

2016 - 8th Annual NPB Long Course Summer **Kickoff!**

June 4-5, 2016- Plantation, Florida

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming.
Sanction #FGI060416NPB-P-16

Sponsored By: North Palm Beach Swim Club.

Location: **Plantation Central Park - - 9141 NW 2nd Street; Plantation, FL 33324.**

Rules: 2016 USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. All sessions are timed finals. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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.

Eligibility: Open to all current 2016 USA swimming registered athletes invited by the host team and foreign athletes with proper travel credentials who have been invited by USA Swimming. 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 202.3.3 The Meet Host WILL be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Disability: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact host at 305-773-6060 or swimnpb@bellsouth.net

Pool: 50 Meters by 25 Yards outdoor pool, 8 long-course racing lanes, with a separate 50m x 25 yd pool for warm-up and swim-down pool. Colorado Timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 (C). Water depth at the east pool start varies from 4'0" to 12'0" depending on lane assignment accordance with 202.3.7 (C). Water depth at the west pool start varies from 5'0" to 5'0" depending on lane assignment

accordance w/ 202.3.7 (C).

Dates & Times: **Session I** – Open Age Group - **Saturday** – June 4, 2016. Warm-up
7:30 a.m. Meet starts 9:00 a.m.

Session II – 12 & Un. Age Group- **Saturday** – June 4, 2016. Warm-up
12:00p.m. Meet Starts 1:30 pm

Session III – Open Age Group - **Sunday** – June 5, 2016. Warm-up
7:30a.m. Meet Starts 9:00 a.m.

Session IV–12 & Un. Age Group - **Sunday** – June 5, 2016. Warm-up
12:00pm. Meet Starts 1:30 p.m.

NOTE: the Start times for this meet may be adjusted following receipt of all entries with approval of the Age Group Chairman.

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on to I-595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

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Entries: Entries Open- Friday, May 1, 2016. ***All entries must be received by – Sunday May 29, 2016. E-mail entries to: NPBCoach4@aol.com.*** Host will NOTIFY teams being turned away due to the meet being entry capped by phone, fax or e-mail, within 48-hours of receipt of the entry. PLEASE enter electronically, NO MAILED entries accepted. For electronic entries (CL or SDIF format only!!) Confirmation for electronic entries will be sent via e-mail.**Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 561-691-3427. NOTE: Swimmers without registration numbers or birth dates will not be entered. *** Entry Fees will be doubled if not entered electronically.

Seeding: Long Course Meter Times will be used for seeding.
All events are Timed Finals and will be swum fastest to slowest.

Entry Fees: \$3.50– Individual Event. \$7.50 – per swimmer surcharge *Entry fees are made payable to: **“North Palm Beach Swim Club” (note: one check per team)**

Refunds: Once a team or individual entry has been received & processed, there will be no refunds in full or in part.

Entry Limit: Four (4) individual events per day.

Awards: Medals 1st-3rd Ribbons 4th – 8th

Age Group: 8 & Under (50's); 10 & Under, 11-12, 14 & Under (open events), 15 & Over

Distance Events: Swimmers who fail to check-in may swim if a lane is available without creating an additional heat. The 400 Free and 400 IM for all ages are timed finals and will be swum men and women together, fastest to slowest. All distance events are positive check in.

Check In: 400 Individual Medley – Saturday - by **10:00am.** 400 Freestyle Sunday - by **10:00am**

Deck Entries: THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswwim.org. All deck entered swimmers must present current USA Swimming Card in order to be entered. The FGC deck seed policy will be in effect for this meet. Policy can be viewed at: www.fgcswwim.org.

Referee: Scott Boggs

Starter: Marc Brockman

Stroke/Turns: Tina Ladd, Varis Monroe, Bob Mooney, Teri Freeman.

Meet Director: Alf Aguirre - 305-773-6060 & Dick Cavanah – 561-762-7261.

Admission: \$5.00 each session.

Heat Sheet \$2.00 each session.

Concessions: Concession stand will be open for all sessions.

Hospitality: Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet.

Information: Updates to meet information as well as Time Lines, Psyche Sheets and Results for the meet will be posted on: www.npbswimming.com.

Hotels: Sheraton Suites- 311 University Drive, Plantation, FL (954)424-3300.

Hyatt Place- 8530 Broward Blvd, Plantation, FL (954)370-2220.

Renaissance- 1230 South Pine Island, Plantation, FL (954) 308-4600.

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Order of Events

Girls-Odd / Boys-Even

Session I Saturday – June 4, 2016 Warm-up: 7:30am Meet
Starts: 9:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
1-2	Open	200 Freestyle
3-4	Open	100 Breaststroke
5-6	Open	200 Backstroke
7-8	Open	100 Butterfly
9-10	Open	50 Freestyle
11-12	Open	400 Individual Medley*

Session II Saturday- June 4, 2016 Warm-up: 12:00pm Meet Starts:
1:30 pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
13-14	10 & Under	200 Freestyle
15-16	11-12	200 Freestyle
17-18	10 & Under	100 Breaststroke
19-20	11-12	100 Breaststroke
21-22	10 & Under	100 Backstroke
23-24	11-12	100 Backstroke
25-26	10 & Under	50 Butterfly
27-28	11-12	50 Butterfly
29-30	10 & under	50 Freestyle
31-32	11-12	50 Freestyle

Session III Sunday- June 5, 2016 Warm-up 7:30am Meet
Starts: 9:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
33-34	Open	200 Individual Medley
35-36	Open	100 Freestyle
37-38	Open	200 Breaststroke
39-40	Open	100 Backstroke
41-42	Open	200 Butterfly
43-44	Open	400 Freestyle*

Session IV Sunday- June 5, 2016 Warm-up 12:00pm Meet
Starts: 1:30pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
45-46	10 & Under	200 Individual Medley
47-48	11-12	200 Individual Medley
49-50	10 & Under	100 Freestyle
51-52	11-12	100 Freestyle
53-54	10 & Under	100 Butterfly
55-56	11-12	100 Butterfly
57-58	10 & Under	50 Breaststroke
59-60	11-12	50 Breaststroke
61-62	10 & Under	50 Backstroke
63-64	11-12	50 Backstroke

*400 Individual Medley and 400 Freestyle are positive check-in events.

*Swum fastest to slowest, boys & girls combined seeding.