



2014 Michael Lohberg Invitational
Coral Springs, FL – June 19 - 22, 2014

- SANCTIONED BY:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. **FGI061914CSSC-B-17**
- 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 is timed finals for all swimmers. All swimmers will swim prelims in the first session on Friday, Saturday, and Sunday, (except for the relays and the 400 Free that are timed finals). The top 8 in each event will swim in Finals in the evening session.
- 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 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 that have achieved the meet qualifying time standards and 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 – cscswimentries@gmail.com
- POOL/TIMING:** 50 meters x 25 yards heated outdoor pool, 50 long-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 4’0 to 7’0 depending on lane assignment accordance with 202.3.7 (C).

DATE TIME:

Thursday, June 19, 2014.

Session I Timed Finals- Warm up: 4:00pm Start of meet: 5:30pm

Friday, June 20, 2014.

Session II Prelims- Warm up: 7:00am Start of meet: 8:30am

Session III Finals- Warm up: 4:00pm Start of meet: 5:30pm

Saturday, June 21, 2014.

Session IV Prelims- Warm up: 7:00am Start of meet: 8:30am

Session V Finals - Warm up: 4:00pm Start of meet: 5:30pm

Sunday, June 22, 2014.

Session VI Prelims - Warm up: 7:00am Start of meet: 8:30am

Session VII Finals- Warm up: 4:00pm Start of meet: 5:30pm

***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:

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, June 11, 2014.

PLEASE enter electronically, NO MAILED entries.

For electronic entries (CL or SDIF format only)

E-mail to csseswimentries@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 LCM times only for entries.

ENTRY FEES:

\$4.00 per individual event.

Relay event: Two (2) per team per event. All relay events are timed-finals.

RELAY FEES:

\$6.00 per relay.

FACILITY

SURCHARGE:

\$7.00 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: Three (3) individual events per swimmer per day.

Entries will be limited to the first 650 athletes on a first comes, first served basis.

- AWARDS:** **Individuals Events:** Ind. medals 1st – 3rd, ribbons 4th-8th for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups.
Relay Events: 1st place medals.
High Point: Awards - 1st place for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups.
- DISTANCE EVENTS:** The 400 Free and 400 IM are timed finals and will be swum alternating women, then men, fastest to slowest. **All distance events are positive deck in.** For the 800 and 1500 Free in Session 1, swimmers must provide their own times and counters. The top 8 swimmers of events 81 through 84 will swim at finals. All swimmers of events 89-90 will swim in the morning, including the top 8 swimmers. The event number 7 (Girls 800 Free) will alternate with event number 8 (Boys 1500 Free).
- POSITIVE CHECK IN:** **Events: 1, 2, 7 & 8 (Session I) will close at 5:00pm**
Events: 81, 82, 83 & 84 (Session IV) will close at 8:00am.
Events 89 & 90 (Session VI) will close at 8:00am.
- RELAYS:** The 400 Free relay (Session I) 200 Free relay (Session III), the 400 Medley relay (Session V), and the 200 Medley relay (Session VI) will be timed finals.
- 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. Friday, Saturday and Sunday Preliminaries**
7:00 a.m. – 7:45 a.m. General Warm Up
Swimming and Pulling Only, Push Off
Racing Starts
7:55-8:25a.m
Sprinting or 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#
 Thursday, June 19 - Session I**

Warm up – 4:00pm

Start of Meet – 5:30pm

Event #	Event	Age Group
1-2	400 Individual Medley	13 & Over
3-4	400 Freestyle Relay	15 & Over
5-6	400 Freestyle Relay	13-14
7	Girls 800 Freestyle	13 & Over
8	Boys 1500 Freestyle	13 & Over

The events numbered 1 & 2 (400 Individual Medley) will be swum fastest to slowest, alternating girls and boys. Positive check in for the 400 IM will close at 5:00pm.

The events numbered 7 (Girls 800 Freestyle – 13 & Over) & 8 (Boys 1500 Freestyle – 13 & Over) will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 24 female (800 Free) and fastest 24 male (1500 Free) swimmers. Positive check-in will close at 5:00pm.

The events numbered 1, 2, 7 & 8 are timed final events.

All the events on Thursday (session I) are timed final events.

FRIDAY, June 20 – Session 2 - PRELIMS**Warm-up – 7:00am****Start of Meet – 8:30am**

Event #	Event	Age Group
9-10	200 Breaststroke	13-14
11-12	200 Breaststroke	15 & over
13-14	200 Individual Medley	10 & under
15-16	200 Individual Medley	11-12
17-18	200 Individual Medley	13-14
19-20	200 Individual Medley	15 & Over
21-22	50 Freestyle	10 & under
23-24	50 freestyle	11-12
25-26	50 freestyle	13-14
27-28	50 freestyle	15 & Over
29-30	50 Butterfly	13-14
31-32	50 Butterfly	15 & Over
33-34	100 Backstroke	10 & Under
35-36	100 Backstroke	11-12
37-38	100 Backstroke	13-14
39-40	100 Backstroke	15 & Over

FRIDAY, June 20 – Session 3 - FINALS**Warm-up – 4:00pm****Start of Meet – 5:30pm**

Event #	Event	Age Group
9-10	200 Breaststroke	13-14
11-12	200 Breaststroke	15 & over
13-14	200 Individual Medley	10 & under
15-16	200 Individual Medley	11-12
17-18	200 Individual Medley	13-14
19-20	200 Individual Medley	15 & Over
21-22	50 Freestyle	10 & under
23-24	50 freestyle	11-12
25-26	50 freestyle	13-14
27-28	50 freestyle	15 & Over
29-30	50 Butterfly	13-14
31-32	50 Butterfly	15 & Over
33-34	100 Backstroke	10 & Under
35-36	100 Backstroke	11-12
37-38	100 Backstroke	13-14
39-40	100 Backstroke	15 & Over
41-42	200 Freestyle Relay	10 & Under
43-44	200 Freestyle Relay	11-12
45-46	200 Freestyle Relay	13-14
47-48	200 Freestyle Relay	15 & Over

SATURDAY, June 21 – Session 4 - PRELIMS**Warm-up – 7:00am****Start of Meet – 8:30am**

Event #	Event	Age Group
49-50	200 Freestyle	10 & Under
51-52	200 Freestyle	11-12
53-54	200 Freestyle	13-14
55-56	200 Freestyle	15 & Over
57-58	50 Backstroke	10 & Under
59-60	50 Backstroke	11-12
61-62	50 Backstroke	13-14
63-64	50 Backstroke	15 & Over
65-66	100 Breaststroke	10 & Under
67-68	100 Breaststroke	11-12
69-70	100 Breaststroke	13-14
71-72	100 Breaststroke	15 & Over
73-74	100 Butterfly	10 & Under
75-76	100 Butterfly	11-12
77-78	100 Butterfly	13-14
79-80	100 Butterfly	15 & Over
81-82	400 Freestyle	13-14
83-84	400 Freestyle	15 & Over

The events 81 through 84 (400 Free 13-14 and 15 & Over) are timed final events and will be swum fastest to slowest alternating girls and boys. The top 8 swimmers will swim at finals. Positive check in will close at 8:00am.

SATURDAY, June 21 – Session 5 - FINALS**Warm-up – 4:00pm****Start of Meet – 5:30pm**

Event #	Event	Age Group
49-50	200 Freestyle	10 & Under
51-52	200 Freestyle	11-12
53-54	200 Freestyle	13-14
55-56	200 Freestyle	15 & Over
57-58	50 Backstroke	10 & Under
59-60	50 Backstroke	11-12
61-62	50 Backstroke	13-14
63-64	50 Backstroke	15 & Over
65-66	100 Breaststroke	10 & Under
67-68	100 Breaststroke	11-12
69-70	100 Breaststroke	13-14
71-72	100 Breaststroke	15 & Over
73-74	100 Butterfly	10 & Under
75-76	100 Butterfly	11-12
77-78	100 Butterfly	13-14
79-80	100 Butterfly	15 & Over
10 MINUTE BREAK (if necessary)		
81-82	400 Freestyle	13-14
83-84	400 Freestyle	15 & Over
85-86	400 Medley Relay	13-14
87-88	400 Medley Relay	15 & Over

Note: a 10 minute break will be taken (if necessary) after event numbered 80.

SUNDAY, June 22 – Session 6 - PRELIMS**Warm-up – 7:00am****Start of Meet – 8:30am**

Event #	Event	Age Group
89-90	400 freestyle	11-12
91-92	200 Backstroke	13-14
93-94	200 Backstroke	15 & Over
95-96	50 Breaststroke	10 & Under
97-98	50 Breaststroke	11-12
99-100	50 Breaststroke	13-14
101-102	50 Breaststroke	15 & Over
103-104	50 Butterfly	10 & Under
105-106	50 Butterfly	11-12
107-108	200 Butterfly	13-14
109-110	200 Butterfly	15 & Over
111-112	100 Freestyle	10 & Under
113-114	100 Freestyle	11-12
115-116	100 Freestyle	13-14
117-118	100 Freestyle	15 & Over
119-120	200 Medley Relay	10 & Under
121-122	200 Medley Relay	11-12
123-124	200 Medley Relay	13-14
125-126	200 Medley Relay	15 & Over

The events numbered 89 & 90 are timed final events. Positive check-in will close at 8:00am.

SUNDAY, June 22 – Session 7 - FINALS**Warm-up – 4:00pm****Start of Meet – 5:30pm**

Event #	Event	Age Group
91-92	200 Backstroke	13-14
93-94	200 Backstroke	15 & Over
95-96	50 Breaststroke	10 & Under
97-98	50 Breaststroke	11-12
99-100	50 Breaststroke	13-14
101-102	50 Breaststroke	15 & Over
103-104	50 Butterfly	10 & Under
105-106	50 Butterfly	11-12
107-108	200 Butterfly	13-14
109-110	200 Butterfly	15 & Over
111-112	100 Freestyle	10 & Under
113-114	100 Freestyle	11-12
115-116	100 Freestyle	13-14
117-118	100 Freestyle	15 & Over

IMPORTANT NOTES:

- **The following distance events (400IM/800 Free/1500 Free) are positive check in. Positive check in will close at 5:00pm.**
- **All the events on Thursday (session I) are timed finals.**
- **The events numbered 1 & 2 (400 Individual Medley) will be swum fastest to slowest, alternating girls and boys.**
- **The events numbered 7 (Girls 800 Freestyle – 13 & Over) & 8 (Boys 1500 Freestyle – 13 & Over) will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 24 female (800 Free) and fastest 24 male (1500 Free) swimmers.**
- **The events 41 through 48 (200 Free relays) will be swum at the end of the session 3 (finals)**
- **The events 81 through 84 (400 Free 13-14 and 15 & Over) are timed final events and will be swum fastest to slowest alternating girls and boys. The top 8 swimmers will swim at finals.**
- **The events 85 through 88 (400 Medley relays) will be swum at the end of the session 5 (finals)**

- **The events 89-90 (11-12 400 Freestyle) will be swum in the morning (including top 8 swimmers), seeded fastest to slowest alternating girls and boys. Positive check for those events will close at 8:00am.**
- **The events numbered 89 & 90 are timed final events.**
- **The events 119 through 126 (200 Medley relays) will be swum at the end of the session 6 (Prelims)**
- **All relays are timed final events.**

Time Standards

GIRLS

Events	10 & under	11-12	13-14	15 & over
50 Free	40.69	35.99	34.89	34.29
100 Free	1:32.19	1:18.99	1:15.49	1:14.09
200 Free	3:23.39	2:50.69	2:42.69	2:39.49
400 Free		5:56.49	5:41.19	5:34.69
800 Free			11:41.99	11:30.19
50 Back	49.59	41.69	37.69	37.69
100 Back	1:48.39	1:31.09	1:23.69	1:22.29
200 Back			2:59.39	2:55.79
50 Breast	54.69	45.59	40.59	40.59
100 Breast	2:01.69	1:41.89	1:35.49	1:33.89
200 Breast			3:26.69	3:21.19
50 Fly	47.89	38.79	36.39	36.39
100 Fly	1:53.99	1:29.69	1:21.79	1:19.99
200 Fly			2:59.49	2:55.89
200 IM	3:43.89	3:13.49	3:05.29	3:00.29
400 IM			6:30.39	6:18.79

BOYS

Events	10 & under	11-12	13-14	15 & over
50 Free	39.69	35.09	31.99	30.19
100 Free	1:30.89	1:16.29	1:10.79	1:07.39
200 Free	3:13.29	2:46.19	2:33.79	2:27.89
400 Free		5:48.69	5:27.89	5:12.79
1500 Free			21:35.29	20:43.39
50 Back	49.49	41.49	36.19	36.19
100 Back	1:43.89	1:30.09	1:18.99	1:15.49
200 Back			2:49.89	2:41.39
50 Breast	54.69	45.99	38.19	38.19
100 Breast	1:58.39	1:39.99	1:28.09	1:25.49
200 Breast			3:14.49	3:04.09
50 Fly	46.79	39.29	33.19	33.19
100 Fly	1:52.79	1:28.29	1:16.29	1:12.69
200 Fly			2:49.59	2:41.49
200 IM	3:42.49	3:11.39	2:53.69	2:45.49
400 IM			6:08.79	5:51.59



Hotels in Coral Springs

 <p style="text-align: center;"><u>La Quinta Inns & Suites</u> 3701 University Dr. Coral Springs, FL 33065 Itzi Hernandez – 954-753-9000</p>	 <p style="text-align: center;"><u>La Quinta Inns & Suites</u> 3100 North University Drive Coral Springs, FL 33065 Itzi Hernandez – 954-753-9000</p>
 <p style="text-align: center;"><u>Courtyard Marriott</u> 620 N. University Drive Coral Springs, FL 33071 Myra Tashman – 954-227-1300 Jenna Nichols – 954-227-1300</p>	 <p style="text-align: center;"><u>Coral Springs Marriott</u> 11775 Heron Bay Boulevard Coral Springs, FL 33076 Dan Davidson - 954-227-4120</p>

Hotels in Deerfield

 <p style="text-align: center;"><u>Best Western</u> 1050 E. Newport Center Drive Deerfield Beach, Florida 33442 Jackie Cohl – 954-570-8888 ext 571</p>	 <p style="text-align: center;"><small>BY CHOICE HOTELS</small> <u>Comfort Suites</u> 1040 E. Newport Center Dr Deerfield Beach, FL, US, 33442 Jackie Cohl – 954-570-8888 ext 571</p>	 <p style="text-align: center;"><u>Hilton</u> Deerfield Beach / Boca Raton <u>Hilton</u> 100 Fairway Drive Deerfield Beach, FL 33441 Jennifer Petigrow – 954-422-1798</p>
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Hotels in Deerfield on the Beach

 <p style="text-align: center;"><u>Wyndham Deerfield Beach Resort</u> 2096 Northeast 2nd St. Deerfield Beach, FL 33441-3807 Contact: Margie Osborn (954)428-2850 ext. 7103</p>	 <p style="text-align: center;"><u>Embassy Suites</u> 950 S. Ocean Dr. Deerfield Beach, FL 33441 Contact: Sharena Powell (954)312-2029</p>
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Hotels in Tamarac, Sunrise and Plantation



[Quality Inn Sawgrass Center](#)
1711 N. University Dr.
Plantation (Ft. Lauderdale), FL, US,
33322
Norma Alchae – 954-556-8200



4499 W. Commercial Blvd.
Tamarac, FL 33319
Contact:
Juanita Landreneau
(954)735-7575



1701 N. University Dr.
Plantation (Ft. Lauderdale), FL 33322
Contact:
Dorothy Mclean
(954)472-5600



**Holiday Inn
& Suites**
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Lauderdale/Sunrise](#)
3003 N. University Drive
Sunrise, FL, 33322
Jim Mullins – 954-748-7000



[Crowne Plaza](#)
13400 W. Sunrise Blvd.
Sunrise, FL, 33323
Linda Huffstetler – 954-835-3606



[Hampton Inn Suites](#)
5701 Madison Avenue
Tamarac, Florida, USA 33321
Carol Montoya – 954-724-7115

Hotels in Fort Lauderdale



**HYATT
PLACE**
1851 SE 10th Ave.
Fort Lauderdale, FL 33316
Contact:
Jodie Linhart
(954)370-2220 ext. 7197



5001 North Federal Hwy.
Fort Lauderdale, FL 33308
Contact:
Maria Vigil
(954)771-0440



1100 SE 17th St.
Fort Lauderdale, FL 33316
Contact:
Villette Carter
(954)315-1324



Sheraton
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555 N.W. 62nd St.
Fort Lauderdale, FL 33309
Contact: Mandy Bosley
(954)772-5400



400 Corporate Dr.
Fort Lauderdale, FL 33334
Contact: Terri Cunningham
(954)351-2404



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2440 West State Road 84
Fort Lauderdale, FL 33312
Contact: Joan Krever (954)792-8181



720 East Cypress Creek Road
Fort Lauderdale, FL 33334

Contact:

Jackie F. Kohl
(954)776-7677 ext. 603

Fax: (954)776-0805



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