

Florida Gold Coast Area 3 Developmental Meet Short Course and Long Course Sessions June 12-13, 2010

- SANCTIONED BY** : Florida Gold Coast Swimming, Sanction # 061210-DC1
Sanctioned by Florida Gold Coast
- SPONSORED BY** : The North Miami Swim Team
- Referee** : Adam Zeichner
- DATE & TIME** :
- | | | | | |
|----------|----------|-------------|------------------------|----------------------|
| Saturday | 8:30 am | Session # 1 | 8 & Under 25's | Yards (Short Course) |
| Saturday | 10:00 am | Session # 2 | 12 & Under | Yards (Short Course) |
| Saturday | 1:00 pm | Session # 3 | 12 & Under + 13 & Over | Meters (Long Course) |
| Sunday | 8:30 am | Session #4 | 12 & Under + 13 & Over | Meters (Long Course) |
- 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 by 25 yard Pool with non-turbulent lane lines,
Colorado Timing System 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 from 'Area 3' who have not made the Qualification times for Junior Olympics or for Senior Champs in those events.
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 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.fgcswwim.org](http://www.fgcswwim.org)
- ENTRY FEES** : \$ 2.50 per Individual Event *****(non Electronic entries will be charged double)*****
\$ 5.00 per Relay \$ 4.00 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: June 4, 2010**
Comlink file must be received by June 7, 2010
Mail entries to :
North Miami Swim Team
4000 Jefferson Street Hollywood, Fla., 33021
E-Mail 'SDIF' or 'Comlink' files to **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** : Ribbons 1th thru 8th place for individual events.
12 & Under events will be awarded as 10 & under and 11 & 12
13 & Over events will be awarded as 13 & 14 and 15 & over
- Open events will be awarded as one age group "Open" except the 200 IM and the 200 free which will be awarded by age groups
- 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
- The Meet Management staff reserves the right to change starting times or combine session, events or heats with the approval of the Age Group Chairman if it enhances the running of the meet.
- Special notes** Any Event 400 yards or Meters or more in length require a Positive Check-in (PC by events means Positive Check-in)
- 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
 - a. we will reduce the entries to '3 events per swimmer per day
 - 2). If we have to do this we will
 - a. 'Post it on our web page
 - b. Call the contact number provided with the entries

**Florida Gold Coast Area 3 Developmental Meet
Short Course and Long Course Sessions
June 12-13, 2010
AT FIU NORTH Sanction # 061210-DC1**

**Session # 1 Saturday Meet Starts at 8:30pm Short Course
Order of Events
Saturday 8 & Under 25's**

| | | |
|-------|----|-----------|
| 1 & 2 | 25 | Butterfly |
| 3 & 4 | 25 | Back |
| 5 & 6 | 25 | Breast |
| 7 & 8 | 25 | Free |

Order of Events Saturday Short Course

Session # 2 Meet Starts at 10:00am warm up @ 8:30

| | | | | |
|---------|-----|----------|------|-------|
| 9 & 10 | 100 | Free | 12 & | Under |
| 11 & 12 | 50 | Back | 12 & | Under |
| 13 & 14 | 50 | Breast | 12 & | Under |
| 15 & 16 | 50 | Fly | 12 & | Under |
| 17 & 18 | 50 | Free | 12 & | Under |
| 19 & 20 | 100 | Ind. Med | 12 & | Under |

Order of Events Saturday Long Course

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

| | | | | |
|---------|-----|------------|------|-------|
| 21 & 22 | 50 | Free | 13 & | Over |
| 23 & 24 | 50 | Free | 12 & | Under |
| 25 & 26 | 200 | IM | | OPEN |
| 27 & 28 | 100 | Back | 13 & | Over |
| 29 & 30 | 100 | Back | 12 & | Under |
| 31 & 32 | 200 | Breast | | Open |
| 33 & 34 | 50 | Breast | 13 & | Over |
| 35 & 36 | 50 | Breast | 12 & | Under |
| 37 & 38 | 200 | Free | | Open |
| 39 & 40 | 100 | Butterfly | 13 & | Over |
| 41 & 42 | 100 | Butterfly | 12 & | Under |
| 43 & 44 | 200 | Free Relay | 11 & | 12 |
| 45 & 46 | 200 | Free Relay | 10 & | Under |
| 47 & 48 | 200 | Free Relay | | Open |
| 49 & 50 | 400 | Ind. Med | | Open |

Order of Events Sunday Long Course

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

| | | | | |
|---------|-----|-----------|------|-------|
| 51 & 52 | 100 | Free | 13 & | Over |
| 53 & 54 | 100 | Free | 12 & | under |
| 55 & 56 | 200 | Back | | Open |
| 57 & 58 | 50 | Back | 13 & | Over |
| 59 & 60 | 50 | Back | 12 & | Under |
| 61 & 62 | 200 | Butterfly | | Open |
| 63 & 64 | 100 | Breast | 13 & | Over |
| 65 & 66 | 100 | Breast | 12 & | Under |
| 67 & 68 | 50 | Butterfly | 13 & | Over |
| 69 & 70 | 50 | Butterfly | 12 & | Under |
| 71 & 72 | 200 | Med Relay | 10 & | under |
| 73 & 74 | 200 | Med Relay | 11 & | 12 |
| 75 & 76 | 200 | Med Relay | | Open |
| 77 & 78 | 400 | Free | | Open |

2010 Senior Championship Cuts

| Women | | Event | Men | |
|----------|-----------|---------------------|----------|-----------|
| SC Yards | LC Meters | | SC Yards | LC Meters |
| 28.39 | 31.89 | 50 Free | 25.29 | 28.69 |
| 1:00.79 | 1:08.19 | 100 Free | 54.79 | 1:01.99 |
| 2:09.29 | 2:24.49 | 200 Free | 1:56.79 | 2:13.59 |
| 5:35.34 | 4:59.29 | 400/500 Free | 5:16.40 | 4:42.39 |
| 30.99 | 34.99 | 50 Back | 29.19 | 32.99 |
| 1:09.89 | 1:19.49 | 100 Back | 1:01.59 | 1:11.29 |
| 2:29.19 | 2:48.19 | 200 Back | 2:15.59 | 2:32.99 |
| 35.19 | 39.99 | 50 Breast | 31.99 | 35.99 |
| 1:18.89 | 1:30.79 | 100 Breast | 1:11.09 | 1:20.49 |
| 2:49.69 | 3:13.39 | 200 Breast | 2:35.09 | 2:57.79 |
| 30.89 | 34.99 | 50 Fly | 28.19 | 31.99 |
| 1:06.59 | 1:14.89 | 100 Fly | 1:00.59 | 1:07.39 |
| 2:25.49 | 2:42.39 | 200 Fly | 2:13.59 | 2:31.99 |
| 2:24.49 | 2:43.89 | 200 IM | 2:12.79 | 2:30.19 |
| 5:06.29 | 5:46.39 | 400 IM | 4:48.79 | 5:21.49 |