



2014 Coral Springs Open Invitational
Coral Springs, FL – September 06- 07, 2014



SANCTIONED BY:

Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. **FGI090614CSSC-B-26**

SPONSORED BY:

Coral Springs Swim Club, Coral Springs Aquatic Complex

RULES:

2014 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. Session I, II, III, and IV are timed finals for all swimmers.

CAMERA FREE ZONE:

“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 2014 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 CSSC **WILL** be accepting New or Renewing USA Swimming registrations at the meet. All USA swimming 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 – 954-340-5032 – csscswimentries@gmail.com

POOL/TIMING:

25 yards x 50 meters heated outdoor pool, 25 shot-course racing lanes with separate warm-up and swim-down lanes available.
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 4’5 to 7’0 depending on lane assignment accordance with 202.3.7 (C).

DATE & TIME:

Saturday, September 06, 2014.

Session I	Warm up: 7:00am	Start of meet: 8:30am
Session II	Warm up: 11:30am	Start of meet: 1:00pm

Sunday, September 07, 2014.

Session III	Warm up: 7:00am	Start of meet: 8:30am
Session IV	Warm up: 11:30am	Start of meet: 1:00pm

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

LOCATION:

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

DIRECTIONS:

Coral Springs Aquatic Complex, 12441 Royal Palm Blvd. If taking I-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 next light, Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 mile)

ENTRY:

All entries must be received by Wednesday, August 27, 2014.
PLEASE enter electronically, NO MAILED entries.
For electronic entries (CL or SDIF format only)
E-mail to csscswimentries@gmail.com fax: **NO faxed entries**
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 954-340-5032

NOTE: Swimmers without registration number or birth dates will not be entered.

*****Entry Fees will be doubled if not entered electronically.**

SEEDING:

Use SCY times only for entries.

ENTRY FEES:

\$3.25 per individual event

FACILITY SURCHARGE:

\$5.00 per swimmer

*Entry fees are made payable to "**CSSC**" (note: one check per team)

REFUNDS:

Once the team or individual entry has been received and processed, There will be no refunds in full or in part.

ENTRY LIMIT:

Individual events: Four (4) individual events per swimmer per day.

AWARDS:

Individuals Event: Ind. medals 1st – 3rd, ribbons 4th-8th for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups. Awards will be prepared for any swimmer aged 13 & over upon request only.

DISTANCE EVETS:

The 500 Free and 400 IM are timed finals and will be swum alternating women the men, fastest to slowest. **All distance events are positive deck in.** For all positive check-in events, swimmers must provide their own times and counters as needed. Check-in for distance events closes at 9:30am.

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. Deadlines for deck entries is 30 min. before starts the 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: Beth Wilkerson

MEET DIRECTOR: Charlie Alexander

ADMINISTRATOR OFFICIAL: Alfie Trimble

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: \$3.00 per session. Heat sheets: \$3.00 per session.

INFORMATION: Bruno Darzi at 954-340-5032

WARM-UP PROCEDURES: **NO Equipment Permitted. Swimmers Must Enter the Water Feet First, Saturday and Sunday Preliminaries**
7:00 a.m. – 7:45 a.m. General Warm Up
Swimming and Pulling Only, Push Off
Racing Starts / Sprinting - 7:55am - 8:25am
Pace Work - 7:45 a.m. – 8:25 a.m.
Controlled Warm Up
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 25 yards One Length.
Lane 3 Swimming and Pulling, Push Off
Lane 4 Swimming and Pulling, Push Off
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Racing Starts, 25 yards One Length
Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 40 minutes of warm up. Push- off one or two lengths, circle swimming only (counter - clockwise), NO DIVING, feet first entries only.
2. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
3. General Lanes - Circle swimming only (counter clockwise only).

NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

ORDER OF EVENTS

- Girls odd#, Boys even#

Saturday – Session 1		Warm-up – 7:00am	Start of Meet – 8:30am
Event #	Event	Age Group	
1-2	200 Individual Medley	10 & under	
3-4	200 Individual Medley	11-12	
5-6	200 Individual Medley	13 & over	
7-8	50 Butterfly	10 & under	
9-10	50 Butterfly	11-12	
11-12	200 Butterfly	11 & over	
13-14	100 Freestyle	10 & under	
15-16	100 Freestyle	11-12	
17-18	100 Freestyle	13 & over	
19-20	100 Backstroke	10 & under	
21-22	100 Backstroke	11-12	
23-24	100 Backstroke	13 & over	
25-26	50 Breaststroke	10 & under	
27-28	50 Breaststroke	11-12	
29-30	200 Breaststroke	11 & over	

Saturday – Session 2		Warm up – 11:30am	Start of Meet – 5 min after completion of session 1
Event #	Event	Age Group	
31-32	500 Freestyle*	Open	

Check-in for distance events closes at 9:30am.

Sunday – Session 3		Warm- up – 07:00am	Start of the meet – 8:30am
Event #	Event	Age Group	
33-34	200 Freestyle	10 & under	
35-36	200 Freestyle	11-12	
37-38	200 Freestyle	13 & over	
39-40	50 Backstroke	10 & under	
41-42	50 Backstroke	11-12	
43-44	200 Backstroke	11 & over	
45-46	100 Butterfly	10 & under	
47-48	100 Butterfly	11-12	
49-50	100 Butterfly	13 & over	
51-52	50 Freestyle	10 & under	
53-54	50 Freestyle	11-12	
55-56	50 Freestyle	13 & over	
57-58	100 Breaststroke	10 & under	
59-60	100 Breaststroke	11-12	
61-62	100 Breaststroke	13 & over	
63-64	100 Individual Medley	10 & under	
65-66	100 Individual Medley	11-12	
67-68	100 Individual Medley	13 & over	

Sunday – Session 4		Warm-up – 11:30am	Start of Meet – 5 min after completion of session 1
Event #	Event	Age Group	
69-70	400 Individual Medley*	Open	

Check-in for distance events closes at 9:30am.