



**2015 Coral Springs Open Invitational
September 5 - 6, 2015
Coral Springs, FL**



SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. FGI090515CSSC-B-28

"In granting this approval it is understood and agreed that USA Swimming/Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."

CONDITION OF SANCTION: The competition course has been certified in accordance with 104.2.2(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

SPONSORED BY: Coral Springs Swim Club, Coral Springs Aquatic Complex

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 1/2 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).

DATE TIME: Saturday, September 5 2015 – Warm up: 8:00am/ Meet starts: 9:30am
Sunday, September 6, 2015 - Warm up: 8:00am/ Meet starts: 9:30am

*Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.

POOL/TIMING: 50 meters x 25 yards heated outdoor pool, 25 short-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).

ELIGIBILITY: Open to all current 2015 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.

RULES: 2015 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 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.”

IMAGE AUTHORIZATION: All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

DECK CHANGING: Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

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 – csscswimentries@gmail.com

ENTRY: All entries must be received by Wednesday, August 26, 2015. 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 Please email the entry file to csscswimentries@gmail.com.

NOTE: Swimmers without registration number or birth dates will not be entered. ***Entry Fees will be Doubled if not entered electronically.

LATE ENTRIES: Late entries will be accepted for this meet for swimmers which otherwise meet all eligibility and entry requirements. Late entries will only be accepted on-site beginning at the start of registration and through the scratch deadline for the event (s) in question. Entry fees for late entries will be double entry fee and double the athlete surcharge. Coaches and swimmers are strongly encouraged to process late entries as early as possible in the registration process. The deadline for any late entry is 30 minutes before the session. CASH ONLY ALL LATE ENTRIES

ENTRY LIMIT: Individual events: Four (4) individual events per swimmer per session.

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.

SEEDING: Entries will be seeded in order of SCY, LCM, and then SCM.

POSITIVE CHECK IN: Deadline: **400 Free – Saturday, September 5th at 9:30am**
 400 IM – Sunday, September 6th at 9:30am

DISTANCE EVENTS: The 400 Free and 400 IM are timed finals and will be swum alternating women the men, fastest to slowest. All distance events are positive deck in. For all positive check-in events, swimmers must provide their own times and counters as needed. Check-in for distance events will close at 9:30am.

AWARDS: All swimmers will swim together but will be awarded separately. Ind. medals 1st – 3rd, ribbons 4th-8th for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups.

CONCESSION: Concession stand will be available.

HOSPITALITY: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. No parents or swimmers allowed.

IDENTIFICATION: Coaches and officials shall wear their 2015 USA Swimming registration card in a visible location at the meet at all times during this meet.

MEET INFORMATION: Updates to meet information as well as timelines, psych sheets, real time results and TM result file for the meet will be posted on the internet after entries are processed. Look for the information as www.swimcssc.com

HEAD REFEREE: Beth Wilkerson

MEET DIRECTOR: Dave Marks

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.**
7:30 a.m. – 8:15 a.m. General Warm Up, Swimming and Pulling Only, Push Off, No Racing Starts, No Sprinting or Pace Work
8:15 a.m. – 8:55 a.m. Controlled Warm Up

Controlled Warm Up

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 25 yards One Length.

Lane 3 through Lane 8 Swimming and Pulling, Push Off

Lane 9 Racing Starts, 25 yards One Length

Lane 10 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	200 Individual Medley	Open
3-4	100 Backstroke	Open
5-6	50 Butterfly	Open
7-8	200 Butterfly	Open
9-10	100 Freestyle	Open
11-12	50 Breaststroke	Open
13-14	200 Breaststroke	Open

Saturday – Session 2

Warm up – 12:30pm

Start of Meet – 5 min after completion of session 1

Event #	Event	Age Group
15-16	500 Freestyle*	Open

Check-in for distance events closes at 9:30am.

Sunday – Session 3

Warm- up – 08:00am

Start of the meet – 9:30am

Event #	Event	Age Group
17-18	200 Freestyle	Open
19-20	100 Butterfly	Open
21-22	100 Breaststroke	Open
23-24	50 Freestyle	Open
25-26	200 Backstroke	Open
27-28	50 Backstroke	Open
29-30	100 Individual Medley	Open

Sunday – Session 4

Warm-up – 12:30pm

Start of Meet – 5 min after completion of session 3

31-32	400 Individual Medley*	Open
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Check-in for distance events closes at 9:30am.