

FGC OPEN INVITATIONAL LONG COURSE

APRIL 23-25, 2010

Sanctioned By: Florida Gold Coast Swimming 2010 FG Spring Invite-MACM Sanction #042310-FG-1

Sponsored By: Metro Aquatic Club of Miami (MACM)

Officials: Referee: Robert Castano

Dates & Times: Friday, April 23, 5:30 PM SESSION #1
Saturday, April 24 9:00 AM SESSION #2 Saturday Session #3 12:30 PM
Sunday, April 25 9:00 AM SESSION #4 Sunday Session #5 12:30 PM
**Meet management reserves the right to make any needed changes to ensure an efficiently run competition. All participating Teams will be notified no less than 3 days prior to the meet of any changes*

Warm-Up: The pool; will be available 1 and ½ hours before each Session.

Pool: 10 Lane, 50 Meter Competitive Course with Colorado Electronic Timing System. There will be one 50 meter lane available for warm-up & warm-down
**This Competition Course has been Certified in accordance with 1-4.2.2(c).*

Location: Tamiami Aquatic Center 11201 SW 24th Street, Miami, FL 33165
305-223-7077

Directions: For map & directions please go to MacMiami.org

Eligibility: Open to ALL USA swimmers with 2010 Registration. Swimmers competing without proper USA registration will be fined \$50.00 per event swum by the FGC.

Entry Limit: Each swimmer may be limited to 4 individual events per swimmer per day plus relays.
The Florida Gold Coast Deck Seeding policy will be in affect for this meet. To review the policy, please go to [HTTP://www.fgcswim.org](http://www.fgcswim.org).

Entry Fees: \$3.25 per Individual Event
\$6.00 per Relay
\$5.00 Swimmer Surcharge
Make Checks payable to Metro Aquatic Club of Miami (MACM).
Payments to be made prior to start of Competition. *Payment not made before the meet without prior arrangements will be considered a late entry and assessed as such according to FGC Deck seeding Policy will be billed at double the entry fee.*

Admission: \$2.00 per person per session Heat Sheets: \$2.00 per session

Entry Deadline: All Entries to be received by April 14, 2010
Electronic entries preferred via e-mail to Maccoach27@aol.com
All e-mailed entries will be confirmed within 48 hours after receipt.

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.

Awards: Individual Medals 1st-3rd Ribbons 4th – 8th Relays Ribbons 1st – 3rd
13&Over Awards will be available upon request.

FGC April Open Invitational Long Course
April 23-25, 2010
At Tamiami Aquatic center

Information: Kirk Peppas 305-971-8473 or 786-255-4695

Rules: Current USA Swimming Rules will govern this meet. "No Recall" starting procedures will be in effect.

IF THE MEET EXCEEDS THE FOUR HOUR RULE

1. Relays will be removed.
2. Individual events will be reduced to 3 events per day. If this change occurs, we will notify the coaches of the teams entered in the meet by 7 days prior to the meet so the coach can send a new file . If we do not hear from the coach, meet management will remove the last event each swimmer was last entered in.

Note: All Events 400 or more require a Positive Check-in (PC). Positive Check-In will close one hour prior to the start of that event. Deck entries will be closed one hour before the start of each session.*

Order Of Events Friday, April 23

All Events are swum Fastest to Slowest Alternating Girls / Boy

<u>Session #1</u>	<u>Meet Begins 5:30 PM Warm-up 4:00. Positive Check-in closes at 4:30 PM</u>	
1 - 2	400 FREE*	12&UNDER
3 - 4	400 IM*	11&OVER
5 - 6	800 FREE*	9&OVER

Order Of Events Saturday, April 24

<u>Session #2</u>	<u>Meet Begins 9:00 AM Warm-up 7:30</u>		<u>Session #3</u>	<u>Meet Begins 12:30 PM W-UP 11:00</u>	
7 - 8	200 FREE	10&UN	25 - 26	200 FREE	13-14
9 - 10	200 FREE	11-12	27 - 28	200 FREE	15&OV
11 - 12	200 BREAST	12&UN	29 - 30	100 BREAST	13-14
13 - 14	100 FLY	10&UN	31 - 32	100 BREAST	15&OV
15 - 16	100 FLY	11-12	33 - 34	200 FLY	13&OV
17 - 18	200 BACK	12&UN	35 - 36	100 BACK	13-14
19 - 20	50 FREE	10&UN	37 - 38	100 BACK	15&OV
21 - 22	50 FREE	11-12	39 - 40	400 MEDLEY RELAY	13&OV
23 - 24	400 MEDLEY RELAY	12&UN	41 - 42	400 FREE@@*	13&OV

@@ FIVE (5) MINUTE BREAK, 400 & 1500 FREE - Fastest to Slowest alternating Girls - Boys (PC)*

* Positive Check-In

Order Of Events Sunday, April 25

<u>Session #4</u>	<u>Meet Begins 9:00 AM Warm-up 7:30</u>		<u>Session #5</u>	<u>Meet Begins 12:30 PM W-UP 11:00</u>	
43 - 44	200 IM	10&UN	63 - 64	200 IM	13-14
45 - 46	200 IM	11-12	65 - 66	200 IM	15&OV
47 - 48	100 BREAST	10&UN	67 - 68	200 BREAST	13&OV
49 - 50	100 BREAST	11-12	69 - 70	100 FREE	13-14
51 - 52	200 FLY	12&UN	71 - 72	100 FREE	15&OV
53 - 54	100 FREE	10&UN	73 - 74	200 BACK	13&OV
55 - 56	100 FREE	11-12	75 - 76	100 FLY	13-14
57 - 58	100 BACK	10&UN	77 - 78	100 FLY	15&OV
59 - 60	100 BACK	11-12	79 - 80	400 FREE RELAY	13&OV
61 - 62	400 FREE RELAY	12&UN	81 - 82	1500 FREE@@*	13&OV