

## 2016 Mike Horgan Fall Invitational Swim Meet

October 14-16, 2016

3645 Gun Club Rd. West Palm Beach, FL



- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:  
Sanction No. **FGI101416LLL-P-31**
- Sponsored by:** Lake Lytal Lightning Swim Team
- 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 format
- 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. **"BB"+ times recommended for qualification.** 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 – 561-310-4924 gmand688@bellsouth.net
- Pool/Timing:** 25 yards x 50 meters heated outdoor pool, 10 **short-course** racing lanes with separate warm-up and swim-down lanes available. Colorado & Daktronics 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 start varies from 4'0" to 12'0" depending on lane assignment accordance with 202.3.7 (C).

**Date & Time:****Friday, Oct. 14, 2016****Session I - Timed Finals All Ages - Warm-up at 4:00 pm. Meet starts at 5:00 pm.****Saturday, Oct. 15, 2016****Session II – Timed Finals 13 & Over - Warm-up 7:00am. Meet starts at 8:30am****Session III-Time Finals 12 & Under-Warm up 9:30am (South side) Meet Start 11am****Sunday, Oct. 16, 2016 \* This session may be split in order to run an efficient meet.****Session IV – Timed Finals All Ages - Warm-up 7:00am. Meet starts at 8:30am*****\*Meet director reserves the right to change meet warm-up, and start times in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.*****Location:****3645 Gun Club. Rd. West Palm Beach, FL 33406****Directions:****From I-95.** Exit Southern Blvd. And Head West to Ramp towards Congress Ave. Take Congress Ave. south to 1<sup>st</sup> light. Take right onto Gun Club Rd. Travel approx. ½ mile to Lake Lytal Park entrance on right. Pool is located in Lake Lytal Park.**From Turnpike:** Exit Southern Blvd. Head east approx. 3.7 miles to Kirk Rd. Take a right onto Kirk Rd. to 1<sup>st</sup> light. Take left (east) onto Gun Club Rd. approx. 1/4 mile. Lake Lytal Park is on the left**Entry:****All entries must be received by Wednesday, Oct. 5, 2016. Finalized Psych Sheets posted/Heat Sheets Printed Wednesday, Oct. 12, 2016**

PLEASE enter electronically, NO MAILED entries.

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

E-mail to **gmand688@bellsouth.net**

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 561-310-4924

**NOTE: Swimmers without registration numbers or birth dates will not be entered.****\*\*\* Entry Fees will be Double if not entered electronically.****Seeding:****All events will swum in a timed final format from slowest to fastest. NOTE: Exceptions include those events 400y or greater which will be swum fastest to slowest alternating girls/boys. The 1650 will be swum fastest to slowest MIXED****Entry Fees:**

\$ 3.75 per individual event

**Relay Fees:**

\$ 7.50 per relay

**Facility Surcharge:**

\$ 7 per swimmer

**\*Entry fees are made payable to "Lake Lytal Lightning" (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:****5 Individual Events per Day plus Relays**

**Awards:** Individual Events: Medals places: 1-3 Ribbons places 4-10  
Relay Events: Ribbons places: 1-3  
**All 13 & Over Awards will be on a Per Request Basis**  
**Special High Point Awards: Girls/Boys 10 & U, 11-12, 13-14, 15 & Over**

**Distance Events:** The 500 Free and 400 IM for all ages are timed finals and will be swum alternating women than men, fastest to slowest. **All distance events are positive check in.** For all positive check-in events, swimmers must provide their own timer and counters as needed. For the 1650 free in session 3 – timed finals, 12 & under swimmers will swim first MIXED, if needed, to stay within the 4 hour rule. After that swimmers will go fastest to slowest, MIXED.

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

**Head Referee:** Dee Herfurth

**Adm. Official** Gordon Andrews:

**Meet Director:** Gordon Andrews

**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 - \$3 per session. Heat Sheets - \$3 per session.

**Information:** Call the Teams Office at 561-310-4924. Web: [www.lightning-swimming.org](http://www.lightning-swimming.org)

**Session 1: Friday, October 14, 2016**  
**Warm-up: 4:00pm Meet Start: 5:00pm**  
**A 10 minute break following the 400 IM will take place if deemed necessary by meet committee**

| Event # | Event            |
|---------|------------------|
| 1-2     | OPEN 400 IM&+    |
| 3-4     | OPEN 500 Free&++ |

| Session 2: 13 & O Sat. Oct. 15, 2016<br>Warm-up 7am Meet Start 8:30am   |        |             | Session 4 All Ages Sun. Oct. 16, 2016#<br>Warm-up 7am Meet Start 8:30am<br>#This session will be split if deemed necessary by Meet Director and Age Group Chair to run an orderly and efficient meet. |        |             |
|---|--------|-------------|---|--------|-------------|
| Ev. #   | Age    | Event       | Ev. #   | Age    | Event       |
| 5-6   | 13 & O | Med. Relay  | 53-54   | 13 & O | 200 Fr Rel  |
| 7-8   | 13 & O | 200 Fr      | 55-56   | 12 & U | 200 Fr Rel  |
| 9-10  | 13 & O | 200 Br      | 57-58   | 13 & O | 100 Fr      |
| 11-12   | 13 & O | 200 IM      | 59-60   | 11-12  | 100 Fr      |
| 13-14   | 13 & O | 50 Fr       | 61-62   | 10 & U | 100 Fr      |
| 15-16   | 13 & O | 200 Fly     | 63-64   | 13 & O | 100 Br      |
| 17-18   | 13 & O | 100 Bk      | 65-66   | 12 & U | 100 Br*     |
| Session 3: 12 & U Sat. Oct. 15, 2016<br>Warm-up 9:30am Meet Start 11am*<br>*Guarenteed 1/2h warm-up in comp. pool |        |             | 67-68   | 13 & O | 200 Bk      |
| 19-20   | 10 & U | 200 Med Rel | 69-70   | 12 & U | 200 IM*     |
| 21-22   | 11-12  | 200 Med Rel | 71-72   | 12 & U | 100 Bk*     |
| 23-24   | 10 & U | 200 Fr      | 73-74   | 13 & O | 100 Fly     |
| 25-26   | 11-12  | 200 Fr      | 75-76   | 12 & U | 100 Fly*    |
| 27-28   | 10 & U | 50 Br       | 10' Break   |        |             |
| 29-30   | 11-12  | 50 Br       | 77  | 11 & O | Mixed 1650% |
| 31-32   | 10 & U | 100 IM      | * Superseeded and Ranked/Awarded Separately   |        |             |
| 33-34   | 11-12  | 100 IM      | %Fastest to Slowest   |        |             |
| 35-36   | 10 & U | 50 Fr       |   |        |             |
| 37-38   | 11-12  | 50 Fr       |   |        |             |
| 39-40   | 12 & U | 200 Br      |   |        |             |
| 41-42   | 10 & U | 50 Fly      |   |        |             |
| 43-44   | 11-12  | 50 Fly      |   |        |             |
| 45-46   | 12&U   | 200 Back    |   |        |             |
| 47-48   | 10 & U | 50 Bk       |   |        |             |
| 49-50   | 11-12  | 50 Bk       |   |        |             |
| 51-52   | 12 & U | 200 Fly     |   |        |             |

&Positive Check In: 440pm +Scored/Ranked Separately 12 & U/13 & O ++Scored/Ranked 10U/11-12/13 & O

Hotels:

Holiday Inn – Palm Beach Airport  
1301 Belvedere Rd  
West Palm Beach, FL 33405  
1-800-315-2621

Hilton – Palm Beach Airport  
150 Australian Ave  
West Palm Beach, FL 33406  
561-684-9100

Courtyard Marriott  
1800 Centrepark Dr. East  
West Palm Beach, FL 33401  
561-207-1800

Hilton Gardens  
1611 Worthington Rd  
West Palm Beach, FL 33409  
561-472-5956

Stay Inn  
1505 Belvedere Rd,  
West Palm Beach, FL 33406  
(561) 471-8700  
Ask for Jay Van Splinter