

**8 and Under Sizzler**  
**Friday, October 10, 2014**  
**10610 W. Oakland Park Blvd.**  
**Sunrise Swimming**

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. FGS101014SUN-B-29
- Sponsored by:** **Sunrise Swimming, Sunrise Swimming Booster Club, City of Sunrise**
- 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.
- 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 2013 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.
- 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 – 954-747-4635—coachsun1@aol.com
- Pool/Timing:** 25 yard heated outdoor pool, 8 short-course racing lanes with separate warm-up and swim-down lanes 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 varies from 6 to 10 feet depending on lane assignment accordance with 202.3.7 (C).
- Date & Time:** **Friday, October 10, 2013**  
**Warm up 5 pm Meet start 5:30 pm**
- Location:** **Sunrise Civic Center**  
**10610 W. Oakland Park Blvd.**

- 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.
- Entry:** All entries must be received by Friday, **October 3, 2014**  
PLEASE enter electronically, NO MAILED entries.  
For electronic entries (CL or SDIF format only!!)  
E-mail to coachsun1@aol.com  
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:** \$9 flat fee per swimmer  
**\*\*Entry fees are made payable to Sunrise Swimming Booster Club\*\***  
**Entry fees will be doubled if not entered electronically.**  
(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:** **4 Individual events and the relay**
- Awards:** Individual Events: Ribbons 1st-8th place  
Relay Events: 1st-3rd place
- 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.
- Head Referee:** **Yvette Kohanyi**
- Meet Director:** **Dave Wathen**
- 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 - \$2 per session. Heat Sheets - \$2 per session.
- Information:** Call the Sunrise Swimming office 954 747-4635

**NOTE:**

Each team is responsible to get their swimmers to the bullpen area on time. There will be people in the bullpen to take care of the children.

**ORDER OF EVENTS**

Friday, October 10, 2014

**Warm up: 5:00 pm    Start: 5:30 pm**

GIRLS #	EVENT	BOYS #
1	6&U 25 FLY	2
3	7-8 25 FLY	4
5	6&U 25 BACK	6
7	7-8 25 BACK	8
9	6&U 25 BREAST	10
11	7-8 25 BREAST	12
13	6&U 25 FREE	14
15	7-8 25 FREE	16
17	8&U 100 FREE RELAY	18