



## 2014 FGC Senior Championships March 21<sup>st</sup>-23<sup>rd</sup>, 2014

- Sanctioned By:** Held under the sanction of USA Swimming & Florida Gold Coast, Sanction # 032114-FG-SR-34Ch
- Sponsored By:** South Florida Aquatic Club, Comets Swim Team Booster Club and City of Pembroke Pines.
- Rules:** 2014 USA Swimming Rules and Florida Gold Coast Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.
- Deck Changing:** Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is prohibited.
- 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 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 sanctioned event.
- Eligibility:** Open to all 2014 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming; that have achieved the listed qualifying times between March 21, 2011 and March 21, 2014.  
**“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 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 competition.
- Type of Meet:** 25 Yard Short Course: Timed Finals, Prelim/Consolation & Championship Finals; 15-16 Prelim/Consolation & Championship Finals for In the Finals open sessions, the Championship Final will follow the Consolation Final.
- Disability:** Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
- Pool/Timing** 25 Yard x 50 meter heated outdoor pool, 10 **short-course** racing lanes with separate warm-up and swim-down lanes available. The competition course has been certified in accordance with 104.2.2 (C). Fly-over starts will possibly be used. Water depth at competition start end of pool varies from 6’7” to 8’6” depending on lane assignment, in accordance with 202.3.7©. Colorado Timing System® will be used.
- Date & Time:** **Session I. Prelims: Friday, March 21, 2014. Warm-up: 7 a.m. Start Time: 8:30 a.m.**  
**Session II. Finals: Friday, March 21, 2014. Warm-up 3:30 p.m. Start Time: 5:00 p.m.**  
**Session III. Prelims: Saturday, March 22, 2014. Warm-up 7 a.m. Start Time 8:30 a.m.**  
**Session IV. Finals: Saturday, March 22, 2014. Warm-up 3:30 p.m. Start Time 5:00 p.m.**  
**Session V. Prelims: Sunday, March 23, 2014. Warm-up 7:00 a.m. Start Time 8:30 a.m.**  
**Session VI. Finals: Sunday, March 23, 2014. Warm-up 3:30 p.m. Start Time 5:00 p.m.**
- Location:** Academic Village Swimming Pool  
17191 Sheridan Street  
Pembroke Pines, FL 33331
- Directions:** **Coming from the North:** Take I-595 West to I-75 South. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172<sup>nd</sup> Ave. Academic Village is on the RIGHT hand side.  
**PLEASE TAKE 2<sup>ND</sup> ENTRANCE INTO FACILITY.**

**Coming from the South:** Take SR-826 South to I-75 North. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172<sup>nd</sup> Ave. Academic Village is on the RIGHT hand side. **PLEASE TAKE 2<sup>ND</sup> ENTRANCE INTO FACILITY.**

**Entries:** On-Line Meet Entry: Entries will be processed using the USA Swimming (OME) only. Access this entry system from the USA Swimming web site at the address [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Log in select "Enter Team". Only one account may be used to enter a team. Paper, Fax, and Email entries will not be accepted.

OME HELP: Jay Thomas – FGC Swimming – 954-873-3370 [jaythomas@comcast.net](mailto:jaythomas@comcast.net).

**Entry Deadline:** Entries Open – (noon) 12:00 p.m. EST – Wednesday, February 12, 2014  
Entries Close – (noon) 12:00 p.m. EST – Wednesday, March 12, 2014

**On-Line payment is not permitted for this meet.**

**Seeding:** Eligible entries shall be seeded in the following order – Short Course Yards, followed by Short Course Meters, followed by Long Course Meters.

**Entry Fees:** \$5.00 per individual event                      Deck Entry \$10.00 per individual event  
\$8.00 per relay team                                      Deck Entry \$16.00 per relay team  
\$7.50 per athlete meet surcharge                      Deck Entry \$15.00 per athlete meet surcharge

**NOTE:** \*Entry fees are made payable to "Comets Swim Team" (note: one check per team) If meet fees are paid by credit card there will be a 2% surcharge

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

**Deck Entries:** FGC Deck Seed Policy will be in effect. **NOTE:** A hard copy of meet results with "proof of time" or a copy of times from USA Swimming database must be present with deck entry. **Coaches will not be permitted to use the meet host computers for proof of times.** Please come prepared with your deck seeds. Coaches must pay for deck seeds prior to being deck seeded. **NOTE: CASH ONLY will be accepted for deck seeds.** Deadline for Deck Seeds is 30 minutes before the start of the meet.

**RELAY ONLY:** Adding a relay-only swimmer to your entry after the entry deadline will double swimmer surcharge fee to \$15.00 Cash Only.

**Entry Limit:** **Individual Events:** Three (3) individual events per day.  
**Relay Events:** 200 & 400 relays, teams may enter "A" & "B" relays teams only.  
800 Free Relay – "A" team only.

**Bonus Events:** Bonus swims will be available as follows for 15 and Over Florida Gold Coast swimmers ONLY. Swimmers qualified in:

- One event may swim up to one bonus events.
- Two events may swim up to two bonus events.
- Three events may swim up to three bonus events.

Bonus events are subjected to meet rules on limitations for each day and the meet.

- In OME system, select "Enter as bonus" to enter bonus events.
- The total swims including bonus swims shall not exceed the limit of 3 individual events per day.
- Swimmers from outside the Florida Gold Coast may not swim bonus events.
- Bonus events do NOT include 400 free, 400 IM or 1500 Free.

**50's and 100's:**

**15 and Over FGC Team members are not required to achieve the Senior Championships time standards in the 50's strokes or freestyle in order to participate in any of those events. Swimmers that have not achieved the time standard must enter those events as "bonus events".**

15 and Over FGC Team members may enter for up to two (2) 100 events without having achieved the Senior Championships time standards. Swimmers that have not achieved the time standard must enter those events as "bonus events"

**Awards:** **Individuals Events & Relays:** Ind. 1<sup>st</sup> – 3<sup>rd</sup>      Relays 1<sup>st</sup> place team  
**Individual High Point:** 15-16 Women & Men High Point / Open Women & Men High Point  
**Team High Point:** Combined 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place Team, Women's team champion and runner up, Men's Team champion and runner up.

**Finals:** Relays will be swum Slow to Fast. All Finals will be competed in 10 lanes. The Championship Finals will follow the Consolation Final.

**Distance:** Friday's 500 free and Saturday's 400 IM is a positive check-in event swum as timed finals. The Top 10 swimmers checked in will swim in finals at night. **Check-in Deadline is 9:30 a.m. the day of the race.** The swimmer has the right to swim in prelims, but he/ she must be entered at meet qualifying time.

1650 Freestyles Top 10 Women & Men checked in swim in Finals. Positive check-in is required to be seeded in the 1650 Free. Any swimmer who is ranked in the top 10 for seeding purposes who desires to swim in preliminary session must declare their desire for preliminary session swim by the check-in deadline. Scratch deadline for 1650 Freestyle is Sunday, 9:30 a.m. The 1650 Freestyle are swum as timed finals, swum fastest to slowest alternating women and men. Any swimmer that is checked-in and does not show up will fined **\$25.00 Cash Only.** (1650 Freestyles will start 10 minutes following the 200 IM.) 1650 will be swum together and scored separately. **Check-in Deadline is 9:30 a.m. the day of the race.**

**\*Note:** 1650 swimmers must supply their own counters and timers.

**Finals:** Any swimmer who competes in preliminary heat and qualifies as one of the Consolation Final or Championship Final; must declare his/her possible intention to scratch within thirty (30) minutes of announcement or posting of the preliminary results of that event and further declare their final intentions within 30 minutes of their last individual preliminary event. **Scratches will be declared by drawing a single line and initialing on the preliminary results maintained by the Clerk of Course.** "Failure to Swim" Consolation Final or Championship Finals or Positive check-in event will result in the swimmer being fined **\$25.00 Cash Only.** Upon payment of fine, the swimmer will be eligible to continue competing in the meet. In the case of missing a Sunday night final, payment of **\$25.00 Cash Only** must be made in order to compete in future FGC Senior Championships meets.

A swimmer not in the originally announced or posted in the Consolation Final or Championship Finals is moved into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final. Swimmers within the top 40 are encouraged to declare their intention not to compete if they do not intend to swim so that the Administrative Referee will be able to properly seed the meet for finals.

**Note:** Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call for the alternate.

**Note:** Scratches must be done by the individuals coach. "Team" scratches are not accepted.

**Note:** In addition to the swimmers required to scratch if they are not going to swim in the finals, all swimmers who do not plan to swim in finals are strongly urged to scratch, especially swimmers who finished the preliminary events in places 21 – 40.

**Positive Check-in:** Positive check-in is required to be seeded in the following events: 500 freestyles, 400 IM's, and 1650 freestyles. "Failure to Swim" a positive check-in event will result in the swimmer being fined **\$25.00 Cash Only.** Upon payment of fine, the swimmer will be eligible to continue competing in the meet. **Deadline for check-in is 9:30 a.m.**

**Relays:** Positive check-in for 400 Free, 400 Medley Relays, and 800 Free Relays. No Penalties for these events. **Deadline for check-in is 5:30 p.m.**

**Scoring: Individual:** Championship Finals - 24,21,20,19,18,17,16,15,14,13,  
Consolation Finals - 11,9,8,7,6,5,4,3,2,1

**Relays:** 48,42,40,38,36,34,32,30,28,26,22,18,16,14,12,10,8,6,4,2

**Admission:** \$3.00 per session / Heat Sheets \$3.00 each session.

**Concessions:** Concession stand will be available.

**Hospitality:** Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.

**Identification:** Coaches and Officials shall wear their 2014 USA registration card in a visible location at the meet at all times during this meet. **(This will also be your pass for hospitality.)**

**Meet Information:** Updates to meet information as well as time lines, psyche sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at [www.swim4soflo.com](http://www.swim4soflo.com)

**Referee:** Carlos Hernandez

**Meet Marshall:** Allesandra Escobar

**Meet Director:** Christopher Anderson Jr E-mail, [canderson@swim4comets.com](mailto:canderson@swim4comets.com) cell # (954)309-9927

**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.

**Warm up Procedures:** **NO Equipment Permitted. Swimmers Must Enter The Water Feet First. Friday, Saturday and Sunday Preliminaries**

7:00 a.m. – 8:00 a.m. General Warm Up  
Swimming and Pulling Only, Push Off  
No Racing Starts  
No Sprinting or Pace Work

8:00 a.m. – 8:55 a.m. **Controlled Warm Up**  
Lane 1 Pace, 50 and 100 Circle Swim, Push Off  
Lane 2 Pace, 50 and 100 Circle Swim, Push Off  
Lane 3 Racing Starts, 25 yards One Length.  
Lane 4 Swimming and Pulling, Push Off  
Lane 5 Swimming and Pulling, Push Off  
Lane 6 Swimming and Pulling, Push Off  
Lane 7 Swimming and Pulling, Push Off  
Lane 8 Pace, 50 and 100 Circle Swim, Push Off  
Lane 9 Racing Starts, 25 yards One Length.  
Lane 10 Racing Starts, 25 yards One Length.

**Finals, Warm up:** 3:30 pm – 4:15 pm / General Warm-up - See Above.  
4:15 pm – 4:55 pm / Controlled Warm-up – See Above.

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

**Friday, March 21, 2014 Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
3-4	15-16 200 Back	2:46.19	2:42..19	2:27.19		2:13.59	2:26.99	2:30.99
5-6	Open 200 Back	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
7-8	15-16 100 Free	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
9-10	Open 100 Free	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
11-12	15-16 200 Fly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
13-14	Open 200 Fly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
15-16	15-16 50 Breast	41.29	40.29	35.59		32.79	35.99	36.99
17-18	Open 50 Breast	41.29	40.29	35.59		32.79	35.99	36.99
19-20	15-16 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
21-22	Open 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39

**Friday, March 21, 2014      Finals: Warm up 3:30 pm. – Meet Starts at 5:00 p.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
1-2	Open 200 Free Relay	nt	nt	nt		nt	nt	nt
3-4	15-16 200 Back	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
5-6	Open 200 Back	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
7-8	15-16 100 Free	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
9-10	Open 100 Free	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
11-12	15-16 200 Fly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
13-14	Open 200 Fly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
15-16	15-16 50 Breast	41.29	40.29	35.59		32.79	35.99	36.99
17-18	Open 50 Breast	41.29	40.29	35.59		32.79	35.99	36.99
19-20	15-16 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
21-22	Open 500 Free	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
5 Minute Break	5 Minute Break if Necessary	X	x	X		X	x	X
23-24	Open 400 Free Relay	nt	nt	nt		nt	nt	nt

**Saturday, March 22, 2014      Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.**

Event #	Event		Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
25-26	15-16 200 Free		2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
27-28	Open 200 Free		2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
29-30	15-16 50 Back		36.99	36.39	31.59		29.09	33.49	34.09
31-32	Open 50 Back		36.99	36.39	31.59		29.09	33.49	34.09
33-34	15-16 200 Breast		3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
35-36	Open 200 Breast		3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
37-38	15-16 100 Fly		1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
39-40	Open 100 Fly		1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
41-42	15-16 400 IM		5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49
43-44	Open 400 IM		5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49

**Saturday, March 22, 2013**

**Finals: Warm up 3:30 pm. – Meet Starts at 5:00 p.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
25-26	15-16 200 Free	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
27-28	Open 200 Free	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
29-30	15-16 50 Back	36.49	36.39	31.09		29.09	33.49	34.09
31-32	Open 50 Back	36.49	36.39	31.09		29.09	33.49	34.09
33-34	15-16 200 Breast	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
35-36	Open 200 Breast	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
37-38	15-16 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
39-40	Open 100 Fly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
41-42	15-16 400 IM	5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49
43-44	Open 400 IM	5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49
5 Minute Break	5 Minute Break if Necessary	X	x	X		X	x	X
45-46	Open 800 Free Relay	nt	nt	nt		nt	nt	nt

**Sunday, March 23, 2014**

**Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
49-50	15-16 100 Back	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
51-52	Open 100 Back	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
53-54	15-16 50 Fly	35.39	34.69	31.09		28.09	30.19	30.89
55-56	Open 50 Fly	35.39	34.69	31.09		28.09	30.19	30.89
57-58	15-16 100 Breast	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
59-60	Open 100 Breast	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
61-62	15-16 50 Free	31.39	30.39	27.89		24.79	27.19	28.19
63-64	Open 50 Free	31.39	30.39	27.89		24.79	27.19	28.19
65-66	15-16 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
67-68	Open 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
10 Minute Break	10 Minute Break	X		X		X	x	X
69	15-16 W-1650 Free	19:43.09	19:13.09	19:21.79		X	x	X
69	Open W-1650 Free	19:43.09	19:13.09	19:21.79		X	x	X
70	15-16 M-1650 Free	X	x	X		18:10.99	17:59.99	18:29.99
70	Open M-1650	X	x	X		18:10.99	17:59.99	18:29.99

	Free							
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**Sunday, February 24, 2013**

**Finals: Warm up 3:30 pm. – Meet Starts at 5:00 p.m.**

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
47-48	Open 200 Medley Relay	nt	nt	nt		nt	nt	nt
49-50	15-16 100 back	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
51-52	Open 100 back	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
69	1650 Free Top 10	19:43.09	19:13.09	19:21.29		X	X	X
53-54	15-16 50 Fly	35.39	34.69	31.09		28.09	30.19	30.89
55-56	Open 50 Fly	35.39	34.69	31.09		28.09	30.19	30.89
57-58	15-16 100 Breast	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
59-60	Open 100 Breast	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
70	1650 Free Top 10	X	X	X		18:10.99	17:59.99	18:29.99
61-62	15-16 50 Free	31.39	30.39	27.89		24.79	27.19	28.19
63-64	Open 50 Free	31.39	30.39	27.89		24.79	27.19	28.19
65-66	15-16 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
67-68	Open 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
71-72	Open 400 Medley Relay	nt	nt	nt		nt	nt	nt

## **Sr. Champs Swim Meet (March 20-23, 2014)**

### **Holiday Inn Express & Suites Pembroke Pines**

14651 NW 20th Street

Pembroke Pines, FL 33028

**To make a reservation call (954)430-9404** and ask for the “**Sr. Champs Swim Meet**” group rate.

Rates: (Include comp. internet, comp. breakfast, & comp. parking)

Double Queen Suite (2 queen beds) \$139/night

King Bed Suite (1 king bed) \$139/night

\*Room rate is based on 2 adults per room. If there is a 3rd or 4th adult (older than 18 yrs. old) it will be an additional \$10/person.

**\*These rates are valid as long as you book on or before: 2/28/14**

### **Hampton Inn Pembroke Pines**

1900 Northwest 150th Avenue

Pembroke Pines, FL 33028

**To make a reservation call (954)441-4242** and ask for the “**Sr. Champs Swim Meet**” group rate.

Rates: (Include comp. internet, comp. breakfast, & comp. parking)

Queen/Queen Room (2 queen beds) \$154/night

King Room (1 king bed) \$154/night

**\*These rates are valid as long as you book on or before: 2/28/14**

**\*\*\*If you are having problems with any reservations or questions please feel free to contact Craig Rehak at (708)288-1673 for assistance\*\*\***