



**2015 FLORIDA GOLD COAST
SENIOR CHAMPIONSHIPS**
Coral Springs, FL – July 17 - 19, 2015

SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. 072415FGSR-4610

"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: Friday, July 17, 2015.

Session II	Prelims-	Warm up: 7:00am	Start of meet: 8:30am
Session III	Finals-	Warm up: 4:00pm	Start of meet: 5:30pm

Saturday, July 18, 2015.

Session IV	Prelims-	Warm up: 7:00am	Start of meet: 8:30am
Session V	Finals -	Warm up: 4:00pm	Start of meet: 5:30pm

Sunday, July 19, 2015.

Session VI	Prelims -	Warm up: 7:00am	Start of meet: 8:30am
Session VII	Finals-	Warm up: 4:00pm	Start of meet: 5:30pm

*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.

GENERAL MEETING: Friday, July 17, at 8:00am in the Hospitality Room at Coral Springs Aquatic Center. Any changes to the conduct of the meet will be announced and decided at this meeting. It is the responsibility of each coach to be aware of any changes made during this meeting.

POOL/TIMING: 50 meters x 25 yards heated outdoor pool, 50 long-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. Qualifying times must be achieved between July 15, 2013 and July 13, 2015. 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 registrations 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. Session I is timed finals for all swimmers.

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.

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 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 sanctioned event.

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 – cscswimentries@gmail.com

ENTRY: Online Meet Entry: Entries will be processed using the USA Swimming (OME) only. Access this entry system from the USA Swimming website at the address www.usaswimming.org/ome . Log in, select “Enter Team”. Only one account may be used to enter a team. Paper, fax, and email entries will not be accepted. *****Entry Fees will be Doubled if not entered electronically.**

ENTRY DEADLINE: Entries Open – 12:00pm (noon) EST – Friday, June 19, 2015
Entries Close – 12:00pm (noon) EST – Monday, July 13, 2015
Online payment is not permitted for this meet.

DECK ENTRIES: Deck entries will be accepted for this meet for swimmers which otherwise meet all eligibility and entry requirements. Qualifying times must have been achieved by the entry deadline. Deck entries will only be accepted on-site beginning at the start of registration and through the scratch deadline for the event (s) in question. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. **Swimmers must be prepared to provide proof of submitted time for all late entries.** Entry fees for deck entries will be double entry fee and double the athlete surcharge. Coaches and swimmers are strongly encouraged to process deck 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**

RELAY ONLY: Adding a relay-only swimmer to your entry after the entry deadline will double swimmer surcharge fee to \$20.00 Cash Only.

ENTRY LIMIT: Individual events: Three (3) individual events per swimmer per day.
Relay Events: 200 & 400 relays: Teams may enter “A” & “B” relay teams only.
800 Freestyle relay: “A” Team only.

BONUS EVENTS: Bonus swims will be available as follows for 15 and Over Florida Gold Coast swimmers ONLY.
Swimmers qualified in:

- One event may swim up to one bonus events.
- Two events may swim up to two bonus events.
- Three events may swim up to three bonus events.

Bonus events are subjected to meet rules on limitations for each day and the meet.

In OME system, select “Enter as bonus” to enter bonus events. The total swims including bonus swims shall not exceed the limit of 3 individual events per day. **Swimmers from outside the Florida Gold Coast may NOT swim bonus events.** Bonus events do NOT include 400 free, 400 IM or 1500 Free.

50's AND 100's: 15 and Over FGC Team members are not required to achieve the Senior Championships time standards in the 50's strokes or freestyle in order to participate in any of those events. Swimmers that have not achieved the time standard must enter those events as "bonus events".
15 and Over FGC Team members may enter for up to two (2) 100 events without having achieved the Senior Championships time standards. Swimmers that have not achieved the time standard must enter those events as "bonus events"

ENTRY FEES: \$6.00 per individual event Deck Entry: \$12.00 per individual event
\$8.00 per relay team Deck Entry: \$16.00 per relay team
FACILITY SURCHARGE: \$10.00 per swimmer Deck Entry: \$20.00 per athlete meet surcharge
*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.

CLOSED DECK: Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. Coaches: You will be permitted inside the roped off areas of the deck provided you have been given the proper credentials from the meet host, and do not interfere with those conducting the meet and you are wearing your coaching credentials

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

SCRATCHES: FINALS: Any swimmer who competes and qualifies as one of the fastest sixteen (16) swimmers in prelims must swim Consolation or Championship Final, or must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their intentions within 30 minutes of their last individual preliminary event. Scratching from Finals will be declared by drawing a single line and initialing on preliminary results maintained by the Clerk of Course / Administrative Referee. "Failure to Swim" will result in the swimmer being fined **\$25.00**. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet.

A swimmer not in the originally announced or posted in the fastest sixteen (16) swimmers, who is seeded in a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final. Swimmers finishing within the top 40 are encouraged to declare their intention not to compete if they do not intend to swim, so that the Administrative Referee will be able to properly seed the meet for finals. All fines must be paid prior to any swimmer competing in any future individual event, at which time the swimmer will be reinstated in the meet.

Note 1: Alternates wishing to swim in an open lane in finals must be at the Starting Area prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call for the alternate.

Note 2: Scratches must be done individually; "team" scratches are not acceptable.

POSITIVE CHECK IN: Deadline: 400 Free – Friday, July 17th at 9:30am
400 IM – Saturday, July 18th at 9:30am
1500 free – Sunday, July 19th at 9:30am

Swimmers who fail to properly positive check in by the deadline for the distance events will not be seeded. If notified, the meet referee may accommodate the swimmer by placing him or her in an empty lane available in the slowest heat. No new heats will be created.

DISTANCE EVENTS: Friday's 400 free and Saturday's 400 IM are swum in prelims and finals. For prelims, the 400 free and 400 IM will be seeded fastest to slowest, alternating women and men. 1500 Freestyles Top 8 Women & Men checked in will swim in Finals. Check in deadline is 9:30am at the day of the race. Positive check-in is required to be seeded in the 1500 Free, and any swimmer who is ranked in the top 8 for seeding purposes who desires to swim in preliminary session must declare their desire for preliminary session swim by the check-in deadline. Scratch deadline for 1500 Freestyle is Sunday, 9:30 a.m. The 1500 Freestyle are swum as timed finals, fastest to slowest alternating women and men. Any swimmer that is checked-in and does not show up will be fined **\$25.00 Cash Only**.

Swimmer will be eligible to continue competing in the meet upon payment of the fine. (1500 Freestyles will start 10 minutes following the 200 IM.) 1500 will be swum together and scored separately. For all the long distance events, the swimmer has the right to swim in the prelims, but he/she must be entered at the meet qualifying time.

NOTE: 1500 Freestyle swimmers must supply their own counters and timers.

FINALS: Relays will be swum slowest to fastest. All finals will compete in 8 lanes. The Championship Finals will precede the Consolation Finals. Championships final swimmers will be paraded from designated area. Consolation Final swimmers will be announced in the water.

SCORING: Top 16 places in each event will score.
Individual: Championship Finals: 20,17,16,15,14,13,12,11
Consolation Finals: 9,7,6,5,4,3,2,1
Relay: 40,34,32,30,28,26,24,22,18,14,12,10.8,6,4,2

AWARDS: **Individuals Events:** Ind. medals 1st – 3rd, ribbons 4th-8th for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups.
Relay Events: 1st place medals.
High Point: Awards - 1st place for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups.

HEAD REFEREE: Beth Wilkerson

MEET DIRECTOR: Dave Marks

ADMINISTRATOR OFFICIAL: Danica Schimansky

MEET MARSHALL: Todd Krajewski/ Jay Walsh

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 each session. Heat Sheet -\$3.00 each session

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

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**

7:00 a.m. – 7:45 a.m. General Warm Up

Swimming and Pulling Only, Push Off

Racing Starts - 7:55-8:25a.m

Sprinting or Pace Work - 7:45 a.m. – 8:25 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#
FRIDAY, July 17, 2015

Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

FRIDAY PRELIMS – ORDER OF EVENTS

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
3-4	15-16 200 Backstroke	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
5-6	Open 200 Backstroke	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
7-8	15-16 100 Freestyle	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
9-10	Open 100 Freestyle	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
11-12	15-16 200 Butterfly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
13-14	Open 200 Butterfly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
15-16	15-16 50 Breaststroke	41.29	40.29	35.59		32.79	35.99	36.99
17-18	Open 50 Breaststroke	41.29	40.29	35.59		32.79	35.99	36.99
10 minute break; if necessary								
19-20	15-16 400 Freestyle	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
21-22	Open 400 Freestyle	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39

ORDER OF EVENTS

Girls odd#, Boys even#

FRIDAY, July 17, 2015 Finals: Warm up 4:00 pm. – Meet Starts at 5:30 p.m.

FRIDAY FINALS – ORDER OF EVENTS

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
1-2	Open 200 Freestyle Relay	N/A	N/A	N/A		N/A	N/A	N/A
5 minute break; if necessary								
3-4	15-16 200 Backstroke	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
5-6	Open 200 Backstroke	2:46.19	2:42.19	2:27.19		2:13.59	2:26.99	2:30.99
7-8	15-16 100 Freestyle	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
9-10	Open 100 Freestyle	1:07.19	1:05.19	59.79		53.79	58.99	1:00.99
11-12	15-16 200 Butterfly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
13-14	Open 200 Butterfly	2:40.39	2:36.39	2:23.49		2:11.59	2:25.99	2:29.99
15-16	15-16 50 Breaststroke	41.29	40.29	35.59		32.79	35.99	36.99
17-18	Open 50 Breaststroke	41.29	40.29	35.59		32.79	35.99	36.99
10 minute break; if necessary								
19-20	15-16 400 Freestyle	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
21-22	Open 400 Freestyle	4:55.29	4:47.29	5:31.59		5:09.89	4:30.39	4:38.39
5 minute break; if necessary								
23-24	Open 400 Freestyle Relay	N/A	N/A	N/A		N/A	N/A	N/A

ORDER OF EVENTS

Girls odd#, Boys even#

SATURDAY, July 18, 2015 Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

SATURDAY PRELIMS – ORDER OF EVENTS

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
25-26	15-16 200 Freestyle	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
27-28	Open 200 Freestyle	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
29-30	15-16 50 Backstroke	36.99	36.39	31.59		29.09	33.49	34.09
31-32	Open 50 Backstroke	36.99	36.39	31.59		29.09	33.49	34.09
33-34	15-16 200 Breaststroke	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
35-36	Open 200 Breaststroke	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
37-38	15-16 100 Butterfly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
39-40	Open 100 Butterfly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
10 minute break; if necessary								
41-42	15-16 400 IM	5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49
43-44	Open 400IM	5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49

SATURDAY, July 18, 2015 Finals: Warm up 4:00 pm. – Meet Starts at 5:30 p.m.

SATURDAY FINALS – ORDER OF EVENTS

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
25-26	15-16 200 Freestyle	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
27-28	Open 200 Freestyle	2:22.49	2:18.49	2:07.29		1:54.79	2:07.59	2:11.59
29-30	15-16 50 Backstroke	36.99	36.39	31.59		29.09	33.49	34.09
31-32	Open 50 Backstroke	36.99	36.39	31.59		29.09	33.49	34.09
33-34	15-16 200 Breaststroke	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
35-36	Open 200 Breaststroke	3:11.39	3:07.39	2:47.69		2:33.09	2:51.79	2:55.79
37-38	15-16 100 Butterfly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
39-40	Open 100 Butterfly	1:12.89	1:10.89	1:04.59		58.59	1:03.39	1:05.39
10 minute break; if necessary								
41-42	15-16 400 IM	5:42.39	5:34.39	5:02.29		4:48.79	5:13.49	5:21.49
43-44	Open 400IM	5:42.39	5:34.39	5:02.29		4:44.79	5:09.49	5:17.49
5 minute break; if necessary								
45-46	Open 800 Freestyle Relay	N/A	N/A	N/A		N/A	N/A	N/A

ORDER OF EVENTS

Girls odd#, Boys even#

SUNDAY, July 19, 2015 Prelims: Warm up 7:00 a.m. – Meet Starts at 8:30 a.m.

SUNDAY PRELIMS – ORDER OF EVENTS

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
49-50	15-16 100 Backstroke	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
51-52	Open 100 Backstroke	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
53-54	15-16 50 Butterfly	35.39	34.69	31.09		28.09	30.19	30.89
55-56	Open 50 Butterfly	35.39	34.69	31.09		28.09	30.19	30.89
57-58	15-16 100 Breaststroke	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
59-60	Open 100 Breaststroke	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
61-62	15-16 50 Freestyle	31.39	30.39	27.89		24.79	27.19	28.19
63-64	Open 50 Freestyle	31.39	30.39	27.89		24.79	27.19	28.19
65-66	15-16 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
67-68	Open 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
10 minute break								
69-70	15-16/ Open 1500 Freestyle	19:43.09	19:13.09	19:21.79		18:10.99	17:59.99	18:29.99

SUNDAY, July 19, 2015 Finals: Warm up 4:00 pm. – Meet Starts at 5:30 p.m.

SUNDAY FINALS – ORDER OF EVENTS

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
47-48	Open 200 Medley Relay	N/A	N/A	N/A		N/A	N/A	N/A
5 minute break; if necessary								
49-50	15-16 100 Backstroke	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
51-52	Open 100 Backstroke	1:18.49	1:16.49	1:08.89		1:00.59	1:08.29	1:10.29
69	15-16/ Open 1500 Freestyle	19:43.09	19:13.09	19:21.79		N/A	N/A	N/A
53-54	15-16 50 Butterfly	35.39	34.69	31.09		28.09	30.19	30.89
55-56	Open 50 Butterfly	35.39	34.69	31.09		28.09	30.19	30.89
57-58	15-16 100 Breaststroke	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
59-60	Open 100 Breaststroke	1:28.79	1:26.79	1:16.89		1:09.09	1:16.49	1:18.49
70	15-16/ Open 1500 Freestyle	N/A	N/A	N/A		18:10.99	17:59.99	18:29.99
61-62	15-16 50 Freestyle	31.39	30.39	27.89		24.79	27.19	28.19
63-64	Open 50 Freestyle	31.39	30.39	27.89		24.79	27.19	28.19
65-66	15-16 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
67-68	Open 200 IM	2:41.89	2:37.89	2:22.49		2:10.79	2:24.19	2:28.19
5 minute break; if necessary								
71-72	Open 400 Medley Relay	N/A	N/A	N/A		N/A	N/A	N/A

2015 SENIOR CHAMPIONSHIPS
TIME TRIALS - LONG COURSE

Sanction #072415FGSR-4610

Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.

Sponsored by: Coral Springs Swim Club

Dates and Time: Friday – July 17, 2015 - 15 minutes after the conclusion of prelims.
Saturday, July 18, 2015 - 15 minutes after the conclusion of prelims.

Course/Timing: One 50m x 25y. Competition course 8 lanes 50 meters. The second 25y x 25m may be used for warm-up/warm-down lanes. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring.

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the 2015 Senior Championships. Swimmers not in the 2014 Senior Championships can swim 3 events per day.

Entry Fees: \$10.00 per Individual Event - \$20.00 per relay. CASH ONLY!

Entries: Entry cards will be filled out on deck. Entries will close 15 minutes prior to the end of the session.

Eligibility: Open to all current registered USA Swimming athletes. (And swimmers entered in the 2015 Senior Championships who do not exceed the event entry limit for the day).

Awards: None (other than fast times and satisfaction).

Location: Coral Springs Swim Club

Directions: Coral Springs Aquatic Complex: If taking 1-95, 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 Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 Mile)

Referee: Beth Wilkerson

Information: Bruno Darzi

**2015
Senior Championships Time Trials
Long Course
Sanction#**

ORDER OF EVENTS

Events – 200 & 300 Series Event Numbers

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	400 Free
9-10	50 Back
11-12	100 Back
13-14	200 Back
15-16	50 Breast
17-18	100 Breast
19-20	200 Breast
21-22	50 Fly
23-24	100 Fly
25-26	200 Fly
27-28	200 IM
29-30	400 IM
31-32	200 Freestyle relay
33-34	200 Medley relay
35-36	400 Freestyle relay
37-38	400 Medley relay
39-40	800 Freestyle relay

HOTELS

CORAL SPRINGS

La Quinta Inns & Suites - 3701 University Dr. Coral Springs, FL 33065
Itzi Hernandez – 954-753-9000

La Quinta Inns & Suites - 3100 North University Drive, Coral Springs, FL 33065
Itzi Hernandez – 954-753-9000

Courtyard Marriott - 620 N. University Drive, Coral Springs, FL 33071
Myra Tashman – 954-227-1300; Lou Frazer – 954-227-1300

Coral Springs Marriott - Heron Bay - 11775 Heron Bay Boulevard, Coral Springs, FL 33076
Dan Davidson - 954-227-4120

DEERFIELD

Best Western - 1050 E. Newport Center Drive, Deerfield Beach, FL 33442
Jackie Cohl – 954-570-8888 ext 571

Comfort Suites - 1040 E. Newport Center Dr, Deerfield Beach, FL, US, 33442
Jackie Cohl – 954-570-8888 ext 571

Hilton - Deerfield Beach/ Boca Raton - 100 Fairway Drive, Deerfield Beach, FL 33441
Jennifer Petigrow – 954-422-1798

DEERFIELD ON THE BEACH

Wyndham - Deerfield Beach Resort - 2096 Northeast 2nd St. Deerfield Beach, FL 33441-3807
Margie Osborn – 954-428-2850 ext. 7103

Embassy Suites - 950 S. Ocean Dr. Deerfield Beach, FL 33441
Sharena Powell – 954 -312-2029

TAMARAC, SUNRISE AND PLANTATION

Quality Inn Sawgrass Center - 1711 N. University Dr. Plantation (Ft. Lauderdale), FL, US, 33322
Norma Alchae – 954-556-8200

Holiday Inn Hotel and Resorts - 4499 W. Commercial Blvd. Tamarac, FL 33319
Juanita Landreneau – 954-735-7575

Embassy - 1701 N. University Dr. Plantation (Ft. Lauderdale), FL 33322
Dorothy Mclean- 954-472-5600

Holiday Inn and Suites - 3003 N. University Drive, Sunrise, FL, 33322
Jim Mullins – 954-748-7000

Crowne Plaza - 13400 W. Sunrise Blvd. Sunrise, FL, 33323
Linda Huffstetler – 954-835-3606

Hampton Inn Suites - 5701 Madison Avenue, Tamarac, Florida, USA 33321
Carol Montoya – 954-724-7115

FORT LAUDERDALE

Hyatt Place - 1851 SE 10th Ave. Fort Lauderdale, FL 33316
Jodie Linhart – 954-370-2220 ext. 7197

Marriott - 5001 North Federal Hwy. Fort Lauderdale, FL 33308
Maria Vigil – 954-771-0440

Embassy - 1100 SE 17th St. Fort Lauderdale, FL 33316

Villette Carter – 954-315-1324

Sheraton Hotel and Resorts - 555 N.W. 62nd St. Fort Lauderdale, FL 33309
Mandy Bosley – 954-772-5400

Westin - Hotel and Resorts - 400 Corporate Dr. Fort Lauderdale, FL 33334
Terri Cunningham -954- 351-2404

Rodeway Inn and Suites - 2440 West State Road 84, Fort Lauderdale, FL 33312
Joan Krever – 954-792-8181

Hampton Inn - 720 East Cypress Creek Road, Fort Lauderdale, FL 33334
Jackie F. Kohl – 954-776-7677 ext. 603; Fax: (954)776-0805

Beachcomber - 1200 S. Ocean Blvd. Pompano Beach/ Ft. Lauderdale, FL 33062
Harris McBride, Director of Sales – 954-941-7830
Fax (954)782-2540; For Reservations Call 1-800-231-2423

Courtyard Marriott - 440 Seabreeze Boulevard, Ft. Lauderdale, FL 33316
Steve Zunt, Senior Sales Manager – 954-635-4107; Fax 954-635-4113