

8 & Under Sizzler Meet
Friday September 9, 2016
12200 W. Broward Blvd., Plantation, FL 33325
Heritage Aquatic Team

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGS090916HAT-B-26**

Sponsored by: **Heritage Aquatic Team and American Heritage School**

Rules 2015 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming and recommended by the referee, will be in effect. Session I is timed finals for all swimmers.

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 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.

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 – 954-325-0400 — coachnobutakatan@gmail.com

Pool/Timing: 25 yard x 25 meters heated outdoor pool, 6 **short-course** racing lanes with separate warm-up and swim-down lanes available. OMEGA Timing System® will be used.

Date & Time: Friday September 9, 2016

Session I - Timed Finals - Warm-up at 5:00 pm. Meet starts at 5:30 pm.

**Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.*

Location: American Heritage School - Plantation

Entry: All entries must be received by **Sunday, September 4, 2016**
PLEASE enter electronically, NO MAILED entries.

For electronic entries (CL or SDIF format only!!)

E-mail to Email **coachnobutakatan@gmail.com**

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

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

Entry Fees: \$ 9.00 per swimmer for individual events and Relay

***Entry fees are made payable to “Heritage Aquatic Team”
(note: one check per team)**

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

Entry Limit: Up to 4 individual events

Awards: Individual Events: 1st – 3rd Medals places:
4th -8th Ribbons places
Relay Events: 1st – 3rd Medals Places

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.fgcswim.org. All deck entered swimmers must present current USA Swimming Card in order to be entered.

Head Referee: Kathy Fish

Meet Director: Nobutaka Tan

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 \$ 2.00 / per session. Heat Sheets \$ 1.00 per session.

Information: Call the Teams Office at (954) 325-0400

ORDER OF EVENTS

Girls	Events	Boys
1	25 Fly 6&Under	2
3	25 Fly 7-8	4
5	25 Back 6&Under	6
7	25 Back 7-8	8
9	25 Breast 6&Under	10
11	25 Breast 7-8	12
13	25 Free 6&Under	14
15	25 Free 7-8	16
17	100 Free Relay 8 & Under	18