



**25th Annual Speedo Winter Championships
November 19-22, 2015
Hosted by Plantation Swim Team**

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. **FGI111915PST-B-31**

Condition of Sanction: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: "In granting this approval it is understood and agreed that USA Swimming, **FGC Inc. City of Plantation, Plantation Swim Team and Booster Club**. 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."

Any swimmer entered in the meet, unaccompanied by a USA-S 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 each swimmer or swimmer's legal guardian to ensure compliance with this requirement.

The competition course has been certified in accordance with 104.2c. The copy of such certification is on file with USA Swimming.

Hosted by: City of Plantation, Plantation Swim Team and PST Booster Club.

Location: **Plantation Aquatic Complex**
9151 NW 2nd Street • Plantation, Florida 33324

Directions: **Plantation Aquatic Complex** is located in Central Park. From I-95 go west on 595. Exit North on Pine Island to Broward Blvd. On Broward Blvd. head west approximately ¾ of a mile to Central Park. On Central Park make a right. (It will be the 1st stop light after you turn on Broward). Park entrance is located on the right hand side.

Date & Time: **Thursday, 11-19:** Timed Finals Warm-up: 3:30 p.m. Starts 5:00 p.m.

Friday, 11-20: Prelims 11-12, 13-14, 15-16, Open: Warm-up 7:00 a.m. Starts 8:30 a.m.

Friday, 11-20: Timed finals 10 & under – Warm-up TBA after meet is seeded.

[10 & under session will start following the 11 & older session.]

Friday, 11-20: Finals Warm-up 4:00 p.m. Starts 5:00 p.m.

Saturday, 11-21: Prelims 11-12, 13-14, 15-16, Open: Warm-up 7:00 a.m. Starts 8:30 a.m.

Saturday, 11-21: Timed finals 10 & under – Warm-up TBA after meet is seeded.

[10 & under session will start following the 11 & older session.]

Saturday, 11-21: Finals Warm-up 4:00 p.m. Starts 5:00 p.m.

Sunday, 11-22: Prelims 11-12, 13-14, 15-16, Open: Warm-up 7:00 a.m. Starts 8:30 a.m.
Sunday, 11-22: Timed finals 10 & under – Warm-up TBA after meet is seeded.
[10 & under session will start following the 11 & older session.]
Sunday, 11-22: Finals Warm-up 4:00 p.m. Starts 5:00 p.m.

10 & under start time will be announced once timelines have been processed from morning session.

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

- General Meeting:** **Thursday, November 19, at 4:30 p.m.** in the hospitality room at Central Park Community Center upstairs in room 2. 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:** Competition will be Short Course Yards. 2 – 25Y x 50M pools for competition. East pool 10 lanes, West pool 8 lanes. Finals will be held in one 10 lane course. Continuous warm-up and warm-down area will be available. Colorado 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 east pool start varies from 4'5" to 12'00" depending on the lane assignment accordance with 202.3.7 (C). Water Depth at the west pool start varies from 5'0" to 5'0" depending on the lane assignment accordance with 202.3.7 (C).
- Rules:** 2015 USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.
- Deck Changing:** Changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is prohibited.
- 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.**
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer (s) and network (s) of USA Swimming under conditions authorized by USA Swimming, allow event organizers the right to use names, pictures, likeness, biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
- Eligibility:** Open to all current 2015 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming, who have achieved the meet time standards. 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 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. Entries for swimmers with disabilities should be submitted with the team's entry file. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4 Please contact the pool office ahead of time to allow for preparations – 954-452-2526 Terrell Woods or email TerrellWPST@aim.com .

Out of Section Entry: **Please Note:** Up to 250 out of FGC and foreign athletes will be accepted into the meet on first come first serve basis starting Monday, August 31, 2015 at 12:00 noon eastern time. Emails with time stamped prior to this will be rejected.

The following must be included in the email:

Team Name:

Coach Name:

Coach Email and Mobile Number:

Number of Females:

Number of Males:

Accepted athletes and teams will be notified that they have been accepted on September 1, 2015.

Entry Information: Entries will open for all teams at 12:00 noon (EST) on Monday, August 31, 2015. Entries will not be accepted before this date and times. **Updates to entry times will not be accepted.** You should not make nonrefundable travel arrangements before you know your entries are accepted – *entries will be processed in the order received.*

Entries: All teams must enter swimmers in the meet must submit their entries using the latest Versions of Hy-tek Team Manger or Team Unify software.

Email entries to Jimmy Parmenter, jimmypst@aol.com . When you email the entries, also attach a report of the entries by swimmer. Entries/email with only a zip file (i.e. without the entry report) will not be accepted. Electronic mail confirmation will be sent within 48 hours after receipt of file. All entry fees must be paid before the start of the first event. If you don't receive an email confirmation, your entries were not received.

Note: Swimmers without registration numbers or birth dates will not be entered.

Relay Only Swimmers: must be pre-loaded into relays.

Corrupted, unreadable or incorrectly formatted files must be corrected with-in 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant.

Entry Limit: **Entry Limit:** Limited 6 Individual Events plus relays. No more than 3 Individual events per day.

Relays: “A” Relay Teams Only For All Relays.

Over entered swimmers will be scratched from the event that exceeds the entry limit.

Over entered relay teams will be scratched.

Note: 1100 Swimmer Meet Cut Off. Absolutely No Exceptions.

The meet will close this year at 1100 swimmers. The team that puts the meet at 1100 swimmers, we will accept that teams entire entry. Close the meet and enter the host team entries.

Seeding: Conforming and Non-Conforming Times: Enter SCY, SCM, and then LCM. Eligible entries shall be seeded in the following order – Short Course Yards, then Short Course Meters then Long Course Meters.

Prelims: 11-12, 13-14, 15-16, and Open age groups. Prelim events will swim fastest to slowest, with circle seeding the first 3 heats. Except the events listed in important meet information sections.

Timed Finals: 10 & Under Session will swim Fastest to Slowest with the first (1st) heat announced being announced behind the blocks the remainder heats will be announced in the water. (5 or 10 minute breaks maybe added in between each event at the meet director discretion).

Finals: Top 10 will swim at night.

Entry Fees: \$8.00 Individual Events
\$10.00 Relays
\$20.00 Surcharge

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

Deck Entries: **The FGC Deck Seed Policy Will Be In Effect.** Deck entries permitted into open lanes only on first-come-first-served basis. Deadline for deck entries is **30 minutes** before the start of the meet, **No Exceptions.** Policy can be seen at www.fgcswwim.org . All deck entered swimmers must present current USA Card in order to be entered.

NOTE: Meet host will accept Cash Only for deck seeds.

Deck Entry Fee: \$16.00 Individual Event
\$20.00 Relay
\$20.00 *Surcharge for athletes not entered in meet wishing to swim individual events.*
\$10.00 To add a relay only athlete

**Important
Meet
Information:**

10 & Under Swimmers:

- All 10 & under sessions are timed finals.
- All 10 & under sessions will swim in the East course.
- All 10 & under Start time will be announce as soon as the meet is seeded.
(Not before 10 a.m.)
- 10 & Under 500 Freestyle is a positive check-in event. Scratch deadline TBA.
- Swimmers who fail to check-in may swim, only if an open lane is available.
- All 10 & Under Sessions will swim Fastest to Slowest with the first (1st) heat announced behind the blocks. (5 or 10 minute breaks maybe added in between each event at the meet director discretion).
- 10 & Under Relays will both be swum on Saturday.
- **"Failure to swim"** a positive check-in event will result in the swimmer being fine \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No payment, No Swimming, including relays.

11-12 Swimmers:

- Will swim prelims and finals. Not all events are prelim and final swims. **Please read carefully.**
- **11-12** Will swim as a Single age group in Finals. 1 Heat of 11 yr. olds. 1 Heat of 12 yr. olds.
- **11-12 Relays** will all swim in prelims.
- **Note:** All relays will be swum fastest to slowest.
- **11-12 400 IM** Only the Top 40 girls & Top 40 boys will swim. 400 IM is a positive check-in event swum as timed finals, all age group swum together, scored separately and swum Fastest to Slowest. **Check-in Deadline 4:45 p.m.**
- Swimmers who fail to check-in may swim, only if an open lane is available.
- **11-12 / 500's, 200 Back, 200 Breast, 200 Fly, will be swum as a timed final in prelims.** They will be swum together and scored separately. **Swum Fast to Slow.**
- **11-12** The 1650 Free on Sunday is a timed final. **Please Note:** This event will be limited to the fastest five checked in heats of girls and the fastest five checked in heats of boys. This is including all age groups swimming together 11-12, 13-14, 15-16, and Open. The 1650 Free will be swum fastest to slowest alternating girls, boys and scored separately.

Once both prelims courses are finished on Sunday. The 1650 Frees will begin 10 minutes following the completion of both courses. Check-in Deadline for the 1650 Free is 9:00 a.m. the day of the event.

Note: 1650 Freestyles must provide their own counters and timers.

- **"Failure to swim"** a positive check-in event will result in the swimmer being fine \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No payment, No Swimming, including relays.
- **"Failure to swim"** in finals will result in the swimmer being fine \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No payment, No Swimming, including relays.

13-14 / 15-16 / Open Swimmers Continued on next page.

13-14 / 15-16 / Open Swimmers

- All Relays are swum in Finals Fast to Slow.
- **400 IM** - Only the Top 40 girls & Top 40 boys in each age group will swim.
400 IM is a positive check-in event swum as timed finals, all age group swum together, scored separately and swum Fastest to Slowest. **Check-in Deadline 5:30 p.m.**
- 1000 Free – is a positive check-in event swum as timed finals, all age groups swum together and scored separately. Only the Top 120 checked in athletes will swim.
Check-in Deadline 4:30 p.m.
- Swimmers who fail to check-in may swim, only if an open lane is available.
- **800 Free Relay / 200 Medley Relay & 200 Free Relay – Positive check-in Deadline 5:45 p.m.**
- **Note:** All relays will be swum fastest to slowest. **(No Penalties for Relays.)**
- **500 Free** – is a positive check-in event swum as a timed finals.
13-14 age group swum together scored separately – Top 10 checked in swimmers will swim in finals at night. The swimmer has the right to swim in prelims, he/she must check A.M. or P.M. at check-in.
15-16 & Open age groups – Top 10 checked in swimmers will swim in finals at night.
500 Check-in Deadline is 9:00 a.m. The swimmer has the right to swim in prelims, he/she must check A.M. or P.M. at check-in.
- **“Failure to swim”** a positive check-in event will result in the swimmer being fine \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No payment, No Swimming, including relays.
- **“Failure to swim”** in finals will result in the swimmer being fine \$25.00 cash only. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet. No payment, No Swimming, including relays.
- 400 IM, 1000 Free, 500 Free, and the 1650 will be verified using USA Swimming Swim Database. Entry times that cannot be verified will not be permitted for entry. Times achieved At foreign meets must be submitted with written proof of time by email to jimmypst@aol.com no later than Wednesday, November 12th, by 12:00 p.m. (noon).
- All swimmers for all age groups who fail to check-in may swim, only if an open lane is available without creating another heat.

Thursday Events: 1000 Free, 800 Free Relays, 400 IM, 200 Medley Relay & 200 Free Relay **must supply their own timer and counters for all events.**

Sunday 1650 Free: Must supply their own timer and counters for all events.

Finals:

- Finals will consist of one heat of girls and one heat of boys {top 10 swimmers in each event will swim in finals. Except for events indicated above.

Any swimmer who competes in preliminary heats and qualifies for finals; 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 final intention within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing on preliminary results maintained at the announcers table at the East Pool.

- Note: “Failure to swim” in finals will result in the swimmer being fined \$25.00 cash. Upon Receiving payment of the fine, the swimmer will be eligible to continue competing in the meet. No payment, No Swimming, including relays.

- Finals:**
- I. Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, 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 the alternate.
 - II. Scratches must be done individually; "team scratches are no accepted."
 - III. In addition to swimmers required to scratch if they are not going to swim in finals, all Swimmers who do not plan to swim in finals are strongly urged to scratch, especially Swimmers who finish the preliminary events 11th – 20th. Swimmers scratched into finals after 30 minutes of the conclusion of prelims will not be penalized.

Awards:

Individual Events:	Custom Winter Champs Medals 1 st -3 rd
Relays:	Custom WC Medals 1 st Place Team Only
Individual High Point:	Top 3 in each age group & sex
Team Awards:	Women's, Men's, and Combined Top 5 Teams

Scoring:

Individual:	11-9-8-7-6-5-4-3-2-1
Relays:	22-18-16-14-12-10-8-6-4-2

Distance Events: This information is listed in the Important Meet information section.

Entry Deadline: All entries must be received by Wednesday, November 12th by 12:00 p.m. (noon) EST.
NO EXCEPTIONS!

Head Referee:	Nelson Gonzales: Head Referee	Kathleen Fish: Assistant Referee
	Prelims: Head Ref. Pool 1	Prelims: Head Ref. Pool 2
	Finals: Head Referee	Finals: Assistant Referee

Meet Director: Assistant Meet Director: Terrell Woods email: terrellw@aim.com
 Meet Director: Jimmy Parmenter email: jimmypst@aol.com
Note: Please direct all questions to Terrell Woods.

Admin Official: Cindy Jones

Meet Committee: A meet committee may be created by the meet referee to handle issues pertaining to non-rule situation at the meet such as severe weather and equipment issues.

Admission: \$5.00 per session – Special all session passes will be offered.
 \$3.00 per heat sheet

Information: Real Time results and updates to meet information as well as timelines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimpst.com .

Meet results will be available on your iphone or android. Download Meet Mobile for free from the app store and get results and splits by team swimmers or events.

PST is on Twitter Follow us @SWIMPST

Thursday, November 19, 2015 Girls Pool (Course TBA) Start Time 5:00 p.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls Yards
1	Open	1000 Free	10:13.39	10:00.59	11:22.49
3	15-16	1000 Free	10:13.39	10:00.59	11:22.49
5	13-14	1000 Free	10:20.99	10:10.29	11:37.29
7	Open	800 Free Relay	NT	NT	NT
9	13-14	800 Free Relay	NT	NT	NT
*****5 Minute Break*****					
11	Open	400 IM	5:42.39	5:34.39	5:02.29
13	15-16	400 IM	5:42.39	5:34.39	5:02.29
15	13-14	400 IM	6:00.39	5:48.99	5:15.89
17	11-12	400 IM	6:28.39	6:16.09	5:41.09
*****5 Minute Break*****					
19	Open	200 Medley Relay	NT	NT	NT
21	13-14	200 Medley Relay	NT	NT	NT
*****5 Minute Break*****					
23	Open	200 Free Relay	NT	NT	NT
25	13-14	200 Free Relay	NT	NT	NT

Thursday, November 19, 2015 Boys Pool (Course TBA) Start Time 5:00 p.m.

Event #	Age	Event	Boys LCM	Boys SCM	Boys Yards
2	Open	1000 Free	9:41.89	9:31.19	10:46.39
4	15-16	1000 Free	9:41.89	9:31.19	10:46.39
6	13-14	1000 Free	10:20.99	10:10.29	11:37.29
8	Open	800 Free Relay	NT	NT	NT
10	13-14	800 Free Relay	NT	NT	NT
*****5 Minute Break*****					
12	Open	400 IM	5:17.49	5:09.49	4:44.79
14	15-16	400 IM	5:17.49	5:09.49	4:44.79
16	13-14	400 IM	5:40.39	5:26.69	4:55.69
18	11-12	400 IM	6:27.49	6:15.99	5:41.79
*****5 Minute Break*****					
20	Open	200 Medley Relay	NT	NT	NT
22	13-14	200 Medley Relay	NT	NT	NT
*****5 Minute Break*****					
24	Open	200 Free Relay	NT	NT	NT
26	13-14	200 Free Relay	NT	NT	NT

Friday, November 20, 2015, Prelims Pool 1 [15-16 & Open] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
29-30	Open	50 Free	31.39	30.39	27.89	28.19	27.19	24.79
31-32	15-16	50 Free	31.39	30.39	27.89	28.19	27.19	24.79
37-38	Open	200 Back	2:46.19	2:42.19	2:27.19	2:30.99	2:26.99	2:13.59
39-40	15-16	200 Back	2:46.19	2:42.19	2:27.19	2:30.99	2:26.99	2:13.59
45-46	Open	200 Breast	3:11.39	3:07.39	2:47.69	2:55.79	2:51.79	2:33.09
47-48	15-16	200 Breast	3:11.39	3:07.39	2:47.69	2:55.79	2:51.79	2:33.09
53-54	Open	200 Fly	2:40.39	2:36.39	2:23.49	2:29.99	2:25.99	2:11.59
55-56	15-16	200 Fly	2:40.39	2:36.39	2:23.49	2:29.99	2:25.99	2:11.59
63-64	Open	500 Free	4:55.29	4:47.29	5:31.59	4:38.39	4:30.39	5:09.89
65-66	15-16	500 Free	4:55.29	4:47.29	5:31.59	4:38.39	4:30.39	5:09.89
71-72	Open	400 Medley Relay	NT	NT	NT	NT	NT	NT

Friday, November 20, 2015, Prelims Pool 2 [11-12 & 13-14] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
27-28	11-12	200 Free Relay	NT	NT	NT	NT	NT	NT
33-34	13-14	50 Free	30.89	29.79	26.99	29.49	28.79	25.99
35-36	11-12	50 Free	34.39	33.49	30.39	33.49	32.29	29.39
41-42	13-14	200 Back	2:45.59	2:39.49	2:24.29	2:36.79	2:29.99	2:15.79
43-44	11-12	200 Back	3:01.99	2:53.99	2:37.79	3:01.79	2:54.09	2:38.29
49-50	13-14	200 Breast	3:10.79	3:03.79	2:46.29	2:59.49	2:50.99	2:34.69
51-52	11-12	200 Breast	3:25.09	3:18.99	3:00.39	3:25.09	3:15.19	2:57.39
57-58	13-14	200 Fly	2:45.69	2:43.29	2:27.79	2:36.59	2:31.89	2:17.49
58-60	11-12	200 Fly	3:03.29	2:56.79	2:40.39	3:01.59	2:56.69	2:40.69
**** 5 Minute Break****								
61-62	11-12	400 Medley Relay	NT	NT	NT	NT	NT	NT
67-68	13-14	500 Free	5:01.79	4:55.99	5:38.29	5:02.69	4:52.19	5:33.89
69-70	11-12	500 Free	5:37.09	5:29.99	6:17.99	5:29.89	5:25.39	6:12.59
73-74	13-14	400 Medley Relay	NT	NT	NT	NT	NT	NT

Friday, November 20, 2015, Timed Finals Pool TBA [10 & Under] Start Time TBA

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys SCY
75-76	10 & Under	50 Free	37.29	36.19	32.89	37.69	36.19	33.39
77-78	10 & Under	200 IM	3:21.59	3:16.39	2:58.19	3:24.89	3:16.39	3:01.69
79-80	10 & Under	500 Free	6:13.89	6:05.39	6:58.39	6:15.59	6:05.39	7:02.29

Saturday, November 21, 2015, Prelims Pool 1 [15-16 & Open] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
83-84	Open	100 IM	X	1:15.69	1:07.99	X	1:09.09	1:01.99
85-86	15-16	100 IM	X	1:15.69	1:07.99	X	1:09.09	1:01.99
91-92	Open	100 Fly	1:12.89	1:10.89	1:04.59	1:05.39	1:03.39	58.59
93-94	15-16	100 Fly	1:12.89	1:10.89	1:04.59	1:05.39	1:03.39	58.59
99-100	Open	200 Free	2:22.49	2:18.49	2:07.29	2:11.59	2:07.59	1:54.79
101-102	15-16	200 Free	2:22.49	2:18.49	2:07.29	2:11.59	2:07.59	1:54.79
107-108	Open	100 Breast	1:28.79	1:26.79	1:16.89	1:18.49	1:16.49	1:09.09
109-110	15-16	100 Breast	1:28.79	1:26.79	1:16.89	1:18.49	1:16.49	1:09.09
115-116	Open	100 Back	1:18.49	1:16.49	1:08.89	1:10.29	1:08.29	1:00.59
117-118	15-16	100 Back	1:18.49	1:16.49	1:08.89	1:10.29	1:08.29	1:00.59
123-124	Open	400 Free Relay	NT	NT	NT	NT	NT	NT

Saturday, November 21, 2015, Prelims Pool 2 [11-12 & 13-14] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
81-82	11-12	200 Medley Relay	NT	NT	NT	NT	NT	NT
87-88	13-14	100 IM	X	1:17.99	1:10.19	X	1:12.59	1:05.39
89-90	11-12	100 IM	X	1:22.79	1:15.09	X	1:22.59	1:13.09
95-96	13-14	100 Fly	1:15.49	1:13.59	1:06.59	1:10.39	1:08.39	1:01.89
97-98	11-12	100 Fly	1:23.89	1:22.09	1:14.49	1:24.39	1:21.99	1:14.59
103-104	13-14	200 Free	2:23.89	2:19.69	2:06.49	2:21.99	2:16.89	2:03.89
105-106	11-12	200 Free	2:41.59	2:36.69	2:22.19	2:37.79	2:32.89	2:18.79
111-112	13-14	100 Breast	1:28.19	1:24.69	1:16.59	1:21.29	1:18.29	1:10.79
113-114	11-12	100 Breast	1:35.79	1:32.19	1:23.69	1:35.69	1:31.69	1:23.29
119-120	13-14	100 Back	1:17.19	1:14.19	1:07.09	1:12.89	1:09.69	1:03.09
121-122	11-12	100 Back	1:25.29	1:22.29	1:14.69	1:26.29	1:22.29	1:14.79
125-126	13-14	400 Free Relay	NT	NT	NT	NT	NT	NT
127-128	11-12	400 Free Relay	NT	NT	NT	NT	NT	NT

Saturday, November 21, 2015, Timed Finals Pool TBA [10 & Under] Start Time TBA

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
129-130	10 & Under	100 IM	X	1:31.89	1:23.39	X	1:31.89	1:24.39
131-132	10 & Under	100 Fly	1:40.79	1:36.19	1:27.29	1:40.09	1:36.19	1:28.79
133-134	10 & Under	200 Free	3:02.39	2:56.79	2:40.39	2:59.89	2:56.79	2:39.39
135-136	10 & Under	200 Medley Relay	NT	NT	NT	NT	NT	NT
137-138	10 & Under	100 Breast	1:48.49	1:44.09	1:34.39	1:50.69	1:44.09	1:36.19
139-140	10 & Under	100 Back	1:36.79	1:32.39	1:23.79	1:35.69	1:32.39	1:24.09
141-142	10 & Under	200 Free Relay	NT	NT	NT	NT	NT	NT

Sunday, November 21, 2015, Prelims Pool 1 [15-16 & Open] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
143-144	Open	200 IM	2:41.89	2:37.89	2:22.49	2:28.19	2:24.19	2:10.79
145-146	15-16	200 IM	2:41.89	2:37.89	2:22.49	2:28.19	2:24.19	2:10.79
151-152	Open	50 Back	36.99	36.39	31.59	34.09	33.49	29.09
153-154	15-16	50 Back	36.99	36.39	31.59	34.09	33.49	29.09
159-160	Open	50 Breast	41.29	40.29	35.59	36.99	35.99	32.79
161-162	15-16	50 Breast	41.29	40.29	35.59	36.99	35.99	32.79
167-168	Open	50 Fly	35.39	34.69	31.09	30.89	30.19	28.09
169-170	15-16	50 Fly	35.39	34.69	31.09	30.89	30.19	28.09
175-176	Open	100 Free	1:07.19	1:05.19	59.79	1:00.99	58.99	53.79
177-178	15-16	100 Free	1:07.19	1:05.19	59.79	1:00.99	58.99	53.79
183-184	Open	1650 Free	19:43.09	19:13.09	79 18:29.99	17:59	19:21..99	18:10.29.99
185-186	15-16	1650 Free	19:43.09	19:13.09	79 18:29.99	17:59	19:21..99	18:10.29.99

Sunday, November 21, 2015, Prelims Pool 2 [11-12 & 13-14] Start Time 8:30 a.m.

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
147-148	13-14	200 IM	2:50.99	2:43.99	2:28.49	2:40.39	2:33.29	2:18.79
149-150	11-12	200 IM	3:02.59	2:56.89	2:40.39	3:03.89	2:57.89	2:37.79
155-156	13-14	50 Back	36.59	35.09	31.49	34.39	32.79	29.49
157-158	11-12	50 Back	39.49	37.79	34.29	39.99	38.59	35.09
163-164	13-14	50 Breast	42.09	40.29	36.29	38.59	37.09	33.39
165-166	11-12	50 Breast	43.09	42.39	38.49	43.99	42.79	38.89
171-172	13-14	50 Fly	35.69	34.79	31.39	33.19	32.19	28.89
173-174	11-12	50 Fly	36.79	36.29	32.89	37.89	36.99	33.69
179-180	13-14	100 Free	1:06.79	1:04.79	58.69	1:05.29	1:02.79	56.89
181-182	11-12	100 Free	1:14.89	1:11.69	1:05.09	1:12.49	1:10.39	1:03.89
187-188	13-14	1650 Free	19:48.09	19:14.89	19:21.69	19:55.69	19:08.99	19:15.69
189-190	11-12	1650 Free						

Sunday, November 21, 2015, Timed Finals Pool TBA [10 & Under] Start Time TBA

Event #	Age	Event	Girls LCM	Girls SCM	Girls YDS	Boys LCM	Boys SCM	Boys YDS
191-192	10 & Under	50 Back	44.49	42.99	38.99	45.29	42.99	39.79
193-194	10 & Under	50 Breast	49.09	47.49	42.99	51.19	47.49	44.89
195-196	10 & Under	50 Fly	42.49	41.49	37.69	42.89	41.49	38.19
197-198	10 & Under	100 Free	1:23.19	1:20.89	1:13.39	1:24.39	1:20.89	1:14.19

Hotel Information

Winter Championship Meet (Nov. 18-22, 2015)

Hampton Inn Ft. Lauderdale/Plantation

7801 SW 6th St.
Plantation, FL 33324

To make a reservation call (800)675-2116 and ask for the “**Winter Championship Meet**” group rate or click on the link below to go to our personalized reservation page:

<http://hamptoninn.hilton.com/en/hp/groups/personalized/F/FLLPTHX-CHA-20151117/index.jhtml>

Rates: (Include comp. internet, comp. breakfast, & comp. parking)

Single w/ pullout couch \$119/night

Double \$119/night

***These rates are valid as long as you book on or before: 10/28/15**

Renaissance Ft. Lauderdale/Plantation Hotel

1230 S. Pine Island Rd.
Plantation, FL 33324

To make a reservation call (800)316-7708 and ask for the “**Winter Championship Meet**” group rate or click on the link below to go to our personalized reservation page:

[Book your group rate: Plantation Swim Team Winter Championship Meet >>](#)

Rates: (Include comp. internet, comp. parking, and discounted breakfast coupons)

King Room \$127/night

Double/Double Room \$127/night

***These rates are valid as long as you book on or before: 10/28/15**

*****If you are having problems with any reservations please feel free to contact Craig Rehak at (708)288-1673 for assistance*****