



## Last Chance to Dance

Hosted by the South Lake Aquatic Club  
February 17th & 18th, 2024

### AT HO DABNEY LEESBURG AQUATIC CENTER

**Dates & Times:** Saturday, February 17th 8:00 AM warm up, 9:00 AM start  
Sunday, February 18th 8:00 AM warm up, 9:00 AM start  
Time Trials, time permitting. 15 minutes following session end.

**Sanctioned By:** Florida Swimming of USA Swimming # **FL-6630**  
“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 Sanction:**

1. 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.
2. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. OR The competition course has not been certified in accordance with 104.2.2(C).
3. 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.
4. 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.
5. All 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 MAAPP is a condition of participation in the conduct of this competition.

**Sponsored By: South Lake Aquatic Club**

**Location:** Ho Dabney Leesburg Aquatic Center  
312 Pine Street  
Leesburg, FL 34748

**Type of Meet:** Short Course, 25 Yards, Timed Finals. At the discretion of the meet host, time trials for swimmers targeting FLAGS, FL Senior Championships, and USA Swimming championship level Meets may be available.

**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 25-yard, 8-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. The water depth at the starting end is 7'; Pool certification is on file with USA Swimming / Florida Swimming.

**Timing Equipment:** Colorado Timing System Gen 7 Timing with scoreboard. Manual backup.

**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](mailto: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 championships meet time standards. 1000 Freestyle may be limited to 3 total heats, 500 Freestyle event may be limited to 5 total heats, 400 Individual Medley may be limited to 5 total heats at the discretion of meet host and meet referee as needed to fit within the allowed meet timelines. One time trial allowed per day. Time trials do not count against the 4 individual event limit.

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

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

**Entries:** Entries **must** be in USA Swimming SDIF format or Hy-Tek CL2 and sent by email using the 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](mailto:entries@accurateswimtiming.com). No phone or faxed entries will be 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 LSC swimmers  
\$10.00 Per Time Trial event

**Checks Payable To:**    “SOUTH LAKE AQUATIC CLUB”

**Entry Deadline:** All entries must be received by Monday, February 12th, 2024 at 5:00 PM.

Entries must be e-mailed to [entries@accurateswimming.com](mailto:entries@accurateswimming.com)

**Heat Sheets:**    Heat Sheets will be available for spectator purchase after completion of the deck seeding process each session.

**Officials:**

<b><u>Meet Referee:</u></b> Bob Walsh	<b><u>Head Stroke &amp; Turn:</u></b> Diana Moore
<b><u>Starter:</u></b> Cheryl Pavlaka	<b><u>Marshal:</u></b> Jessica Stromberg
<b><u>Admin Official:</u></b> Andrew Rzepecki	<b><u>Meet Manager:</u></b> 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 2024. Please email Quinn Sampson at [qsampson@gmail.com](mailto:qsampson@gmail.com) with your certification level and availability so he can plan accordingly.

**Awards/Scoring:**    Random heat winner prizes will be 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, only the coach and that person 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 are 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 223.13, 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.

**Rules:**    Current USA Swimming Rules and Regulations will govern.

**Medical Supervision:** Lifeguard on duty and AED available.

**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 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**

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#### **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 – 8 Circle swimming only

##### **Controlled Warm-Up (Last 20 minutes)**

Lane(s)

1 Pace 50s – push off  
2 Racing starts – one way  
3 Racing starts – one way  
4 Circle swimming only  
5 Circle Swimming only  
6 Racing starts – one way  
7 Racing starts – one way  
8 Pace 50s – push off

## **ORDER OF EVENTS**

This meet will be seeded from fastest to slowest.

### **Session 1: Saturday, February 17th, 2024**

**Warm up 8:00 AM, Meet starts 9:00 AM**

<b>Event #</b>	<b>Event Name</b>
1	Open 200 Fly
2	Open 50 Breast
3	Open 200 Back
4	Open 50 Free
5	Open 200 Medley
6	Open 50 Fly
7	Open 200 Breast
8	Open 50 Back
9	Open 500 Free

### **Session 2: Sunday, February 18th 2024**

**Warm up 8:00 AM, Meet starts 9:00 AM**

<b>Event #</b>	<b>Event Name</b>
10	Open 400 Individual Medley
11	Open 100 Fly
12	Open 200 Free
13	Open 100 Back
14	Open 100 Breast
15	Open 100 Free
16	Open 100 IM
17	Open 1000 Free

**MASTER ENTRY FORM**  
**SLAC Last Chance to Dance SCY 2024**  
**South Lake Aquatic Club**  
**February 17 and 18, 2024**

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, Feb 12, 2024 5:00 PM		

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)	@ \$10.50 = _____
Heat Sheet Fee:	@ \$3.00 = _____
Out of LSC Travel Surcharge	@ \$2.00 = _____
Individual Timed Final Events	@ \$5.50 = _____
Total Fees Payable:	= _____

**Make check payable to: "SOUTH LAKE AQUATIC CLUB"**