



FRIDAY 'FIRECRACKER 400's' April 29, 2016
IMR PENTATHLON Challenge April 30 & May 1, 2016
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. FGI042916SUN-B-18
- Sponsored by:** The City of Sunrise, Sunrise Swimming, and the Sunrise Booster Club.
- Location:** *Sunrise Civic Center*
10610 West Oakland Park Blvd.
Sunrise, FL. 33351.
- Date & Time:** **April 29, 2016**
Session I - Timed Finals - Warm-up at 4:30 pm. Meet starts at 5:30 pm.
- April 30, 2016**
Session II – Timed Finals - Warm-up 8:00am. Meet starts at 9:00am
- May 1, 2016**
Session III – Timed Finals - Warm-up 8:00am. Meet starts at 9:00am
- Pool/Timing:** Competition is in the Civic Center Pool 50 meters x 25 yards heated outdoor pool. **6 long-course** racing lanes with separate warm-up and warm down lane 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 is 4'6" in accordance with 202.3.7 (C).
- 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.
- 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. All sessions are timed finals for all swimmers.
- 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
- 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 will be the team that puts the sessions at the USA swimming 4 hour rule.**)
- 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, April 20, 2016. 8pm EST.**
- Entry Limit:** Friday night: 2 events. Saturday: 3 events. Sunday: 2 events.
- Entry Procedure:** PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to <mailto:coachsun1@aol.com>. Electronic mail confirmation will be sent within 48 hours after receipt of file. Non-electronic entries are not accepted.
- **Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at (954) 747-4635
- Entry Fees:** \$ 3.25 per individual event
\$ 5.00 per swimmer surcharge
***Entry fees are made payable to “Sunrise Swimming Booster Club” (note: one check per team).
Bring check to meet or mail to PO BOX 450205, Sunrise, FL 33345**
- 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 present current USA Swimming Card in order to be entered.
***Deck entry fees are DOUBLE the entry fees, CASH ONLY:
\$10 swimmer surcharge; \$6.50 per individual event.***
- 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 Long course meters
- Distance Events:** The 400 IM and 400 FR are positive check in. These events are timed finals and will be swum together alternating women than men, fastest to slowest. Check-in: 400 IM & 400 FR – closes at 5:00 pm. Friday night.
- Scoring:** All events will be swum together, but scored separately.
- FRIDAY NIGHT FIRECRACKER 400'S WILL NOT BE USED FOR IMR SCORING**
- Scoring for IMR sessions: The HY-TEK special scoring system will be used. Swimmers missing their events, disqualifications or medical scratches will receive zero points. Scoring and awards will be determined according to the following age grouping male & female:
9&U/ 10yr / 11yr /12yr / 13yr/14yr / 15yr/16yr / 17 and older
- Awards:** Friday Night “Firecracker 400's”
Ribbons 1-3 Single age

IMR Pentathlon Challenge: T-Shirts top 3 scorers per single age.
- Admission:** Admission - \$ 3.00 per session.
Heat Sheets - \$ 3.00 per session.
- Concessions:** Concession stand will be open for all sessions.
- Hospitality:** Refreshments and hospitality for coaches/officials/volunteers will be available.
- Head Referee:** **Yvette Kohanyi**
- Admin Referee:** **Amy Trodick**
- 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.

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

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

Friday April 29, 2016
Friday Night "Firecracker 400's"
Friday – Session 1
Warm-up: 4:30 pm. Start: 5:30 pm.

EVENT#	EVENT
1	GIRLS OPEN 400 METER FREESTYLE
2	BOYS OPEN 400 METER FREESTYLE
3	GIRLS OPEN 400 METER IM
4	BOYS OPEN 400 METER IM

Saturday April 30, 2016
IMR Challenge
Saturday–Session 2
Warm-up: 8:00 am. Start: 9:00 am.

Event #	Event
5 & 6	13 AND OVER 100 METER FLY
7 & 8	12 AND UNDER 50 METER FLY
9 & 10	13 AND OVER 100 METER BREAST
11 & 12	12 AND UNDER 50 METER BREAST
13 & 14	13 AND OVER 100 METER BACK
15 & 16	12 AND UNDER 50 METER BACK

Sunday May 1, 2016
IMR Challenge
Sunday–Session 3
Warm-up: 8:00 am. Start: 9:00 am.

Event #	Event
17 & 18	11 AND OVER 200 FREE
19 & 20	10 AND UNDER 100 FREE
21 & 22	OPEN 200 IM