



2010 Speedo Winter Championships

November 19-21

- Sanctioned By: Florida Gold Coast Swimming and USA Swimming, Sanction # 111910-FG1
- Sponsored By: The City of Plantation, Plantation Swim Team and PST Booster Club.
- Location: Plantation Swim Team
9151 NW 2nd Street
Plantation, Florida 33324
- Pool: Competition will be Short Course Yards. 2 – 25Y x 50M pools for competition. East pool 10 lanes, West pool 8 lanes. Finals will be held in one 10 lane course. Continuous warm-up and warm-down area will be available. Colorado Timing System will be used. **“Both competition courses have been certified in accordance with 104.2.2c (4). The copy of such certification is on file with USA Swimming.”**
- Eligibility: Open to all 2010 USA Swimming registered athletes and foreign athletes that have been invited by USA Swimming, who achieve the time standard. PST is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmer’s disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities. Swimmers with disabilities may compete, earn awards, score points for their team in the same manner as able bodied swimmers. Such swimmers need not achieved the including qualifying time for this meet.
- Entries for swimmers with disabilities should be submitted with the team’s entry file. The coach or athlete are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105.4.
- Rules: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.
- Meet Referee: Larry Fons

Entries: Electronic Entries – Entries will be accepted via electronic attachment by Jimmy Parmenter at jimmyPPST@aol.com . Entries must be in “Zipped COMMLINK” format. Free text entries will not be accepted. RELAY ONLY swimmers must be pre-loaded into relays or annotated as relay only in the body of the email. List swimmer, sex, age and USS #. Event # not required. List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected within 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file. All entry fees must be paid before the start of the first event. NOTE: Swimmers without registration numbers or birth dates will not be entered.

Entry Limit: Individual: Limited 3 individual events per day plus relays.
Relays: Teams may enter “A” and “B” relays.

Over entered swimmers will be scratched from the event that exceeds the entry limit.

Entry Fees: \$4.00 Individual Event
\$8.00 Relays
\$7.50 per athlete meet surcharge

Please make checks payable to: Plantation Swim Team
NOTE: One check only per Team.

Deck Entries: The FGC Deck Seed Policy Will Be In Effect
The policy can be seen at www.fgcswim.org
NOTE: Meet host will except CASH Only for Deck Seeds.

Deck Entry Fee: \$8.00 Individual Event
\$16.00 Relay
\$15.00 Surcharge

Adding a relay-only swimmer to your entry after the entry deadline will be \$15.00.

Entry Deadline: All entries must be received by **Wednesday, November 10th, 2010.**
Email entries to: jimmyPPST@aol.com
NO FAX ENTRIES

Seeding: Eligible entries shall be seeded in the following order –Short Course Yards then Long Course Meters.

Meet Management: NOTE: Meet management reserves the right to adjust start time, times of sessions to ensure an efficient meet.

Distance Events:

- The 500 free and 400 IM are positive check-in and swum as timed finals. The top 10 swimmers in all age groups will swim at night. **The swimmer has the right to swim in preliminaries but he/she must enter at the qualifying time when entered in the event.** The top 10 swimmers checked-in will swim in finals.
- The 1650 freestyle are swum as timed finals, all age groups will be swum together, scored separately, swum fastest to slowest alternating girls, boys.
NOTE: 1650 swimmers must supply their own counters and timers.
1650 freestyles - two courses may be used during this event.
ALL 1650 competitors will swim the end of the preliminary session.
There will not be a fast heat with finals.
- Positive check-in is required for 500 Free, 400 IM, and 1650 Free. "Failure to swim" a positive check-in event will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of fine, the swimmer will be eligible to continue competing in the meet. **NOTE:** All no show fines must be paid before swimmers are permitted to swim there next event.
- Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.
- Positive Check-in deadline is 9:30 a.m. the day of the event.

Finals:

Finals will consist of one heat of girls and one heat of boys (top 10 swimmers in each event by age groups).

Any swimmer who competes in preliminary heats and qualifies for the finals; must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing on the preliminary results maintained at the announcers table at the East Pool.

NOTE: "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet.

- I. Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call the alternate.
- II. Scratches must be done individually; "team scratches are not accepted."
- III. In addition to swimmers required to scratch if they are not going to swim in finals, all swimmers who do not plan to swim in finals are strongly urged to scratch, especially swimmers who finish the preliminary events 11th – 20th.
- IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Relays: All relays are timed finals. Friday and Saturday relays will be swum in finals at night. Sunday's relays will be swum in the morning prelims.

Scoring: Individual: 11-9-8-7-6-5-4-3-2-1
Relays: 22-18-16-14-12-10-8-6-4-2

Awards: Individual Events: Medals 1st – 10th Relays: Medals 1st place team.
Individual High Point: Top 3 in each age group & sex.
Team Awards: Women's, Men's Top and Combined Top 5 Teams.

Admission: \$3.00 per session. Heat Sheets \$3.00 each session.

Concessions: Concession stand will be open for all sessions.

Hospitality: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.

Identification: Coaches and Officials shall wear their 2010 USA registration card in a visible location at the meet at all times during this meet. (This will also be your pass for hospitality.)

Meet Information: Real Time results and updates to meet information as well as time lines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimpst.com.

Meet Director: Jimmy Parmenter – JimmyPPST@aol.com – Office 954-452-2526

Assistant Meet Director: Terrell Woods – TerrellWPST@aol.com – Office 954-452-2526
Pre-meet - Please direct all questions to Terrell Woods.

Meet Marshall: Howard Bilger and the City of Plantation Life Guard Staff.

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on 595. Exit north on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

Hotels: Holiday Inn Express & Suites 1701 N. University Drive Plantation, Fl 33322 954-472-5600	Courtyard By Marriott 7780 SW 6 th Street Plantation, Fl 33324 954-475-1100	Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0300	Hampton Inn Plantation 7801 SW 6 th Street Plantation, Fl 33324 954-382-4500
La Quinta Inn & Suites 7901 SW 6 Street Plantation, Fl 33324 954-473-8257	Hyatt Place Plantation 8530 W Broward Blvd. Plantation, Fl 33322 954-370-2220	Quality Inn Sawgrass 1711 N. University Drive Plantation, Fl 33322 954-556-8200	
Staybridge Suites 410 N. Pine Island Rd. Plantation, Fl 33324 954-577-9696	Sheraton Suites 311 N. University Drive Plantation, Fl 33324 954-424-3300	Renaissance Plantation 1230 S. Pine Island Rd. Plantation, Fl 33324 954-472-2252	

Friday, November 19, 2010

Order of Events

Girls Event #	LCM	SCY	Age Group	Event	SCY	LCM	Boys Event #
1	NT	NT	13-14	200 Free Relay	NT	NT	2
3	NT	NT	Open	200 Free Relay	NT	NT	4
5	--	1:25.19	10 & under	100 IM	1:26.39	--	6
7	--	1:13.29	11-12	100 IM	1:13.79	--	7
9	--	1:11.99	13-14	100 IM	1:09.99	--	10
11	--	1:09.99	15-16	100 IM	1:03.99	--	12
13	--	1:09.99	Open	100 IM	1:09.99	--	14
15	3:02.69	2:39.09	11-12	200 Back	2:40.19	3:07.79	16
17	2:51.99	2:29.69	13-14	200 Back	2:19.49	2:42.09	18
19	2:47.59	2:26.59	15-16	200 Back	2:12.69	2:34.89	20
21	2:47.59	2:26.59	Open	200 Back	2:12.69	2:34.89	22
23	37.49	33.39	10 & Under	50 Free	33.79	38.29	24
25	34.69	30.89	11-12	50 Free	29.89	34.49	26
27	31.49	27.59	13-14	50 Free	26.59	30.69	28
29	30.99	27.19	15-16	50 Free	24.49	28.09	30
31	30.99	27.19	Open	50 Free	24.49	28.09	32
33	1:49.49	1:35.39	10 & Under	100 Breast	1:38.89	1:52.89	34
35	1:37.39	1:24.19	11-12	100 Breast	1:24.29	1:38.09	36
37	1:29.09	1:17.99	13-14	100 Breast	1:12.29	1:23.59	38
39	1:27.79	1:16.79	15-16	100 Breast	1:09.19	1:20.59	40
41	1:27.79	1:16.79	Open	100 Breast	1:09.19	1:20.59	42
43	1:44.69	1:33.29	10 & Under	100 Fly	1:33.19	1:45.59	44
45	1:26.09	1:16.09	11-12	100 Fly	1:16.09	1:26.69	46
47	1:17.59	1:08.39	13-14	100 Fly	1:04.09	1:12.69	48
49	1:16.09	1:07.29	15-16	100 Fly	1:00.79	1:09.09	50
51	1:16.09	1:07.29	Open	100 Fly	1:00.79	1:09.09	52
53	6:25.69	7:05.89	10 & Under	500 Free	7:09.89	6:29.69	54
55	5:36.36	6:14.29	11-12	500 Free	6:21.29	5:44.69	56
57	5:03.49	5:38.29	13-14	500 Free	5:40.09	5:05.59	58
59	4:59.79	5:35.39	15-16	500 Free	5:11.69	4:41.09	60
61	4:59.79	5:35.39	Open	500 Free	5:11.69	4:41.09	62
63	NT	NT	11-12	400 Free Relay	NT	NT	64
65	NT	NT	13-14	400 Free Relay	NT	NT	66
67	NT	NT	Open	400 Free Relay	NT	NT	68

Reminders:

- 13 & over Prelims: East pool 7:00 a.m. warm-up. Start time 8:30 a.m.
- 12 & under Prelims: West pool 7:30 a.m. warm-up. Start time 9:00 a.m.
- Finals: Warm-up 3:30 p.m. – Finals Starts 5:00 p.m.
- Finals will consist of one heat of girls and one heat of boys (top 10) swimmers in each event by age groups.
- The 200 & 400 Free Relays will be swum in Finals. Positive check-in for the 200 & 400 Free Relays. NOTE: No penalties for these events.
- The 500 Free is a positive check-in and swum as timed finals. The top 10 swimmers in all age groups will swim at night. Check-in Deadline 9:30 a.m.
- “Failure to swim” in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet.
- Meet management reserves the right to adjust start time, times of sessions to ensure an efficient meet.

Saturday, November 20, 2010

Order of Events

Girls Event #	LCM	SCY	Age Group	Event	SCY	LCM	Boys Event #
69	NT	NT	10 & Under	200 Medley Relay	NT	NT	70
71	NT	NT	11-12	200 Medley Relay	NT	NT	72
73	NT	NT	13-14	200 Medley Relay	NT	NT	74
75	NT	NT	Open	200 Medley Relay	NT	NT	76
77	3:01.89	2:38.39	10 & Under	200 Free	2:41.39	3:03.19	78
79	2:41.69	2:22.19	11-12	200 Free	2:22.59	2:42.79	80
81	2:26.19	2:08.59	13-14	200 Free	2:06.69	2:24.99	82
83	2:23.19	2:06.99	15-16	200 Free	1:55.79	2:13.39	84
85	2:23.19	2:06.99	Open	200 Free	1:55.79	2:13.39	86
87	43.09	37.99	10 & Under	50 Fly	39.39	43.99	88
89	37.79	32.69	11-12	50 Fly	32.69	37.99	90
91	36.59	32.39	13-14	50 Fly	30.09	34.69	92
93	35.89	31.59	15-16	50 Fly	28.59	31.39	94
95	35.89	31.59	Open	50 Fly	28.59	31.39	96
97	3:25.69	2:59.69	11-12	200 Breast	3:00.19	3:29.59	98
99	3:11.99	2:47.99	13-14	200 Breast	2:36.29	3:02.39	100
101	3:08.49	2:45.29	15-16	200 Breast	2:30.09	2:54.29	102
103	3:08.49	2:45.29	Open	200 Breast	2:30.09	2:54.29	104
105	1:37.29	1:26.49	10 & Under	100 Back	1:27.09	1:39.89	106
107	1:28.29	1:15.29	11-12	100 Back	1:15.29	1:26.19	108
109	1:20.49	1:09.79	13-14	100 Back	1:04.89	1:15.59	110
111	1:18.69	1:08.09	15-16	100 Back	1:01.79	1:11.99	112
113	1:18.69	1:08.09	Open	100 Back	1:01.79	1:11.99	114
115	6:35.99	5:42.59	11-12	400 IM	5:42.59	6:35.99	116
117	6:03.19	5:20.49	13-14	400 IM	5:02.89	5:46.79	118
119	5:57.59	5:14.09	15-16	400 IM	4:49.09	5:29.99	120
121	5:57.59	5:14.09	Open	400 IM	4:49.09	5:29.99	122
123	NT	NT	10 & Under	200 Free Relay	NT	NT	124
125	NT	NT	11-12	400 Medley Relay	NT	NT	126
127	NT	NT	13-14	400 Medley Relay	NT	NT	128
129	NT	NT	Open	400 Medley Relay	NT	NT	130

Reminders:

- 13 & over Prelims: East pool 7:00 a.m. warm-up. Start time 8:30 a.m.
- 12 & under Prelims: West pool 7:30 a.m. warm-up. Start time 9:00 a.m.
- Finals: Warm-up 3:30 p.m. – Finals Starts 5:00 p.m.
- Finals will consist of one heat of girls and one heat of boys (top 10) swimmers in each event by age groups.
- The 200,400 Medley and 200 Free Relays will be swum in Finals. Positive check-in for the 200,400 Medley and 200 Free Relays. NOTE: No penalties for these events.
- The 400 IM is a positive check-in and swum as timed finals. The top 10 swimmers in all age groups will swim at night. Check-in Deadline 9:30 a.m.
- “Failure to swim” in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet.
- Meet management reserves the right to adjust start time, times of sessions to ensure an efficient meet.

Sunday, November 21, 2010

Order of Events

Girls Event #	LCM	SCY	Age Group	Event	SCY	LCM	Boys Event #
131	3:29.89	3:04.69	10 & Under	200 IM	3:06.69	3:31.89	132
133	3:02.19	2:57.59	11-12	200 IM	2:38.69	3:03.29	134
135	2:45.19	2:25.19	13-14	200 IM	2:22.49	2:44.59	136
137	2:41.09	2:22.39	15-16	200 IM	2:09.99	2:30.69	138
139	2:41.09	2:22.39	Open	200 IM	2:09.99	2:30.69	140
141	49.29	43.49	10 & Under	50 Back	45.39	51.79	142
143	44.89	38.99	11-12	50 Back	39.39	45.29	144
145	38.49	32.79	13-14	50 Back	30.89	35.59	146
147	37.49	32.09	15-16	50 Back	29.59	34.59	148
149	37.49	32.09	Open	50 Back	29.59	34.59	150
151	49.29	43.49	10 & Under	50 Breast	45.39	51.79	152
153	44.89	38.99	11-12	50 Breast	39.39	45.29	154
155	42.09	36.99	13-14	50 Breast	34.29	39.59	156
157	41.79	36.09	15-16	50 Breast	33.29	37.49	158
159	41.79	36.09	Open	50 Breast	33.29	37.49	160
161	3:04.59	2:41.69	11-12	200 Fly	2:44.89	3:08.39	162
163	2:49.59	2:28.59	13-14	200 Fly	2:22.29	2:41.59	164
165	2:44.69	2:27.29	15-16	200 Fly	2:14.59	2:32.19	166
167	2:44.69	2:27.29	Open	200 Fly	2:14.59	2:32.19	168
169	1:23.89	1:14.39	10 & Under	100 Free	1:15.39	1:25.89	170
171	1:16.19	1:07.19	11-12	100 Free	1:05.59	1:14.59	172
173	1:08.39	59.99	13-14	100 Free	58.09	1:06.59	174
175	1:08.19	1:00.79	15-16	100 Free	54.79	1:01.99	176
177	1:08.19	1:00.79	Open	100 Free	54.79	1:01.99	178
179	NT	NT	11-12	200 Free Relay	NT	NT	180
181	NT	NT	13-14	400 Free Relay	NT	NT	182
183	NT	NT	Open	400 Free Relay	NT	NT	184
			10 Minute Break	10 Minute Break			
185	23:09.79	22:17.09	11-12	1650 Free	22:17.09	23:09.09	186
187	19:48.09	19:21.69	13-14	1650 Free	19:21.69	19:48.09	188
189	19:58.09	19:38.29	15-16	1650 Free	18:27.49	18:44.99	190
191	19:58.09	19:38.29	Open	1650 Free	18:27.49	18:44.99	191

Reminders:

- 13 & over Prelims: East pool 7:00 a.m. warm-up. Start time 8:30 a.m.
- 12 & under Prelims: West pool 7:30 a.m. warm-up. Start time 9:00 a.m.
- Finals: Warm-up 3:30 p.m. – Finals Starts 5:00 p.m.
- Finals will consist of one heat of girls and one heat of boys (top 10) swimmers in each event by age groups.
- The 200 & 400 Free Relays will be swum in Prelims. Positive check-in for the 200 & 400 Free Relays. NOTE: No penalties for these events.
- The 1650 Free is a positive check-in and swum as timed finals, all age groups will be swum together and scored separately, swum fastest to slowest alternating girls, boys. All heats of 1650 Freestyles will start 10 minutes following the East pool session. Two pools may be used for this event. Check-in Deadline 9:30 a.m.
- 1650 swimmers must supply their own counters and timers.
- "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to competing in the meet.
- Meet management reserves the right to adjust start time, times of sessions to ensure an efficient meet.