

**Florida Gold Coast South Division Meet  
July 9-11, 2010**

**Sanctioned By:** Sanctioned by USA Swimming & Florida Gold Coast Swimming-Sanction # 070910-DCD

**Sponsored By:** Metro Aquatic Club of Miami

**Location:** Tamiami Aquatic Center, 11201 SW 24<sup>th</sup> Street, Miami, FL 33165

**Dates & Time:**

<b>Session I</b>	<b>Prelims</b>	<b>Friday</b>	<b>July 9</b>	<b>Warm-up – 6:30AM</b>	<b>Start – 7:30AM</b>
<b>Session II</b>	<b>Finals</b>	<b>Friday</b>	<b>July 9</b>	<b>Warm-up – 5:00PM</b>	<b>Start – 6:30PM</b>
<b>Session III</b>	<b>Prelims</b>	<b>Saturday</b>	<b>July 10</b>	<b>Warm-up – 7:00AM</b>	<b>Start – 8:00AM</b>
<b>Session IV</b>	<b>Finals</b>	<b>Saturday</b>	<b>July 10</b>	<b>Warm-up – 5:00PM</b>	<b>Start – 6:30PM</b>
<b>Session V</b>	<b>Prelims</b>	<b>Sunday</b>	<b>July 11</b>	<b>Warm-up – 7:00AM</b>	<b>Start – 8:00AM</b>
<b>Session VI</b>	<b>Finals</b>	<b>Sunday</b>	<b>July 11</b>	<b>Warm-up – 4:30PM</b>	<b>Start – 6:00PM</b>

**Pool / Timing:** **Tamiami Pool.** 10 X Lanes by 50mtr.(1 Lane warm-up, Warm-down Colorado Timing system.) Hy-Tek Meet Management software will be used. Fly-over starts will be used. The competition course has been certified in accordance with 104.2.2 (C). Certification is on file with USA Swimming.

**Eligibility:**

- Open to all 18 & under, 2010 USA Swimming FGC registered athletes in (Enter definition of your area teams) and foreign athletes with proper travel credentials that have been invited by USA Swimming.
- **14 & Under Swimmers must not have achieved an FGC Junior Olympic time in the event in which he/she is entered in and must have a minimum “B” time standard in any event 200 meters or longer.**
- **15 & Over Swimmers must not have achieved a Senior Championship qualifying time in the event entered and must have a minimum “B” time standard in any event 200 meters or longer.**
- Swimmers may not enter any event in which they have achieved a Qualifying time in SCY, LCM, or SCM.
- Relay swimmers must also comply with this rule Teams entering and swimming athletes who have achieved qualifying times will be subject to a \$50 fine per swim.
- Swimmers who age up between the first day of this meet and the start of the FGC Junior Olympics may choose to swim up an age group in this meet to earn a Junior Olympic standard in any event they are not yet qualified. Coaches must enter these athletes on the team roster and contact the Meet Manager to place them specifically in all their events in the older age group.

**Rules:** **Current USA Swimming 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.**

**Disability:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. It is the swimmer's or coach's responsibility to notify the Meet Director and Meet Referee of any accommodations required.

**Entry Deadline:** Entries Close – **Friday, July 2<sup>nd</sup>, 2010**

**Entry Limit:** Six (6) individual events for the meet-no more than three (3) individual events per day (unlimited relays)

**Entry Procedure:** **Hy-Tek electronic entry system is required.** Please email entry to: **(Enter email address)** Submission of entry certifies that all entered swimmers are current year USA Swimming registered. Non-electronic entries are not accepted

**Entry Fees:** \$4.00 per Individual event entry-\$8.00 per Relay event entry-\$7.50 per swimmer surcharge  
Entry fees are to be made payable to (Enter name of organization) with a single team check, cash, or money order

- Seeding:** Standard Championship seeding will be used for Prelim/Final events for most events. PLEASE NOTE that the 200 meter (yard) stroke events of butterfly, backstroke and breaststroke will be timed final events with all competitors racing in the preliminary session only. These events will be seeded as timed final events. All entries will be seeded with conforming and non-conforming times – LCM, SCM, and SCY.
- Distance Events:** All events 400 meters (yards) and longer will be positive check-in. These events will be swum fastest to slowest – alternating girls then boys as timed final events conducted during the preliminary sessions. All swimmers will compete during the preliminary session. In the 800/1500 freestyles all ages will be seeded together and awarded separately. In the 400 freestyle and 400 IM all 12 and unders will be seeded together and all 13 and overs will be seeded together. 400 freestyle awards will be distributed and results posted in the following age groups: 10 & under, 11&12, 13&14 and 15-18. All other distance events will be distributed and results posted in the following age groups: 11&12, 13&14 and 15-18.
- Relays:** Swimmers swimming in relays must conform to the Eligibility requirements above. A and B relays are permitted.
- Finals:** A single Championship Final will be swum in all Prelim/Final events. All Finals will be contested over 8 lanes. There will be an eight minute break following each 15-18 boys event during the Finals where the pool will be open for warm-up and swim down.
- Awards:** Individual Events: Medals 1<sup>st</sup> - 3<sup>rd</sup> and Ribbons 4<sup>th</sup> – 8<sup>th</sup>  
Relays Events: Ribbons 1<sup>st</sup> – 3<sup>rd</sup>
- Scoring:** This competition is not scored.
- Admission:** \$3.00 per person per session. Heat Sheets - \$2.00 each session
- Concessions:** Concession stand will be open for all sessions.
- Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available.
- Referee:** Robert Castano
- Meet Marshall:** TBA
- Meet Director:** Catherine Silveira 305-467-0894 (jccjeh@msn.com) Email, Kirk Peppas 786-255-4695 (Maccoach27@aol)
- Directions:** Please refer to our website [MiamiMac.org](http://MiamiMac.org) for directions to Tamiami Aquatic Center

### Order Of Events

\*\* = Timed Final Events – Swum in Prelims (shaded areas below)

All Time Standards are “Slower Than”

#### Session I - Timed Finals- Friday – July 9, 2010 Warm-up: 6:30am Meet Starts: 7:30am

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
1	NT	NT	NT	13-14	200 Free Rel**	NT	NT	NT	2
3	NT	NT	NT	15-18	200 Free Rel**	NT	NT	NT	4
5	3:02.69	2:55.59	2:39.09	11-12	200 Back**	2:40.19	2:57.09	3:07.79	6
7	2:51.99	2:45.39	2:29.69	13-14	200 Back**	2:19.49	2:34.19	2:42.09	8
9	2:48.19	xx	2:29.19	15-18	200 Back**	2:15.59	xx	2:32.99	10
11	37.49	36.79	33.39	10 & Under	50 Free	33.79	37.29	38.29	12
13	34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49	14
15	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	16
17	31.89	xx	28.39	15-18	50 Free	25.29	xx	28.69	18
19	1:49.49	1:45.19	1:35.39	10 & Under	100 Breast	1:38.89	1:49.19	1:52.89	20
21	1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	22
23	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	24
25	1:30.79	xx	1:18.89	15-18	100 Breast	1:11.09	xx	1:20.49	26
27	1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	28
29	1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	30
31	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	32
33	1:14.89	xx	1:06.59	15-18	100 Fly	1:00.59	xx	1:07.39	34
35	6:25.69	6:12.29	7:05.89	10 & Under	400 Free**	7:09.89	6:16.29	6:29.69	26
37	5:36.36	5:27.19	6:14.29	11-12	400 Free**	6:21.29	5:33.69	5:44.69	38
39	5:03.49	4:55.99	5:38.29	13-14	400 Free**	5:40.09	4:57.69	5:05.59	40
41	4:59.29	xx	5:36.59	15-18	400 Free**	5:14.89	xx	4:42.39	42
43	NT	NT	NT	11-12	400 Free Rel**	NT	NT	NT	44
45	NT	NT	NT	13-14	800 Free Rel**	NT	NT	NT	46
47	NT	NT	NT	15-18	800 Free Rel**	NT	NT	NT	48

Events 45-48 may be combined and awarded separately

#### Session II –Finals - Friday July 9, 2010 - Warm-up: 5:00pm Meet Starts: 6:30pm – Events 11 – 34 in event number order.

#### Session III – Prelims - Saturday – July 10, 2010 Warm-up: 7:00am Meet Starts: 8:00am

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
49	NT	NT	NT	10 & Under	200 Medley Rel**	NT	NT	NT	50
51	NT	NT	NT	11-12	200 Medley Rel**	NT	NT	NT	52
53	NT	NT	NT	13-14	200 Medley Rel**	NT	NT	NT	54
55	NT	NT	NT	15-18	200 Medley Rel**	NT	NT	NT	56
57	3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	58
59	2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	60
61	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	62
63	2:24.49	xx	2:09.29	15-18	200 Free	1:56.79	xx	1:56.79	64
65	43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99	66
67	37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99	68
69	36.59	35.59	32.39	13-14	50 Fly	30.09	33.79	34.69	70
71	37.39	xx	33.29	15-18	50 Fly	30.29	xx	30.29	72
73	3:25.69	3:18.29	2:59.69	11-12	200 Breast**	3:00.19	3:19.09	3:29.59	74
75	3:11.99	3:05.69	2:47.99	13-14	200 Breast**	2:36.29	2:52.69	3:02.39	76
77	3:13.39	xx	2:49.69	15-18	200 Breast**	2:35.09	xx	2:35.09	78
79	1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	80
81	1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19	82
83	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	84
85	1:19.49	xx	1:09.89	15-18	100 Back	1:01.59	xx	1:01.59	86
87	6:35.99	6:23.49	5:42.59	11-12	400 IM**	5:42.59	6:23.49	6:35.99	88
89	6:03.19	5:53.79	5:20.49	13-14	400 IM**	5:02.89	5:34.69	5:46.79	90
91	5:46.39	xx	5:06.29	15-18	400 IM**	4:48.79	xx	4:48.79	92
93	NT	NT	NT	10 & Under	200 Free Rel**	NT	NT	NT	94
95	NT	NT	NT	11-12	400 Medley Rel**	NT	NT	NT	96
97	NT	NT	NT	13-14	400 Medley Rel**	NT	NT	NT	98
99	NT	NT	NT	15-18	400 Medley Rel**	NT	NT	NT	100

**Session IV –Finals - Saturday July 10, 2010 - Warm-up: 5:00pm Meet Starts: 6:30pm – Events 57 – 72 then 79-86 in event number order.**

**Session V – Prelims - Sunday - July 11, 2010 - Warm-up: 7:00am Meet Start: 8:00am**

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
101	3:29.89	3:24.39	3:04.69	10 & Under	200 IM	3:06.69	3:26.39	3:31.89	102
103	3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29	104
105	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	106
107	2:43.89	xx	2:24.49	15-18	200 IM	2:12.79	xx	2:30.19	108
109	44.29	43.19	39.19	10 & Under	50 Back	39.59	45.59	44.89	110
111	40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99	112
113	38.49	36.09	32.79	13-14	50 Back	30.89	33.69	35.59	114
115	39.69	xx	34.89	15-18	50 Back	31.79	xx	35.39	116
117	49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79	118
119	44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29	120
121	42.09	41.19	36.99	13-14	50 Breast	34.29	38.09	39.59	122
123	45.29	xx	39.39	15-18	50 Breast	35.49	xx	40.19	124
125	3:04.59	2:58.49	2:41.69	11-12	200 Fly**	2:44.89	3:02.19	3:08.39	126
127	2:49.59	2:44.19	2:28.59	13-14	200 Fly**	2:22.29	2:37.19	2:41.59	128
129	2:42.39	xx	2:25.49	15-18	200 Fly**	2:13.59	xx	2:31.99	130
131	1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	132
133	1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	134
135	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	136
137	1:08.19	xx	1:00.79	15-18	100 Free	1:00.79	xx	1:01.99	138
				5 Minute Break	5 Minute Break				
139	NT	NT	NT	11-12	200 Free Rel**	NT	NT	NT	140
141	NT	NT	NT	13-14	400 Free Rel**	NT	NT	NT	142
143	NT	NT	NT	15-18	400 Free Rel**	NT	NT	NT	144
				5 Minute Break	5 Minute Break				
145	23:09.79	22:18.09	22:17.09	11-12	1500 Free**	22:17.09	22:18.09	23:09.79	146
147	19:48.09	19:14.89	19:21.69	13-14	1500 Free**	19:21.69	19:14.89	19:48.09	148
149	19:58.09	xx	19:38.29	15-18	1500 Free**	19:38.29	xx	18:44.29	150

NOTE: Relay events may be swum together and awarded separately at the Referee's discretion.

**Session VI – Finals – Sunday – July 11, 2010 - Warm-up: 4:30pm Meet Starts: 6:00pm – Event # 101 - # 124 then 131-138 in event number order.**

**Florida Gold Coast South Division Long Course Time Trial  
July 10-11, 2010**

Sanctioned by: This Time Trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction # 070910-DCDTT

Sponsored by: Metro Aquatic Club of Miami

Dates and Time: Saturday – July 10, 2010 - 15 minutes after the conclusion of prelims.  
Sunday - July 11, 2010 - 15 minutes after the conclusion of prelims.

Course/Timing: Tamiami Pool (10 Lane 25yd X 50 Metr. 1 Lane Warm-up – Warm-down, Colorado Timing System,

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Division Swim Meet. Swimmers not in the Division Meet 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 currently registered USA Swimming athletes.

Awards: None (other than fast times and satisfaction).

Location: Tamiami Aquatic Center, 11201 SW 24<sup>th</sup> Street, Miami 33165

Referee: Robert Castano

Information: Catherine Silveira, 305-467-0894 (jccjeh@msn.com)

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	800/1500 Free
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	200 IM
31-32	400 IM
33-34	200 Free Relay
35-36	400 Free Relay
37-39	800 Free Relay
40-41	200 Medley Relay
42-43	400 Medley Relay
<b>5-10 Minute Break as needed</b>	

**The order of events will be run through twice a day on Saturday and Sunday. All swimmers who are in the Division II Meet 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.**