

FGC JUNE OPEN INVITATIONAL LONG COURSE

JUNE 4-6, 2010

Sanctioned By: Florida Gold Coast Swimming 2010 Summer Invite-MACM #060410-FG3

Sponsored By: Metro Aquatic Club of Miami (MACM)

Officials: Referee: Robert Castano

Dates & Time Friday Afternoon, June 4th, 5:00 PM Session #1
Saturday Morn., June 5th, 8:30 AM, Session #2, Saturday After. Session #3 1:00 PM
Sunday Morn., June 6th^h, 8:30 AM, Session #4, Sunday After. Session #5, 1:00 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 competition pool will be available 1 & ½ hours before each Session

Pool: 10 Lane, 50 Meter Competition Course With Colorado Electronic Timing System.
There will be one lane available during the competition 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 and directions please visit 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 enter up to 4 individual events per day excluding relays.
The FGC 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 Event
\$5.00 Swimmer Surcharge
Make Checks payable to the Metro Aquatic Club of Miami (MACM).
Payment to be made prior to the Competition. Payment not made before the Start of the meet (without prior arrangement) will be considered a late entry and assessed as such according to FGC Deck seeding policy and 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 must be received by Wednesday May 26th, 2010
Electronic entries preferred via e-mail to Maccoach27@aol.com.
All e-mails will be confirmed within 48 hours upon receipt.

Disability: Swimmers with a disability are welcome to enter the meet. The coach or Entry Chairperson must alert the meet Director as to any special accommodations seeding arrangements at the time the entry is submitted.

Awards: Individual Events 1st - 3rd Medals, 4th- 8th Ribbons, Relays 1st-3rd Ribbons

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Information: Kirk Peppas (305-971-8473 / 786-255-4695)

Rules: Current USA Swimming Rules will govern this meet. "No Recall" Starting procedure will be in affect.

IF TH 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
3. will notify the coaches of the teams entered in the meet 7 days prior to the meet to allow ample time to send a New entry file. If we are not contacted by the coach, meet management will remove the last event each swimmer was last entered into.

Note* All Events 400 or More require a positive Check-in (PC*)

Order of Events Friday Afternoon, June 4th

800 Free will be swum Fastest to Slowest – Alternating Girls / Boys (Total of 3 Heats of Girls and 3 Heats of Boys)

Session #1 Meet Begins @ 5:00 PM

1 – 2	50 FREE	10&UN*
3 – 4	50 FREE	11-12
5 – 6	50 FREE	13-14
7 – 8	50 FREE	15&OV
9 – 10	50 BREAST	10&UN*
11 – 12	50 BREAST	11-12
13 – 14	50 BREAST	13-14
15 – 16	50 BREAST	15&OV
17 – 18	50 BACK	10&UN*
19 – 20	50 BACK	11-12
21 – 22	50 BACK	13-14
23 – 24	50 BACK	15&OV
25 – 26	50 FLY	10&UN*
27 – 28	50 FLY	11-12
29 – 30	50 FLY	13-14
31 – 32	50 FLY	15&OV

5 MINUTE BREAK*****

33 – 34	800 FREE*	9&OVER*
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Order Of Events Saturday Morning, June 5th

<u>Session #2</u>	<u>Meet Begins @ 8:30 AM</u>
35 – 36	400 MED. REL 12&UN
37 – 38	200 FREE 10&UN*
39 – 40	200 FREE 11-12
41 – 42	200 BREAST 12&UN*
43 – 44	100 FLY 10&UN*
45 – 46	100 FLY 11-12
47 – 48	200 BACK 12&UN*
49 – 50	100 FREE 10&UN*
51 – 52	100 FREE 11-12
53 – 54	400 IM* 12&UN*

Saturday Afternoon

<u>Session #3</u>	<u>Meet Begins @ 1:00 PM</u>
55 – 56	400 MED. REL 13&OV
57 – 58	200 FREE 13-14
59 – 60	200 FREE 15&OV
61 – 62	100 BREAST 13-14
63 – 64	100 BREAST 15&OV
65 – 66	200 FLY 13&OV*
67 – 68	100 BACK 13-14
69 – 70	100 BACK 15&OV
71 – 72	100 FREE 13-14
73 – 74	100 FREE 15&OV
75 – 76	400 IM* 13&OV*

Order Of Events Sunday Morning, June 6th

<u>Session #4</u>	<u>Meet Begins @ 8:30 AM</u>
77 – 78	400 FREE REL. 12&UN
79 – 80	200 IM 10&UN*
81 – 82	200 IM 11-12
83 – 84	100 BREAST 10&UN*
85 – 86	100 BREAST 11-12
87 – 88	200 FLY 12&UN*
89 – 90	100 BACK 10&UN*
91 – 92	100 BACK 11-12
93 – 94	400 FREE* 12&UN*

Sunday Afternoon

<u>Session #5</u>	<u>Meet Begins @ 1:00 PM</u>
95 – 96	400 FREE REL. 13&OV
97 – 98	200 IM 13-14
99 – 100	200 IM 15&OV
101- 102	200 BREAST 13&OV*
103- 104	100 FLY 13-14
105- 106	100 FLY 15&OV
107- 108	200 BACK 13&OV*
109- 110	400 FREE* 13&OV*