

2008 KENT B. HOLDREN MEMORIAL MEET

Hosted By: The Sarasota Y.M.C.A. Sharks Swim Team

MAY 16,17,18, 2008

Florida Swimming of U.S.A. Swimming Sanction # _____

TYPE OF MEET: Outdoor, 50 meter long course meet.
Timed Finals, Age Group & Seniors

DATE & TIME: Friday, May 16th, 5:00PM, Timed Finals
Saturday, May 17th & Sunday May 18th
8:30 AM, Timed Finals 13 & Over
Timed Finals for 12 & Under not before 12 Noon each day.

LOCATION: Selby Aquatic Center
8301 Potter Park Dr
Sarasota, FL 34238

POOL SPECS: Certified, outdoor, heated 50 Meter, 8 lane pool; Continuous warm-up /
warm down in separate, heated 25 yard 6 lane pool.
Depth is 5 ft to 12 ft

TIMING AND SCORING: Colorado Time Systems with 8 lane scoreboard

WARM-UPS: See separate page for specific warm-up times on the course. When
entering pool one hand must be on deck feet first entry except when
doing a racing start off the block.

ELIGIBILITY: Open to all U.S.A. Swimming registered swimmers with a registration
number. Entries limited to 400 swimmers. The last team that causes us
to exceed 400 will be entered, the rest will be returned.

SEEDING: Long Course, 50 meter times will be used for seeding. Conversion may
be made using the formula in Florida Swimming 2008, Standing Rules
and Regulations.

SCRATCHES: No penalty for scratches on the block except in deck seeded events.
Any swimmer entered in an individual event that is seeded at the meet,
who has checked in for that event must swim that event unless he
notifies the head referee before the seeding of that event has begun that
he wishes to scratch. Failure to do so will result in him being barred
from the next individual event in which he is entered on that day or the
next day, which ever is first. Deck seeded events close for seeding at
the specified times in the order of events. Check-in must be done with
the clerk of the course prior to the listed check-in time to be seeded in
that event. Any swimmer, properly entered in an event, who fails to
check in for that event by the cutoff time, will be allowed to swim in
open lanes, filled at seed time after seeding has been completed. No
new heats will be formed.

ENTRY LIMIT: Swimmers will be limited to three (3) individual events per day. Total of 8 individual events for the weekend. Swimmers posting entries over the entry limit will be as entered in the first four events. No limit on relay entries, but each team should designate relay "A", "B", "C" etc. Clubs will be notified by Wed. May 14th of the Friday cutoffs.

ENTRY FORMS: Entries must be submitted Hytek disk, please include a print out of entries. Manual entries will be accepted and charged an extra \$50.00 The entry recap and coaching certification must also be completed and signed. Order of events. Master entry Form, Entry Printout and Proof of Registration attached.

NO E-MAIL ENTRIES WILL BE ACCEPTED

DECK ENTRIES Deck entries will be accepted by the referee, individual or relays provided that no new heats are created; that the swimmer does not exceed the permitted number of events, and the swimmer does not exceed the cut off times. A swimmer may not scratch or fail to appear in an event in order to deck enter another event. The fee is \$ 5.00 per individual and relay event made payable immediately. Any deck seeded entries must be approved by the Referee a minimum of 30 min. before the start of that session.

ENTRY FEE:

| | |
|----------------------------|--------|
| All ages Individual Events | \$2.50 |
| All ages Relay Events | \$4.50 |
| Pool surcharge per swimmer | \$5.00 |

ENTRY DEADLINE: All entries must be received by 6:00 PM Thursday, May 8th, 2008. Please mail early or use an express mail service. Any disk entries MUST conform to U.S.A. Swimming's SDI file standard & must be accompanied by a paper printout.

Mail to: **Larry Shofe**
c/o Sarasota YMCA
8301 Potter Park Dr.
Sarasota, FL 34238

AWARDS:

| | |
|--------------------|--------------------------------|
| Individual Events: | 1st through 3rd Place: Medals |
| | 4th through 8th place: Ribbons |
| Relay Events: | 1st: Medals |
| | 2nd & 3rd: Ribbons |

Heat Winner Ribbons for 10 & under and 8 & under.
1st place and runner-up, individual high point trophy in each age group.
1st, 2nd, 3rd place combined team trophies. (Host team is ineligible.)

RULES: Current USA Swimming Technical rules will govern the meet. Safety rules, as outlined by USA Swimming and as recommended by the Head Marshall, will be in effect during all warm-up periods and in all warm-up areas. The USA Swimming "no recall" start will be used as outlined in 102.14.4H

STARTS: The **“fly-over”** start will be used for any/or all of the events in the meet.

TEAM REPRESENTATIVE: Prior to the start of the meet, one person other than the coach, who will check with the referee about any matter pertaining to the meet must be given to the referee and that person only will be recognized.

HOTEL INFORMATION: Please go through the company we are partners with. They can handle all of your hotel needs.

www.keystosarasota.com

INFORMATION:
(10:00 am-2: 30pm) Sherwood Watts (941) 922-9622 ext. 323 or Steve Brown at ext 331

DISTANCE CHECK-IN: All Coaches must check-in their swimmers for the 200 IM and 400 IM by 4:00PM, the 400 freestyle by 4:30PM, and for the 800 freestyle by 5:00PM on Friday. The 400 Free and 1500 Freestyle events should be checked in by 8:30AM on Saturday/Sunday.

COACHES AND OFFICIALS USA Swimming credentials must be visible at all times.

OFFICIALS

| | |
|----------------------|-----------------|
| Meet Manager | Sherwood Watts |
| Head Referee: | Rick Maglich |
| Starter: | Dave Evenson |
| Chief Stroke & Turn: | Rod Hershberger |
| Head Marshall: | Mike Bowers |

ORDER OF EVENTS
KENT B. HOLDREN MEMORIAL MEET

FRIDAY, MAY 16th, 2008 WARM-UP 3:30PM TIMED FINALS- 5:00PM

| EVENT # | AGE | EVENT | Note |
|----------------|------------|--------------|-------------|
| 1 - 2 | 10 & UNDER | 200 IM | Note 1 |
| 3 - 4 | 11-12 | 400 IM | Note 2 |
| 5 - 6 | 13-14 | 400 IM | Note 2 |
| 7 - 8 | SENIOR | 400 IM | Note 2 |
| 9 - 10 | 10 & UNDER | 200 FREE | Note 1 |
| 11 - 12 | 11-12 | 400 FREE | Note 3 |
| 13 - 14 | SENIOR | 800 FREE | Note 4 |

SATURDAY, MAY 17th, 2008 WARM-UP 7:00AM TIMED FINALS - 8:30AM

| EVENT # | AGE | EVENT | Note |
|----------------|------------|--------------|-------------|
| 15 - 16 | 13-14 | 200 IM | |
| 17 - 18 | SENIOR | 200 IM | |
| 19 - 20 | 13-14 | 50 FREE | |
| 21 - 22 | SENIOR | 50 FREE | |
| 23 - 24 | 13-14 | 200 FLY | |
| 25 - 26 | SENIOR | 200 FLY | |
| 27 - 28 | 13-14 | 100 BACK | |
| 29 - 30 | SENIOR | 100 BACK | |
| 31 - 32 | 13-14 | 100 BREAST | |
| 33 - 34 | SENIOR | 100 BREAST | |
| 35 - 36 | 13-14 | 400 FREE | Note 5 |
| 37 - 38 | SENIOR | 400 FREE | Note 5 |

**SATURDAY, MAY 18th, 2008 WARM-UP 1 HOUR PRIOR TO AFTERNOON SESSION.
SESSION WILL NOT BEGIN BEFORE 12:00 NOON.**

| EVENT # | AGE | EVENT | Note |
|----------------|------------|----------------|-------------|
| 39 - 40 | 11-12 | 100 FREE | |
| 41 - 42 | 8 & UNDER | 50 BACK | |
| 43 - 44 | 11-12 | 200 BACK | |
| 45 - 46 | 10 & UNDER | 50 BACK | |
| 47 - 48 | 11-12 | 50 BACK | |
| 49 - 50 | 10 & UNDER | 100 FLY | |
| 51 - 52 | 11-12 | 100 FLY | |
| 53 - 54 | 8 & UNDER | 50 FREE | |
| 55 - 56 | 11-12 | 200 IM | |
| 57 - 58 | 10 & UNDER | 50 FREE | |
| 59 - 60 | 11-12 | 50 FREE | |
| 61 - 62 | 10 & UNDER | 100 BREAST | |
| 63 - 64 | 11-12 | 100 BREAST | |
| 65 - 66 | 10 & UNDER | 200 FREE RELAY | |
| 67 - 68 | 11-12 | 200 FREE RELAY | |

SUNDAY, MAY 18th, 2008

WARM-UP 7:00 AM

TIMED FINALS - 8:30 AM

| EVENT # | AGE | EVENT | Note |
|----------------|------------|--------------|-------------|
| 69 - 70 | 13-14 | 200 FREE | |
| 71 - 72 | SENIOR | 200 FREE | |
| 73 - 74 | 13-14 | 100 FLY | |
| 75 - 76 | SENIOR | 100 FLY | |
| 77 - 78 | 13-14 | 200 BACK | |
| 79 - 80 | SENIOR | 200 BACK | |
| 81 - 82 | 13-14 | 100 FREE | |
| 83 - 84 | SENIOR | 100 FREE | |
| 85 - 86 | 13-14 | 200 BREAST | |
| 87 - 88 | SENIOR | 200 BREAST | |
| 89 - 90 | SENIOR | 1500 FREE | Note 6 |

SUNDAY, MAY 18th, 2008

**WARM-UP 1 HOUR PRIOR TO AFTERNOON SESSION.
SESSION WILL NOT BEGIN BEFORE 12:00 NOON.**

| EVENT # | AGE | EVENT | Note |
|----------------|------------|------------------|-------------|
| 91 - 92 | 10 & UNDER | 100 FREE | |
| 93 - 94 | 11-12 | 200 FREE | |
| 95 - 96 | 8 & UNDER | 50 FLY | |
| 97 - 98 | 11-12 | 200 FLY | |
| 99 -100 | 10 & UNDER | 50 FLY | |
| 101-102 | 11-12 | 50 FLY | |
| 103-104 | 10 & UNDER | 100 BACK | |
| 105-106 | 11-12 | 100 BACK | |
| 107-108 | 8 & UNDER | 50 BREAST | |
| 109-110 | 11-12 | 200 BREAST | |
| 111-112 | 10 & UNDER | 50 BREAST | |
| 113-114 | 11-12 | 50 BREAST | |
| 115-116 | 10 & UNDER | 200 MEDLEY RELAY | |
| 117-118 | 11-12 | 200 MEDLEY RELAY | |

- *1 200 IM AND 200 FREE, NO LIMIT ON THE NUMBER OF SWIMMERS AND NO CHECK IN. THESE EVENTS. THESE EVENTS WILL BE PRE-SEEDED .
- *2 ALL 400 IM SWIMMERS WILL BE SEEDED AS ONE EVENT AND SCORED SEPARATELY. ALL SWIMMERS MUST BE CHECKED IN WITH CLERK OF COURSE BY 4:00PM AND MAY BE LIMITED TO 2 HEATS EACH FOR THE 11-12's AND MAY BE LIMITED TO 3 HEATS EACH FOR THE 13-14's AND SENIOR 400 IM.
- *3 400 FREESTYLE FOR 11-12 MAY BE LIMITED TO 3 HEATS EACH AGE GROUP, GIRLS & BOYS. ALL SWIMMERS MUST BE CHECKED IN WITH CLERK OF COURSE BY 4:30PM.
- *4 800 FREESTYLE MAY BE LIMITED TO 3 FASTEST HEATS EACH GIRLS AND BOYS. IT WILL BE SWUM FASTEST TO SLOWEST ALTERNATING GIRLS AND BOYS. ALL SWIMMERS MUST BE CHECKED IN WITH CLERK OF COURSE BY 5:00PM THERE WILL BE A 10 MINUTE BREAK BEFORE THE START OF THE 800 FREE.
- *5 400 METER FREESTYLE, 13-14 & SENIORS WILL BE SEEDED AS ONE EVENT AND SCORED SEPARATELY. ALL SWIMMERS MUST BE CHECKED IN WITH CLERK OF COURSE BY 8:30AM, SATURDAY, MAY 20th AND MAY BE LIMITED TO 6 HEATS OF EACH GIRLS AND BOYS. THERE WILL BE A 10 MINUTE BREAK BEFORE THE START OF THE 400's.
- *6 THE 1500 METER FREE WILL BE A DECK SEEDED EVENT. ALL SWIMMERS MUST CHECK IN BY 8:30AM, SUNDAY MAY 21st AND MAY BE LIMITED TO 2 HEATS EACH, MEN AND WOMEN. IT WILL BE SWUM FASTEST TO SLOWEST ALTERNATING GIRLS AND BOYS. THERE WILL BE A 10 MINUTE BREAK BEFORE THE START OF THE 1500's.

WARM UP SCHEDULE

UNTIL THE LAST HALF HOUR THE WARM UP SCHEDULE WILL BE:

LANE

- 1 Push off 50's pace (circle swimming-NO EQUIPMENT)
- 2 Racing starts one length only(from the west end only - NO EQUIPMENT)
- 3 Swimming and pulling only (push off - NO EQUIPMENT)
- 4 Swimming and pulling only (push off - NO EQUIPMENT)
- 5 Swimming and pulling only (push off - NO EQUIPMENT)
- 6 Swimming and pulling only (push off - NO EQUIPMENT)
- 7 Swimming and pulling only (push off - NO EQUIPMENT)
- 8 Push off 50's pace (circle swimming-NO EQUIPMENT)

THE LAST 1/2 (ONE-HALF) HOUR IS CONTROLLED WARM-UP AS FOLLOWS:

LANE:

- 1 Push off 50's pace (circle swimming-NO EQUIPMENT)
- 2 Racing starts one length only(from the west end only - NO EQUIPMENT)
- 3 Swimming and pulling only (push off - NO EQUIPMENT)
- 4 Swimming and pulling only (push off - NO EQUIPMENT)
- 5 Swimming and pulling only (push off - NO EQUIPMENT)
- 6 Racing starts one length only(from the west end only - NO EQUIPMENT)
- 7 Racing starts one length only(from the west end only - NO EQUIPMENT)
- 8 Push off 50's pace (circle swimming-NO EQUIPMENT)

**When entering pool one hand must be on deck, feet first entry
except when doing a racing start off the block.**