



2015 Michael Lohberg Invitational
Coral Springs, FL – June 19 - 21, 2015

SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. FGI061915CSSC-B-22
"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 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).

DATE TIME:	<u>Friday, June 19, 2015.</u>		
	Session II	Prelims- Warm up: 7:00am	Start of meet: 8:30am
	Session III	Finals- Warm up: 4:00pm	Start of meet: 5:30pm
	<u>Saturday, June 20, 2015.</u>		
	Session IV	Prelims- Warm up: 7:00am	Start of meet: 8:30am
	Session V	Finals - Warm up: 4:00pm	Start of meet: 5:30pm
	<u>Sunday, June 21, 2015.</u>		
	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.**

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. 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. Session I is timed finals for all swimmers. All swimmers will swim prelims in the first session on Friday, Saturday, and Sunday, (except for the relays and the 400 Free that are timed finals). The top 8 in each event will swim in Finals in the evening session.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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 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.

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 – csscswimentries@gmail.com

ENTRY: All entries must be received by Wednesday, June 10, 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

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. Qualifying times must have been achieved by the entry deadline. 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. 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 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: Three (3) individual events per swimmer per day.
Entries will be limited to the first 650 athletes on a first comes, first served basis.

ENTRY FEES: **\$4.00 per individual event.**

FACILITY SURCHARGE: **\$7.00 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 LCM, SCM, and then SCY.

SCRATCHES: FINALS: Any swimmer who competes and qualifies as one of the fastest eight (8) swimmers in prelims must swim A-Finals, 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 \$10.00. 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 eight (8) 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 twenty (20) 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, June 19th at 9:30am**
400 IM – Saturday, June 20th at 9:30am
800 Free/ 1500 free – Sunday, June 21st at 9:30am

DISTANCE EVENTS: The 400 Free, 400 IM, Women 800 Free and Men 1500 Free are timed finals and will be swum alternating women, then men, fastest to slowest. **All distance events are positive deck in. Positive check in closes at 9:30am. Coaches/ Swimmers who fail to positive check will be seeded last. If no open lanes are available, a new heat may be created in order to accommodate the swimmer. For the 800 and 1500 Free in Session 5, swimmers must provide their own times and counters.** All distance events will be swum in the morning. The event number 103 (Girls 800 Free) will alternate with event number 104 (Boys 1500 Free).
For events numbered 29 & 30 (400 Free) and 61 & 62 (400 IM): All age groups will swim together but scored separately (11-12, 13-14, 15 & Over)
For events numbered 103 (Women 800 Free) and 104 (Men 1500 Free): All age groups will swim together but scored separately (13-14, 15 & Over).

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.

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

OQM: This meet is approved as a National Certification Qualifying Meet for the below positions under the National Officials Certification Program.

	S&T		Chief Judge				Starter				Deck Ref				Admin Ref			
	N2	N3	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F
Meet Approved	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			

Evaluation Legend: N2 – Initial and Recert N3 – Initial and Recert for S&T N3I – Initial for N3 N3R – Recert for N3 N3F – Final for N3

Any official interested in being evaluated should submit an Application to Officiate to Beth Wilkerson at jandbw4@gmail.com noting the request for evaluation. Details of the certification program can be found on the USA Swimming Website.

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.

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

FRIDAY, June 19 – Session 1 – PRELIMS

Warm up – 7:00am

Start of Meet – 8:30am

Event #	Event	Age Group
1-2	200 Backstroke	11-12
3-4	200 Backstroke	13-14
5-6	200 Backstroke	15 & Over
7-8	100 Freestyle	10 & under
9-10	100 Freestyle	11-12
11-12	100 Freestyle	13-14
13-14	100 Freestyle	15 & Over
15-16	200 Butterfly	11-12
17-18	200 Butterfly	13-14
19-20	200 Butterfly	15 & Over
21-22	50 Breaststroke	10 & under
23-24	50 Breaststroke	11-12
25-26	50 Breaststroke	13-14
27-28	50 Breaststroke	15 & Over
	10 min break; if necessary	
29-30	400 Freestyle	11 & Over

FRIDAY, June 19 – Session 2 – FINALS

Warm up- 4:00pm

Start of Meet – 5:30pm

Event #	Event	Age Group
1-2	200 Backstroke	11-12
3-4	200 Backstroke	13-14
5-6	200 Backstroke	15 & Over
7-8	100 Freestyle	10 & under
9-10	100 Freestyle	11-12
11-12	100 Freestyle	13-14
13-14	100 Freestyle	15 & Over
15-16	200 Butterfly	11-12
17-18	200 Butterfly	13-14
19-20	200 Butterfly	15 & Over
21-22	50 Breaststroke	10 & under
23-24	50 Breaststroke	11-12
25-26	50 Breaststroke	13-14
27-28	50 Breaststroke	15 & Over

SATURDAY, June 20 – Session 3 - PRELIMS**Warm-up – 7:00am****Start of Meet – 8:30am**

Event #	Event	Age Group
31-32	200 Freestyle	10 & Under
33-34	200 Freestyle	11-12
35-36	200 Freestyle	13-14
37-38	200 Freestyle	15 & Over
39-40	50 Backstroke	10 & Under
41-42	50 Backstroke	11-12
43-44	50 Backstroke	13-14
45-46	50 Backstroke	15 & Over
47-48	200 Breaststroke	11-12
49-50	200 Breaststroke	13-14
51-52	200 Breaststroke	15 & Over
53-54	100 Butterfly	10 & Under
55-56	100 Butterfly	11-12
57-58	100 Butterfly	13-14
59-60	100 Butterfly	15 & Over
10 min break; if necessary		
61-62	400 IM	11 & Over

SATURDAY, June 20 – Session 4 - FINALS**Warm-up – 4:00pm****Start of Meet – 5:30pm**

Event #	Event	Age Group
31-32	200 Freestyle	10 & Under
33-34	200 Freestyle	11-12
35-36	200 Freestyle	13-14
37-38	200 Freestyle	15 & Over
39-40	50 Backstroke	10 & Under
41-42	50 Backstroke	11-12
43-44	50 Backstroke	13-14
45-46	50 Backstroke	15 & Over
47-48	200 Breaststroke	11-12
49-50	200 Breaststroke	13-14
51-52	200 Breaststroke	15 & Over
53-54	100 Butterfly	10 & Under
55-56	100 Butterfly	11-12
57-58	100 Butterfly	13-14
59-60	100 Butterfly	15 & Over

SUNDAY, June 21 – Session 5 - PRELIMS**Warm-up – 7:00am****Start of Meet – 8:30am**

Event #	Event	Age Group
63-64	100 Backstroke	10 & Under
65-66	100 Backstroke	11-12
67-68	100 Backstroke	13-14
69-70	100 Backstroke	15 & Over
71-72	50 Butterfly	10 & Under
73-74	50 Butterfly	11-12
75-76	50 Butterfly	13-14
77-78	50 Butterfly	15 & Over
79-80	100 Breast	10 & Under
81-82	100 Breast	11-12
83-84	100 Breast	13-14
85-86	100 Breast	15 & Over
87-88	50 Freestyle	10 & Under
89-90	50 Freestyle	11-12
91-92	50 Freestyle	13-14
93-94	50 Freestyle	15 & Over
95-96	200IM	10 & Under
97-98	200IM	11-12
99-100	200IM	13-14
101-102	200IM	15 & Over
	10 min break; if necessary	
103	Women 800 Free	13 & Over
104	Men 1500 Free	13 & Over

Sunday, June 21 – Session 6 – FINALS**Warm-up – 4:00pm****Start of Meet – 5:30pm**

Event #	Event	Age Group
63-64	100 Backstroke	10 & Under
65-66	100 Backstroke	11-12
67-68	100 Backstroke	13-14
69-70	100 Backstroke	15 & Over
71-72	50 Butterfly	10 & Under
73-74	50 Butterfly	11-12
75-76	50 Butterfly	13-14
77-78	50 Butterfly	15 & Over
79-80	100 Breast	10 & Under
81-82	100 Breast	11-12
83-84	100 Breast	13-14
85-86	100 Breast	15 & Over
87-88	50 Freestyle	10 & Under
89-90	50 Freestyle	11-12
91-92	50 Freestyle	13-14
93-94	50 Freestyle	15 & Over
95-96	200IM	10 & Under
97-98	200IM	11-12
99-100	200IM	13-14
101-102	200IM	15 & Over

IMPORTANT NOTES:

- **The following distance events (400 Free/ 400IM/800 Free/1500 Free) are positive check in. Positive check in will close at 9:30am.**
- **The events numbered 29 and 30 (400 Freestyle) will be swum fastest to slowest, alternating girls and boys.**
- **The events numbered 61 and 62 (400 IM) will be swum fastest to slowest, alternating girls and boys.**
- **The events numbered 103 (Girls 800 Freestyle – 13 & Over) & 104 (Boys 1500 Freestyle – 13 & Over) will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 24 female (800 Free) and fastest 24 male (1500 Free) swimmers.**
- **For events numbered 29 & 30 (400 Free) and 61 & 62 (400 IM): All age groups will swim together but scored separately (11-12, 13-14, 15 & Over)**
- **For events numbered 103 (Women 800 Free) and 104 (Men 1500 Free): All age groups will swim together but scored separately (13-14, 15 & Over).**
- **Positive check in deadline:**
 - 400 Free – Friday, June 19th at 9:30am
 - 400 IM – Saturday, June 20th at 9:30am
 - 800 Free/ 1500 free – Sunday, June 21st at 9:30am

Time Standards

10 & Under Girls				10 & Under Boys			
Event/ Course	LCM	SCM	SCY	LCM	SCM	SCY	Event/ Course
50 Free	36.29	35.19	31.89	35.69	34.69	31.39	50 Free
100 Free	1:21.19	1:18.89	1:11.39	1:20.39	1:17.59	1:10.19	100 Free
200 Free	2:58.39	2:52.79	2:36.39	2:51.89	2:47.19	2:31.29	200 Free
50 Back	43.49	41.99	37.99	43.29	41.79	37.79	50 Back
100 Back	1:34.79	1:30.39	1:21.79	1:31.69	1:28.59	1:20.09	100 Back
50 Breast	48.09	46.49	41.99	48.19	46.29	41.89	50 Breast
100 Breast	1:46.49	1:42.09	1:32.39	1:44.69	1:39.69	1:30.19	100 Breast
50 Butterfly	41.49	40.49	36.69	40.89	39.99	36.19	50 Butterfly
100 Butterfly	1:36.79	1:34.19	1:25.29	1:36.09	1:33.69	1:24.79	100 Butterfly
200 IM	3:17.59	3:12.39	2:54.19	3:16.89	3:11.99	2:53.69	200 IM

11-12 Girls				11-12 Boys			
Event/Course	LCM	SCM	SCY	LCM	SCM	SCY	Event/Course
50 Free	33.39	32.49	29.39	32.49	31.29	28.39	50 Free
100 Free	1:12.89	1:09.69	1:03.09	1:10.49	1:08.39	1:01.89	100 Free
200 Free	2:37.59	2:32.69	2:18.19	2:33.39	2:28.89	2:14.79	200 Free
400 Free	5:29.09	5:21.99	6:07.99	5:21.89	5:17.39	6:02.59	400 Free
50 Back	38.49	36.79	33.29	37.99	36.59	33.09	50 Back
100 Back	1:23.29	1:20.29	1:12.69	1:22.39	1:18.29	1:10.79	100 Back
200 Back	2:57.99	2:49.99	2:33.79	2:53.79	2:46.09	2:30.29	200 Back
50 Breast	42.09	41.39	37.49	41.99	40.79	36.89	50 Breast
100 Breast	1:33.79	1:30.19	1:21.69	1:31.69	1:27.69	1:19.29	100 Breast
200 Breast	3:21.09	3:14.99	2:56.39	3:17.09	3:07.19	2:49.39	200 Breast
50 Butterfly	35.79	35.29	31.89	35.89	34.99	31.69	50 Butterfly
100 Butterfly	1:21.89	1:20.09	1:12.49	1:20.39	1:17.99	1:10.59	100 Butterfly
200 Butterfly	2:59.29	2:52.79	2:36.39	2:53.59	2:48.69	2:32.69	200 Butterfly
200 IM	2:58.59	2:52.89	2:36.39	2:55.89	2:49.89	2:33.79	200 IM
400 IM	6:20.39	6:08.09	5:33.09	6:11.49	5:59.99	5:25.79	400 IM

13-14 Girls				13-14 Boys			
Course/Event	LCM	SCM	SCY	LCM	SCM	SCY	Course/Event
50 Free	32.19	31.09	28.19	29.49	28.79	25.99	50 Free
100 Free	1:09.69	1:07.59	1:01.19	1:05.29	1:02.79	56.89	100 Free
200 Free	2:30.19	2:25.79	2:11.99	2:21.99	2:16.89	2:03.89	200 Free
400 Free	5:14.89	5:08.89	5:52.99	5:02.69	4:52.19	5:33.89	400 Free
800 Free	10:47.99	10:36.79	12:07.59				
				19:55.69	19:08.99	19:15.69	1500 Free
50 Back	36.59	35.09	31.49	34.39	32.79	29.49	50 Back
100 Back	1:17.19	1:14.19	1:07.09	1:12.89	1:09.69	1:03.09	100 Back
200 Back	2:45.59	2:39.49	2:24.29	2:36.79	2:29.99	2:15.79	200 Back
50 Breast	42.09	40.29	36.29	38.59	37.09	33.39	50 Breast
100 Breast	1:28.19	1:24.69	1:16.59	1:21.29	1:18.29	1:10.79	100 Breast
200 Breast	3:10.79	3:03.79	2:46.29	2:59.49	2:50.99	2:34.69	200 Breast
50 Butterfly	33.39	34.79	31.39	33.19	32.19	28.89	50 Butterfly
100 Butterfly	1:15.49	1:13.59	1:06.59	1:10.39	1:08.39	1:01.89	100 Butterfly
200 Butterfly	2:45.69	2:43.29	2:27.79	2:36.59	2:31.89	2:17.49	200 Butterfly
200 IM	2:50.99	2:43.99	2:28.49	2:40.39	2:33.29	2:18.79	200 IM
400 IM	6:00.39	5:48.99	5:15.89	5:40.39	5:26.69	4:55.69	400 IM

15 & Over Girls				15 & Over Boys			
Course/Event	LCM	SCM	SCY	LCM	SCM	SCY	Course/Event
50 Free	31.69	30.59	27.69	27.89	27.39	24.79	50 Free
100 Free	1:08.39	1:06.29	59.99	1:02.19	59.89	54.19	100 Free
200 Free	2:27.19	2:22.79	2:09.29	2:16.49	2:10.99	1:58.59	200 Free
400 Free	5:08.89	5:01.09	5:43.99	4:48.69	4:41.09	5:21.19	400 Free
800 Free	10:37.09	10:23.39	11:52.39				
				19:07.79	18:33.49	18:39.99	1500 Free
50 Back	36.99	36.39	31.59	34.09	33.49	29.09	50 Back
100 Back	1:15.99	1:12.19	1:05.39	1:09.69	1:05.99	59.79	100 Back
200 Back	2:42.29	2:36.09	2:21.19	2:28.89	2:23.59	2:09.89	200 Back
50 Breast	41.29	40.29	35.59	36.99	35.99	32.79	50 Breast
100 Breast	1:26.69	1:23.59	1:15.69	1:18.89	1:14.99	1:07.89	100 Breast
200 Breast	3:05.69	2:59.89	2:42.79	2:49.99	2:43.69	2:28.09	200 Breast
50 Butterfly	35.39	34.69	31.09	30.89	30.19	28.09	50 Butterfly
100 Butterfly	1:13.89	1:12.09	1:05.29	1:07.09	1:05.09	58.99	100 Butterfly
200 Butterfly	2:42.29	2:37.99	2:22.99	2:29.09	2:25.19	2:11.39	200 Butterfly
200 IM	2:46.39	2:39.99	2:24.79	2:32.79	2:26.19	2:12.29	200 IM
400 IM	5:49.69	5:39.59	5:07.29	5:24.49	5:13.79	4:43.99	400 IM

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
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Fax (954)782-2540; For Reservations Call 1-800-231-2423

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