



8 and Under Sizzler November 4, 2016

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: **Sanction No. FGS110416SUN-B-30**
- Conditions of Sanction:** In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., the City of Sunrise, Sunrise Swimming and Sunrise Swimming 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.
- Hosted by:** Sunrise Swimming, Sunrise Swimming Booster Club, City of Sunrise
- Location:** Sunrise Civic Center
10610 West Oakland Park
Blvd. Sunrise, FL. 33351
- Directions:** From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex
- Date & Time:** **Friday, November 4, 2016: Warm up at 5pm; meet starts at 5:30pm.**
- Pool/Timing:** Competition is in the Sunrise Civic Center Pool 50 meters x 25 yards heated outdoor pool. 8 short-course racing lanes will be used. Separate warm-up and warm down lanes will be available. Daktronics Timing System® will be used. The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start is at least 4'6" in accordance with 202.3.7 (C).
- 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. All sessions are timed finals for all swimmers.
- Eligibility:** Open to all current 2016 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming who are aged 8 and under. 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 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.
- 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.

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 – coachsun1@aol.com
Dave Wathen (954) 747-4635

Entry Deadline: All entries must be received by **Wednesday, October 26, 2016**

Entry Limit: 4 Individual events and the relay

Entry Procedure: All entries must be submitted to your child's coach.
NOTE: Swimmers who are not USA Swimming registered will not be entered.

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 15 min. before start of meet. Policy can be seen at www.fgcswim.org. **Coaches only, please.** All deck entered swimmers must be USA Swimming registered in order to be entered.
Deck entry fees are **DOUBLE** the entry fee: \$18.00. Cash only.

Entry Fees: \$9 per swimmer, \$5.00 Coaching surcharge
****Entry fees are made payable to CSSC*****

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

Seeding: Eligible entries shall be seeded Short course yards only

Awards: Individual Events: Ribbons 1st-8th place
Relay Events: 1st-3rd place

Head Referee: **Yvette Kohanyi**

Admin Ref: **Chris Kean/Amy Trodick**

Meet Director: **Dave Wathen**

Meet Marshall: City of Sunrise Lifeguard staff

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.

Admission: Admission - \$2 per session. Heat Sheets - \$2 per session.

Concession: Concession stand is available during the meet.

Information: Call the Sunrise Swimming office 954 747-4635

NOTE:

Each team is responsible to get their swimmers to the bullpen area on time. There will be people in the bullpen to take care of the children. ** No parents allowed in bullpen area.

ORDER OF EVENTS

Friday November 4, 2016

Warm up: 5:00 pm Start: 5:30 pm

GIRLS #	EVENT	BOYS #
1	6&U 25 FLY	2
3	7-8 25 FLY	4
5	6&U 25 BACK	6
7	7-8 25 BACK	8
9	6&U 25 BREAST	10
11	7-8 25 BREAST	12
13	6&U 25 FREE	14
15	7-8 25 FREE	16
17	8&U 100 FREE RELAY	18