



Florida Gold Coast Area 2

LONG COURSE Developmental Championship Meet

AZFL, BEST, CSSC, HAFL, HAT, MWA, PST, POMP, NSUA, SUN, SF, SFTL, TA, TS, WASC, YBC

July 8-10, 2016

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction #FGA070816SUN-B-24

"In granting this approval 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"

Sponsored By: Sunrise Swimming Booster Club, Sunrise Swimming, City of Sunrise

Location: City of Sunrise Civic Center Pool, 10610 West Oakland Park Blvd, Sunrise, FL 33351

Dates & Time:

Session I	Finals-LCM	Friday	July 8	Warm-up – 4:00PM	Start – 5:00PM
Session II	Prelims-LCM	Saturday	July 9	Warm-up – 7:00AM	Start – 8:30AM
Session III	Finals-LCM	Saturday	July 9	Warm-up – 4:00PM	Start – 5:00PM
Session IV	Prelims-LCM	Sunday	July 10	Warm-up – 7:00AM	Start – 8:30AM
Session V	Finals-LCM	Sunday	July 10	Warm-up – 4:00PM	Start – 5:00PM

Start times for this meet may be adjusted following receipt of all entries with approval of the Age Group Chair

Pool / Timing: 50 meters x 25 yard heated outdoor pool: 7 lanes for prelims (and Friday night), 8 lanes for finals. There will be a separate warm-up and swim-down lane during prelims; **10 minute breaks after each 15-18 yo event in finals.** DaktronicsTiming System® will be used. Fly-over starts will possibly be used.
The competition course has been certified in accordance with 104.2.2 ©.
Water depth at the start is 4'6" in accordance with 202.3.7 ©.

Camera Free: The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

Rules: 2016 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA swimming and as recommended by the referee will be in effect.
Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Deck Changing: Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited

Closed Deck: Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches will be permitted inside of the roped off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the event. Coaches are requested to wear their coaching credentials at all times.

Eligibility: Open to 7-18 year old 2016 USA Swimming FGC registered athletes in AREA 2

- 7-14 year old swimmers must not have achieved an FGC Junior Olympic time and 15-18 year old swimmers must not have achieved a Senior Championship qualifying time in the long course event in which he/she is entered.
- All swimmers must have achieved a minimum 'B' time standard for all events, except for the 50's where there will be no entry requirement.
- 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. 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 - USA Swimming Rule 202.4.9.D
- Teams entering and swimming athletes who have achieved qualifying times will be subject to a \$50 fine per swim.
- The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.
- **If a swimmer ages up between this Area 2 meet and Junior Olympics on July 15-17, they are ONLY eligible to swim time trials.**

Disability: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact the pool office ahead of time to allow for preparations – Dave or Christi Wathen - 954-747-4635

Entry Deadline: Entries Close - **Wednesday – June 29, 2016 11:59 PM**

Entry Limit: No more than three (3) individual events per day (unlimited relays)

Entry Procedure: **Hy-Tek electronic entry system is required.**
Email entries to: coachsun1@aol.com
Submission of entry certifies that all entered swimmers are current year USA Swimming registered. Non-electronic entries are not accepted

Entry Fees: \$5.00 per Individual event entry
\$8.00 per Relay event entry
\$8.00 per swimmer surcharge
Entry fees are made payable to Sunrise Swimming Booster Club (note: one check per team)

Deck Entries: The FGC Deck Seed Policy will be in effect. Deck entries permitted into open lanes ONLY on a first-come-first-served basis. **COACHES ONLY, PLEASE.** Deadline for deck entries is 30 minutes before start of meet. Policy can be seen at www.fgcswwim.org. All deck entered swimmers must be current USA Swimming members in order to be entered.

Fees are DOUBLE the entry fee, CASH ONLY:
\$10.00 per individual event.
\$16.00 swimmer surcharge.

- Refunds:** Once a team or individual entry has been received and processed, there will be no refunds in full or in part.
- Seeding:** Standard Championship seeding will be used for Prelim/Final events. 10 and Under events will be seeded as timed final events. Entries will be seeded with conforming times – LCM.
- Relays:** A & B relays are permitted. Any swimmer who is legally entered in this meet can swim any leg on any relay.
- Finals:** A single Championship Final for will be swum as prelim/ final events. All 7-10 year old events will be swum as timed final events during the prelim session.
- Distance Events:**
- **400 IM and 400 free are positive check in events by 5:00pm Friday, July 8, 2016**
 - 200 of strokes will be swum in the AM sessions ONLY as timed finals.
 - 1500 free will be combined and scored separately. This event will be swum fastest to slowest – alternating girls/boys in prelims. **Positive check in for 1500 ends at 8:15am Sunday, July 10, 2016. ***All 1500 swimmers must provide their own timer and counter*****
- Awards:** Individual Events: Medals 1st - 3rd and Ribbons 4th – 8th
Relays Events: Ribbons 1st – 3rd
- Scoring:** This competition is not scored.
- Admission:** \$3.00 per person per session. Heat Sheets - \$3.00 each session
- Concessions:** Concession stand will be open for all sessions.
- Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available.
- Referee:** **Yvette Kohanyi**
- Admin Official:** **Amy Trodick**
- Meet Director:** **Dave Wathen**
- Directions:** From the east, take Oakland Park Blvd to just west of Nob Hill Road. Turn left after Safety Complex Bldg. Follow signs to pool.
From the north or south, take Nob Hill Road to Oakland Park Blvd. Turn west onto Oakland, and left after Safety Complex Bldg. Follow signs to pool.

Session I – Timed Finals LCM - Friday July 8

Warm-up: 4:00pm Meet Starts:5:00pm

Girls Event #	LCM	Age Group	Event	LCM	Boys Event #
1	3:02.39 (3:48.49)^	7-10	200FR**	2:59.89 (3:34.79)^	2
3	2:41.59 (3:03.79)^	11-12	200FR**	2:37.79 (2:58.99)^	4
5	2:23.89 (2:55.19)^	13-14	200FR**	2:21.99 (2:45.69)^	6
7	2:22.49 (2:51.79)^	15-18	200FR**	2:11.50 (2:39.19)^	8
9	3:21.59 (4:10.09)^	7-10	200IM**	3:24.89 (4:08.09)^	10
11	3:02.59 (3:28.39)^	11-12	200IM**	3:03.89 (3:26.99)^	12
13	2:50.99 (3:19.49)^	13-14	200IM**	2:40.39 (3:07.09)^	14
15	2:41.89 (3:14.19)^	15-18	200 IM**	2:28.19 (2:58.19)^	16
17	6:13.89 (7:37.27)^	7-10	400FR**	6:15.59 (7:29.49)^	18
19	5:37.09 (6:23.89)^	11-12	400FR**	5:29.89(6:15.49)^	20
21	5:01.79 (6:07.39)^	13-14	400FR**	5:02.69 (5:53.19)^	22
23	4:55.29 (6:00.39)^	15-18	400FR**	4:38.39 (5:36.79)^	24
25	6:28.39 (7:23.79)^	11-12	400IM**	6:27.49 (7:13.49)^	26
27	6:00.39 (7:00.49)^	13-14	400IM**	5:40.39 (6:37.09)^	28
29	5:42.39 (6:47.89)^	15-18	400 IM**	5:17.49 (6:18.59)^	30

**** Timed Final Events –Swum in Prelims All Time Standards are “Slower Than” ^must have “B” cut**

Session II – Prelims LCM - Saturday July 9 Warm-up: 7:00am Meet Starts: 8:30am

Girls	LCM	Age Group	Event	LCM	Boys
31	1:36.79(2:01.89)^	7-10	100BK**	1:35.69 (1:56.09)^	32
33	1:25.29(1:38.89)^	11-12	100BK	1:26.39 (1:37.99)^	34
35	1:17.19(1:30.09)^	13-14	100BK	1:12.89 (1:24.99)^	36
37	1:18.49(1:28.69)^	15-18	100 BK	1:10.29 (1:21.29)^	38
39	42.49	7-10	50FL**	42.89	40
41	36.79	11-12	50FL	37.89	42
43	35.69	13-14	50FL	33.19	44
45	35.39	15-18	50 FL	30.89	46
47	1:48.49(2:16.89)^	7-10	100BR**	1:50.69 (2:11.99)^	48
49	1:35.79(1:49.99)^	11-12	100BR	1:35.69 (1:48.29)^	50
51	1:28.19(1:42.89)^	13-14	100BR	1:21.29 (1:34.89)^	52
53	1:28.79(1:41.09)^	15-18	100 BR	1:18.49 (1:31.99)^	54
55	37.29	7-10	50FR**	37.69	56
57	34.39	11-12	50FR	33.49	58
59	30.89	13-14	50FR	29.49	60
61	31.39	15-18	50 FR	28.19	62
63	3:03.29(3:29.09)^	11-12	200FL**	3:01.59 (3:22.49)^	64
65	2:45.69(3:13.29)^	13-14	200FL**	2:36.59 (3:02.59)^	66
67	2:40.39(3:09.39)^	15-18	200 FL**	2:29.99 (2:53.89)^	68
69	NT	7-10	200 Fr Relay**	NT	70
71	NT	11-12	200 Fr Relay**	NT	72
73	NT	13-14	200 Fr Relay**	NT	74
75	NT	15-18	200 Fr Relay**	NT	76

**** Timed Final Events – Swum in Prelims All Time Standards are “Slower Than” ^must have “B” cut**

Session III – Finals LCM Saturday July 9 Warm-up: 4:00pm Meet Starts: 5:00pm

****There will be a 10 minute break after each 15-18 event to allow swimmers to warm-down****

Girls Event #	Age Group	Event	Boys Event #
33	11-12	100BK	34
35	13-14	100BK	36
37	15-18	100 BK	38
	10 min	Warm-up/down	
41	11-12	50FL	42
43	13-14	50FL	44
45	15-18	50 FL	46
	10 min	Warmup/down	
49	11-12	100BR	50
51	13-14	100BR	52
53	15-18	100 BR	54
	10 min	Warm-up/down	
57	11-12	50FR	58
59	13-14	50FR	60
61	15-18	50 FR	62

Session IV- Prelims LCM - Sunday July 10 Warm-up: 7:00am Meet Starts: 8:30am

Girls	LCM	Age Group	Event	LCM	Boys
77	3:25.09 (3:54.59)^	11-12	200 BR**	3:25.09 (3:49.99)^	78
79	3:10.79 (3:42.59)^	13-14	200 BR**	2:59.49 (3:29.49)^	90
81	3:11.39 (3:36.59)^	15-18	200 BR**	2:55.79 (3:18.29)^	82
83	1:23.19 (1:43.09)^	7-10	100FR**	1:24.39 (1:41.29)^	84
85	1:14.89 (1:24.99)^	11-12	100FR	1:12.49 (1:22.19)^	86
87	1:06.79 (1:21.29)^	13-14	100FR	1:05.29 (1:16.19)^	88
89	1:07.19 (1:19.79)^	15-18	100 FR	1:00.99 (1:12.59)^	90
91	44.49	7-10	50BK**	45.29	92
93	39.49	11-12	50BK	39.99	94
95	36.59	13-14	50BK	34.39	96
97	36.99	15-18	50 BK	34.09	98
99	1:40.79 (2:11.19)^	7-10	100FL**	1:40.09 (2:09.39)^	100
101	1:23.89 (1:37.49)^	11-12	100FL	1:24.39 (1:36.19)^	102
103	1:15.49 (1:28.09)^	13-14	100FL	1:10.39 (1:22.19)^	104
105	1:12.89 (1:26.09)^	15-18	100FL	1:05.39 (1:18.19)^	106
107	49.09	7-10	50BR**	51.19	108
109	43.09	11-12	50BR	43.99	110
111	42.09	13-14	50BR	38.59	112
113	41.29	15-18	50 BR	36.99	114
115	3:01.99 (3:27.69)^	11-12	200BK**	3:01.79 (3:22.79)^	116
117	2:45.59 (3:13.19)^	13-14	200BK**	2:36.79 (3:02.99)^	118
119	2:46.19 (3:09.29)^	15-18	200 BK**	2:30.99 (2:53.79)^	120
121	NT	7-10	200 Med Relay**	NT	122
123	NT	11-12	200 Med Relay**	NT	124
125	NT	13-14	200 Med Relay**	NT	126
127	NT	15-18	200 Med Relay**	NT	128
129	22:34.99(25:45.79)^	11-12	1500**	22:16.39(25:24.09)^	130
	19:48.09(24:06.49)^	13-14	1500**	19:55.69(23:14.99)^	
	19:43.09 (23:51.99)^	15-18	1500**	18:29.99(22:18.99)^	

**** Timed Final Events –Swum in Prelims All Time Standards are “Slower Than” ^must have “B” cut**

Session V – Finals LCM Sunday July 10 Warm-up: 4:00pm Meet Starts: 5:00pm

** There will be a 10 minute break after each 15-18 event to allow swimmers to warm-down**

Girls Event #	Age Group	Event	Boys Event #
85	11-12	100FR	86
87	13-14	100FR	88
89	15-18	100 FR	90
	10 min	Warm-up/down	
93	11-12	50BK	94
95	13-14	50BK	96
97	15-18	50BK	98
	10 min	Warm-up/down	
101	11-12	100FL	102
103	13-14	100FL	104
105	15-18	100FL	106
	10 min	Warm-up/down	
109	11-12	50BR	110
111	13-14	50BR	112
113	15-18	50BR	114

Florida Gold Coast Area 2 Long Course Time Trial

Sanctioned by: USA Swimming and Florida Gold Coast Swimming.
Sponsored by: Sunrise Swimming Booster Club, Sunrise Swimming, City of Sunrise

Location: City of Sunrise Civic Center Pool, 10610 West Oakland Park Blvd, Sunrise, 33351
Dates and Time: July 09, 2016 – 15mins after the conclusion of prelims
 July 10, 2016 – Directly at conclusion of 1500 free

Pool / Timing: **7 lane** 50 meters x 25 yard heated outdoor pool, 1 for warm up warm down during competition. (Daktronics ®) will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 ©. Water depth at the start is 4'6" in accordance with 202.3.7 ©.

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Area Championships Meet. Swimmers not in the Area Championships Meet can swim 3 events per day.

Entry Fees: \$6.00 per Individual Event \$12.00 per Relay
Entry Deadline: **Entries are due 1 hour before the completion of the morning session.**
Entries: Entry cards will be filled out on deck.
Eligibility: Open to all currently registered USA Swimming athletes

Referee: **Yvette Kohanyi**

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	400 Free
9-10	800/1500Free
11-12	50 Back
13-14	100 Back
15-16	200 Back
17-18	50 Breast
19-20	100 Breast
21-22	200 Breast
23-24	50 Fly
25-26	100 Fly
27-28	200 Fly
29-30	200 IM
31-32	400 IM
33-34	200 Free Relay
35-36	400 Free Relay
37-39	800 Free Relay
40-41	200 Medley Relay
42-43	400 Medley Relay

The order of events will be run through twice a day on Saturday and Sunday. All swimmers who are in the Area Developmental Championships Meet may not swim more than a total of 3 events per day. Swimmers not in the Meet may swim a total of 3 events