

2024 GRAVY BOWL INVITATIONAL



HOSTED BY
GREATER PENSACOLA AQUATIC CLUB

UWF AQUATIC CENTER
PENSACOLA, FL
NOVEMBER 22-24, 2024

2024 GPAC “Gravy Bowl” Prelim/Final Invitational
University of West Florida Aquatic Center
Pensacola, Florida
November 22-24, 2024

The meet will be conducted under the auspices of Southeastern Swimming, Inc. of United States Swimming. USA Swimming technical rules and regulations, including Minor Athlete Abuse Prevention Policy (MAAAP) guidelines, will be followed with the exception of items specifically addressed in the meet information.

In applying for the sanctioned meet on November 22, 2024, Greater Pensacola Aquatic Club agrees to comply and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Florida and Escambia County.

Sanctioned by Southeastern Swimming, Inc

Sanction # 24SEGPAC11-22

Time Trial Sanction # 24SEGPAC11-22TT

HOSTED BY: Greater Pensacola Aquatic Club, Inc. (850) 484-1312 www.gpacswimteam.org

LOCATION: The University of West Florida Aquatic Center
11000 University Parkway, Building 73, Pensacola FL 32514

It is understood and agreed that USA Swimming shall be free **and held harmless** from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. **It is further understood that Southeastern LSC, University of West Florida and Greater Pensacola Aquatic Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, infection or exposure by anyone during the conduct of the event.**

DIRECTIONS:

From US 90 East or West - Turn North on University Parkway to end of the road and turn left, the UWF Aquatic Center is at top of hill on your right.

From I-10 East or West - Exit at Davis Hwy, go north to University Pkwy and turn left (3rd light from the east; 4th light from the west); take University Parkway North to end of the road and turn left. The UWF Aquatic Center is at top of hill on your right.

PARKING: Parking is available FRIDAY AND SUNDAY ONLY next to the gym (Lot J) and across the street next to the water tower (Lot B). ON SATURDAY, ALL MEET PARTRONS ARE DIRECTED TO PARK ONLY IN LOT K. All other lots will be closed off for the football game. Swimmer drop-off will be in the circle in LOT A and no parking will be allowed. Cars parked in driveways, drop-off circles, on the grass, or adjacent to the buildings near the pool are subject to being towed by the University Police at owner's expense. Please see page 8 for a map of the area.

FACILITIES: World class indoor 8-lane 50 meter competition pool with a 4 feet minimum depth (measured 1 meter from wall at one end) and 14 feet maximum depth (measured 1 meter from opposite end) and non-turbulent lane lines. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Two six (6) and/or seven (7)-lane courses will be utilized during each preliminary session and one 8-lane course for the 10& under session, unless the meet director and meet referee determine a different number of lanes needs to be used to run the meet efficiently. Both courses will have fully automatic electronic timing provided by Colorado Timing System with HYTEK interface. Manual back-up will be used. Separate 8-lane scoreboards with lane/time/place display are available for both courses.

Entry to the warm down lanes will be at the spectator end of the pool only. Coaches are asked to help direct their swimmers to comply with this requirement.

The Meet Director and Referee reserve the right to alter the course(s) if deemed necessary.

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet unless otherwise noted herein.

SAFETY: In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and conduct themselves in a safe manner. Nobody will be allowed to climb on the diving boards for any reason. All swimmers and coaches are asked to remain on the pool deck and not climb the stairs to the skybox. Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course which is located at deck level beside the men’s lockers. **ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK** (area behind black sanction posts), **SPECTATORS ARE ONLY ALLOWED IN THE SEATING AREA.** Coaches are asked to help control the crowded pool deck by asking the parents of their swimmers to stay away from the starting block area of the pool. **Swimmers must enter the warm-down lanes feet first only.** Swimmers are to be encouraged by their coaches and parents to remain in the spectator area until their events.

MEDICAL: First aid/AED for participants and spectators is available and provided by the UWF aquatic center staff. Emergency medical staff/services are not available on-site.

Please be advised that the Pensacola area is subject to severe weather and therefore delays during the meet when thunder storms and lightning are in the vicinity should be anticipated. The UWF aquatic facility has strict rules prohibiting swimming while thunder and lightning storms are in the vicinity and these rules will be followed at all times. If a lightning strike is recorded within 5 nm of UWF Aquatic Facility, swimming will be halted and will not resume until a 15 minute period absent of local lightning strikes has expired.

The use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, restrooms or locker rooms.

All changing of clothes must be done in changing areas, restrooms or locker rooms as “Deck Changes” are prohibited.

OFFICIALS:

Meet Director: Greg Johnson
(540) 266-0769
gpaccoachgreg@gmail.com

Meet Referee: Randy Garcia
gpacswimreferee@gmail.com

Administrative Ref: Rick Harris
421outnumbered@2000.usna.com

ELIGIBILITY: All participants must be USA Swimming registered athletes. Entries will not be accepted without current registration numbers. NO on-deck USA Swimming registration will be allowed. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer’s age on the first day of the meet will determine his or her age for the entire meet.

DISABILITIES: Swimmers with disabilities are welcome and highly encouraged. Coaches with disabled swimmers are requested to complete the attached Information Form for Disabled Swimmers and return it with the entries in order to efficiently make swimmer accommodations prior to the start of the meet.

MEET FORMAT: This is a preliminary/finals meet for all **11 and over** events that are less than 400 yards, **with the exception of all races that are contested on Friday evening.** Flyover starts will be utilized as practical. All events will be pre-seeded except the 13 and over 1650-yd freestyle, which will be deck-seeded and swum **fastest to slowest alternating girls and boys.** Swimmers must sign-in with the Clerk of Course for all deck-seeded events.

- If it is necessary to limit the total number of heats for the 13 & older 400 IM and 500 Free events, they will be limited to the six (6) fastest heats of each, girls and boys.
- If it is necessary to limit the total number of heats for the 13 & older 1650 Free events, they will be limited to the four (4) fastest heats of each, girls and boys.
- If it becomes necessary to limit the total number of heats for the 9-12 200 IM events, they will be limited to the eight (8) fastest heats of each, girls and boys.
- *The 9-12 200 IM and 500 free will be swum together as one event, but scored separately as 9-10 and 11-12.*
- *All 10 & Under individual events will be scored separately as 8 & Under and 9-10.*
- *All 13 & Older individual events will be scored separately as 13-14 and Senior.*
- **Swimmers in the 1650-yd freestyle will be required to provide their own timers and lap counters.**
- Relays will be Timed Finals only with the 200 mixed medley relays swum on Friday, 200 Free Relays swum in the Sunday morning preliminary heats.
- There will be two (2) heats of finals for 11-12, 13-14 and Senior age groups with the “B” Final swimming first followed by the “A” Final. GPAC reserves the right to alter the number of finals heats and/or lanes for each age group.

WARM UP: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.

The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. Two (2) 40 minute warm up sessions (A and B) will be conducted on Friday PM, Saturday AM and Sunday AM. One (1) 50 minute warm up session will be conducted for finals on Saturday and Sunday. One (1) 30 minute warm up session for 10 & under swimmers will be conducted immediately following the conclusion of the preliminary session on Sunday. The warm up sessions may be altered in order to provide sufficient warm up for all swimmers. Swimmers not entered in the meet may not use the pool at any time with the exception of swimmers from the host club.

<u>Starting Times:</u>	<u>Warm-up</u>	<u>Competition</u>
Friday PM:	(A) 4:00 PM, (B) 4:40 PM	5:30 PM
Saturday AM (11 & O Preliminaries & 10 & Under Timed Finals):	(A) 6:30 AM, (B) 7:10 AM	8:00 AM
Saturday Finals:	5:00 PM	6:00 PM
Sunday AM:	(A) 6:30 AM, (B) 7:10 AM	8:00 AM
Sunday 10 & under session:	after conclusion of prelims	40 min. after start of warm ups
Sunday PM:	4:00 PM	5:00 PM

Continuous warm-up/warm-down is available in two lanes between the shallow and deep end courses, with entrance and exit restricted to the east side of the pool (the side opposite the starting blocks). During the finals sessions lanes 1-8 in the shallow end course will be available for warm down.

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. Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ENTRIES: Teams who have HYTEK's Meet/Team Manager should submit their entries via e-mail. Entry forms must be completely filled out including the swimmers' best times for yards. Please provide a written copy of entries with the event numbers and event description in published event order for verification purposes. Teams without "Team Manager" are encouraged to use Hytek's Team Manager Lite which is available free for download direct from Hytek via the following website: <http://www.hy-tekltd.com/downloads.html>

Otherwise, teams without "Team Manager" or other suitable Hytek product must use the enclosed entry forms and are subject to a \$30.00 surcharge for requiring manual entry processing. Entries are to be listed in short course yards or "NT".

All teams are asked to completely fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials affiliated with the team that are willing to serve as a meet official during the weekend. If possible, teams submitting their entries via email are asked to send their completed forms either by fax or as scanned documents attached to email. If these delivery methods are not available, the completed forms should be submitted by physical mail for prompt delivery.

Any teams with outstanding fees from previous GPAC meets WILL NOT have any entries accepted until ALL outstanding fees are paid.

ENTRY ERRORS: If due to GPAC's error, the swimmer will be deck entered into an open lane of the heat nearest his/her entry time or in a new heat. The entire event WILL NOT be re-seeded.

SCRATCHES: The sign-in deadline for deck-seeded events is no later than 30 minutes prior to the scheduled start of each session. Swimmers or relays who do not check-in with the Clerk of Course by the deadline will be seeded with a NT, but will be able to compete. Only the swimmer or his/her coach may check-in or scratch a swimmer. **If swimming an event, the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name. If scratching the event, the swimmer or coach shall draw a line through the swimmer's name and place their initials next to the swimmer's name.**

Any swimmer entered in an individual event that is deck-seeded at the meet, and who has been signed in for the event, must swim the event unless he/she notifies the Clerk of Course before the seeding for that event has begun. Failure to swim the event will result in the swimmer being barred from the next individual event in which he/she is entered, whether it is that day or the next day.

SCRATCH RULES FOR PRELIM/FINALS EVENTS: Swimmers qualifying for finals or consolation finals must notify the Clerk of Course within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch within 30 minutes of the posting of the last preliminary event of the session or they will be seeded into the event. Scratches must be given to the Clerk of Course. Any swimmer failing to properly scratch and failing to compete in the consolation finals and/or championship finals may be barred from the next individual event in which he/she is entered, whether it is that day or the next day.

LIMITS: Swimmers are limited to THREE (3) individual events on Friday. On Saturday and Sunday 11 & older swimmers are limited to THREE (3) individual events per day, **inclusive** of time trials. 10 & under swimmers are limited to FOUR (4) individual events per day, **inclusive** of time trials. All swimmers are limited to TWO (2) relays for the meet. The host team reserves the right to limit the number of heats in deck-seeded events in order to run the meet in the allotted time.

TIME TRIALS: Requests for time trials will be accepted by the Clerk of the Course. Payment for any requested time trial must accompany the request. Swimmers requesting time trials must be entered in the meet. No deck entries will be allowed for time trial only swimmers. **The deadline for submitting Time Trial requests will be 10:30 AM for the preliminary session and 2 PM for the 10 & under session ON SUNDAY ONLY.** The actual scheduling of the time trials will depend on the number of requests, but they will likely be scheduled for the end of the day after all competition is complete in the preliminary sessions.

FEES: Please make checks payable to: Greater Pensacola Aquatic Club. **All entry fees are nonrefundable.**

Individual:	\$8.00 per event	(\$10.00 late entry)
Relay:	\$12.00 per relay	(\$14.00 late entry)
SES surcharge:	\$4.00 per swimmer	
Facility surcharge:	\$15.00 (waived for Outreach)	
Time Trials:	\$10.00 per individual event	

DEADLINE: Entry files and entry reports or manual entry forms and entry fees including surcharges must be received by the Meet Entries Chair on or before 11:59 PM Central Time on TUESDAY NOVEMBER 12, 2024. **Late entries** will be accepted for available lanes only until 5:00 PM Central Time on Monday, November 18, 2024. No new heats will be formed.

Total entries will be limited based on SES time limits for all sessions. In the event that it becomes necessary to limit swimmers, priority will be given to teams in the order their entries are received.

Completed entries should be submitted by e-mail, fax, overnight delivery or U.S. mail to:

GPAC Meet Entries Chair
PO Box 30318, Pensacola, FL 32503
Telephone: 850-484-1312

EMAIL: gpac.meet.entries@gmail.com

(Please include the words “Meet Entry Info” in the subject line of all e-mail)

E-mailed entries are preferred, but will not be considered complete for processing until the GPAC Meet Entries Chair has received written entry forms, written copy of all entries for verification purposes, release/recap sheet and entry fees including surcharges. Email confirmations will be sent out as entries are received. Please contact the GPAC Meet Director or Meet Entries Chair if a confirmation of your team’s entries is not received within 24 hours of submission.

SCORING: Points for first through sixteenth places in individual events will be awarded as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Points for first through eighth places in relay events (one relay per team can score) will be awarded as follows: 40-34-32-30-28-26-24-22. See the “Meet Format” section regarding specifics on event scoring, these will be *italicized*.

AWARDS: Ribbons will be awarded to 12 & Unders only for first through eighth place in all individual events, and first through fourth places in relay events. There will be a high point award given for each gender in each age group (8&U, 9-10, 11-12, 13-14, 15&O). There will be team awards for first, second, and third places. See the “Meet Format” section regarding specifics on event scoring, these will be *italicized*.

SPECTATOR CORNER: The UWF Aquatic Center has bleacher seating – personal chairs/stadium seats are NOT allowed in the Aquatic Center. Seating by spectators or athletes is not allowed on the pool deck. Tents, tarps, and chairs are welcome in the courtyard areas outside the pool provided they do not impede access to the entrances to university facilities, handicapped access ramps or football event operations. **TENTS/SHELTERS MUST BE REMOVED AFTER EACH SESSION AND MAY NOT REMAIN OVERNIGHT.**

The courtyard directly outside the pool’s EAST entrance will be restricted on Saturday for UWF football events. Meet patrons are asked to comply with restricted areas and any directions given by UWF staff and personnel.

Tents, tarps, and/or chairs cannot be set up on the access road directly outside the SOUTH pool entrance. Spectators are prohibited in the area behind the starting blocks and may be prohibited in other designated areas.

No pets are allowed in any UWF building or at any of the athletics facilities. Only service animals, as defined by the ADAAA, which are dogs or miniature horses that are individually trained to do work or perform tasks for people with disabilities are allowed.

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 times athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

The possession, use, or storage of electronic equipment such as hoverboards, Segways, IO Hawks, Skywalkers and any similar devices is prohibited anywhere on the University of West Florida Pensacola Campus.

Spectators and swimmers are only allowed to be in the immediate pool area (Outside the facility)—team seating areas, sun yard and adjacent courtyard/outdoor areas. Spectators may not use UWF Football tents/tables/chairs and should adhere to directions and policies of UWF staff and personnel at all times.

NO SWIM MEET PARTICIPANTS/SPECTATORS ARE ALLOWED ON THE UWF FOOTBALL FIELD AT ANY TIME FOR ANY REASON.

Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

OFFICIALS' CORNER: Certified officials who are members of USA Swimming and are available to work the meet are asked to please notify the Team Lead Chief Judge by email. Please specify which day(s) and session(s) you can help.

****This meet has been designated an Officials Qualifying Meet (OQM) for national official certification. Officials requesting N2/N3 evaluations at this meet are requested to complete the USAS application for evaluation and forward it to the Meet Referee, Randy Garcia, no later than November 8, 2024 to ensure requested evaluation. Evaluation applications will be accepted on site, on a case-by-case basis, depending on our capacity to provide appropriate evaluations.**

Meet Referee: Randy Garcia –gpacswimreferee@gmail.com

Please display current certification cards at all times on deck and/or have Deck Pass credentials readily available. All session briefings will occur one hour prior to the start of competition for that session.

Teams are asked to also include the names of these officials in the appropriate section of the Team Information page to be returned with entries.

COACHES' CORNER: Before picking up the team's packet, coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet/signed waiver form with the lead deck coach's cell phone number listed.

SES rules dictate that "coaches shall display, when requested, their USAS Membership cards (or Deck Pass credentials) to be allowed on deck at any SES sanctioned meet. Compliance shall be the responsibility of the Host Meet Referee/director—they may assign the responsibility to other meet personal. **Therefore all coaches are required to sign in with the Clerk of Course and must be prepared to show their coaching credentials at that time and receive a wristband for deck access.**

A coaches' meeting will be held at 10 minutes prior to the start of competition on Saturday and, if deemed necessary by the referee on Sunday, in the hospitality area. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting(s).

Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and GPAC Meet Director by email.

PHOTOGRAPHY POLICY: No team or parent photographers will be permitted on deck unless they are registered non-athlete members of USA Swimming with a current valid level 1 background check and current valid Athlete Protection training. Press photographers will not be permitted on deck unless they have been issued a credential by the Meet Director. Credentials must be visible and on display at all times.

Under NO circumstances will video or still photography be allowed in 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 area. Acceptable areas include the side courses of the pool, team gathering areas, concession areas, and the turn-end of the competition pool(s) when not in use as a “start end”.

HOSPITALITY: There will be a hospitality area available for coaches, meet workers and officials only.

HEAT SHEETS, T-SHIRTS, CONCESSIONS: Heat sheets will be made available electronically on the GPAC team web site prior to the meet. Official meet apparel vendors will be on site. Concessions may be offered.

RECYCLING: GPAC is supporting the SES recycling initiative (pilot program for USA Swimming) at its home meets. Please look for additional information about this initiative posted at the swimming venue and assist GPAC with this initiative.

MEET EVALUATIONS:

Please send any comments, suggestions, or evaluations concerning the meet to:

John Boxmeyer - SES General Chairman

jboxmeyer@hotmail.com

The following forms are attached after the order of events as an integral part of this meet invitation and are required for entry processing:

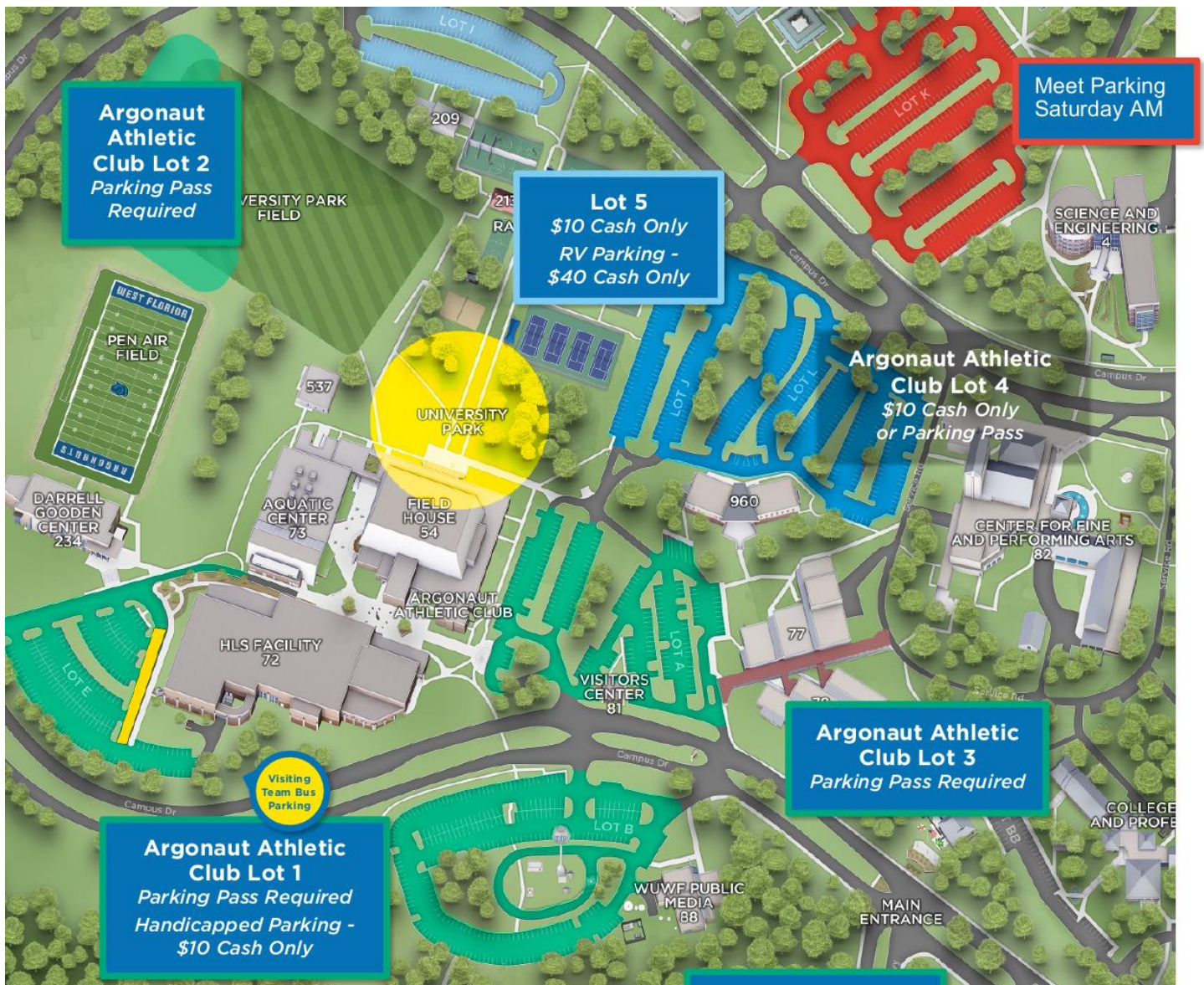
SES Waiver, Acknowledgment and Liability Release Form

Team Information Form and Summary of Fees

SES Information Form for Disabled Swimmers (duplicate as needed)

GPAC Time Trial Form

Unaccompanied Swimmer Coaching Assignment Form



2024 GPAC GRAVY BOWL INVITATIONAL

ORDER OF EVENTS[^]

Friday November 22, 2024

Warm-up (A) 4:00 PM (B) 4:40 PM ~ Competition 5:30 PM

DEEP END SESSION 1		
	Event	
1	10 & U Mixed Med. Relay	X
2	11-12 Mixed Med. Relay	X
3	13-14 Mixed Med. Relay	X
4	Senior Mixed Med. Relay	X
TEN MINUTE BREAK		
5	Girls 8 & U 100 IM	
7	Girls 9-12 200 IM	
9	Girls 13 & O 400 IM	
11	Girls 10 & U 50 Free	
13	Girls 9-12 500 Free	
15	Girls 13 & O 500 Free	

SHALLOW END SESSION 1		
	Event	
	Boys 8 & U 100 IM	6
	Boys 9-12 200 IM	8
	Boys 13 & O 400 IM	10
	Boys 10 & U 50 Free	12
	Boys 9-12 500 Free	14
	Boys 13 & O 500 Free	16

All Events on Friday are Timed Final Events

* 400's & 500's are Pre-Seeded Events - GPAC reserves the right to limit each event to 6 heats per gender

General Meet Notes:

All Relays are Timed Final Events and will only be swum in Prelims

11-12, 13-14 & Senior will have two (2) heats in finals. The consolation (B final) heat will be swum first.

[^]The Meet Director and Referee reserve the right to adjust the event order and/or course designations for specific age groups and/or genders, combine sessions, separate the meet into two (2) session and/or adjust warm-up schedules and/or competition start times if the number of entries warrants, in order to run the meet more efficiently.

2024 GPAC GRAVY BOWL INVITATIONAL

ORDER OF EVENTS^ (continued)

Saturday Morning, November 21, 2024

Prelims Warm-up (A) 6:30 AM (B) 7:10 ~ Competition 8:00 AM

DEEP END- SESSION 2 13& OVERS		
	PRELIMS	
Girls	Event	Boys
17	13-14 200 IM	18
19	15 & O 200 IM	20
21	13-14 100 BACKSTROKE	22
23	15&O 100 BACKSTROKE	24
25	13-14 200 BUTTERFLY	26
27	15&O 200 BUTTERFLY	28
29	13-14 200 BREASTSTROKE	30
31	15 & O 200 BREASTSTROKE	32
33	13-14 50 FREE	34
35	15 & O 50 FREE	36

SHALLOW END-SESSION 3 12 & UNDERS		
	TIMED FINALS	
Girls	Event	Boys
37	# 9-10 100 IM	38
39	11-12 100 IM	40
41	# 10 & U 25 BACKSTROKE	42
43	# 10 & U 50 BACKSTROKE	44
45	11-12 50 BACKSTROKE	46
47	# 10 & U 100 BUTTEERFLY	48
49	11-12 100 BUTTERFLY	50
51	# 10 & U 100 BREASTSTROKE	52
53	11-12 100 BREASTSTROKE	54
55	10 & U 25 Free	56
57	11-12 50 FREE	58

Session Notes: # Event is a Timed Final Event

Saturday Evening Finals

Finals Warm-up 5:00 PM ~ Competition 6:00 PM

Deep End Session 4 - Finals		
Girls	Event	Boy's
Event		Event
39	11-12 100 IM	40
17	13-14 200 IM	18
19	15 & O 200 IM	20
45	11-12 50 Back	46
21	13-14 100 Back	22
23	15 & O 100 Back	24
49	11-12 100 Fly	50
25	13-14 200 Fly	26
27	15 & O 200 Fly	28
53	11-12 100 BREASTSTROKE	54
29	13-14 200 BREASTSTROKE	30
31	15 & O 200 BREASTSTROKE	32
57	11-12 50 Free	58
33	13-14 50 Free	34
35	15 & O 50 Free	36

2024 GPAC GRAVY BOWL INVITATIONAL

ORDER OF EVENTS^ (continued)

Sunday, November 24, 2024

**Prelims Warm-up (A) 6:30 AM (B) 7:10 ~
Competition 8:00 AM**

**10 & Under warmups start 15 minutes after the conclusion of
Session 4**

SESSION 5- 11 & OLDERs		
DEEP END	PRELIMS	SHALLOW END
Girls	Event	Boys
59	11-12 200 FREE RELAY	60
61	13-14 200 FREE RELAY	62
63	15 & O 200 FREE RELAY	64
65	11-12 200 FREE	66
67	13-14 200 FREE	68
69	15 & O 200 FREE	70
71	11-12 50 BUTTERFLY	72
73	13-14 100 BUTTERFLY	74
75	15 & O 100 BUTTERFLY	76
77	11-12 100 BACKSTROKE	78
79	13-14 200 BACKSTROKE	80
81	15 & O 200 BACKSTROKE	82
83	11-12 50 BREASTSTROKE	84
85	13-14 100 BREASTSTROKE	86
87	15 & O 100 BREASTSTROKE	88
89	11-12 100 FREE	90
91	13-14 100 FREE	92
93	15& O 100 FREE	94
95	13 & O 1650 FREE	96

~ 1650 is a Timed Final Event - GPAC reserves the right to limit
each event to 4 heats per gender

SHALLOW END- Session 6 -10 & UNDERS		
	TIMED FINALS	
Girls	Event	Boys
97	10 & U 200 FREE RELAY	98
99	10 & U 200 FREE	100
101	10 & U 25 BUTTERFLY	102
103	10 & U 50 BUTTERFLY	104
105	10 & U 100 BACKSTROKE	106
107	10 & U 25 BREASTSTROKE	108
109	10 & U 50 BREASTSTROKE	110
111	10 & U 100 FREE	112

Sunday Evening Finals

Finals Warm-up 4:00 PM ~Competition 5:00 PM

Deep End Session 7 - Finals		
Girls Event	Event	Boy's Event
65	11-12 200 Free	66
67	13-14 200 Free	68
69	Senior 200 Free	70
71	11-12 50 Fly	72
73	13-14 100 Fly	74
75	Senior 100 Fly	76
77	11-12 100 Back	78
79	13-14 200 Back	80
81	Senior 200 Back	82
83	11-12 50 Breast	84
85	13-14 100 Breast	86
87	Senior 100 Breast	88
89	11-12 100 Free	90
91	13-14 100 Free	92
93	Senior 100 Free	94

SOUTHEASTERN SWIMMING

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify that all the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The Greater Pensacola Aquatic Club, Inc., the University of West Florida, Pensacola State College, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

CLUB NAME:		INITIALS:	
ADDRESS:			
LSC:		HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:	
FAX NUMBER:		CELL PHONE:	EMAIL:
COACHES ATTENDING:	NAME		COACHES CARD EXPIRATION DATE
	1.		
	2.		
	3.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	1.		
	2.		
	3.		
	4.		
NUMBER OF SWIMMERS ENTERED:		ATTACHED:	
		UNATTACHED:	
		TOTAL:	

SUMMARY OF FEES

SES TEAMS NUMBER OF SWIMMERS:		X \$4.00 SES SURCHARGE	=	
NUMBER OF SWIMMERS:		X \$15.00 FACILITY SURCHARGE	=	
NUMBER OF IND. EVENTS:		X \$8.00 PER EVENT ENTRY FEE	=	
NUMBER OF RELAY EVENTS:		X \$12.00 PER EVENT ENTRY FEE	=	
		TOTAL DUE:		

SOUTHEASTERN LSC
INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non-mandatory form is for accommodation purposes.

Name_____

Address_____

Team_____ USA Registration # _____

Age and Birth date: _____

Events to be swum: _____/_____/_____/_____/_____/_____/_____

Type of Disability

Blind ____ Cognitive/Intellectual _____ Deaf ____ Physical _____ Other _____

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

The following person(s) will accompany the swimmer for any needed assistance:

Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

Information gathered on this form will only be used for swimmers accommodation during Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking Swimmers attendance and performance. The Disability Chair welcomes any feedback and or comments concerning your meet experience.

Meet Director Email: Greg Johnson

gpaccoachgreg@gmail.com

Meet Referee Email: Randy Garcia

Garcia.randy15@outlook.com

Disability Chair: Robin Heller

robin@seastarsaquatics.org

2024 SE GPAC “Gravy Bowl” Prelim/Final Invitational

November 22-24, 2024 UWF Aquatic Center ~ Pensacola, Florida

Time Trial Sanction No. 24SEGPAC11-22TT

Time Trial Request

Time Trials to meet SES, Sectional or National qualifying times for swimmers otherwise meeting the eligibility criteria for any long course event listed below may be held upon reasonable request at the sole discretion of the Meet Referee and Meet Director. Such swims when combined with the swimmer's entered events must fall within daily individual entry limits otherwise applicable and will be held, if time permits, after the final competition session each day. Swimmers requesting time trials must supply their own lane timers. Entry fees for each time trial swim will be \$10.00 per individual event (plus applicable SES surcharge and facility fee for swimmers not otherwise entered in the meet) due at the time the request for time trial is submitted.

Swimmers must sign up for time trials at the Clerk of Course table by 10:30 a.m. (11 & Older session) and 2 p.m. (10 & under session) ON SUNDAY ONLY by submitting a copy of this form with the applicable fees.

The time trial order of events will generally be as follows: current day's events, previous day's events and future day's events. Different strokes of the same distance may be combined and swum at the same time in order to consolidate heats.

Team Name: _____ Team Abbreviation: _____

Swimmer's Name: _____ USA Swimming ID #: _____

Gender: M / F

Event Description (Stroke & Distance: _____ Seed Time: _____

Coach/Swimmer Signature: _____

UNACCOMPANIED SWIMMER COACHING ASSIGNMENT FORM

Name of Meet: _____

Date(s): _____

The following swimmers from _____ (swimmer's team) will not be accompanied by a team coach and therefore I request that the Meet Referee/Meet Director assign them to a coach for all purposes during the meet sessions on the dates noted above. Each of the swimmers listed below are certified as proficient in performing a racing start unless specifically noted otherwise (non-certified swimmers must start each race from within the water).

Coach's Signature

Date

Swimmer Name(s):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I agree to act as coach for the above named swimmer(s) during the pre-meet practice, warm-up and the competition.

Assigned Coach's Signature

Date

Assigned Coach's Team Name _____