



## **8 and Under Sizzler**

**Friday April 7, 2017**

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGS040717SUN-B-9**
- 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
- Conditions of Sanction:** 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). The copy of such certification is on file 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.
- 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 April 7, 2017: Warm up at 5 pm; meet starts at 5:30 pm**
- 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.
- 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.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

**Rules:** 2017 USA Swimming and FGC rules will govern this meet. 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.

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.

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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

**Eligibility:** Open to all current 2017 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.

**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](mailto:coachsun1@aol.com) Dave Wathen 954-747-4635

**Deck Change:** Changing, in part or whole, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition or other pool-related activity is strictly prohibited.

**Entry Deadline:** All entries must be received by **Monday April 3, 2017**

**Entry Limit:** 4 Individual events and the relay

**Entry Procedure:** PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!). E-mail to [coachsun1@aol.com](mailto:coachsun1@aol.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 954 747-4635

**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 5:15pm (15 min before start of meet). Policy can be seen at [www.fgcswim.org](http://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: \$20.00. Cash only.

**Entry Fees:** \$10 flat fee per swimmer  
**\*\*Entry fees are made payable to Sunrise Swimming Booster Club\*\*.** Entry fees will be doubled if not entered electronically. (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.

**Seeding:** Eligible entries shall be seeded Short course yards only

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

**Head Referee:** **Harold Avellaneda**

**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 April 7, 2017**

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

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