



Florida Gold Coast Junior Olympic
Short Course Championships
March 04-06, 2016



Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming.
Sanction # **FGJ030416CSSC-B-12**

Sponsored By: Coral Springs Swim Club

Location: Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

Rules: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet.
In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and Coral Springs Swim Club and Booster Club shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.
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 14 & under, 2016 Florida Gold Coast registered athletes that have achieved the Qualifying times. All swimmers must be members in good standing with 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
Swimmers will qualify for the meet by attaining the Junior Olympic Qualifying times during the period 02/28/14- 02/28/16. The time must be in the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded. All swimmers must have achieved the qualifying time to be eligible for the meet with the following disability exception:

Disability: Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Pool: Two 25 yard pools will be used for competition and plenty of warm-up/warm-down lanes will be provided. Competition – Short Course Yards. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring. Pools will be assigned based on number of entries received per gender.. All finals will be swum in the west pool – 10 lanes. The competition course has been certified in accordance with article 104.2.2C(4) of the USA Swimming Rule Book . A copy of such certification is on file with USA Swimming. Water depth varies from 4.5 feet to 7 feet (west pool) and 6.6 feet across (east pool).

Dates & Times: Session I – Prelims - Friday – March 04, 2016. Warm-up 7:30 am. Meet starts 9:00 am. West/East Pool
Session II –Finals – Friday – March 04, 2016. Warm-up 3:30 pm. Finals Start 5:00 pm. – West pool

Session III - Prelims- Saturday – March 05, 2016. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session IV - Prelims- Saturday – March 05, 2016. Warm-up 3:30 pm. Meet starts 5:00 pm. West pool

Session V - Prelims- Sunday – March 06, 2016. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session VI–Finals – Sunday – March 06, 2016. Warm-up 3:30 pm. Finals Start 5:00 pm. – West pool

NOTE: With the approval of the Age Group Chair, meet management reserves the right to adjust start times of sessions to ensure an efficient meet.

Entry Deadline: Entries Open- 6:00PM EST – Saturday, February, 13, 2016
Entries Close- 6:00PM EST – Monday, February 29, 2016

On-Line Meet Entry: Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome>. Log in and select “Enter Team”. Only one account may be used to enter a team. Paper, FAX, and Email entries will not be accepted.

OME HELP: Laura Azevedo at azevedolaura@hotmail.com or Jaime Lewis – USA Swimming - jlewis@usaswimming.org

Individual Entries: All times that have been achieved during the qualifying date range will be displayed in OME. Any of the times displayed may be selected for entry. Swimmers who have achieved a time not displayed in OME may enter an “Override Time”. Override times must include the meet name and date the time was achieved. Override times must be proven in order to be seeded. Unproven Override Times will be annotated with an asterisk (*) on the meet psych sheet (Entry List). Proof of asterisk (*) submitted times must be provided to the National Times Coordinator by 6:00pm – February 29, 2016 in order to be seeded. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. CONVERTED TIMES ARE NOT PERMITTED.

Relay Entries: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. Teams are encouraged to enter a “Team” time from OME (one that is displayed) or an “Override Time”. It is not necessary to build aggregate relays. If using an override time, in the meet name put the word “ENTRY”, and in the date field, put the current date. ATTENTION TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the entry deadline to the FG Registration Chairman.

ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”

Entry Limit: **Individual Events:** Seven (7) individual events for the meet but and no more than three (3) individual events per day.

Relays: Two (2) per team per event. 10 and under relays will take place in the Saturday preliminary session. 11-12 and 13-14 relays on Friday and Saturday will take place in the Finals sessions. All Sunday relays will compete in the preliminary session.

Late Entries: Late entries will be accepted for this meet for swimmers / relays which otherwise meet all eligibility and entry requirements. Qualifying times must have been achieved by the entry deadline. Late entries will only be accepted on-site beginning at the start of registration and through the scratch deadline for the event (s) in question. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. **Swimmers must be prepared to provide proof of submitted time for all late entries.** Entry fees for late entries will be double entry fee and double the athlete surcharge. Adding a relay-only swimmer to your entry after the entry deadline will double swimmer surcharge fee to \$20.00. Coaches and swimmers are strongly encouraged to process late entries as early as possible in the registration process. The deadline for any late entry is 30 minutes before the session. CASH ONLY ALL LATE ENTRIES

Entry Fees: **Entry Fees:** \$6.00 – Individual Event \$8.00 – Relay Event \$10.00 – per swimmer surcharge
Deck Entry Fees: \$12.00 – Individual Event \$16.00 – Relay Event \$20.00 – per swimmer surcharge
The preferred method of payment for the Meet Entry is a check payable to: **Coral Springs Swim Club.** Teams that will be paying via check or cash must contact David Hammond- Entry Coordinator by phone 908-208-7120 or email DHammond@csimsi.com in order for the entries to be accepted.

Seeding: Entries shall be seeded in the following order- Short Course Yards, Short Course Meters, and Long Course Meters. We will follow the 2016 USA Swimming Rules for seeding except as noted below.

- Friday’s 500 Free, Saturday’s 400 IM and Sunday’s 1650 Freestyle are timed final events, swum together and scored separately for the following age groups 11-12 & 13-14. The 10 & under 500 free will be swum in the preliminaries seeded fastest to slowest.
- The 500 Freestyle and the 400IM the top 10 swimmers in the following age groups (11-12, 13-14) will swim at night, all others with the preliminaries. **The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event.**
IN OME – ENTER AN OVERRIDE TIME – IN THE MEET FIELD – PUT “PRELIM SWIM”, IN

THE DATE FIELD – PUT THE DATE OF ENTRY. The top 10 swimmers checked-in will swim in finals.

- The 1650 freestyles are swum as timed finals following preliminaries on Sunday. All age groups will be swum together, scored separately, swum fastest to slowest alternating girls, boys.
- NOTE: 1650 swimmers must supply their own counters and timers. There will not be a fast heat with finals.
- Failure to Swim the Championship Finals or Positive check-in event will result in the swimmer being fined \$25.00. Payment must be made in form of cash only. Upon payment of fine, the swimmer will be eligible to continue competing in the meet. In the case of missing a Sunday night final, payment of \$25.00 must be made in order to compete in future FGC Championship meets.

FGC Junior Olympic Short Course Championships March 4-6, 2016

Check In: Positive check in for the 500 Freestyle, 400 IM and 1650 will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat on a first come first served basis.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-In Closing Time</u>
500 Free	10 & Under/11-12/13-14	Friday	09:30 AM
400 IM	11-12/13-14	Saturday	09:30 AM
1650 Free	11-12/13-14	Sunday	09:30 AM

Finals: Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event.

Scoring: Individual: **11-9-8-7-6-5-4-3-2-1**
Relay: **22-18-16-14-12-10-8-6-4-2**

Awards: Individual Events: Medals 1st – 10th
Relay Events: Medals 1st
Team Awards: Overall Team Championship 1st – 3rd
Age Group Team awards: 1st-3rd place for each age group and sex
Individual High Point Awards: Top 3 in each age group & sex

Admission: \$3.00 each session. Heat Sheet -\$3.00 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.

Meet Info: Updates to meet information as well as Time Lines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at www.csscswim.com

Referee: **Kathy Fish**

Meet Marshall: Todd Krajewski

Administrative Officials: Danica Schimansky/ Nestor Mateus

Meet Director: Bruno Darzi

Directions: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 Mile)

DAY ONE – Prelims - Friday, March 4, 2016

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
3	3:01.99	2:53.99	2:37.79	11-12	200 Back	2:38.29	2:54.09	3:01.79	4
5	2:45.59	2:39.49	2:24.29	13-14	200 Back	2:15.79	2:29.99	2:36.79	6
7	37.29	36.19	32.89	10 & Under	50 Free	33.39	36.19	37.69	8
9	34.39	33.49	30.39	11-12	50 Free	29.39	32.29	33.49	10
11	30.89	29.79	26.99	13-14	50 Free	25.99	28.79	29.49	12
13	1:48.49	1:44.09	1:34.39	10 & Under	100 Breast	1:36.19	1:44.09	1:50.69	14
15	1:35.79	1:32.19	1:23.69	11-12	100 Breast	1:23.29	1:31.69	1:35.69	16
17	1:28.19	1:24.69	1:16.59	13-14	100 Breast	1:10.79	1:18.29	1:21.29	18
19	1:40.79	1:36.19	1:27.29	10 & Under	100 Fly	1:28.79	1:36.19	1:40.09	20
21	1:23.89	1:22.09	1:14.49	11-12	100 Fly	1:14.59	1:21.99	1:24.39	22
23	1:15.49	1:13.59	1:06.59	13-14	100 Fly	1:01.89	1:08.39	1:10.39	24
25	-	1:31.89	1:23.39	10 & Under	100 IM	1:24.39	1:31.89	-	26
27	-	1:22.79	1:15.09	11-12	100 IM	1:13.09	1:22.59	-	28
				10 minute break					
29	6:13.89	6:05.39	6:58.39	10 & Under	500 Free P/T	7:02.29	6:05.39	6:15.59	30
31	5:37.09	5:29.99	6:17.99	11-12	500 Free P/SS/T/F1	6:12.59	5:25.39	5:29.89	32
33	5:01.79	4:55.99	5:38.29	13-14	500 Free P/SS/T/F1	5:33.89	4:52.19	5:02.69	34

DAY ONE – Finals - Friday, March 4, 2016

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
1	NT	NT	NT	13-14	200 Free Relay-T*	NT	NT	NT	2
				5 minute break					
3	3:01.99	2:53.99	2:37.79	11-12	200 Back	2:38.29	2:54.09	3:01.79	4
5	2:45.59	2:39.49	2:24.29	13-14	200 Back	2:15.79	2:29.99	2:36.79	6
9	34.39	33.49	30.39	11-12	50 Free	29.39	32.29	33.49	10
11	30.89	29.79	26.99	13-14	50 Free	25.99	28.79	29.49	12
15	1:35.79	1:32.19	1:23.69	11-12	100 Breast	1:23.29	1:31.69	1:35.69	16
17	1:28.19	1:24.69	1:16.59	13-14	100 Breast	1:10.79	1:18.29	1:21.29	18
21	1:23.89	1:22.09	1:14.49	11-12	100 Fly	1:14.59	1:21.99	1:24.39	22
23	1:15.49	1:13.59	1:06.59	13-14	100 Fly	1:01.89	1:08.39	1:10.39	24
27	-	1:22.79	1:15.09	11-12	100 IM	1:13.09	1:22.59	-	28
				10 minute break					
31	5:37.09	5:29.99	6:17.99	11-12	500 Free P/SS/T/F1	6:12.59	5:25.39	5:29.89	32
33	5:01.79	4:55.99	5:38.29	13-14	500 Free P/SS/T/F1	5:33.89	4:52.19	5:02.69	34
				5 minute break					
35	NT	NT	NT	11-12	400 Free Relay-T*	NT	NT	NT	36
37	NT	NT	NT	13-14	800 Free Relay-T*	NT	NT	NT	38

KEY – P – Positive Check-in

S – Special Seeding–All ages seeded and swum together - scored separately

SS-Super Seeded – All ages swum together, scored separately, fastest 10 in each age group swimming in finals.

T – Timed Final –

F – Swum Fastest to Slowest alternating women and men.

F1 – Same as F plus fastest 10 in each age group swimming in finals.

* 11-12 and 13-14 Relays on Friday and Saturday will take place in Finals / All Relays Sunday are in Preliminaries
Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

DAY TWO – Prelims -Saturday, March 05, 2016

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
39	NT	NT	NT	10 & Under	200 Medley Relay-T*	NT	NT	NT	40
45	3:25.09	3:18.99	3:00.39	11-12	200 Breast	2:57.39	3:15.19	3:25.09	46
47	3:10.79	3:03.79	2:46.29	13-14	200 Breast	2:34.69	2:50.99	2:59.49	48
49	3:02.39	2:56.79	2:40.39	10 & Under	200 Free	2:39.39	2:56.79	2:59.89	50
51	2:41.59	2:36.69	2:22.19	11-12	200 Free	2:18.79	2:32.89	2:37.79	52
53	2:23.89	2:19.69	2:06.49	13-14	200 Free	2:03.89	2:16.89	2:21.99	54
55	42.49	41.49	37.69	10 & Under	50 Fly	38.19	41.49	42.89	56
57	36.79	36.29	32.89	11-12	50 Fly	33.69	36.99	37.89	58
59	35.69	34.79	31.39	13-14	50 Fly	28.89	32.19	33.19	60
61	1:36.79	1:32.39	1:23.79	10 & Under	100 Back	1:24.09	1:32.39	1:35.69	62
63	1:25.29	1:22.29	1:14.69	11-12	100 Back	1:14.79	1:22.29	1:26.39	64
65	1:17.19	1:14.19	1:07.09	13-14	100 Back	1:03.09	1:09.69	1:12.89	66
67	NT	NT	NT	10 & Under	200 Free Relay-T*	NT	NT	NT	68
69	6:28.39	6:16.09	5:41.09	11-12	400 IM P/SS/T/F1	5:41.79	6:15.99	6:27.49	70
71	6:00.39	5:48.99	5:15.89	13-14	400 IM P/SS/T/F1	4:55.69	5:26.69	5:40.39	72

DAY TWO – Finals -Saturday, March 05, 2016

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
41	NT	NT	NT	11-12	200 Medley Relay-T*	NT	NT	NT	42
43	NT	NT	NT	13-14	200 Medley Relay-T*	NT	NT	NT	44
				5 minute break	5 minute break				
45	3:25.09	3:18.99	3:00.39	11-12	200 Breast	2:57.39	3:15.19	3:25.09	46
47	3:10.79	3:03.79	2:46.29	13-14	200 Breast	2:34.69	2:50.99	2:59.49	48
51	2:41.59	2:36.69	2:22.19	11-12	200 Free	2:18.79	2:32.89	2:37.79	52
53	2:23.89	2:19.69	2:06.49	13-14	200 Free	2:03.89	2:16.89	2:21.99	54
57	36.79	36.29	32.89	11-12	50 Fly	33.69	36.99	37.89	58
59	35.69	34.79	31.39	13-14	50 Fly	28.89	32.19	33.19	60
63	1:25.29	1:22.29	1:14.69	11-12	100 Back	1:14.79	1:22.29	1:26.39	64
65	1:17.19	1:14.19	1:07.09	13-14	100 Back	1:03.09	1:09.69	1:12.89	66
				10 minute break	10 minute break				
69	6:28.39	6:16.09	5:41.09	11-12	400 IM P/SS/T/F1	5:41.79	6:15.99	6:27.49	70
71	6:00.39	5:48.99	5:15.89	13-14	400 IM P/SS/T/F1	4:55.69	5:26.69	5:40.39	72
				5 minute break	5 minute break				
73	NT	NT	NT	11-12	400 Medley Relay	NT	NT	NT	74
75	NT	NT	NT	13-14	400 Medley Relay	NT	NT	NT	76

KEY – P – Positive Check-in

S – Special Seeding–All ages seeded and swum together - scored separately

SS-Super Seeded – All ages swum together, scored separately, fastest 10 in each age group swimming in finals.

T – Timed Final

F – Swum Fastest to Slowest alternating women and men.

F1 – Same as F plus fastest 10 in each age group swimming in finals.

*All 11-12and 13-14 relays on Friday and Saturday will take place in Finals / All Relays Sunday are in Preliminaries
Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

DAY THREE – Prelims - Sunday, March 6, 2016

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
77	3:21.59	3:16.39	2:58.19	10 & Under	200 IM	3:01.69	3:16.39	3:24.89	78
79	3:02.59	2:56.89	2:40.39	11-12	200 IM	2:37.79	2:57.89	3:03.89	80
81	2:50.99	2:43.99	2:28.49	13-14	200 IM	2:18.79	2:33.29	2:40.39	82
83	44.49	42.99	38.99	10 & Under	50 Back	39.79	42.99	45.29	84
85	39.49	37.79	34.29	11-12	50 Back	35.09	38.59	39.99	86
87	36.59	35.09	31.49	13-14	50 Back	29.49	32.79	34.39	88
89	49.09	47.49	42.99	10 & Under	50 Breast	44.89	47.49	51.19	90
91	43.09	42.39	38.49	11-12	50 Breast	38.89	42.79	43.99	92
93	42.09	40.29	36.29	13-14	50 Breast	33.39	37.09	38.59	94
95	3:03.29	2:56.79	2:40.39	11-12	200 Fly	2:40.69	2:56.69	3:01.59	96
97	2:45.69	2:43.29	2:27.79	13-14	200 Fly	2:17.49	2:31.89	2:36.59	98
99	1:23.19	1:20.89	1:13.39	10 & Under	100 Free	1:14.19	1:20.89	1:24.39	100
101	1:14.89	1:11.69	1:05.09	11-12	100 Free	1:03.89	1:10.39	1:12.49	102
103	1:06.79	1:04.79	58.69	13-14	100 Free	56.89	1:02.79	1:05.29	104
				5 Minute Break					
105	NT	NT	NT	11-12	200 Free Relay T	NT	NT	NT	106
107	NT	NT	NT	13-14	400 Free Relay T	NT	NT	NT	108
				10 Minute Break					
109	22:34.99	21:49.49	21:59.99	11-12	1650 Free P/S/T/F	21:44.79	21:34.39	22:16.39	110
111	19:48.09	19:14.89	19:21.69	13-14	1650 Free P/S/T/F	19:15.69	19:08.99	19:55.69	112

Sunday Finals Order of Events: Event order number 79 – 104. Note: Events 105-112 swum in prelims.

DAY THREE – Finals - Sunday, March 6, 2016

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
79	3:02.59	2:56.89	2:40.39	11-12	200 IM	2:37.79	2:57.89	3:03.89	80
81	2:50.99	2:43.99	2:28.49	13-14	200 IM	2:18.79	2:33.29	2:40.39	82
85	39.49	37.79	34.29	11-12	50 Back	35.09	38.59	39.99	86
87	36.59	35.09	31.49	13-14	50 Back	29.49	32.79	34.39	88
91	43.09	42.39	38.49	11-12	50 Breast	38.89	42.79	43.99	92
93	42.09	40.29	36.29	13-14	50 Breast	33.39	37.09	38.59	94
95	3:03.29	2:56.79	2:40.39	11-12	200 Fly	2:40.69	2:56.69	3:01.59	96
97	2:45.69	2:43.29	2:27.79	13-14	200 Fly	2:17.49	2:31.89	2:36.59	98
101	1:14.89	1:11.69	1:05.09	11-12	100 Free	1:03.89	1:10.39	1:12.49	102
103	1:06.79	1:04.79	58.69	13-14	100 Free	56.89	1:02.79	1:05.29	104

Meet format - 10 & under events will be swum in the preliminaries only.

KEY – P – Positive Check-in

S – Special Seeding–All ages seeded and swum together - scored separately

SS-Super Seeded – All ages swum together, scored separately, fastest 10 in each age group swimming in finals.

T – Timed Final –

F – Swum Fastest to Slowest alternating women and men.

F1 – Same as F plus fastest 10 in each age group swimming in finals.

***All Relays on Friday and Saturday will take place in Finals / All Relays Sunday are in Preliminaries**

Meet management reserves the right to insert breaks during finals to allow for sufficient swimmers' warm up and cool down.

2016 - Florida Gold Coast Junior Olympic Time Trials Short Course

Sanction # **FGTT030416CSSC-B-13**

Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.

Sponsored by: Coral Springs Swim Club

Dates and Time:

Saturday - March 05, 2016 - 15 minutes after the conclusion of prelims.

Sunday - March 06, 2016 - 15 minutes after the conclusion of prelims.

Course/Timing: One 25y x 50m, The west pool will be used for competition. Competition course 10 lanes 25 yards. The second 25y x 25m may be used for warm-up/warm-down lanes. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring.

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

Entry Fees: \$10.00 per Individual Event \$20.00 per Relay

Entries: Entry cards will be filled out on deck.

Eligibility: Open to all current registered USA Swimming athletes. (And swimmers entered in the Junior Olympic Championships who do not exceed the event entry limit for the day).

Distance Events: The 1650/1000 Free will be offered only on Saturday Time Trial Session

Awards: None (other than fast times and satisfaction).

Location: Coral Springs Swim Club

Directions: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 Mile)

Referee: Kathy Fish

Information: Bruno Darzi

2016
Florida Gold Coast Junior Olympic Time Trials
Short Course
Sanction#

ORDER OF EVENTS

Day 1 Events – 200 Series Event Numbers
Day 2 Events – 300 Series Event Numbers

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	1000/1650 Free (Saturday Only)
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	100 IM
31-32	200 IM
33-34	400 IM
35-36	200 Free Relay
37-38	400 Free Relay
39-40	800 Free Relay
41-42	200 Medley Relay
43-44	400 Medley Relay

We will run through the order of events twice a day on Saturday and Sunday. As a reminder, all swimmers who are in the Junior Olympic Championship may not swim more than a total of 3 events per day. Swimmers not in the Meet may swim a total of 3 events per day.