



SUNRISE SWIMMING

SUNRISE SWIMMING OPEN INVITE

OCTOBER 10-11 2015

**Sunrise Civic Center Pool
10610 W. Oakland Park Blvd.
Sunrise, Fl. 33351**

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. FGI101015SUN-B-34

Conditions of Sanction: In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., the City of Sunrise, Sunrise Swimming and Sunrise Swimming 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 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 104.2.2C Water depth at the start ranges from 5'6" to 7'6" based on lane assignment, in accordance with 202.3.7C

Hosted by: The City of Sunrise, Sunrise Swimming and the Sunrise Swimming Booster Club.

Location: *Sunrise Civic Center
10610 West Oakland Park Blvd.
Sunrise, FL. 33351*

Directions: From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex

Date & Time: **OCTOBER 10, 2015**
Session 1-Timed Finals - Warm-up 8:00am. Meet starts at 9:00am
Session 2- Begins 10 minutes after session 1 is finished. Warm up and warm down pool is available during session 1.

OCTOBER 11, 2015
Session 3 - Timed Finals - Warm-up 8:00am. Meet starts at 9:00am
Session 4 - Begins 10 minutes after session 3 is finished. Warm up and warm down pool is available during session 3.

- Pool/Timing:** Competition is in the Sunrise Civic Center Pool 50 meters x 25 yards heated outdoor pool. 8 short-course racing lanes will be used. Separate warm-up and warm down lanes will be available. Daktronics Timing System® will be used. The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start is at least 4'6" in accordance with 202.3.7 (C).
- 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. All sessions are timed finals for all swimmers.
- Eligibility:** Open to all current 2015 USA swimming registered athletes and foreign athletes 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
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.
There are no Qualifying Times. (**Meet Entry limit is 400 swimmers and/or to comply with the 4-hour rule.**)
- 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.
- 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 – coachsun1@aol.com
Dave Wathen (954) 747-4635
- Entry Deadline:** All entries must be received by **Wednesday, September 30, 2015, 6pm EST.**
Meet Entry limit is 400 swimmers and/or to comply with the 4-hour rule.
- Entry Limit/Procedure:** **Three events per session.** The 400 IM and 500 freestyle are positive check in events. Deadline for positive check-in is 10am. These events will be seeded fastest to slowest, and alternating girls and boys. They will be swum as open, but scored separately.
- PLEASE enter electronically, NO MAILED entries.
For electronic entries (CL or SDIF format only!!)
E-mail to mail to:coachsun1@aol.com
List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file.
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) 747-4635**

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

Deck Entries: THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes only on a first-come-first-serve basis. **COACHES ONLY, PLEASE.** Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswim.org. All deck entered swimmers must be current USA Swimming members in order to be entered.

Fees are **DOUBLE** the entry fee:
\$6.50 per individual event,
\$10 swimmer surcharge.
Cash only for deck seeds.

Entry Fees: \$ 3.25 per individual event
\$ 5.00 per swimmer
***Entry fees are made payable to “Sunrise Swimming Booster Club” (note: one check per team)**

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

Seeding: Eligible entries shall be seeded **Short Course yards only**

Awards: All events will be seeded as open, but scored separately.
1st thru 3rd place medals 4th thru 8th place ribbons will be awarded for the following age groups: 10&under, 11-12, 13&over

Head Referee: Yvette Kohanyi

Admin. Referee: Chris Kean

Meet Marshall: City of Sunrise Lifeguard Staff

Meet Director: Dave Wathen – coachsun1@aol.com – (954) 747-4635
Assistant

Meet Director: Christi Wathen (954) 747-4635

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: Admission - \$ 3.00 per session.
Heat Sheets - \$ 3.00 per session.

Information: Call the Sunrise Swimming office (954) 747-4635.

Saturday October 10, 2015

Session 1

Warm-up: 8:00 am Start: 9:00 am

EVENT #	EVENT
1&2	OPEN 200 IM
3&4	OPEN 100 FLY
5&6	OPEN 50 BACK
7&8	OPEN 200 BACK
9&10	OPEN 100 BREAST
11&12	GIRLS OPEN 50 FREE
13&14	OPEN 100 IM

SESSION 2 (BEGINS 10 MINUTES AFTER END OF SESSION 1)

15&16	400 IM
17&18	500 FREE

Sunday October 11, 2015

Session 3

Warm-up: 8:00 am Start: 9:00 am

EVENT#	EVENT
19&20	OPEN 200 FREE
21&22	OPEN 50 FLY
23&24	OPEN 200 FLY
25&26	OPEN 100 BACK
27&28	OPEN 50 BREAST
29&30	OPEN 200 BREAST
31&32	OPEN 100 FREE

SESSION 4 (BEGINS 10 MINUTES AFTER END OF SESSION 3)

33&34	1650 FREE
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**Meet director, with approval from the Age Group Chairman, 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.*