



**2015 Speedo Championships Series  
Southern Zone Southern South Sectional Championships  
March 12-15, 2015**

**Sanctioned by:** Florida Gold Coast Swimming, Inc., **Sanction # 031215FG-SR322-SEC**

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

**Location:** Plantation Aquatic Complex  
9151 NW 2<sup>nd</sup> 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 Blvd. to Broward Blvd. On Broward Blvd. head west approximately  $\frac{3}{4}$  of a mile to Central Park. (1<sup>st</sup> Stop light) On Central Park make a right. Park entrance is located on the right hand side.

All meet information will be posted on the Sectional Page of the Plantation Team website: [www.swimpst.com](http://www.swimpst.com)

**Dates & Start Times:**

<b>Days</b>	<b>Prelims Warm-up</b>	<b>Prelim Start</b>	<b>Final Warm-up</b>	<b>Final Start</b>
Thursday, 3/12			3:30 p.m.	5:00 p.m.
Friday, 3/13	6:30 a.m.	9:00 a.m.	3:30 p.m.	5:00 p.m.
Saturday, 3/14	6:30 a.m.	9:00 a.m.	3:30 p.m.	5:00 p.m.
Sunday, 3/15	6:30 a.m.	9:00 a.m.	3:30 p.m.	5:00 p.m.

**General Meeting:** Friday, March 13, at 8:00 a.m. in the Hospitality Room at the Plantation Aquatic Complex (Upstairs room 2). Any changes to the conduct of the meet will be announced at this meeting. It is the responsibility of each swimmer and coach to be aware of any changes made during this meet.

**Pool Spec & Timing:** Competition Course – One eight lane 50 meter course. Continuous warm-up and warm-down area will be available in second 50 meter course (6 lanes). Water depth at the competition starting end is 11'6 and turn end is 4'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System with full VIVILED video scoreboard will be utilized.

**Eligibility:** Open to all 2015 USA Swimming registered athletes in **Florida Swimming (FL)** and **Florida Gold Coast Swimming (FG)**. All swimmers must have achieved the listed qualifying times between March 12, 2013 and the entry deadline.

**Out of Section  
Entry:**

Up to 250 out of Section and Foreign athletes will be accepted into the meet. Invitations will be accepted via email to Jimmy Parmenter [Jimmypst@aol.com](mailto:Jimmypst@aol.com) on first come first serve basis starting on Monday, December 15<sup>th</sup> at noon eastern time. Emails with a time stamped prior to this Will be rejected.

The following must be included in the email.

Team Name:

Coach Name:

Coach Email & Mobile Number:

Number of Male Athletes:

Number of Female Athletes:

**Accepted athletes and teams will be notified beginning December 16<sup>th</sup>, 2014.**

You should **not** make nonrefundable travel arrangements before you know your team or athletes are accepted into the meet.

**Deck Registration:**

No entrant will be permitted to compete unless the entrant is a member of USA Swimming (or a FINA federation) as provided in Article 302. On-deck registration Will be permitted prior to closing of the scratch box and handled by the Florida Gold Coast Swimming Registration Coordination located at the Clerk of Course.

**Disability Athletes:**

PST is excited about the opportunity to include USA Swimming members with Disabilities in our meet and highly encourage their participation. Swimmer's Disability must be the definition of a disability as outlined in USA Swimming Rules and Regulations: *A permanent physical or mental impairment that substantially limits one or more major life activities.* Swimmers with disabilities may compete, earn awards and score points for their team in the same manner as able bodied swimmers. Such swimmers need not have achieved the included qualifying times for this meet. Entries for swimmers with disabilities should enter on OME and email Terrell Woods [Terrellwpst@aim.com](mailto:Terrellwpst@aim.com) prior to submitting OME entry. The coach or athlete are responsible for notifying the Referee of any Accommodations that are required in accordance with USA-S Rule 105.4.

Any athlete with a disability will be accommodated to the best of Meet Management's ability. **Please contact the pool office ahead of time (minimum of two-weeks prior to start of event)**, to allow for preparation (954)-452-2526 or email Terrell Woods at [TerrellWPST@aim.com](mailto:TerrellWPST@aim.com)

**Entries: OME Entry Procedures – Read Carefully**

**On-Line Meet Entry (OME)** – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Access this entry system from the USA Swimming web site at <http://www.usaswimming.org/ome>. Any team coach may Initialize the entry. The account that that initializes the entry will be the only Account that has access to that team’s entries for this meet. That account must log in and select “Enter Team”. **Paper, Fax and Email entries will not be accepted.**

**OME Opens: 12:01 a.m. EST Friday, February 6, 2015**

**OME Closes: 6:00 p.m. EST Monday, March 9, 2015**

**OME Help:** Josh Fowler USA Swimming 719-332-0184 or [jfowler@usaswimming.org](mailto:jfowler@usaswimming.org)  
Terrell Woods FG Swimming 954-452-2526 or [Terrellwpst@aim.com](mailto:Terrellwpst@aim.com)

Athletes may enter the meet using conforming and non-conforming times in this order: Long Course Meters (LCM), then Short Course Meters (SCM), then Short Course Yards (SCY). Converted times are not permitted. Swimmers who have not achieved the qualifying standards are not qualified, subject to the rule regarding Bonus entries.

**Individual Entries:** Use a time in the national database for entry that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an Override Time for times that are not in the national database. Override times must include the meet name and date. Times that cannot be proven by the Entry Coordinator or proven by the scratch deadline for the event, will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.

**OME RELAY ENTRY PROCEDURES; ENSURE “RELAY ONLY” SWIMMERS ARE INCLUDED IN THE TEAM ENTRY ROSTER.** 200 Relays: Since there are no time Standards for 200 Free and Medley relay, it is acceptable to use an “OVERIDE” time to enter these events. As in other override events, this will require an entry “Meet Location” and “Meet Date” fields. Please put the word “Entry in the meet Filed and the current date in the Meet Date Field.

**TEAMS WITH UNNATTACHED OR UNREGISTERED SWIMMERS:** Teams may enter Swimmers with an Unattached or Unregistered status. When building the roster in OME, Select “Add Unattached / Unregistered Swimmers” link. Unregistered Swimmers must provide proof of registration prior to the swimmer’s first event.

**INDIVIDUAL UNATTACHED SWIMMERS:** Unattached swimmers who are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and “Enter Individual.”

**Late Entries:**

Late entries which otherwise meet all eligibility and entry requirements will be accepted for this meet. Qualifying times must have been achieved by the entry deadline. Late entries will only be accepted on-site beginning at the start of registration 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 should be prepared to provide proof of submitted time for all late entries. Entry fees for late entries will be double entry fee and double athlete/facility fee to be paid in "CASH ONLY". As courtesy to meet management, coaches and swimmers are strongly encourage to process late entries as early as possible in the meet registration process. Late entries will be accepted at any time after OME Closing and prior to the scratch deadline by contacting the Entry Coordinator, Cindy Jones at [CindyPST@aol.com](mailto:CindyPST@aol.com)

**Entry Limit:**

**Individual Events:** Swimmers may enter all events which they qualify, however they may only compete in six (6) individual events for the meet and no more than three (3) individual events per day.

**Relay Events:** Two (2) per team per event.

**Bonus Swims:**

**Bonus swims will be available as follows:** Florida Swimming and Florida Gold Coast swimmers, qualified in one or more events may swim up to two (2) bonus events during the course of this meet, subject to the meet rules on limitation for each day and the meet.

- Swimmers from outside the SZSS may NOT enter Bonus Events.
- 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 and 6 individual events for the meet.
- Bonus events do NOT include the 400 Fr, 400 IM, 800 Fr, 1500 Fr.

**Entry Fees:**

**WITHIN SECTION**

\$10.00 per individual event  
\$20.00 per relay team  
\$10.00 per swimmer meet surcharge

**OUTSIDE SECTION**

\$20.00 per individual event  
\$40.00 per relay team  
\$20.00 per swimmer meet surcharge

All entries must be completed through USA-S OME online entry program and finalized/checked out by Monday, March 9, 2015 at 6:00 p.m. All teams will pay via check or cash to "Plantation Swim Team Booster Club" upon arrival to the meet. Payment will be accepted at the Clerk of Course before picking up Coaches Packets.

**Seeding:**

Entries will be seeded in order of LCM, SCM, and then SCY. All submitted times Must have been achieved and match exactly the time that is on file with USA Swimming SWIMS database. CONVERTED TIMES ARE NOT PERMITTED. An \* next to the time on the psych sheet or Administrative Referee's master entry indicates that the time must be cleared before the closing of the scratch box or that swimmer may not be seeded and may not be eligible to compete in that event.

**Flighting:**

In the situation where the number of entries, including bonus swims, drives a preliminary session beyond three hours in duration (using flyover start intervals), at meet referee discretion, the meet may be flighted such that the preliminary session for the "A" Flight does not exceed approximately 3 hours. If any session of the meet is flighted, swimmers who are a "no-show" for the B-flight will not be penalized.

**Scratches:**

**PRELIMS:** Scratches prior to the seeding of the heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box located at The Clerk of Course / Administrative Referee table.

**SCRATCH DEADLINE:**

Friday, March 13 <sup>th</sup> Events	Thursday, March 12 <sup>th</sup> 5:30 p.m.
Saturday, March 14 <sup>th</sup> Events	Friday, March 13 <sup>th</sup> 5:30 p.m.
Sunday, March 15 <sup>th</sup> Events	Saturday, March 14 <sup>th</sup> 5:30 p.m.

Any swimmer who fails to swim in a preliminary event who has not properly scratched from the event as described above will be fined \$10.00 cash only. There is no event penalty. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet. Swimmers must then declare their intent to swim with the Administrative Referee for all their subsequent events prior to closing of scratch box for that day's events - Positive check-in all subsequent events.

**FINALS:** Any swimmer who competes and qualifies as one of the fastest thirty two (32) swimmers in prelims must swim A-Finals, B-Finals, C-Finals or D-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 \$25.00. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet. In case of missing a Sunday night final, payment of \$25.00 must be made in order to compete in future Speedo Championship Series meet.

A swimmer not in the originally announced or posted in the fastest thirty two (32) 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 fifty (50) 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 Southern Sectional Meet competition, 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:** Positive check-in is required to be seeded in the Women’s and Men’s 800 Free, Women’s and Men’s 1500 Free, and all relay events. Positive check-in will be available at the Clerk of Course / Administrative Referee table.

**POSITIVE CHECK-IN DEADLINE:**

Thursday, March 12 <sup>th</sup> Individual Events	Thursday, March 12 <sup>th</sup> 4:15 p.m.
Thursday, March 12 <sup>th</sup> Relay Events	Thursday, March 12 <sup>th</sup> 6:15 p.m.
Friday, March 13 <sup>th</sup> Events	Thursday, March 12 <sup>th</sup> 5:30 p.m.
Saturday, March 14 <sup>th</sup> Events	Friday, March 13 <sup>th</sup> 5:30 p.m.
Sunday, March 15 <sup>th</sup> Events	Saturday, March 14 <sup>th</sup> 5:30 p.m.

Positive check-in for Thursday, March 12, events **ONLY** will be accepted by the deadline in person and by emailing: Cindy Jones – [CindyPST@aol.com](mailto:CindyPST@aol.com)

**Note: Email CHECK-IN deadline must be received by 4:00 p.m.**

**800 & 1500 Free:** Thursday’s women’s 1500 and men’s 800 free will be swum fastest to slowest, alternating women and men, for the fastest four heats in each. Any remaining heats will be swum, alternating women and men, after the relays.

Sunday’s women’s 800 and men’s 1500 free – The fastest heat of each event will swim in finals. The remaining heats will swim fastest to slowest, alternating women and men. Any swimmer who is ranked in the top 8 for seeding purposes who desires to swim in the preliminary session must declare their desire for a preliminary session by check-in deadline.

**400 IM / 400 Free:** **Event #15 , & #16** , Women’s & Men’s 400 IM  
**Event #29 , & #30** , Women’s & Men’s 400 Free

***Will be swum as follows:***

1. Fastest 4 heats of women, slowest to fastest.
2. Fastest 4 heats of men, slowest to fastest.
3. All remaining heats, alternating women and men, fastest to slowest.

**Relay Events:** **Event #17 , & #18** , the Women & Men’s 800 Free Relay  
**Event #31 , & #32** , the Women & Men’s 400 Medley Relay  
**Event #41, & #42** , the Women & Men’s 400 Free Relay

All heats will be swum at the end of finals on Friday, Saturday, and Sunday in the following order:

1. 2<sup>nd</sup> fastest women’s heat, fastest women’s heat.
2. 2<sup>nd</sup> fastest men’s heat, fastest men’s heat.
3. All remaining heats, alternating women and men, fastest to slowest.

4. For Sunday's 400 Free Relay, teams may declare their intention to swim in either the prelims or final sessions by declaring "AM/PM" by the Scratch deadline on Saturday. The relay events during the prelim session will be swum all women, all men, slowest to fastest, at the end of the session before the individual distance events. All other heats will be swum as stated above.

**Finals:** **Finals events will be swum in the following order: A-Final, B-Final, C-Final, D-Finals.**

A-Finalists will be paraded.

B-Finalists will be announced behind the blocks.

C-Finalist (18 & Under) will be announced in the water.

D-Finalist (18 & Under) will be announced in the water.

**Timelines:** There will be a 5-minute break before relays in each session.

**Scoring:** The top 16 places in each event will be scored.

**Individual:** 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

**Relay:** 40,34,32,30,28,26,24,22,18,14,12,10.8,6,4,2

No points will be awarded when qualifying times are not achieved, but qualifying times may be achieved during prelims or finals.

**Awards:** Individual Events: 1<sup>st</sup> – 8<sup>th</sup>  
Relays Events: 1<sup>st</sup> – 3<sup>rd</sup>

Team High Point Awards:

Combined: 1<sup>st</sup> – 5<sup>th</sup>

Women: 1<sup>st</sup> – 3<sup>rd</sup>

Men: 1<sup>st</sup> – 3<sup>rd</sup>

**Rules:** Current USA Swimming and FINA rules will apply.

**Team Representative:** Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the meet referee. For each team, the coach and that person only will be recognized.

**Officials:** Meet Referee: David Hammond  
National Evaluator: Jack Dowling  
Computer Scoring: Cindy Jones  
Assistant Meet Director: Terrell Woods email: [terrellwpst@aim.com](mailto:terrellwpst@aim.com)  
Meet Director: Jimmy Parmenter email: [jimmypst@aol.com](mailto:jimmypst@aol.com)  
**Note:** Please direct all questions to Terrell Woods

**Official** This meet will be designated as an Officials Qualifying Meet for N2 and N3

- Certification:** Officials Certification. Officials wishing to obtain or renew at these levels of Certification must apply to the Meet Referee. "Application to Officiate" and "Request for Evaluation" forms for this meet can be found on Southern Zone Website: [www.szoneswim.com](http://www.szoneswim.com) click on the application tab. Follow directions on the form for submitting completed application. Additional information will be provided during the Officials briefings held one hour prior to each session.
- Identification:** Coaches and officials shall wear their 2015 USA Swimming registration card in a conspicuous location at all times during the meet.
- Deck Restrictions:** USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Gold Coast Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area.
- Condition of Sanction:**
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
  - In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and 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 must be certified by 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.
  - Use of audio or visual recording devices, including a cell phone is permitted only in designated areas.
- Changing In/Out Of Swimsuits:** Except where venue facilities require otherwise, changing into, or out of swimsuits, other than locker room or other designated areas is not appropriate, and is **strongly discouraged**.
- Camera Free:** The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at this meet. No person may use a camera or 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 the sanctioned event.
- Information:** **FG Senior Chairman:** Jimmy Parmenter – [jimmypst@aol.com](mailto:jimmypst@aol.com)  
**Florida Gold Coast Swimming Office:** Dick Cavanah – [npbcoach4@aol.com](mailto:npbcoach4@aol.com)  
**Facility:** Terrell Woods: [terrellwpst@aim.com](mailto:terrellwpst@aim.com)
- Admission:** \$3.00 per person, per session. \$3.00 heat sheets per session.



## WARM UP SCHEDULE:

POOL OPENS: Prelims – 6:30 A.M. / Finals – 3:30 P.M.

### Competition Course

LANE First hour (General Warm-up) Second ½ hour (Controlled Warm-up)

1 Push off 50's or 100's pace (circle swimming) Push off 50's pace (circle swimming)

2 Swimming and pulling only (push off) Racing start, one way only

3 Swimming and pulling only (push off) Swimming and pulling only (push off)

4 Swimming and pulling only (push off) Swimming and pulling only (push off)

5 Swimming and pulling only (push off) Swimming and pulling only (push off)

6 Swimming and pulling only (push off) Racing start, one way only

7 Swimming and pulling only (push off) Push off 50's pace (circle swimming)

8 Push off 50's pace (circle swimming) Swimming and pulling only (push off)

\*No Equipment Allowed During Warm-Up In Competition Pool

\*No Racing Starts In Warm-Up Or Warm-Down Lanes During The Meet

\*Enter The Water Feet First With One Hand On The Deck When Entering The Pool At All Times

During Warm-Up

Including When Swimmers Are Not Doing A Racing Start

Prelims – 6:30 A.M. / Finals – 3:30 P.M. Continuous Warm-up & Warm Down

### Pool 2 / 50 Meters ABSOLUTELY NO DIVING

LANE

1 PACE - Push off 50's or 100's pace (circle swimming)

2 Swimming and pulling only (push off)

3 Swimming and pulling only (push off)

4 Swimming and pulling only (push off)

5 Swimming and pulling only (push off)

6 Swimming and pulling only (push off)

**7 PUBLIC LAP SWIM**

**8 PUBLIC LAP SWIM**

\*No Racing Starts In Warm-Up Or Warm-Down Lanes During The Meet

\*Enter The Water Feet First With One Hand On The Deck When Entering The Pool At All Times

During Warm-Up

Including When Swimmers Are Not Doing A Racing Start

## Speedo Championship Series

Thursday, March 12, 2015		Qualifying Times					
Order of Events		Conforming Times		Non-Conforming Times			
		Long Course Meters		Short Course Meters		Short Course Yards	
Event #	Event	Women	Men	Women	Men	Women	Men
1	1500 Free Women*	18:57.79	X	18:27.79	X	18:15.49	X
2	800 Free Men *	X	9:15.19	X	8:59.19	X	10:22.09
3-4	200 Medley Relay *	NT	NT	NT	NT	NT	NT
5-6	200 Free Relay *	NT	NT	NT	NT	NT	NT

\*Events 1-6 will be deck seeded. Positive check in by 4:15 p.m. is required to be seeded in events 1 & 2. Events 1 & 2 will be swum fastest to slowest, alternating one heat of event 1 and one heat of event 2 until the first heat that runs past 7:00 p.m. After a 5 minute break, events 3 thru 6, the relays will be swum. After event 6, all remaining heats of 1 and 2 will be swum.

Friday, March 13, 2015		Qualifying Times					
Order of Events		Conforming Times		Non-Conforming Times			
		Long Course Meters		Short Course Meters		Short Course Yards	
Event #	Event	Women	Men	Women	Men	Women	Men
7-8	200 Freestyle	2:17.19	2:06.19	2:13.19	2:02.19	2:00.79	1:50.39
9-10	100 Breast	1:24.59	1:16.29	1:22.59	1:14.29	1:13.99	1:06.39
11-12	50 Back	34.69	31.39	33.69	30.39	30.39	26.79
13-14	100 Butterfly	1:10.19	1:03.49	1:08.19	1:01.49	1:02.79	56.19
15-16	400 IM	5:27.99	5:01.29	5:19.99	4:53.29	4:49.69	4:24.29
17-18	800 Free Relay **	9:31.19	8:43.89	9:15.19	8:27.89	8:36.79	7:42.19

\*\*See Relay Note in body of Meet Announcement. All relays will be swum at the conclusion of finals.

Saturday, March 14, 2015		Qualifying Times					
Order of Events		Conforming Times		Non-Conforming Times			
		Long Course Meters		Short Course Meters		Short Course Yards	
Event #	Event	Women	Men	Women	Men	Women	Men
19-20	100 Backstroke	1:14.29	1:07.89	1:12.29	1:05.89	1:05.09	58.69
21-22	50 Breaststroke	39.79	35.59	38.79	34.59	34.49	30.69
23-24	50 Butterfly	32.59	29.19	34.09	28.19	28.89	25.59
25-26	200 IM	2:35.59	2:21.59	2:31.59	2:17.59	2:16.19	2:03.79
27-28	50 Freestyle	29.39	26.59	28.39	25.59	25.89	23.09
29-30	400 Freestyle	4:48.49	4:27.99	4:40.49	4:19.99	5:21.39	4:59.99
31-32	400 Md. Relay **	4:54.29	4:25.49	4:26.29	4:17.49	4:18.89	3:53.89

\*\*See Relay Note in body of Meet Announcement. All relays will be swum at the conclusion of finals.

Sunday, March 15, 2015		Qualifying Times					
Order of Events		Conforming Times		Non-Conforming Times			
		Long Course Meters		Short Course Meters		Short Course Yards	
Event #	Event	Women	Men	Women	Men	Women	Men
33-34	200 Butterfly	2:33.89	2:20.59	2:29.89	2:16.59	2:18.09	2:04.99
35-36	100 Freestyle	1:03.59	57.49	1:01.59	55.49	56.09	50.39
37-38	200 Breaststroke	3:02.49	2:45.29	2:58.49	2:41.29	2:40.79	2:24.79
39-40	200 Backstroke	2:39.49	2:26.59	2:35.49	2:22.59	2:19.49	2:07.29
41-42	400 Free Relay #	4:24.89	4:00.69	4:16.89	3:52.69	3:54.69	3:30.69
43	800 Women Free###	9:54.39	X	9:35.39	X	11:03.99	X
44	1500 Men Free ###	X	17:44.99	X	17:14.99	X	17:21.69

\*\*\*See Relay Note: in the body of Meet Announcement. All relays will be swum at the conclusion of finals. Teams may request to swim this event after event 40 during prelims. Such requests must be made to the Administrative Referee by the scratch deadline for Sunday's events. ### Events 43 and 44 are deck seeded events and will be swum as timed finals. The fastest heat of each Event will swim in the finals. The remaining heats will swim fastest to slowest, alternating with next fastest seeded heat of 43 followed by the next fastest seeded heat of 44 beginning after event 42 in prelims. These swimmers may also declare AM/PM by the scratch deadline for Sunday's even.

**Bonus swims will be available as follows:**

Florida Swimming and Florida Gold Coast swimmers, qualified in one or more events may swim up to two (2) bonus events during the course of this meet, subject to the meet rules on limitations for each day and the meet.

\*In the 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 and 6 individual events for the meet.

**\*\*\*Swimmers not registered in one of the Southern Section, Southern Zone LSC's are not eligible to compete in bonus events.**

**SUNDAY FINALS ORDER OF EVENTS**

43 Women's 800 M Freestyle

33-34 200 M Butterfly

35-36 100 M Freestyle

44 Men's 1500 M Freestyle

37-38 200 M Breaststroke

39-40 200 M Backstroke

41-42 400 M Free Relay



**SPEEDO CHAMPIONSHIP SERIES – TIME TRIALS**  
**MARCH 12-15, 2015**

**SANCTIONED BY:** Florida Gold Coast Swimming, Inc., Sanction # **051215FG-SR33TT-SEC**

**HOSTED BY:** The City of Plantation, Plantation Swim Team, and PST Booster Club

**LOCATION:** The City of Plantation, Plantation Swim Team, and PST Booster Club

**TIME:** Approximately 15 minutes after the conclusion of the final preliminary heats on Thursday, Friday, Saturday, & Sunday

**NOTE:** Sunday, Time Trial availability is subject to as time permits due to the operation of the regular meet.

**Pool:** Competition Course – One eight lane 50 meter course. Continuous warm-up and warm-down area will be available in second 50 meter course (6 lanes). Water depth at the competition starting end is 4' and turn end is 11'6". The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System with full VIVILED video scoreboard will be utilized.

**ELIGIBILITY:** Open to all swimmers already properly entered in the Southern Zone South Sectional meet.

**Entry Limit:** Three (3) individual events per day, including events swum in the Sectional meet. The order of events will be swum only one time each day.

**ENTRY FEE:** \$20.00 per event. CASH ONLY will be accepted.

**Entries:** Will be accepted at the Clerk of course and will close one hour before the end of prelims Friday-Sunday.

**Seeding:** Enter with 50 meter times. \*800/1500 distance events will be offered on Thursday and Sunday, and may be combined with the slowest heat(s) during the regular preliminary session. Time trials swimmers will not be scored and will be separated by at least one empty lane from the swimmers with qualifying times.

**SCRATCHES:** No penalty for scratching at the block.

**RULES:** USA Swimming rules will apply.

**OFFICIALS:** Meet Referee: TBA

**Order of Events:**

Thursday		Friday		Saturday		Sunday	
Event #	Event	Event #	Event	Event #	Event	Event #	Event
*100-102	M1500/W800	201-202	200 Free	301-302	100 Back	401-402	200 Fly
		203-204	100 Breast	303-304	50 Breast	403-404	100 Free
		205-206	50 Back	305-306	50 Fly	405-406	200 Breast
		207-208	100 Fly	307-308	200 IM	407-408	200 Back
		209-210	400 IM	309-310	50 Free	409-410	200 Free
		211-212	100 Back	311-312	400 Free	411-412	100 Breast
		213-214	50 Breast	313-314	200 Fly	413-414	50 Back
		215-216	50 Fly	315-316	100 Free	415-416	100 Fly
		217-218	200 IM	317-318	200 Breast	417-418	400 IM
		219-220	50 Free	319-320	200 Back	419-420	100 Back
		221-222	400 Free	321-322	200 Free	421-422	50 Breast
		223-224	200 Fly	323-324	100 Breast	423-424	50 Fly
		225-226	100 Free	325-326	50 Back	425-426	200 IM
		227-228	200 Breast	327-328	100 Fly	427-428	50 Free
		229-230	200 Back	329-330	400 IM	429-430	400 Free
						431-432	W800/M1500



**USA Speedo Sectionals (Mar. 12-15, 2015)**  
**Hotel Information**

**La Quinta Inn & Suites Plantation at Peters Rd.**

8101 Peters Rd  
Plantation, FL 33324

**To make a reservation call (954)476-6047 (press 6 for front desk) and ask for the “USA Speedo Sectionals” group rate.**

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

Single \$129/night

Double/Double \$129/night

**\*These rates are valid as long as you book on or before: 2/22/15**

**If you are having a hard time making a reservation on the phone at the LaQuinta Inn – please email [kathy.saparito@laquinta.com](mailto:kathy.saparito@laquinta.com) your request.**

**Renaissance Ft. Lauderdale/Plantation Hotel (Marriott Brand)**

1230 S. Pine Island Rd.  
Plantation, FL 33324

**To make a reservation call (800)316-7708 and ask for the “USA Speedo Sectionals” group rate.**

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

Single King Room \$162/night

Double/Double Room \$162/night

**\*These rates are valid as long as you book on or before: 2/22/15**

**Hampton Inn Ft. Lauderdale/Plantation**

7801 SW 6<sup>th</sup> St.  
Plantation, FL 33324

**To make a reservation call (800)675-2116 and ask for the “USA Speedo Sectionals” group rate.**

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

Single w/ pullout couch \$165/night

Double \$165/night

**\*These rates are valid as long as you book on or before: 2/19/15**

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

## Tent Rental Guidelines

- Reservations are taken on a first come, first served basis only – Limited Space.
- Reservations CAN ONLY BE MADE through Cindy Jones. For Reservations, Please contact Cindy Jones at [FLSWIMMING09@aol.com](mailto:FLSWIMMING09@aol.com)

(The tent rental company will NOT process rental reservation if contacted directly).

The tent rental cut off date, should there be any space available is Tuesday, February 24, 2015 at 12:00 noon.

Payment in-full is due with initial conformation of tent rental.

