



**2009 USA SWIMMING  
SOUTHERN ZONE AGE GROUP SWIMMING  
POOL OPEN WATER CHAMPIONSHIPS  
AUGUST 2, 2009  
SPONSORED BY: USA Swimming**



**SANCTIONED BY:** Held under the sanction of USA Swimming issued by Florida Swimming, Sanction # 4889

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

**HOST:** Florida Swimming Inc. & YMCA Aquatic Center

**FACILITY:** YMCA Aquatic Center, 7422 International Drive, Orlando, FL 32819

**COMPETITION:** The competition will consist of multiple races at various distances determined by age group and gender. Each heat will consist of 8-15 swimmers competing in a single-elimination bracket. Depending on entries, approximately half of each heat's competitors, determined by finish place, will advance to the next round. The final race in each bracket will consist of eight swimmers who will place and score for their LSC. The competition will be set in the 50-meter pool with turn buoys positioned in each corner. The start will be in the water. Lap counters will be used to count laps. Bell lap will be signaled when the lead swimmer begins final loop. The race will be run in a counter-clockwise direction.

**MEET SCHEDULE:**

Event #	Age Group	Distance	Registration	Warm-up	Pre-Race Briefing	Start
1	15-18 Boys	600m	6:45am	6:45-7:10am	7:00am	7:15am
2	15-18 Girls	600m	*	*	*	*
3	13-14 Boys	600m	*	*	*	*
4	13-14 Girls	600m	*	*	*	*
5	11-12 Boys	300m	*	*	*	*
6	11-12 Girls	300m	*	*	*	*

\*Registration, Warm-ups, Pre-Race Briefing and Race Start Times will be published once all entries have been seeded. See **SEEDING** for more information.

**RULES:** The current USA Swimming Open Water Rules will govern the conduct of the meet.

**AGE:** As of July 28, 2009

**ELIGIBILITY:** The Open Water meet is open only to athletes entered in the 2009 Southern Zone Age Group Championship who meet select criteria. Swimmers must be currently registered, USA Swimming year-round athletes selected by their LSC.

**ENTRY:** Each LSC must enter its Zone Open Water competitors at the same time as its Pool competitors.

**LATE ENTRIES:** No Late Entries - No Substitutions.

- ENTRY FEES:** **Every athlete entered in the 2009 Southern Zone Age Group Championship is responsible for the additional \$7.50 per individual Open Water Entry fee.**  
Open Water-only athletes must pay an additional \$25 entry fee.  
Please make checks payable to: **Florida Swimming Inc.**  
All entry fees for pool and open water competition are to be hand delivered and paid in full to the Meet Director prior to the conclusion of the general meeting on July 28, 2009.
- POSITIVE CHECK-IN:** All competitors must check-in at the Registration Desk prior to swimming their open water event. Race number marking and fingernail/toenail check will be done at that time.  
Registration is located near the athlete entrance to the pool.
- PRE-RACE BRIEFING:** **An informational POW briefing will take place Saturday, August 1 approximately 45 minutes after the conclusion of the preliminary session in the Aerobics Room behind the tower diving boards. POW set-up, rules, and bracket entries will be explained at that time.**  
  
A mandatory pre-race briefing for swimmers and coaches will be held 15 minutes prior to the start of each race. The race start, course navigation, race finish, open water rules, and safety issues will be addressed.
- SEEDING:** Each heat will be seeded by age, gender and distance as a single event. Event #1, 15-18 Boys will begin the competition and swim all heats in the first round. Event #2, 15-18 Girls will start immediately following the boys. Event #3, 13-14 Boys will start immediately following the 15-18 Girls. Event #4, 13-14 Girls will start immediately following the boys. Event #5, 11-12 Boys will start immediately following the conclusion of Event #4. Event #6, 11-12 Girls will start immediately following the boys and will conclude the first round. The second round will begin with Event #1 immediately following the last race of the 11-12 girls. The rotation of events/heats will continue in such order until the final race of each event is determined.  
  
**Each competitor must enter the event with an achieved seed time for the established distance in the first round. These times will only be used for seeding in the first round. All heats in the first round will be circle seeded, allowing for the fastest possible open water/distance competitors to advance to the finals.**
- SCRATCHES:** Any swimmer, who has checked in for an event and later chooses to scratch, must notify the registration desk as soon as possible to provide an exact start and finish count.
- MEET MANAGEMENT:** Meet Director: Melissa Hellervik-Bing  
Meet Referees: Matt Wilson
- AWARDS:** Open water participants will be scored separately by age group and gender. The first place team will receive a banner or plaque. Individual 1<sup>st</sup> to 8<sup>th</sup> place finishers will receive a medal-
- SCORING:** Individual Events: 9-7-6-5-4-3-2-1
- INFORMATION CONTACTS:** Meet Director Melissa Hellervik-Bing at 407-876-4529 or 407-808-2683 and Helen Kelly at the Florida Swimming office 352-242-5145.

## WARM UP SCHEDULE

- Pool Opens at 6am. Competition pool is open for warm up prior to meet start.
- Continuous warm-up and cool-down will be available in the adjacent diving well.
- Lanes closest to the competition pool are reserved for upcoming open water competitors.

## EVENT ENTRY & SCHEDULE

EVENT	AGE GROUP/GENDER	DISTANCE*	LOOPS	DISTANCE TIMES FOR ENTRY & SEEDING
1	15-18 MEN	600m	4	800m
2	15-18 WOMEN	600m	4	800m
3	13-14 MEN	600m	4	800m
4	13-14 WOMEN	600m	4	800m
5	11-12 MEN	300m	2	400m
6	11-12 WOMEN	300m	2	400m

\*Approximate distance.