



**SUNRISE  
SWIMMING**

**SUNRISE SWIMMING OPEN INVITE**  
**OCTOBER 11-12 2014**  
**Sunrise Civic Center Pool**  
**10610 W. Oakland Park Blvd.**  
**Sunrise, Fl. 33351**

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FGI10114SUN-B-33**
- Sponsored by:** The City of Sunrise, Sunrise Swimming and the Sunrise Booster Club.
- Rules:** 2013 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. All sessions are timed finals for all swimmers.
- 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.
- 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  
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.  
There are no Qualifying Times. (Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule.)

**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 – [coachsun1@aol.com](mailto:coachsun1@aol.com)  
Dave Wathen (954) 747-4635

**Pool/Timing:** Competition is in the Civic Center Pool 50 meters x 25 yards heated outdoor pool. 8 short-course racing lanes will be used. Separate warm-up and warm down lanes will be available. Daktronics Timing System® will be used.  
The competition course has been certified in accordance with 104.2.2 (C).  
Water depth at the start is 4'6" in accordance with 202.3.7 (C).

**Date & Time:** **OCTOBER 11, 2014**  
**Session 1**-Timed Finals - Warm-up 8:00am. Meet starts at 9:00am  
**Session 2**- Begins 10 minutes after session 1 is finished. Warm up and warm down pool is available during session 1.

**OCTOBER 12, 2014**  
**Session 3** - Timed Finals - Warm-up 8:00am. Meet starts at 9:00am  
**Session 4** - Begins 10 minutes after session 3 is finished. Warm up and warm down pool is available during session 3.  
*\*Meet director reserves the right to change meet warm-up, start times, in order to hold an efficient meet within USA Swimming/FGC guidelines.*

**Location:** *Sunrise Civic Center  
10610 West Oakland Park Blvd.  
Sunrise, FL. 33351*

**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 the Safety Complex.

**Entry:** **All registered swimmers are invited**  
All entries must be received by *Wednesday, October 1, 2014*  
*12 noon EST.*  
PLEASE enter electronically, NO MAILED entries.  
For electronic entries (CL or SDIF format only!!)  
E-mail to <mailto:coachsun1@aol.com>  
List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file.  
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) 747-4635

**NOTE: Swimmers without registration numbers or birth dates will not be entered. \*\*\* Entry Fees will be Double if not entered electronically.**

**Seeding:** Eligible entries shall be seeded in the following order: **Short Course yards**

**Entry Fees:** \$ 3.25 per individual event

**Facility Surcharge:** \$ 5.00 per swimmer

**\*Entry fees are made payable to “Sunrise Swimming Booster Club” (note: one check per team)**

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

**Entry Limit:** **Three events per session**

**Awards:** All events will be seeded as open, but scored separately.  
1st thru 3<sup>rd</sup> place medals 4<sup>th</sup> thru 8th place ribbons will be awarded for the following age groups: 10&under, 11-12, 13&over

**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. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at [www.fgcswim.org](http://www.fgcswim.org). All deck entered swimmers must present current USA Swimming Card in order to be entered. *Cash only for deck seeds.*

**Head Referee:** **Ed Henderson**

**Meet Marshall:** City of Sunrise Lifeguard Staff

**Meet Director:** **Dave Wathen** – [coachsun1@aol.com](mailto:coachsun1@aol.com) – (954) 747-4635

**Assistant Meet Director:** Christi Wathen (954) 747-4635

**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:** Admission - \$ 3.00 per session.  
Heat Sheets - \$ 3.00 per session.

**Information:** Call the Sunrise Swimming office (954) 747-4635.

## Saturday October 11, 2014

### Session 1

Warm-up: 8:00 am Start: 9:00 am

EVENT #	EVENT
1&2	OPEN 200 IM
3&4	OPEN 100 FLY
5&6	OPEN 50 BACK
7&8	OPEN 200 BACK
9&10	OPEN 100 BREAST
11&12	GIRLS OPEN 50 FREE
13&14	OPEN 100 IM

#### SESSION 2 (BEGINS 10 MINUTES AFTER END OF SESSION 1)

15&16	400 IM
17&18	500 FREE

## Sunday October 12, 2014

### Session 3

Warm-up: 8:00 am Start: 9:00 am

EVENT#	EVENT
19&20	OPEN 200 FREE
21&22	OPEN 50 FLY
23&24	OPEN 200 FLY
25&26	OPEN 100 BACK
27&28	OPEN 50 BREAST
29&30	OPEN 200 BREAST
31&32	OPEN 100 FREE

#### SESSION 4 (BEGINS 10 MINUTES AFTER END OF SESSION 3)

33&34	1650 FREE
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