

DADE-MONROE COUNTY
SUB-JO INVITATIONAL
SATURDAY, JUNE 20, 2009
@ TAMAMI AQUATIC CENTER
(SHORT COURSE & LONG COURSE)

Sanctioned By: Florida Gold Coast Association of USA Swimming #062009-DC8
Sponsored By: Metro Aquatic Club of Miami & Metro Aquatic Swimming Foundation
Location: Tamiami Park 11201 SW 24th Street, Site of the 2009 Dade County Youth Fair & Exposition

Pool & Timing: 25 yard (8 lanes) By 50 meter (10 lanes) Competitive pool with an eight (8) lane Colorado Electronic Timing System.. Ample room for warm-up & warm-down. This competition course has been certified in accordance with section 104.2.2(C) of the USA Swimming Rule Book

Dates & Time: Saturday Morning Session I, June 20th, 2009 12&UNDER
Warm-ups are available at 7:00 AM Meet Begins at 8:30 AM
Saturday Morning Session II, June 20th, 2009 12&UNDER, 13&OVER, OPEN
Warm-ups begin 15 Minutes upon the conclusion of the morning session
Meet Begins @ Meet Referee' & Meet management's Discretion(& FGC warm-up policy)

Eligibility: Open to all currently Registered USA Swimmer & Foreign swimmers with proper travel credentials and who have not attained current Junior Olympic Qualifying Times.

Disability: Swimmers with a disability are welcome to enter this meet. The coach or designee must alert the meet director as to any special needs and or special accommodations or seeding arrangements at the time the entry is submitted.

Entry Limit: Four (4) Individual events per session (excluding Relays). Teams may enter an unlimited amount of relays

Entry Deadline: Faxed & or Mailed entries must be received by Friday June 13th, 2009
E-Mail To: Maccoach27@aol.com

Mail Entries
Metro aquatic Club of Miami
P.O. Box 770876
Miami, FL 33186

Electronic entries must be received by Friday June 13th, 2009. Either 1.44 mb disk or e-mail to Electronic entries to [Maccoach27 @ Aol.com](mailto:Maccoach27@aol.com) need to be received as a com-link (cl2) file and coaches must include address, coaches name and contact phone number. Coaches must include a hard copy of their entries. Corrupted, illegible or otherwise damaged entries will be corrected within a 24 hour notification upon receipt. Electronic e-mail will be sent to confirm.

Entry Fees:	Swimmer Surcharge	\$2.00		
&	Individual Events	\$2.50	Individuals	Ribbons 1 st – 8th
Awards	Relay Events	\$5.00	Relays	Ribbons 1 st – 4th

Deck Entries: The Florida Gold Deck seed Policy will be used. Please visit the FGC Website at: Fgcswim.org to review the policy.

Admission: \$2.00 at the Gate
Heat Sheets: \$2.00 per session,

Note. Concession stand will be available during the meet. Coaches hospitality will be at the Northeast corner of the pool (under the Funbrella).

There will be a coach's meeting 15 minutes before the start of the competition

Meet referee: Skip Long
 Meet Marshall: Kirk Peppas

ORDER OF EVENTS

Morning Session I Warm-Up 7:00 AM – Meet begins at 8:30. 8&UN,12&UN(SHORT COURSE)

Morning Session II Warm-up 15 Minutes @ conclusion of Session I - Meet Begins @11:00AM (LONG COURSE)

ORDER OF EVENTS / SHORT COURSE Session I / ORDER OF EVENTS / LONG COURSE Session II

EVENT #	EVENT	AGE GROUP	EVENT#	EVENT	AGE GROUP
1 - 2 200	MEDLEY RELAY	12&UN	37 - 38 200	MEDLEY RELAY	OPEN
3 - 4 200	FREE	12&UN*	39 - 40 200	FREE	12&UN*
5 - 6 25	FLY	8&UN*	41 - 42 200	FREE	13&OV*
7 - 8 50	FLY	12&UN*	43 - 44 100	BACK	12&UN*
9 - 10 100	FLY	OPEN*	45 - 46 100	BACK	13&OV*
11 - 12 25	BACK	8&UN*	47 - 48 200	BACK	OPEN*
13 - 14 50	BACK	12&UN*	49 - 50 100	BREAST	12&UN*
15 - 16 100	BACK	12&UN*	51 - 52 100	BREAST	13&OV*
17 - 18 25	BREAST	8&UN*	53 - 54 200	BREAST	OPEN*
19 - 20 50	BREAST	12&UN*	55 - 56 200	IM	12&UN*
21 - 22 100	BREAST	12&UN*	57 - 58 200	IM	13&OV*
23 - 24 200	IM	12&UN*	59 - 60 100	FREE	12&UN*
25 - 26 100	IM	12&UN*	61 - 62 100	FREE	13&OV*
27 - 28 25	FREE	8&UN*	63 - 64 100	FLY	12&UN*
29 - 30 50	FREE	12&UN*	65 - 66 100	FLY	13&OV*
31 - 32 100	FREE	12&UN*	67 - 68 200	FLY	OPEN*
33 - 34 200	FREE RELAY	12&UN	69 - 70 50	BACK	12&UN*
- -	5 MINUTE BREAK	-	71 - 72 50	BACK	13&OV*
35 - 36 500	FREE	12&UN*	73 - 74 50	BREAST	12&UN*
			75 - 76 50	BREAST	13&OV*
			77 - 78 50	FLY	12&UN*
			79 - 80 50	FLY	13&OV*
			81 - 82 50	FREE	12&UN*
			83 - 84 50	FREE	13&OV*
			85 - 86 200	FREE RELAY	OPEN
			- -	5 MINUTE BREAK	- -
			87 - 88 400	IM	OPEN*
			89 - 90 400	FREE	OPEN*

Saturday Session II Warm-Up 15 minutes upon the conclusion of Session I - Meet Begins in accordance with FGC warm-up policy. Events swum together but scored and awarded separately by age group 8&UN,9-10,11-12,13-14,15&OV*

**** LUNCH WILL BE SERVED TO COACHES AND OFFICIALS WITH PROPER USA CREDENTIALS.**

