later than 5:00 pm**

Email to: [scaron7517@gmail.com](mailto:scaron7517@gmail.com)

**FINANCIAL RECAP:**

We have entered the following:

Girls Individual Events:	_____ at \$5.50 each = \$ _____
Boys individual Events:	_____ at \$5.50 each = \$ _____
Girls Relays:	_____ at \$6.00 each = \$ _____
Boys Relays:	_____ at \$6.00 each = \$ _____
Total Swimmers:	_____ at \$10.00 each = \$ _____
Per Swimmer Heat Sheet Fee:	_____ at \$3.00 each = \$ _____
Total Entry Fee Paid:	\$ _____