



2016 FG Senior Championships (LCM)
Coral Springs, FL – July 22 - 24, 2016



- SANCTIONED BY:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGSR072216CS-1**
In granting this approval it is understood and agreed that USA Swimming/Florida Gold Coast and the Coral Springs Swim Club and the Coral Springs Swim Club 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.
- SPONSORED BY:** Coral Springs Swim Club, Coral Springs Aquatic Complex
- 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.
- DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than 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.”
- 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 that have achieved the meet qualifying time standards and with proper travel credentials who have been invited by USA Swimming. Qualifying times must be achieved between July 18, 2014 and July 17, 2016. 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.
- TYPE OF MEET:** 50 meter Long Course: Timed Finals. Prelims/ Consolation and Championship Finals; Championship Final will follow the Consolation Final.
- DISABILITY ATHLETES:** FG and host clubs along with their Meet Referees are committed to the FG Inclusion Guidelines for Policy for Disability Swimming. Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete’s coach) is also responsible for notifying the session referee of any disability prior to the competition. All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangement at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – 954-340-5032 – csscswimentries@gmail.com
- 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).

DATE & TIME:

Friday, July 22, 2016.

Session I - Prelims: Warm up: 7:00am Start of meet: 8:30am

Session II - Finals: Warm up: 3:30pm Start of meet: 5:00pm

Saturday, July 23, 2016.

Session III - Prelims: Warm up: 7:00am Start of meet: 8:30am

Session IV – Finals: Warm up: 3:30pm Start of meet: 5:00pm

Sunday, July 24, 2016.

Session V – Prelims: Warm up: 7:00am Start of meet: 8:30am

Session VI – Finals: Warm up 3:30pm Start of meet: 5:00pm

***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 Senior Chair approval.**

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)

ENTRIES:

Online Meet Entry: Entries will be processed using the USA Swimming (OME) only. Access this entry system from the USA Swimming website at the address www.usaswimming.org/ome . Log in, select “Enter Team”. Only one account may be used to enter a team. Paper, fax, and email entries will not be accepted.

OME HELP:

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 the address <http://www.usaswimming.org/ome>. Log in and select “Enter Team”. Only one account may be used to enter a team. Paper, FAX, and Email entries will not be accepted.

If you need assistance doing your entries using OME, please contact Jaime Lewis from USA Swimming at jlewis@usaswimming.org.

Individual Entries: All times that have been achieved during the qualifying date range will be displayed in OME. Any of the times displayed may be selected for entry. Swimmers who have achieved a time not displayed in OME may enter an “Override Time”. Override times must include the meet name and date the time was achieved. Override times must be proven in order to be seeded. Unproven Override Times will be annotated with an asterisk (*) on the meet psych sheet (Entry List). Proof of asterisk (*) submitted times must be provided to David Hammond at fgcntv@gmail.com by 6:00pm – July 19th, 2016 in order to be seeded. 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. CONVERTED TIMES ARE NOT PERMITTED.

Relay Entries: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. Teams are encouraged to enter a “Team” time from OME (one that is displayed) or an “Override Time”. It is not necessary to build aggregate relays. If using an override time, in the meet name put the word “ENTRY”, and in the date field, put the current date.

ATTENTION TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the entry deadline to the FG Registration Chairman.

ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that 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 select "Enter Individual."

Laura Azevedo – Coral Springs Swim Club – office: 954-340-5032/ email: azevedolaura@hotmail.com

ENTRY DEADLINE: Entries Open – (noon) 12:00pm EST – Monday, June 20, 2016
Entries Close – 6:00pm EST – Monday, July 18, 2016
Online payment is not permitted for this meet.

SEEDING: Eligible entries shall be seeded in the following order – Long Course Meters, followed by Short Course Meters, followed by Short Course Yards. All events will be seeded fastest to slowest.

ENTRY FEES: **\$6.00 per individual event.** **Deck entry: \$12.00 per individual event.**
\$8.00 per relay team. **Deck entry: \$16.00 per relay team.**
\$10.00 per swimmer surcharge. **Deck entry: \$20.00 per swimmer surcharge.**

REFUNDS: *Entry fees are made payable to "CSSC"(note: one check per team)
Once the team or individual entry has been received and processed, there will be no refunds in full or in part.

RELAY ONLY: Adding a relay-only swimmer to you entry after the deadline will double swimmer surcharge fee to \$20.00. Cash only.

ENTRY LIMIT: Individual events: Three (3) individual events per swimmer per day.
Relay events: 200 & 400 relays, teams may enter "A" & "B" relay teams only/
800 Free Relay – "A" Team only.

DECK ENTRIES: THE FGC DECK SEED POLICY WILL BE IN EFFECT. NOTE: A Hard copy of meet results with "proof of times" or a copy of times from the USA Swimming database must be presented with the deck entry. Coaches will not be permitted to use the meet host computers for proof of times. Please come prepared with your deck seeds. Coaches must pay for deck seeds prior to being deck seeded. NOTE: CASH ONLY will be accepted for deck seeds. 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.

AWARDS: **Individuals Events & Relays:** Ind. 1st – 3rd; Relays 1st place team
Individual High Point: 15-16 Women & Men High Point – 1st – 3rd
Open Women & Men High Point – 1st – 3rd
Overall Team Award: Combined 1st – 3rd

BONUS EVENTS: Bonus swims will be available as follows for 15 and Over Florida Gold Coast swimmers ONLY.
Swimmers qualified in:

- One event may swim up to one bonus events.
- Two events may swim up to two bonus events.
- Three events may swim up to three bonus events.

Bonus events are subjected to meet rules on limitations for each day and the meet.
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. Swimmers from outside the Florida Gold Coast may not swim bonus events. Bonus events do NOT include 400 free, 400 IM or 1500 Free

50's AND 100's: 15 and Over FGC Team members are not required to achieve the Senior Championships time standards in the 50's strokes or freestyle in order to participate in any of those events. Swimmers that have not achieved the time standard must enter those events as "bonus events".

15 and Over FGC Team members may enter for up to two (2) 100 events without having achieved the Senior Championships time standards. Swimmers that have not achieved the time standard must enter those events as "bonus events"

DISTANCE EVENTS: Friday's 400 free, Saturday's 400 IM and Sunday's 1500 free are positive check-in events swum as timed finals. The Top 8 swimmers checked in will swim in finals at night. 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 swim by the check-in deadline. In the morning, the 400 free, 400 IM and 1500 free will be seeded fastest to slowest, alternating women and men. Positive check in events' deadline is 9:30am at the day of the race. Any swimmer that is checked-in and does not show up will be fined **\$25.00 Cash Only**. Swimmer will be eligible to continue competing in the meet upon payment of the fine. (1500 Freestyles will start 10 minutes following the 200 IM.) For the 1500 free, all age groups will swim together and scored separately.

NOTE: 1500 Freestyle swimmers must supply their own counters and timers.

FINALS: Any swimmer who competes in a preliminary heat and qualifies to the Consolation Final or Championship Final, must declare his/her possible intention to scratch within thirty (30) minutes of announcement or posting of the preliminary results of that event and further declare their final intentions within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing on the preliminary results maintained by the Clerk of Course. "Failure to Swim" Consolation or Championship Finals or positive check-in event will result in the swimmer being fined **\$25.00 (cash only)**. Upon payment of fine, the swimmer will be eligible to continue competing in the meet. In case of missing a Sunday night final, payment of **\$25.00 (cash only)** must be made in order to compete in future FGC Senior Championship meets.

A swimmer not in originally announced or posted in Consolation Final or Championship Finals is moved into final due to the scratch of another swimmers will not be penalized for failing to swim in that final. Swimmers within the top 40 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.

The Championship Finals will follow the Consolation Final

Note: 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 for the alternate.

Note: Scratches must be done by the individuals' coach. "Team" scratches are not accepted.

Note: In addition to the swimmers required to scratch if they are not going to swim in the finals, all swimmers who do not plan to swim in the finals are strongly urged to scratch, especially swimmers who finished the preliminary events in places 21-40.

POSITIVE CHECK-IN: Positive check-in is required to be seeded in the following events: The 400 freestyle, 400 IM and 1500 Freestyle. "Failure to Swim" a positive check-in event will result in the swimmer being fined \$25.00 (cash only). Upon payment of fine, the swimmer will be eligible to continue competing in the meet. Deadline for check-in events is 9:30am.

SCORING: Championship Finals –20,17,16,15,14,13,12,11
Consolation Finals – 9,7,6,5,4,3,2,1;
Relays –40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

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

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: Dave Marks – 954-340-5032

ADMIN. 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.

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
No Racing Starts, No Sprinting or Pace Work

Controlled Warm Up

Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 50 meters 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, 50 meters One Length
Lane 8 Pace, 50 and 100 Circle Swim, Push Off

Finals, Warm up: 3:30 pm – 4:15 pm / General Warm-up - See Above.
4:15 pm – 4:55 pm / Controlled Warm-up – See Above
4:25 pm - 4:55pm / Sprint lanes

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#

Friday, July 22, 2016

Prelims: Warm up 7:00 a.m. –

Meet Starts at 8:30 a.m.

FRIDAY PRELIMS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
3	2:46.19	2:42.19	2:27.19	15-16 200 Backstroke	2:13.59	2:26.99	2:30.99	4
5	2:46.19	2:42.19	2:27.19	Open 200 Backstroke	2:13.59	2:26.99	2:30.99	6
7	1:07.19	1:05.19	59.79	15-16 100 Freestyle	53.79	58.99	1:00.99	8
9	1:07.19	1:05.19	59.79	Open 100 Freestyle	53.79	58.99	1:00.99	10
11	2:40.39	2:36.39	2:23.49	15-16 200 Butterfly	2:11.59	2:25.99	2:29.99	12
13	2:40.39	2:36.39	2:23.49	Open 200 Butterfly	2:11.59	2:25.99	2:29.99	14
15	41.29	40.29	35.59	15-16 50 Breaststroke	32.79	35.99	36.99	16
17	41.29	40.29	35.59	Open 50 Breaststroke	32.79	35.99	36.99	18
10 minute break, if necessary								
19	4:55.29	4:47.29	5:31.59	15-16 400 Freestyle	5:09.89	4:30.39	4:38.39	20
21	4:55.29	4:47.29	5:31.59	Open 400 Freestyle	5:09.89	4:30.39	4:38.39	22

ORDER OF EVENTS

- Girls odd#, Boys even#

Friday, July 22, 2016

Finals: Warm up 3:30 pm. –

Meet Starts at 5:00 p.m.

FRIDAY FINALS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
1	N/A	N/A	N/A	Open 200 Freestyle Relay	N/A	N/A	N/A	2
5 minute break; if necessary								
3	2:46.19	2:42.19	2:27.19	15-16 200 Backstroke	2:13.59	2:26.99	2:30.99	4
5	2:46.19	2:42.19	2:27.19	Open 200 Backstroke	2:13.59	2:26.99	2:30.99	6
7	1:07.19	1:05.19	59.79	15-16 100 Freestyle	53.79	58.99	1:00.99	8
9	1:07.19	1:05.19	59.79	Open 100 Freestyle	53.79	58.99	1:00.99	10
11	2:40.39	2:36.39	2:23.49	15-16 200 Butterfly	2:11.59	2:25.99	2:29.99	12
13	2:40.39	2:36.39	2:23.49	Open 200 Butterfly	2:11.59	2:25.99	2:29.99	14
15	41.29	40.29	35.59	15-16 50 Breaststroke	32.79	35.99	36.99	16
17	41.29	40.29	35.59	Open 50 Breaststroke	32.79	35.99	36.99	18
10 minute break, if necessary								
19	4:55.29	4:47.29	5:31.59	15-16 400 Freestyle	5:09.89	4:30.39	4:38.39	20
21	4:55.29	4:47.29	5:31.59	Open 400 Freestyle	5:09.89	4:30.39	4:38.39	22
5 minute break if necessary								
23	N/A	N/A	N/A	Open 400 Freestyle Relay	N/A	N/A	N/A	24

Saturday, July 23, 2016

Prelims: Warm up 7:00 a.m. –

Meet Starts at 8:30 a.m.

SATURDAY PRELIMS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
25	2:22.49	2:18.49	2:07.29	15-16 200 Freestyle	1:54.79	2:07.59	2:11.59	26
27	2:22.49	2:18.49	2:07.29	Open 200 Freestyle	1:54.79	2:07.59	2:11.59	28
29	36.99	36.39	31.59	15-16 50 Backstroke	29.09	33.49	34.09	30
31	36.99	36.39	31.59	Open 50 Backstroke	29.09	33.49	34.09	32
33	3:11.39	3:07.39	2:47.69	15-16 200 Breaststroke	2:33.09	2:51.79	2:55.79	34
35	3:11.39	3:07.39	2:47.69	Open 200 Breaststroke	2:33.09	2:51.79	2:55.79	36
37	1:12.89	1:10.89	1:04.59	15-16 100 Butterfly	58.59	1:03.39	1:05.39	38
39	1:12.89	1:10.89	1:04.59	Open 100 Butterfly	58.59	1:03.39	1:05.39	40
10 minute break if necessary								
41	5:42.39	5:34.39	5:02.29	15-16 400 IM	4:48.79	5:13.49	5:21.49	42
43	5:42.39	5:34.39	5:02.29	Open 400IM	4:44.79	5:09.49	5:17.49	44

Saturday, July 23, 2016

Finals: Warm up 3:30 pm. –

Meet Starts at 5:00 p.m.

SATURDAY FINALS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
25	2:22.49	2:18.49	2:07.29	15-16 200 Freestyle	1:54.79	2:07.59	2:11.59	26
27	2:22.49	2:18.49	2:07.29	Open 200 Freestyle	1:54.79	2:07.59	2:11.59	28
29	36.99	36.39	31.59	15-16 50 Backstroke	29.09	33.49	34.09	30
31	36.99	36.39	31.59	Open 50 Backstroke	29.09	33.49	34.09	32
33	3:11.39	3:07.39	2:47.69	15-16 200 Breaststroke	2:33.09	2:51.79	2:55.79	34
35	3:11.39	3:07.39	2:47.69	Open 200 Breaststroke	2:33.09	2:51.79	2:55.79	36
37	1:12.89	1:10.89	1:04.59	15-16 100 Butterfly	58.59	1:03.39	1:05.39	38
39	1:12.89	1:10.89	1:04.59	Open 100 Butterfly	58.59	1:03.39	1:05.39	40
10 minute break; if necessary								
41	5:42.39	5:34.39	5:02.29	15-16 400 IM	4:48.79	5:13.49	5:21.49	42
43	5:42.39	5:34.39	5:02.29	Open 400IM	4:44.79	5:09.49	5:17.49	44
5 minute break if necessary								
45	N/A	N/A	N/A	Open 800 Freestyle Relay	N/A	N/A	N/A	46

Sunday, July 24, 2016

Prelims: Warm up 7:00 a.m. –

Meet Starts at 8:30 a.m.

SUNDAY PRELIMS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
49	1:18.49	1:16.49	1:08.89	15-16 100 Backstroke	1:00.59	1:08.29	1:10.29	50
51	1:18.49	1:16.49	1:08.89	Open 100 Backstroke	1:00.59	1:08.29	1:10.29	52
53	35.39	34.69	31.09	15-16 50 Butterfly	28.09	30.19	30.89	54
55	35.39	34.69	31.09	Open 50 Butterfly	28.09	30.19	30.89	56
57	1:28.79	1:26.79	1:16.89	15-16 100 Breaststroke	1:09.09	1:16.49	1:18.49	58
59	1:28.79	1:26.79	1:16.89	Open 100 Breaststroke	1:09.09	1:16.49	1:18.49	60
61	31.39	30.39	27.89	15-16 50 Freestyle	24.79	27.19	28.19	62
63	31.39	30.39	27.89	Open 50 Freestyle	24.79	27.19	28.19	64
65	2:41.89	2:37.89	2:22.49	15-16 200 IM	2:10.79	2:24.19	2:28.19	66
67	2:41.89	2:37.89	2:22.49	Open 200 IM	2:10.79	2:24.19	2:28.19	68
10 minute break; if necessary								
69	19:43.09	19:13.09	19:21.79	15-16/ Open 1500 Freestyle	18:10.99	17:59.99	18:29.99	70

Sunday, July 24, 2016

Finals: Warm up 3:30 pm. –

Meet Starts at 5:00 p.m.

SUNDAY FINALS – ORDER OF EVENTS

Event #	Women LCM	Women SCM	Women SCY	Event	Men SCY	Men SCM	Men LCM	Event #
47	N/A	N/A	N/A	Open 200 Medley Relay	N/A	N/A	N/A	48
5 minute break; if necessary								
49	1:18.49	1:16.49	1:08.89	15-16 100 Backstroke	1:00.59	1:08.29	1:10.29	50
51	1:18.49	1:16.49	1:08.89	Open 100 Backstroke	1:00.59	1:08.29	1:10.29	52
69	19:43.09	19:13.09	19:21.79	15-16/ Open 1500 Freestyle	N/A	N/A	N/A	
53	35.39	34.69	31.09	15-16 50 Butterfly	28.09	30.19	30.89	54
55	35.39	34.69	31.09	Open 50 Butterfly	28.09	30.19	30.89	56
57	1:28.79	1:26.79	1:16.89	15-16 100 Breaststroke	1:09.09	1:16.49	1:18.49	58
59	1:28.79	1:26.79	1:16.89	Open 100 Breaststroke	1:09.09	1:16.49	1:18.49	60
	N/A	N/A	N/A	15-16/ Open 1500 Freestyle	18:10.99	17:59.99	18:29.99	70
61	31.39	30.39	27.89	15-16 50 Freestyle	24.79	27.19	28.19	62
63	31.39	30.39	27.89	Open 50 Freestyle	24.79	27.19	28.19	64
65	2:41.89	2:37.89	2:22.49	15-16 200 IM	2:10.79	2:24.19	2:28.19	66
67	2:41.89	2:37.89	2:22.49	Open 200 IM	2:10.79	2:24.19	2:28.19	68
5 minute break; if necessary								
71	N/A	N/A	N/A	Open 400 Medley Relay	N/A	N/A	N/A	72

2016 – Senior Championships Time Trials

Long Course

Sanction # FGSR072216CS-1

Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.

Sponsored by: Coral Springs Swim Club

Dates and Time: Friday – July 22, 2016 - 15 minutes after the conclusion of prelims.
Saturday, July 23, 2016 - 15 minutes after the conclusion of prelims.

Course/Timing: One 50m x 25y. Competition course 8 lanes 50 meters. The second 25y x 25m may be used for warm-up/warm-down lanes. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring.

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the 2016 Senior Championships. Swimmers not in the 2016 Senior Championships can swim 3 events per day.

Entry Fees: \$10.00 per Individual Event - \$20.00 per relay.

Entries: Entry cards will be filled out on deck. Entries will close 15 minutes prior to the end of the session.

Eligibility: Open to all current registered USA Swimming athletes. (And swimmers entered in the 2016 Senior Championships who do not exceed the event entry limit for the day).

Awards: None (other than fast times and satisfaction).

Location: Coral Springs Swim Club

Directions: Coral Springs Aquatic Complex: If taking 1-95, 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 Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 Mile)

Referee: Alfie Trimble

Information: Bruno Darzi

2016
Senior Championships Time Trials

Long Course

Sanction# FGSR072216CS-1

ORDER OF EVENTS

Events – 200 & 300 Series Event Numbers

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	400 Free
9-10	50 Back
11-12	100 Back
13-14	200 Back
15-16	50 Breast
17-18	100 Breast
19-20	200 Breast
21-22	50 Fly
23-24	100 Fly
25-26	200 Fly
27-28	200 IM
29-30	400 IM
31-32	200 Freestyle relay
33-34	200 Medley relay
35-36	400 Freestyle relay
37-38	400 Medley relay
39-40	800 Freestyle relay

Hotels in Coral Springs



[Courtyard Marriott](#)
620 N. University Drive
Coral Springs, FL 33071
Myra Tashman – 954-227-1300
Jenna Nichols – 954-227-1300



[Coral Springs Marriott](#)
11775 Heron Bay Boulevard
Coral Springs, FL 33076
Dan Davidson - 954-227-4120

Hotels in Deerfield



[Best Western](#)
1050 E. Newport Center Drive
Deerfield Beach, Florida 33442
Jackie Cohl – 954-570-8888 ext 571



BY CHOICE HOTELS
[Comfort Suites](#)
1040 E. Newport Center Dr
Deerfield Beach, FL, US, 33442
Jackie Cohl – 954-570-8888 ext 571



[Hilton](#)
Deerfield Beach / Boca Raton
[Hilton](#)
100 Fairway Drive
Deerfield Beach, FL 33441
Jennifer Petigrow – 954-422-1798

Hotels in Deerfield on the Beach



[Wyndham Deerfield Beach Resort](#)
2096 Northeast 2nd St.
Deerfield Beach, FL 33441-3807
Contact: Margie Osborn
(954)428-2850 ext. 7103



[Embassy Suites](#)
950 S. Ocean Dr.
Deerfield Beach, FL 33441
Contact: Sharena Powell
(954)312-2029

Hotels in Tamarac, Sunrise and Plantation

 <p>Quality Inn Sawgrass Center 1711 N. University Dr. Plantation (Ft. Lauderdale), FL, US, 33322 Norma Alchae – 954-556-8200</p>	 <p>4499 W. Commercial Blvd. Tamarac, FL 33319 Contact: Juanita Landreneau (954)735-7575</p>	 <p>1701 N. University Dr. Plantation (Ft. Lauderdale), FL 33322 Contact: Dorothy Mclean (954)472-5600</p>
 <p>Holiday Inn Hotel & Suite Fort Lauderdale/Sunrise 3003 N. University Drive Sunrise, FL, 33322 Jim Mullins – 954-748-7000</p>	 <p>Crowne Plaza 13400 W. Sunrise Blvd. Sunrise, FL, 33323 Linda Huffstetler – 954-835-3606</p>	 <p>Hampton Inn Suites 5701 Madison Avenue Tamarac, Florida, USA 33321 Carol Montoya – 954-724-7115</p>

Hotels in Fort Lauderdale

 <p>HYATT PLACE 1851 SE 10th Ave. Fort Lauderdale, FL 33316 Contact: Jodie Linhart (954)370-2220 ext. 7197</p>	 <p>5001 North Federal Hwy. Fort Lauderdale, FL 33308 Contact: Maria Vigil (954)771-0440</p>	 <p>1100 SE 17th St. Fort Lauderdale, FL 33316 Contact: Villette Carter (954)315-1324</p>
 <p>Sheraton HOTELS & RESORTS 555 N.W. 62nd St. Fort Lauderdale, FL 33309 Contact: Mandy Bosley (954)772-5400</p>	 <p>400 Corporate Dr. Fort Lauderdale, FL 33334 Contact: Terri Cunningham (954)351-2404</p>	 <p>RODEWAY INN & SUITES BY CHOICE HOTELS[®] 2440 West State Road 84 Fort Lauderdale, FL 33312 Contact: Joan Krever (954)792-8181</p>
	 <p>1200 S. Ocean Blvd. Pompano Beach/ Ft. Lauderdale, FL</p>	 <p>440 Seabreeze Boulevard</p>

720 East Cypress Creek Road
Fort Lauderdale, FL 33334

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