

**Florida Gold Coast Junior Olympic
Short Course Championships
March 10, 12-14 2010
Sanction# 031410-FGC1**

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 031410-FGC1

Sponsored By: Coral Springs Swim Club

Location: Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

Rules: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet.
Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.

Pool: Two 25 yard pools will be used for competition and plenty of warm-up/warm-down lanes will be provided. Competition – Short Course Yards. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring. Pools will be assigned based on number of entries received per gender.. All finals will be swum in the west pool – 10 lanes. The competition course has been certified in accordance with article 104.2.2C(4) of the USA Swimming Rule Book . A copy of such certification is on file with USA Swimming.

Dates & Times: Session I – Timed Finals- Wednesday – March 10, 2010. Warm-up 3:30pm Meet starts 5:00pm (1650)

Session II – Prelims - Friday – March 12, 2010. Warm-up 7:30 am. Meet starts 9:00 am. West/East Pool
Session III –Finals – Friday – March 12, 2010. Warm-up 3:00 pm-West pool. Final two heats of 1000 Free start at 4:15pm - Remaining Finals Start at 5:10 pm-West pool

Session IV - Prelims- Saturday – March 13, 2010. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session V - Prelims- Saturday – March 13, 2010. Warm-up 3:30 pm. Meet starts 5:00 pm. West pool

Session VI - Prelims- Sunday – March 14, 2010. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session VII–Finals – Sunday – March 14, 2010. Warm-up 3:30 pm. Finals Start 5:00 pm. – West pool

NOTE: With the approval of the Age Group Chair, meet management reserves the right to adjust start time times of sessions to ensure an efficient meet.

Eligibility: Open to all **14 & Under**, 2010 Florida Gold Coast registered athletes that have achieved the Qualifying times. Swimmers will qualify for the meet by attaining the Junior Olympic Qualifying times during the period **3/10/08- 3/10/10**. **The time must be in the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded. All swimmers must have achieved the qualifying time to be eligible for the meet with the following exceptions:**

Disability: 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.

Entry Deadline: Entries Open- 12:00PM EST – Monday – February 22, 2010
Entries Close- 12:00PM EST - Monday – March 8, 2010

Entry Limit: **Individual Events:** Seven (7) individual events for the meet but and no more than three (3) individual events per day.

Relays: Two (2) per team per event. All Relays on Friday and Saturday will take place in the Finals sessions. All Sunday relays will compete in the preliminary session.

On-Line Meet Entry:

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**.

OME HELP: Jay Thomas FG Swimming 954-873-3370 – jayfthomas@comcast.net

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Conforming and Non Conforming times will be used for entry – Short Course Yards then Short Course Meters then Long Course Meters- HY-TEK – YSL

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 the National Times Coordinator by 5:00pm – March 8th 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.”

Late Entries: Late entries will be accepted for this meet for swimmers / relays which otherwise meet all eligibility and entry requirements. Qualifying times must have been achieved by the entry deadline. Late entries will only be accepted on-site beginning at the start of registration and through the scratch deadline for the event (s) in question. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. Swimmers must be prepared to provide proof of submitted time for all late entries. Entry fees for late entries will be double entry fee and double the athlete surcharge (if any). As a courtesy to meet management, coaches and swimmers are strongly encouraged to process late entries as early as possible in the meet registration process.

Entry Fees: **Entry Fees:** \$4.00 – Individual Event \$8.00 – Relay Event \$7.50 – per swimmer surcharge
The preferred method of payment for the Meet Entry is a check payable to: **Coral Springs Swim Club.** Teams that will be paying via check or cash must contact Jay Thomas- Entry Coordinator by phone 954-873-3370 or email jaythomas@comcast.net in order for the entries to be accepted.

Seeding: Eligible entries shall be seeded in the following order- Short Course Yards, followed by Short Course Meters, followed by Long Course Meters

Finals: Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event.

Scoring: Individual: 11-9-8-7-6-5-4-3-2-1
Relay: 22-18-16-14-12-10-8-6-4-2

Awards: Individual Events: Medals 1st – 10th
Relay Events: Medals 1st
Team Awards: Overall Team Championship 1st – 3rd
Age Group Team awards: 1st place for each age group and sex
Individual High Point Awards: Top 3 in each age group & sex

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Distance Events: Wednesday's 1650 Freestyle (11-14) will be swum as timed finals. All ages swum together, scored separately (11-12, 13-14) Any swimmer that is checked-in and does not show up will be barred from their next event and fined \$25.

Friday's 1000 Free is swum as timed finals, swum together and scored separately. The overall top 10 female and male swimmers will swim on Friday night starting at 4:15 PM before the rest of the finals, which will start at 5:10pm. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. **IN OME – ENTER AN OVERRIDE TIME – IN THE MEET FIELD – PUT “PRELIM SWIM”, IN THE DATE FIELD – PUT THE DATE OF ENTRY.** The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

Saturday's 500 Free and Saturday's 400 IM are swum as timed finals, swum together and scored separately. The top 10 swimmers in each age group (10 & under, 11-12, 13-14 for the 500 Free); (11-12, 13-14 for the 400IM) will swim at night, all others with the preliminaries. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. **IN OME – ENTER AN OVERRIDE TIME – IN THE MEET FIELD – PUT “PRELIM SWIM”, IN THE DATE FIELD – PUT THE DATE OF ENTRY.** The top 10 swimmers checked-in will swim in finals. Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next event and fined \$25.

Check In: Positive check in for the 1650 Freestyle, 1000 Freestyle, 800 Freestyle Relay, 500 Freestyle and 400 IM will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-In Closing Time</u>
1650 Free	11-12/13-14	Wednesday	4:00 PM
1000 Free	11-12/13-14	Friday	10:00 AM
800 Fr Relay	13-14	Friday	6:00 PM
500 Free	10 & Under/11-12/13-14	Saturday	10:00 AM
400 IM	11-12/13-14	Sunday	10:00 AM

Admission: \$2.00 each session. Heat Sheet -\$2.00 each session

Concessions: Concession stand will be open for all sessions.

Hospitality: Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet.

Meet Info: Updates to meet information as well as Time Lines and Psyche Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at www.csscswim.com

Referee: Beth Wilkerson

Meet Marshall: Charlie Gumula

Meet Director: Bruno Darzi

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)

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Order of Events

KEY – P – Positive Check-in
S – Special Seeding–All ages seeded and swum together - scored separately
SS-Super Seeded – All ages swum together, scored separately, fastest 10 in each age group swimming in finals.
T – Timed Final –
F – Swum Fastest to Slowest alternating women and men.
F1 – Same as F plus fastest 10 in each age group swimming in finals.
 *All Relays on Friday and Saturday will take place in Finals / All Relays Sunday are in Preliminaries

Wednesday, March 10, 2010- Timed Finals Warm-up 3:30pm Meet Start: 5:00pm

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
1	23:09.79	22:18.09	22:17.09	11-12	1650 Free - P/S/T/F	22:17.09	22:18.09	23:09.79	2
3	19:48.09	19:14.89	19:21.69	13-14	1650 Free P/S/T/F	19:21.69	19:14.89	19:48.09	4

Friday, March 12, 2010

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
5	--	--	--	13-14	200 Fr Relay T*	--	--	--	6
7	3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	8
9	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	10
11	1:49.49	1:45.19	1:35.39	10&Uner	100 Breast	1:38.89	1:49.19	1:52.89	12
13	1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	14
15	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	16
17	3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	18
19	2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	20
21	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	22
23	1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	24
25	1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	26
27	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	28
29	44.69	43.19	39.19	10&Under	50 Back	39.59	45.59	44.89	30
31	40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99	32
33	100	Back	Cut	13-14	50 Back	100	Back	Cut	34
35	11:59.39	11:35.29	13:14.69	11-12	1000 Free P/T/S/F1	13:14.69	11:35.29	11:59.39	36
37	10:20.99	10:10.29	11:37.29	13-14	1000 Free P/T/S/F1	11:37.29	10:10.29	10:20.99	38
39	--	--	--	11-12	400 Free Relay T*	--	--	--	40
41	--	--	--	13-14	800 Free Relay P/T*	--	--	--	42

Friday Finals Order of events:

Events 35-37 and 36-38 will be combined and scored separately. The fastest 10 girls and fastest 10 boys will swim at 4:15pm.

Remaining events will start at 5:10PM and will be swum in event number order.

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Saturday March 13, 2010

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
43	--	--	--	10 & Under	200 Free Relay -T*	--	--	--	44
45	--	--	--	13-14	200 Med Relay-T*	--	--	--	46
47	--	--	--	11-12	200 Med Relay - T*	--	--	--	48
49	--	--	--	10 & Under	200 Med Relay -T*	--	--	--	50
51	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	52
53	3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29	54
55	3:29.89	3:24.39	3:04.69	10&Under	200 IM	3:06.69	3:26.39	3:31.89	56
57	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	58
59	34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49	60
61	37.49	36.79	33.39	10&Under	50 Free	33.79	37.29	38.29	62
63	3:11.99	3:05.69	2:47.99	13-14	200Breast	2:36.29	2:52.69	3:02.39	64
65	3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	66
67	100	Butterfly	Cut	13-14	50 Fly	100	Butterfly	Cut	68
69	37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99	70
71	43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99	72
73	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	74
75	1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19	76
77	1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	78
79	5:03.49	4:55.99	5:38.29	13-14	500 Free-P/SS/T/F1	5:40.09	4:57.69	5:05.59	80
81	5:36.39	5:27.19	6:14.29	11-12	500 Free -P/SS/T/F1	6:21.29	5:33.69	5:44.69	82
83	6:25.69	6:12.29	7:05.89	10 & Under	500 Free -P/SS/T/F1	7:09.89	6:16.29	6:29.69	84
85	--	--	--	13-14	400 Med Relay - T*	--	--	--	86
87	--	--	--	11-12	400 Med Relay - T*	--	--	--	88

Saturday Finals Order of Events: Event number order – 43-88

Sunday, March 14, 2010

Girl #	LCM	SCM	SCY	Age	Event	SCY	SCM	LCM	Boy #
89	--	--	--	11-12	200 Free Relay - T	--	--	--	90
91	--	--	--	13-14	400 Free Relay -T	--	--	--	92
93	-	1:24.19	1:13.29	11-12	100 IM	1:13.79	1:23.79	-	94
95	-	1:33.89	1:25.19	10 & Under	100 IM	1:26.39	1:34.39	-	96
97	100	Breast	Cut	13-14	50 Breast	100	Breast	Cut	98
99	44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29	100
101	49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79	102
103	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	104
105	3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	106
107	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	108
109	1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	110
111	1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	112
113	6:03.19	5:53.79	5:20.49	13-14	400 IM-P/SS/T/F1	5:02.89	5:34.69	5:46.79	114
115	6:35.99	6:23.49	5:42.59	11-12	400 IM-P/SS/T/F1	5:42.59	6:23.49	6:35.99	116

Sunday Finals Order of Events: Event order number 93 – 116 . Note: Events 89-92 swum in prelims.

2010 - Florida Gold Coast Junior Olympic Time Trials

Short Course

Sanction # 031310-TT1

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

Sponsored by: Coral Springs Swim Club

Dates and Time:

Saturday - March 13, 2010 - 15 minutes after the conclusion of prelims.

Sunday - March 14, 2010 - 15 minutes after the conclusion of prelims.

Course/Timing: One 25y x 50m, The west pool will be used for competition. Competition course 10 lanes 25 yards. 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 Junior Olympic Championship. Swimmers not in the Junior Olympic Championships can swim 3 events per day.

Entry Fees: \$5.00 per Individual Event \$10.00 per Relay

Entries: Entry cards will be filled out on deck.

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

Distance Events: The 1650/1000 Free will be offered only on Saturday Time Trial Session

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: Beth Wilkerson

Information: Bruno Darzi

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ORDER OF EVENTS

Day 1 Events – 200 Series Event Numbers
Day 2 Events – 300 Series Event Numbers

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	1000/1650 Free (Saturday Only)
11-12	50 Back
13-14	100 Back
15-16	200 Back
17-18	50 Breast
19-20	100 Breast
21-22	200 Breast
23-24	50 Fly
25-26	100 Fly
27-28	200 Fly
29-30	100 IM
31-32	200 IM
33-34	400 IM
35-36	200 Free Relay
37-38	400 Free Relay
39-40	800 Free Relay
41-42	200 Medley Relay
43-44	400 Medley Relay

We will run through the order of events twice a day on Saturday and Sunday. As a reminder, all swimmers who are in the Junior Olympic Championship may not swim more than a total of 3 events per day. Swimmers not in the Meet may swim a total of 3 events per day.