

**FGC Open Long Course Invitational**  
May 14-16, 2010

- SANCTIONED BY :** Florida Gold Coast Swimming, Sanction # 051410-FG3  
Sanctioned by Florida Gold Coast
- SPONSORED BY :** The North Miami Swim Team
- Referee :** Adam Zeichner
- DATE & TIME :** Friday 5:30 PM Session # 1 **Meters**  
Saturday 8:30 AM Session # 2 & 1:00 PM Session #3 **Meters**  
Sunday 8:30 AM Session # 4 & 1:00 PM Session #5 **Meters**
- Warm-up :** The pool will be available for warm-up 'one hour and a half' before each session.
- POOL COURSE :** **"The competition course has been certified in accordance with 104.2.2(C) ."**  
Separate warm-up and swim down area available  
8 Lane, 50 Meter Pool with non-turbulent lane lines, Colorado Timing System will be used.
- LOCATION :** FIU North Campus (Bay Vista Campus) **(Pool Is in Back of Campus)**  
Biscayne Blvd. and NE 151 St.,
- DIRECTIONS :** I-95 to 826 East (163 St.) .Go East to Biscayne Blvd. (US-1).  
Go South on Biscayne Blvd. to 151st. University is on the East of US -1  
Pool is at far East side of Campus Behind the Buildings.  
Please do not park in faculty (blue) parking spaces.  
**If you are coming from the south**  
: I-95 to 135st go East on 135 St. to Biscayne Blvd.  
Go north on Biscayne Blvd. To 151 St. and go East to campus.
- ELIGIBILITY :** Open to ALL USA swimmers with a 2010 Registration  
Swimmers competing without proper USS reg. will be fined \$50 per swim by the FGC
- 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 LIMIT :** Each swimmer will be limited to **4** Individual Events per swimmer per day plus relays.  
  
The Florida Gold Coast Deck Seeding policy will be in effect for this meet.  
To view the policy, go to [HTTP://www.fgcswim.org](http://www.fgcswim.org)
- ENTRY FEES :** \$ 3.25 per Individual Event \*\*\*\*\*(non Electronic entries will be charged double)\*\*\*\*\*  
\$ 6.00 per Relay  
\$ 5.00 Surcharge per swimmer entered  
Make checks payable to : **NORTH MIAMI SWIM TEAM**
- Note\*\*\*\*\*** **Payment needs to be made on or before the start of your swimmers competition**  
Entries not paid by the end of the meet, without prior arrangements, will be considered late entries and as such according to the FGC Deck Seeding Policy will be billed at double the entry fees
- ADMISSION :** \$2.00 Per session  
Heat Sheets \$2.00
- ENTRY DEADLINE :** **All Fax and Mailed in Entries must be received by : May 07,2010**  
**Comlink file must be received by May 10,2010**  
**Mail entries to :**  
**North Miami Swim Team**  
**4000 Jefferson Street**  
**Hollywood, Fla., 33021**  
E-Mail 'SDIF' or 'Comlink' files to [Swimneptunes @ Aol.com](mailto:Swimneptunes@Aol.com)  
**Be sure to call and confirm your faxed or E-mailed entries**  
Submission of Electronic Entries certifies that all entered Swimmers are registered athletes

**AWARDS** : Medals 1<sup>st</sup> thru 3<sup>rd</sup> and ribbons 4<sup>th</sup> thru 8<sup>th</sup> place for individual events.

13 & over need to request Awards

**INFORMATION** : Contact John Turnipseed (305) 206-0574 after 2:30 any day

**Psych sheets will be available at 'SwimNeptunes.com'**

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

The Meet Management staff reserves the right to change starting times or combine session, events or heats were it enhances the running of the meet.

**\*\*\*\*Please Read → NOTE : *If the meet exceeds the 'Four Hour' Rule* :**

- 1) We will remove the relays and if it still exceeds the 'Four Hour' rule
- 2) we will reduce the entries to '3 events per swimmer per day'
  - A). If we have to do this we will
    - i. 'Post it on our web page
    - ii. Call the contact number provided with the entries by Saturday to have the coach send a new file
    - iii. If we do not hear from the coach by Monday we will take the swimmer out of the last event each day if the are in more then 3 events

**Special notes** :Any Event 400 yards or Meters or more in length require a Positive Check-in (PC by events means Positive Check-in)

The 1500 will be swum fastest to slowest alternating Female, Male  
The last heat may be combined if space allows.

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 May 14-16,2010  
**AT FIU NORTH**

**Session # 1 Friday Meet Starts at 5:30pm Long Course**  
**Order of Events**  
 Friday

1 & 2	400	IND Med	Open	, PC
3 & 4	400	Free	12 & Under	, PC
5 & 6	1500	Free	Open	, PC

**Order of Events Saturday**

**Order of Events Sunday**

**Session # 2 Meet Starts at 8:30am warm up @ 7:00**

**Session # 4 Meet Starts at 8:30am warm up @ 7:00**

9 & 10	200	Free	10 & Under
11 & 12	200	Free	11 & 12
13 & 14	200	Med Relay	10 & Under
15 & 16	200	Med Relay	12 & Under
17 & 18	50	Breast	10 & UNDER
19 & 20	50	Breast	11 & 12
21 & 22	100	Fly	10 & Under
23 & 24	100	Fly	11 & 12
25 & 26	100	Back	10 & Under
27 & 28	100	Back	11 & 12
29 & 30	50	Free	10 & Under
31 & 32	50	Free	11 & 12

61 & 62	100	Free	10 & Under
63 & 64	100	Free	11 & 12
65 & 66	200	Free Relay	10 & Under
67 & 68	200	Free Relay	12 & Under
69 & 70	100	Breast	10 & Under
71 & 72	100	Breast	11 & 12
73 & 74	50	Fly	10 & Under
75 & 76	50	Fly	11 & 12
77 & 78	50	Back	10 & Under
79 & 80	50	Back	11 & 12
81 & 82	200	Ind. Med	10 & Under
83 & 84	200	Ind. Med	11 & 12

**Session # 3 Meet Starts at 1:00 warm up @ 11:30**

**Session # 5 Meet Starts at 1:00 warm up @ 11:30**

33 & 34	50	Back	13 & Over
35 & 36	200	Free	13 & 14
37 & 38	200	Free	15 & Over
39 & 40	200	Med Relay	13 & Over
41 & 42	100	Breast	13 & 14
43 & 44	100	Breast	15 & Over
45 & 46	100	Fly	13 & 14
47 & 48	100	Fly	15 & Over
49 & 50	200	Back	13 & 14
51 & 52	200	Back	Open
53 & 54	50	Free	13 & 14
55 & 56	50	Free	15 & Over
57 & 58	400	Free	13 & 14 ,PC
59 & 60	400	Free	15 & Over ,PC

85 & 86	50	Breast	13 & Over
87 & 88	200	Ind. Med	13 & 14
89 & 90	200	Ind. Med	15 & Over
91 & 92	200	Free Relay	13 & Over
93 & 94	100	Free	13 & 14
95 & 96	100	Free	15 & Over
97 & 98	200	Breast	13 & 14
99 & 100	200	Breast	Open
101 & 102	100	Back	13 & 14
103 & 104	100	Back	15 & Over
105 & 106	200	Fly	13 & 14
107 & 108	200	Fly	Open
109 & 110	50	Fly	13 & Over
111 & 112	800	Ind Med	Open