

# *NPB Last Chance Meet*

**November 6, 2016**

North Palm Beach Country Club

*North Palm Beach Swim Club*

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction #FGI110616NPB-P-18.
- Sponsored by:** **North Palm Beach Swim Club.**
- 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.
- 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 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 Athletes:** 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 – [561-691-3426—NPBCoach4@aol.com](mailto:561-691-3426—NPBCoach4@aol.com).
- Pool/Timing:** **25 yards x 50 meters** heated outdoor pool, **6 short-course** racing lanes with separate warm-up and swim-down area available. Colorado Timing System® will be used. Fly-over starts will possibly be used.
- The competition course has been **certified** in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Water depth at the start end is 14' and varies to 7' at the turn end, in accordance with 202.2.9 (C).

**Dates & Times:** **Sunday November 6, 2016**

**Session I – 10 & Under - Warm-up 8:00am Meet Starts 9:00am.**  
**Session II – Open AG - Warm-up 11:00am Meet Starts 12:00pm**

**Location:** North Palm Beach Country Club  
951 US Hwy #1, North Palm Beach, FL 33408

**Directions:** **Coming from the North:** Take I-95 South, exit PGA Blvd. East. Take PGA East to US Hwy #1. Go south on US #1 for one mile. The NPB Country Club will be on your right hand side.  
**Coming from the South:** Take I-95 North, exit on Northlake Blvd. Go East to US Hwy #1. Turn north on US #1 for one mile. The NPB Country Club will be on your left hand side.

**Entry Deadline:** All entries must be received by **Wednesday, November 2<sup>nd</sup>, 2016**  
PLEASE enter electronically, NO MAILED entries.  
For electronic entries (CL or SDIF format only!!)  
E-mail to [NPBCoach4@aol.com](mailto:NPBCoach4@aol.com) fax 561-626-5109  
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 561-691-3426

**NOTE: Swimmers without registration numbers or birth dates will not be entered. \*\*\* Entry Fees will be Double if not entered electronically.**

**Seeding:** Yard Times will be used for all seeding. All events are Timed Finals.

**Entry Fees:** \$3.50 – Individual Event.

**Surcharge:** \$2.00 – per swimmer.

Only one check per team, Payable to: NPB Swim Club.

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

**Entry Limit:** Individual Events: five (5) per day.

**Awards:** Ribbons Top 8 in each Age Group - 13 & over must request their awards

**Head Referee:** Scott Boggs.

**Meet Director:** Alf Aguirre.

**Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

**Deck Entry:** 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.fgcswim.org](http://www.fgcswim.org). All deck entered swimmers must present current USA Swimming Card in order to be entered.

**Admission:** \$2.00 Admission \$2.00 Heat Sheet

**Information:** Call: Coach Dick Cavanah at 561-762-7261  
or Coach Alf Aguirre at 305-773-6060.

**Concessions:** Will be open throughout the meet

**Hospitality:** Hospitality for Coach, Officials & Volunteers will be available throughout the entire meet.

**Meet Info:** Time Lines, Psyche Sheets and Results for the meet will be posted on: [www.npbswimming.com](http://www.npbswimming.com), and also on Meet Mobile.

# *NPB Last Chance Meet*

Sunday – November 6, 2016

**Session I: Sunday, November 6, 2016**

**Warm up: 8:00am**

**Meet Start: 9:00am**

<b>Event Number</b>	<b>Age Group</b>	<b>Event List</b>
1-2	10 & Under	50 Breaststroke
3-4	10 & Under	50 Freestyle
5-6	8 & Under	25 Breaststroke
7-8	8 & Under	25 Freestyle
9-10	10 & Under	100 IM
11-12	8 & Under	25 Backstroke
13-14	8 & Under	25 Butterfly
15-16	10 & Under	50 Butterfly
17-18	10 & Under	50 Backstroke
19-20	10 & Under	100 Freestyle

**Session II: Sunday, November 6, 2016**

**Warm-up: 11:00pm**

**Meet Starts: 12:00pm**

<b>Event Number</b>	<b>Age Group</b>	<b>Event List</b>
21-22	Open	200 Freestyle
23-24	Open	50 Backstroke
25-26	Open	100 Breaststroke
27-28	Open	200 Butterfly
29-30	Open	100 IM
31-32	Open	100 Backstroke
33-34	Open	200 Breaststroke
35-36	Open	50 Butterfly
37-38	Open	100 Freestyle
39-40	Open	200 Backstroke
41-42	Open	50 Breaststroke
43-44	Open	100 Butterfly
45-46	Open	50 Freestyle
47-48	Open	200 Individual Medley