



**FRIDAY 'FIRECRACKER 400's' April 28, 2017**  
**IMR PENTATHLON Challenge April 29 & 30, 2017**  
*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. **FGI042817SUN-B-10**

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

**Conditions of Sanction:**

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). The copy of such certification is on file with 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.

**Sponsored 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:** **April 28, 2017**  
**Session I** - Timed Finals - Warm-up at 4:30 pm. Meet starts at 5:30 pm.

**April 29, 2017**  
**Session II** – Timed Finals - Warm-up 8:00am. Meet starts at 9:00am

**April 30, 2017**  
**Session III** – Timed Finals - Warm-up 8:00am. Meet starts at 9:00am

\*\*The meet director reserves the right to change meet warm-up and start times in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.\*\*

- Pool/Timing:** Competition is in the Civic Center Pool 50 meters x 25 yards heated outdoor pool. 7 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.
- 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.
- Rules:** 2017 USA Swimming and FGC rules will govern this meet. 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.
- 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.  
Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
- Eligibility:** Open to all current 2017 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](mailto:coachsun1@aol.com) Dave Wathen (954) 747-4635
- Deck Change:** Changing, in part or whole, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition or other pool-related activity is strictly prohibited.

- Entry Deadline:** All entries must be received by **Wednesday, April 19, 2017. 8pm EST.**
- Entry Limit:** Friday night: 2 events. Saturday: 3 events. Sunday: 2 events.  
**\*\*Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule\*\***
- 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:** \$ 3.50 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](http://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; \$7.00 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:** Scott Shearer

**Admin Referee:** Amy Trodick

**Meet Marshall:** City of Sunrise Lifeguard Staff

**Meet Director:** Dave Wathen – [coachsun1@aol.com](mailto: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.

**Friday April 28, 2017**  
**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 29, 2017**  
**IMR Challenge**  
**Saturday–Session 2**  
**Warm-up: 8:00 am. Start: 9:00 am.**

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

**Sunday April 30, 2017**  
**IMR Challenge**  
**Sunday–Session 3**  
**Warm-up: 8:00 am. Start: 9:00 am.**

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