



2014 Coral Springs Sprint Invitational
Coral Springs, FL –December 6 - 7, 2014

SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. **FGI120614CSSC-B-27**

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 and II 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 all for preparations – 954-340-5032 – [csscswimentries.@gmail.com](mailto: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, December 6, 2014.**
Session I Warm up: 8:00am Start of meet: 9:30am
Sunday, December 7, 2014.
Session II Warm up: 8:00am Start of meet: 9:30am

***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, November 26, 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: 8 & under; 9-10, 11-12 and 13 & 14, 15 & over age groups. Awards will be prepared for any swimmer aged 13 & over upon request only.

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**

8:00 a.m. – 8:45 a.m. General Warm Up

Swimming and Pulling Only, Push Off

Racing Starts

8:55-9:25a.m

Sprinting or Pace Work

8:45 a.m. – 9:25 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: 8:00am

Start of meet: 9:30am

Event #	Event	Age Group
1-2	100 backstroke	13&over
3-4	100 Backstroke	11-12
5-6	100 Backstroke	9-10
7-8	50 Backstroke	8 & under
9-10	50 Breaststroke	13&over
11-12	50 Breaststroke	11-12
13-14	50 Breaststroke	9-10
15-16	50 Breaststroke	8 & under
17-18	50 Freestyle	13&over
19-20	50 Freestyle	11-12
21-22	50 Freestyle	9-10
23-24	50 Freestyle	8 & under
25-26	100 Butterfly	13&over
27-28	100 Butterfly	11-12
29-30	100 Butterfly	9-10
31-32	50 Butterfly	8 & under

Sunday –Session 2

Warm up: 8:00am

Start of meet: 9:30am

Event #	Event	Age Group
33-34	100 IM	13&over
35-36	100 IM	11-12
37-38	100 IM	9-10
39-40	100 IM	8 & under
41-42	50 Back	13&over
43-44	50 Back	11-12
45-46	50 Back	9-10
47-48	100 Breast	13&over
49-50	100 Breast	11-12
51-52	100 Breast	9-10
53-54	100 Free	13&over
55-56	100 Free	11-12
57-58	100 Free	9-10
59-60	100 Free	8 & under

61-62	50 Butterfly	13&over
63-64	50 Butterfly	11-12
65-66	50 Butterfly	9-10