



**2016 Coral Springs Sprint Invitational
December 3 - 4, 2016**



- SANCTIONED BY:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. FGI120316CSSC-B-32
"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
- HOSTED 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:** 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:** **Saturday, December 3, 2016.**
Session I Warm up: 8:00 am Start of meet: 9:30 am
Sunday, December 4, 2016.
Session II Warm up: 8:00 am Start of meet: 9:30 am
***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:** 25 meters x 25 yards heated outdoor pool, 25 short-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 varies is 6.6 feet across.
- RULES:** 2016 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 and II are timed finals for all swimmers.
- 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.
- 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.”

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.

ELIGIBILITY: Open to all current 2016 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 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

DISABILITY ATHLETES: Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact our office: 954-340-5032 csscswimentries@gmail.com

ENTRY: All entries must be received by Wednesday, November 23, 2016.
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. *All other forms other than the standard above (SDIF or its equivalent) will be doubled the stated entry fee. Entries that are not conforming to USA Swimming SDIF include: Fax Entries, Free Text Emails, voice Entries, etc.**

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. Deadlines for deck entries is 30 min. before starts the meet. Policy can be seen at www.fgcswim.org . All deck entered swimmers must present current USA Swimming Card in order to be entered.

ENTRY LIMIT: **Individual events:** Four (4) individual events per swimmer per day.
Relay events: There is no limit of entries for relay events.

ENTRY FEES: **\$3.50 per individual event. Deck entry: \$7.00 per individual event.**
\$5.00 per relay. Deck entry: \$10.00 per relay

FACILITY SURCHARGE: **\$5.00 per swimmer; Deck entry: \$10.00 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: Use SCY times only for entries. All events will be seeded fastest to slowest.

AWARDS: **Individuals Event: Ind. Medals:** 1st – 3rd, ribbons 4th-8th for the following age groups: 8 & under; 9-10, 11-12 and 13 & 14, 15 & over age groups. Awards will be prepared for any swimmer aged 13 & over upon request only.
Relays: 1st place

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 2016 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: Alfie Trimble

MEET DIRECTOR: David Marks

ADMINISTRATOR OFFICIAL: Danica Schimansky

MEET COMMITTEE: A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues

ADMISSION: \$3.00 per session. Heat sheets: \$3.00 per session

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**
8:00 a.m. – 8:15 a.m. General Warm Up
Swimming and Pulling Only, Push Off
No Racing Starts
No Sprinting or Pace Work
8:45 a.m. – 9:15 a.m.
Controlled Warm Up
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 25 yards One Length.
Lane 3 Swimming and Pulling, Push Off
Lane 4 Swimming and Pulling, Push Off
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Racing Starts, 25 yards One Length
Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 40 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.
2. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
3. General Lanes - Circle swimming only (counter clockwise only).

NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

ORDER OF EVENTS

- Girls odd#, Boys even#

Saturday-Session 1

Warm up: 8:00am

Start of meet: 9:30am

Event #	Event	Age Group
1-2	50 backstroke	8 & under
3-4	100 Backstroke	9-10
5-6	100 Backstroke	11-12
7-8	100 Backstroke	13&over
9-10	50 Breaststroke	8 & under
11-12	50 Breaststroke	9-10
13-14	50 Breaststroke	11-12
15-16	50 Breaststroke	13&over
17-18	50 Freestyle	8 & under
19-20	50 Freestyle	9-10
21-22	50 Freestyle	11-12
23-24	50 Freestyle	13&over
25-26	50 Butterfly	8 & under
27-28	100 Butterfly	10&under
29-30	100 Butterfly	11-12
31-32	100 Butterfly	13&over
5 minute break		
33-34	200 Freestyle Relay	12 & under
35-36	200 Freestyle Relay	13 & over

Sunday –Session 2

Warm up: 8:00am

Start of meet: 9:30am

Event #	Event	Age Group
37-38	100 IM	8 & under
39-40	100 IM	9-10
41-42	100 IM	11-12
43-44	100 IM	13&over
45-46	50 Back	9-10
47-48	50 Back	11-12
49-50	50 Back	13&Over
51-52	100 Breast	9-10
53-54	100 Breast	11-12
55-56	100 Breast	13&Over
57-58	100 Free	8 & under
59-60	100 Free	9-10
61-62	100 Free	11-12
63-64	100 Free	13&Over
65-66	50 Butterfly	9-10
67-68	50 Butterfly	11-12
69-70	50 Butterfly	13&Over
5 minute break		
71-72	200 Medley Relay	12 & under
73-74	200 Medley Relay	13 & over