

Florida Gold Coast Area 2
LONG COURSE Developmental Championship Meet
AZFL, BEST, CST, CSSC, HAFL, HAT, MWH, PST, POMP, NSUA, SOFL, SUN, SF, SFTL, TA, WASC, YBC

July 11-13, 2014

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FGA071114SUN-B-19**

Sponsored By: **Sunrise Swimming, Sunrise Swimming Booster Club, City of Sunrise**

Location: **Sunrise Civic Center 10610 W. Oakland Park Blvd.**

Dates & Time:

Session I	Finals-LCM	Friday	July 11	Warm-up – 4:30PM	Start – 6:00PM
Session II	Prelims -LCM	Saturday	July 12	Warm-up – 7:00AM	Start – 8:30AM
Session III	Finals-LCM	Saturday	July 12	Warm-up – 4:30PM	Start – 6:00PM
Session IV	Prelims-LCM	Sunday	July 13	Warm-up – 7:00AM	Start – 8:30AM
Session V	Finals-LCM	Sunday	July 13	Warm-up – 4:30PM	Start – 6:00PM

Start times for this meet may be adjusted following receipt of all entries with approval of the Age Group Chair

Pool / Timing: 50 meters x 25 yard heated outdoor pool, 6 **Long-course** racing lanes with separate warm-up and swim-down lane 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 6'0" to 6'2" depending on lane assignment accordance with 202.3.7 (C).

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.

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. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Eligibility:

- Open to all 8-14 year olds, 2014 USA Swimming FGC registered athletes in **Area 2**.
- Swimmers must not have achieved an FGC Junior Olympic time in the event in which he/she is entered in and must have a minimum "B" time standard in 200 fly/back/breast and 400/1500 free.
- 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.

- Swimmers may not enter any event in which they have achieved a JO Qualifying time in the course in which the JO event is being held.
- Teams entering and swimming athletes who have achieved JO qualifying times will be subject to a \$50 fine per swim.
- Swimmers who age up between the first day of this meet and the start of the FGC Junior Olympics may choose to swim up an age group in this meet to earn a Junior Olympic standard in any event they are not yet qualified. Coaches must enter these athletes on the team roster and contact the Meet Manager to place them specifically in any such event.
- 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: 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 – 954-747-4635 coachsun1@aol.com.

Entry Deadline: Entries Close - **Wednesday – July 2, 2014 11:59 PM**

Entry Limit: No more than three (3) individual events per day (unlimited relays).

Entry Procedure: **Hy-Tek electronic entry system is required.** Please email entry to: coachsun1@aol.com

Entry Fees: \$4.00 per Individual event entry
\$8.00 per Relay event entry
\$7.50 per swimmer surcharge

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

Seeding: Standard Championship seeding will be used for Prelim/Final events. Entries will be seeded with conforming times – LCM.

Relays: A & B relays are permitted. Any swimmer who is legally entered in this meet can swim any leg on any relay.

Finals: A single Championship Final for 11-12 & 13-14 will be swum in all Prelim/Final events.

Distance Events:

- **400 IM and 400 free are positive check in events by 5:15 Friday, July 11, 2014**
- 200 of strokes will be swum in the AM sessions ONLY as timed finals.
- 1650 free will be combined and scored separately. This event will be swum fastest to slowest – alternating girls/boys in prelims. **Positive check in for 1500 ends at 8:15 Sunday, July 13, 2014.**

Awards: Individual Events: Medals 1st - 3rd and Ribbons 4th – 8th
Relays Events: Ribbons 1st – 3rd

Scoring: This competition is not scored.

Admission: \$3.00 per person per session. Heat Sheets - \$3.00 each session

Concessions: Concession stand will be open for all sessions.

Hospitality: Refreshments and hospitality for coaches / officials / volunteers will be available.

Referee: Carlos Hernandez

Meet Marshall: Hailey Hernandez and the City of Sunrise staff.

Meet Director: Dave Wathen

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 Safety Complex.

Order Of Events

Session I – Timed Finals - LCM - Friday July 11 Warm-up: 4:30pm Meet Starts: 6:00pm

Girls Event #	LCM	Age Group	Event	LCM	Boys Event #
1	3:02.39	10 & Under	200FR**	2:59.89	2
3	2:41.59	11-12	200FR**	2:37.79	4
5	2:23.89	13-14	200FR**	2:21.99	6
7	3:21.59	10 & Under	200IM**	3:24.89	8
9	3:02.59	11-12	200IM**	3:03.89	10
11	2:50.99	13-14	200IM**	2:40.39	12
		10 minute	Break		
13	6:13.89 (7:37.27)^	10 & Under	400FR**	6:15.59 (7:29.49)^	14
15	5:37.09 (6:23.89)^	11-12	400FR**	5:29.89 (6:15.49)^	16
17	5:01.79 (6:23.89)^	13-14	400FR**	5:02.69 (6:15.49)^	18
		10 minute	Break		
19	6:28.39 (7:23.79)^	11-12	400IM**	6:27.49 (7:13.49)^	20
21	6:00.39 (7:00.49)^	13-14	400IM**	5:40.39 (6:37.09)^	22

**** Timed Final Events – Swum in Prelims All Time Standards are “Slower Than” ^must have “B” cut**

Session II – Prelims - LCM - Saturday July 12 Warm-up: 7:00am Meet Starts: 8:30am

Girls Event #	LCM	Age Group	Event	LCM	Boys Event #
23	1:36.79	10 & Under	100BK**	1:35.69	24
25	1:25.29	11-12	100BK	1:26.39	26
27	1:17.19	13-14	100BK	1:12.89	28
29	42.49	10 & Under	50FL**	42.89	30
31	36.79	11-12	50FL	37.89	32
33	35.69	13-14	50FL	33.19	34
35	1:48.49	10 & Under	100BR**	1:50.69	36
37	1:35.79	11-12	100BR	1:35.69	38
39	1:28.19	13-14	100BR	1:21.29	40
41	37.29	10 & Under	50FR**	37.69	42
43	34.39	11-12	50FR	33.49	44
45	30.89	13-14	50FR	29.49	46
		10 Minute	Break		
47	3:03.29 (3:29.09)^	11-12	200FL**	3:01.59 (3:22.49)^	48
49	2:45.69 (3:13.29)^	13-14	200FL**	2:36.59 (3:02.59)^	50
		10 Minute	Break		
51	NT	10 & Under	200 Fr Relay**	NT	52
53	NT	11-12	200 Fr Relay**	NT	54
55	NT	13-14	200 Fr Relay**	NT	56

**** = Timed Final Events – Swum in Prelims All Time Standards are “Slower Than” ^must have “B” cut**

Session III – Finals- LCM- Saturday July 12 Warm-up: 4:30pm Meet Starts: 6:00pm

Girls Event #	Age Group	Event	Boys Event #
25	11-12	100BK	26
27	13-14	100BK	28
31	11-12	50FL	32
33	13-14	50FL	34
37	11-12	100BR	38
39	13-14	100BR	40
43	11-12	50FR	44
47	13-14	50FR	46

The meet host with approval from the FGC Age Group Chair may add 5 to 10 minute breaks.

Session IV – Prelims - LCM- Sunday July 13 Warm-up: 7:00am Meet Start: 8:30am

Girls Event #	LCM	Age Group	Event	LCM	Boys Event #
57	3:25.09(3:54.59)^	11-12	200 BR**	3:25.09 (3:49.99)^	58
59	3:10.79 (3:42.59)^	13-14	200 BR**	2:59.49 (3:29.49)^	60
61	1:23.19	10 & Under	100FR**	1:24.39	62
63	1:14.89	11-12	100FR	1:12.49	64
65	1:06.79	13-14	100FR	1:05.29	66
67	44.49	10 & Under	50BK**	45.29	68
69	39.49	11-12	50BK	39.99	70
71	36.59	13-14	50BK	34.39	72
73	1:40.79	10 & Under	100FL**	1:40.09	74
75	1:23.89	11-12	100FL	1:24.39	76
77	1:15.49	13-14	100FL	1:10.39	78
79	49.09	10 & Under	50BR**	51.19	80
81	43.09	11-12	50BR	43.99	82
83	42.09	13-14	50BR	38.59	84
		10 Minute	Break		
85	3:01.99 (3:27.69)^	11-12	200BK**	3:01.79 (3:22:79)^	86
87	2:45.59 (3:13.19)^	13-14	200BK**	2:36.79 (3:02.99)^	88
		10 Minute	Break		
89	NT	10 & Under	200 Med Relay**	NT	90
91	NT	11-12	200 Med Relay**	NT	92
93	NT	13-14	200 Med Relay**	NT	94
		10 Minute	Break		
95A	22:34.99 (25:45.79)^	11-12	1500**	22:16.39 (25:24.09)^	96A
95B	19:48.09 (24:06.49)^	13-14	1500**	19:55.69 (23:14.99)^	96B

**** Timed Final Events – Swum in Prelims All Time Standards are “Slower Than” ^must have “B” cut Events #'s 95 & 96 will be swum together and awarded separately.**

Session V – Finals - LCM - Sunday July 13 Warm-up: 4:30pm Meet Starts: 6:00pm

The meet host with approval from the FGC Age Group Chair may add 5 to 10 minute breaks

Girls Event #	Age Group	Event	Boys Event #
63	11-12	100FR	64
65	13-14	100FR	66
69	11-12	50BK	70
71	13-14	50BK	72
75	11-12	100FL	76
77	13-14	100FL	78
81	11-12	50BR	82
83	13-14	50BR	84

Florida Gold Coast Area 2

Long Course Time Trial

Sanctioned by: Time Trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.
Sanction # **FGTT071214SUN- B- 20**

Sponsored by: **Sunrise Swimming, Sunrise Swimming Booster Club, City of Sunrise**

Location: **Sunrise Civic Center 10610 W. Oakland Park Blvd.**

Dates and Time: July 12, 2014 - 15 minutes after the conclusion of prelims. **LCM**

July 13, 2014 - 15 minutes after the conclusion of prelims. **LCM**

Pool / Timing: 50 meters x 25 yards heated outdoor pool, 6 **Long-course** racing lanes with separate warm-up and swim-down lane available. (Daktronics 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 6'0" to 6'2" depending on lane assignment accordance with 202.3.7 (C).

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Area Championships Meet. Swimmers not in the Area Championships Meet may swim 3 events.

Entry Fees: \$6.00 per Individual Event \$12.00 per Relay

Entries: Entry cards will be filled out on deck.

Eligibility: Open to all currently registered USA Swimming athletes.

Referee: Carlos Hernandez

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	400 Free
9-10	800/1500 Free
11-12	50 Back
13-14	100 Back
15-16	200 Back
17-18	50 Breast
19-20	100 Breast
21-22	200 Breast
23-24	50 Fly
25-26	100 Fly
27-28	200 Fly
29-30	200 IM
31-32	400 IM
33-34	200 Free Relay
35-36	400 Free Relay
37-39	800 Free Relay
40-41	200 Medley Relay
42-43	400 Medley Relay

The order of events will be run through twice a day on Saturday and Sunday . All swimmers who are in the Area Development Championships Meet may not swim more than a total of 3 events per day. Swimmers not in the Meet may swim a total of 3 events per day. 5-10 minute breaks may be given as needed.