

**AREA TALLAHASSEE AQUATIC CLUB
LONG COURSE OPEN**

June 25-27, 2010

SPONSORED BY: The Area Tallahassee Aquatic Club in cooperation with Tallahassee Parks & Recreation Department

LOCATION: Trousdell Aquatic Center, John Knox Road, Tallahassee, Florida

DATES & TIMES: **Friday and Saturday, June 25 and 26:**

13-14, 15-16 and Seniors: Prelims at 8:00 AM; Prelims for 400 IM and 400 Free 15 minutes following conclusion of Prelim Session; Finals at 6:00 PM

10&u, 11-12: Timed finals no earlier than 1:00 PM

Sunday, June 27:

13/14, 15/16 and Seniors: Prelims at 8:00 AM; Timed Finals of 1500 15 minutes Following the conclusion of Prelim Session: Finals at 5:00 PM

10&u, 11/12: Timed finals no earlier than 2:00

TYPE OF MEET: Fifty (50) Meters Long Course

8&U, 10&U and 11-12 age groups: Timed Finals

13&14, 15&16 & Senior: Prelims/Consolation & Championship for all events except 1500 which is a timed final event only. There will only be a Championship Final for the 400 Free and 400 IM events.

Meet management reserves the right to limit the 400 IM and 400 Free events to the top 32 swimmers of each gender and the 1500 Free to 24 swimmers of each gender in order to maintain the approximate starting time for the afternoon session. The 10&under and 11&12 400 Free will be limited to 24 swimmers of each gender.

ELIGIBILITY: Open to currently registered U.S.A. Swimming, Inc. swimmers.

ENTRY LIMIT: All age groups are limited to three (3) individual events per day, nine (9) individual events for the meet,

ENTRY FEE: 12&under Events: \$4.00 per timed final individual event
13&over Events: \$5.00 per prelim/timed final individual event
ATAC surcharge: \$10.00

DEADLINE: All entries and payment must be received on or before
Friday, June 11th, 2010 @5:30

Name: _____ Age: _____ Sex: _____

Date of Birth: _____ Phone Number: _____ Signature: _____

Circle the events you want to enter. Do not pay for relays. Coaches will make up relay rosters.

13 & over (max-9 individual events) _____ x \$5.00 = \$ _____

12 & under (max 9 individual events) _____ x \$4.00 = \$ _____

ATAC surcharge \$ 10.00

Total: = \$ _____

This form is for ATAC swimmers only! Please deposit form with payment (checks to ATAC) on or before the deadline in the ATAC entry box at Trousdell. NO LATE ENTRIES WILL BE ACCEPTED!!

ORDER OF EVENTS

Friday, June 25

SESSION 1: Prelims for individual events in 13-14, 15-16 and Senior age groups.

Warm-up 6:20 am, Start 8:00 am.

Girls	Age Group	Distance and Stroke	Boys
1	13-14	200 Freestyle	2
3	15-16	200 Freestyle	4
5	Senior	200 Freestyle	6
7	13-14	200 Breaststroke	8
9	15-16	200 Breaststroke	10
11	Senior	200 Breaststroke	12
13	13-14	100 Butterfly	14
15	15-16	100 Butterfly	16
17	Senior	100 Butterfly	18

SESSION 2: Prelims for 13-14 and 15&Over 400 IM.

Start time is 15 minutes following the conclusion of the Prelim Session.

Girls	Qual. Time	Age Group	Distance and Stroke	Qual. Time	Boys
19*	7:01.19	13-14	400 IM	6:41.89	20*
21*	6:48.99	15&Over	400 IM	6:21.59	22*

* Swimmers must check in by 7:30 am to be seeded. NT entries will not be accepted. The 15&16 age group will be combined with the Seniors and scored separately. Heats will be swum fastest to slowest alternating gender. Meet management reserves the right to limit events 19-22 to the top 32 swimmers entered in each event in order to maintain the approximate starting time for Session # 3. Coaches will be notified prior to the start of the meet if this limitation will be necessary. Swimmers excluded will be allowed to deck enter events with open lanes available.

SESSION 3: Timed finals for 10&under and 11-12 age groups.

Warm-up not before noon. Start not before 1:00 pm.

Girls	Age Group	Distance and Stroke	Boys
23	10&under	200 Freestyle	24
25	11-12	200 Freestyle	26
27	10&under	100 Breaststroke	28
29	11-12	100 Breaststroke	30
31	10&under	50 Butterfly	32
33	11-12	50 Butterfly	34
35	10&under	200 Medley Relay	36
37	11-12	200 Medley Relay	38

SESSION 4: Finals of events 1-22 (championship heats followed by consolation heats) and championship heat only of 400 IM's and timed finals of 400 Medley Relay. Warm-up 5:00 pm, start 6:00 pm. Relays to be swum last.

Girls	Age Group	Distance and Stroke	Boys
39	13-14	400 Medley Relay	40
41	Senior	400 Medley Relay	42

Saturday, June 26

SESSION 5: Prelims for individual events in 13/14, 15/16 and Senior age groups.

Warm-up 6:20 am, Start 8:00 am.

Girls	Age Group	Distance and Stroke	Boys
43	13-14	50 Freestyle	44
45	15-16	50 Freestyle	46
47	Senior	50 Freestyle	48
49	13-14	200 IM	50
51	15-16	200 IM	52
53	Senior	200 IM	54
55	13-14	100 Backstroke	56
57	15-16	100 Backstroke	58
59	Senior	100 Backstroke	60

SESSION 6: Prelims for 13&14 and 15&Over 400 Free.

Session will start 15 minutes following conclusion of prelim session.

Girls	Qual. Time	Age Group	Distance and Stroke	Qual. Time	Boys
61*	6:09.39	13-14	400 Freestyle	5:53.29	62*
63*	6:00.39	15&over	400 Freestyle	5:38.59	64*

* Swimmers must check in by 7:30 am to be seeded. NT entries will not be accepted. The 15&16's will be combined with the Seniors and scored separately. Events will be swum fastest to slowest alternating gender. Meet management reserves the right to limit events 61-64 to the top 32 swimmers entered in each event in order to maintain the approximate starting time for Session # 7. Coaches will be notified prior to the start of the meet if this limitation will be necessary. Swimmers excluded will be allowed to deck enter events with open lanes available.

SESSION 7: Timed finals for 8&under, 10&under, 11/12 age groups.

Warm-up not before noon. Start not before 1:00 pm.

Girls	Qual. Time	Age Group	Distance and Stroke	Qual. Time	Boys
65	n/a	10&under	50 Freestyle	n/a	66
67	n/a	11-12	50 Freestyle	n/a	68
69	n/a	8&under	50 Butterfly	n/a	70
71	n/a	10&under	100 Butterfly	n/a	72
73	n/a	11-12	100 Butterfly	n/a	74
75	n/a	8&under	50 Backstroke	n/a	76
77	n/a	10&under	50 Backstroke	n/a	78
79	n/a	11-12	50 Backstroke	n/a	80
81	n/a	10&under	200 Freestyle Relay	n/a	82
83	n/a	11-12	200 Freestyle Relay	n/a	84
85*	7:37.29	10&under	400 Freestyle	7:38.49	86*
87*	6:27.79	11-12	400 Freestyle	6:21.69	88*

*Events 85-88 (10&U and 11/12 400 Free) are limited to three heats per event (24 fastest seeded times). These are deck seeded events. Swimmers must check in by 12:30 pm to be seeded. Swimmers must enter with a legal LC time or a conversion from a legal short course 500 yard time. NT entries will not be accepted. Meet management reserves the right to limit events 85-88 to the top 24 swimmers entered in each event. Swimmers excluded will be allowed to deck enter events with open lanes available.

SESSION 8: Finals of events 43-64 (championship heat followed by consolation heat) and championship finals for 400 Free and timed final for 400 Free Relay.

Warm-up 5:00 pm, Start 6:00 pm. Relays will be swum last.

Girls	Age Group	Distance and Stroke	Boys
89	13-14	400 Freestyle Relay	90
91	Senior	400 Freestyle Relay	92

Sunday, June 27

SESSION 9: Prelims for individual events 13-14, 15-16 and Seniors.

Warm-up 6:20 am, Start 8:00 am.

Girls	Age Group	Distance and Stroke	Boys
93	13-14	200 Butterfly	94
95	15-16	200 Butterfly	96
97	Senior	200 Butterfly	98
99	13-14	100 Freestyle	100
101	15-16	100 Freestyle	102
103	Senior	100 Freestyle	104
105	13-14	100 Breaststroke	106
107	15-16	100 Breaststroke	108
109	Senior	100 Breaststroke	110
111	13-14	200 Backstroke	112
113	15-16	200 Backstroke	114
115	Senior	200 Backstroke	116

SESSION10: Timed Finals for 1500 Free.

Start time 15 minutes following conclusion of the prelim session.

Girls	Qual. Time	Age Group	Distance and Stroke	Qual. Time	Boys
117*	24:06.39	13&over	1500 Freestyle	23:14.99	118*

*Events 117-118 . The 13&14, 15 & 16 and Senior Age Groups will be combined in the 1500 Free and scored separately. NT entries will not be accepted. Swimmers must check in by 7:30 to be seeded. Meet management reserves the right to limit events 117-118 to the top 24 swimmers of each gender. Coaches will be notified prior to the start of the meet if this limitation will be necessary. Swimmers excluded will be allowed to deck enter events with open lanes available. Events will be swum fastest to slowest alternating gender.

SESSION 11: Timed finals for 8&under, 10&under, and 11/12 age groups.

Warm-up not before 1:00, start not before 2:00 pm.

Girls	Age Group	Distance and Stroke	Boys
119	10&under	200 IM	120
121	11-12	200 IM	122
123	8&under	50 Breaststroke	124
125	10&under	50 Breaststroke	126
127	11-12	50 Breaststroke	128
129	8&under	50 Freestyle	130
131	10&under	100 Freestyle	132
133	11-12	100 Freestyle	134
135	10&under	100 Backstroke	136
137	11-12	100 Backstroke	138

SESSION 12: Finals of events 93-116

Warm-up immediately following the afternoon session, start not before 5:00 pm.