

# Florida Gold Coast South Division Short Course Championships

## March 5-7, 2010

**Sanctioned By:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming – Sanction # 030510-FGC1

**Sponsored By:** Comets Swim Team & Comets Swim Team Booster Club

**Location:** Academic Village Pool, 17189 Sheridan Street, Pembroke Pines, FL 33331

**Dates & Time:** Session I – Timed Finals – Friday – March 5, 2010 - Warm-up 3:00pm – Meet Starts 4:30pm

Session II – Prelims 10 & Under and 18 & Under

Saturday – March 6, 2010 – Warm-up 6:30am – Meet Starts 8:00am

Session III – Prelims 12 & Under and 14 & Under

Saturday – March 6, 2010 – Warm-up 11:00am – Meet Starts 12:30pm

Session IV – Finals All Age Groups

Saturday – March 6, 2010 – Warm-up 4:30pm – Meet Starts 6:00pm

Session V – Prelims 10 & Under and 18 & Under

Sunday – March 7, 2010 – Warm-up 6:30am – Meet Starts 8:00am

Session VI – Prelims 12 & Under and 14 & Under

Sunday – March 7, 2010 – Warm-up 11:00am – Meet Starts 12:30pm

Session VII – Finals All Age Groups –

Sunday – March 7, 2010 – Warm-up 4:30pm – Meet Starts 6:00pm

Note: Meet management reserves the right to adjust start times in order to ensure an efficient meet.

**Pool / Timing:** 10 lanes, 25 yard short course heated outdoor pool. Separate warm-up/warm-down lanes available during competition. Colorado Timing System® and Hy-Tek Meet Manager software will be used for timing/scoring. Water depth at competition start end of pool is a minimum 6 feet 7 inches. Fly-over starts will be used. The competition course has been certified in accordance with 104.2.2 (C).

**Eligibility:** Open to all 18 & Under, 2010 USA Swimming registered athletes in the Dade County, Monroe County and Comets Swim Team and foreign athletes with proper travel credential 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 Circuit 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, either SCY, LC, or SCM. Relay swimmers must also comply with this rule (in strokes / age brackets where no 50-meter standard is listed, the 100-meter stroke eligibility applies). Teams entering and swimming athletes who have achieved Qualifying times will be subject to a \$50 fine per swim. Swimmers who age up between March 8 and the start of the FGC Junior Olympics who have achieved a Junior Olympic time but are will not be eligible at the start of the Junior Olympic meet may swim at Division II in the above 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. Please contact the pool office ahead of time to allow for preparations. Call 954-538-3721 or email: [info@swim4comets.com](mailto:info@swim4comets.com)

**Entry Deadline:** Entries Close - **Wednesday – February 24, 2010 - 9:30pm**

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

**Entry Procedure:** **Hy-Tek electronic entry system is preferred.** Please email entry to: [info@swim4comets.com](mailto:info@swim4comets.com)  
Submission of entry certifies that all entered swimmers are USA Swimming registered.  
Non-electronic entries are double the entry fee and surcharge.

## Florida Gold Coast South Division Short Course Championships

- 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 "Comets Swim Team" with a single team check, cash, or money order
- Seeding:** Eligible entries will follow FGC policy and shall be seeded in the following order – Short Course Yards followed by Long Course Meters followed by Short Course Meters. Top 20 Swimmers will be circled swimmers.
- Relays:** Swimmers swimming in relay must meet the eligibility requirement (Not Junior Olympic, or Senior Circuit Qualified) in the Relay leg he/she is competing in.
- Finals:** Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event.
- Distance Events:** The 400 Individual Medley, 500 Freestyle, and 1650 Freestyle are timed finals and positive check-in events. They will be swum fastest to slowest alternating girls and boys. The top 10 times entered in the 500 Free for each age group will swim with finals.
- Awards:** Individual Events: Medals 1<sup>st</sup> - 3<sup>rd</sup> and Ribbons 4<sup>th</sup> - 10<sup>th</sup>  
Relays Events: Ribbons 1<sup>st</sup> - 3<sup>rd</sup>
- Scoring:** The South Division Championship meets will not be scored (FGC rule 102.7)
- Admission:** \$3.00 per person per session. Heat Sheets - \$2.00 each session
- Concessions:** Concession stand will be open for all sessions provided by the Comets Booster Club.
- Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet in the west room of the charter school gym.
- Meet Info:** Updates to meet information as well as Timelines and Psych Sheets for the meet will be posted on our website: [www.swim4comets.com](http://www.swim4comets.com)
- Results:** Session results will be posted on the north gym wall and on our website ([www.swim4comets.com](http://www.swim4comets.com)) as soon as they become available.
- Referee:** Ruben Parada
- Meet Director:** Luis Soler – questions, call pool office 954-538-3721, Email: [info@swim4comets.com](mailto:info@swim4comets.com)
- Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues. This will involve at least one swimmer and one coach representative.
- Parking:** Free. Academic Village Swimming Pool. 17189 Sheridan Street, Pembroke Pines, FL. Enter from 172<sup>nd</sup> Ave. and parking is located at the West end of the swimming pool.
- Directions:** **Coming from the North:** Take I-595 West to I-75 South. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172<sup>nd</sup> Ave. Academic Village is on the RIGHT.  
**Coming from the South:** Take SR-826 South to I-75 North. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172<sup>nd</sup> Ave. Academic Village is on the RIGHT hand side second drive.

### Local Hotel Accommodations

Hampton Inn  
1900 NW 150<sup>th</sup> Ave.  
Pembroke Pines, Fl.  
954 922-0011  
<http://Hamptoninn.hilton.com>

Grand Palms Hotel  
110 Grand Palms Drive  
Pembroke Pines, Fl.  
954-431-8800  
<http://www.grandpalmsresort.com>

Wingate Inn  
2800 SW 149<sup>th</sup> St  
Miramar, Fl.  
954 441-0122  
<http://www.wingateinns.com>

AmeriSuites Weston  
2201 N. Commerce Prk  
Weston, Fl  
954- 659-1555  
<http://www.amerisuites.com>

# Florida Gold Coast South Division Short Course Championships

March 5-7, 2010

Sanction # 030510-FGC1

## Order Of Events

Session I: (Timed Finals)- Friday March 5, 2010 Warm-up: 3:00pm Meet Starts: 4:30pm

Event Number	Event	Age Group
1-2	1650 Free	18 & Under
3-4	200 Free	10 & Under
5-6	200 Free	12 & Under
7-8	400 IM	18 & Under

Session II: (Prelims)- Saturday March 6, 2010 Warm-up: 6:30am Meet Starts: 8:00am

Event Number	Event	Age Group
9-10	100 Back	10 & Under
15-16	200 Free	18 & Under
17-18	50 Breast	10 & Under
23-24	100 Breast	18 & Under
25-25	100 Fly	10 & Under
31-32	200 Back	18 & Under
33-34	50 Free	10 & Under
39-40	50 Free	18 & Under
41-42	100 IM	10 & Under
47-48	200 Fly	18 & Under
49-50	200 Free Relay	10 & Under
55-56	200 Free Relay	15-18

Session III: (Prelims)- Saturday March 7, 2010 Warm-up: 11:00am Meet Starts: 12:30pm

Event Number	Event	Age Group
11-12	100 Back	12 & Under
13-14	200 Free	14 & Under
19-20	50 Breast	12 & Under
21-22	100 Breast	14 & Under
27-28	100 Fly	12 & Under
29-30	200 Back	14 & Under
35-36	50 Free	12 & Under
37-38	50 Free	14 & Under
43-44	100 IM	12 & Under
45-46	200 Fly	14 & Under
51-52	200 Free Relay	11-12
53-54	200 Free Relay	13-14

Session IV: (Finals)- Saturday March 7, 2010 Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
9-10	100 Back	10 & Under	29-30	200 Back	14 & Under
11-12	100 Back	12 & Under	31-32	200 Back	18 & Under
13-14	200 Free	14 & Under	33-34	50 Free	10 & Under
15-16	200 Free	18 & Under	35-36	50 Free	12 & Under
17-18	50 Breast	10 & Under	37-38	50 Free	14 & Under
19-20	50 Breast	12 & Under	39-40	50 Free	18 & Under
21-22	100 Breast	14 & Under	41-42	100 IM	10 & Under
23-24	100 Breast	18 & Under	43-44	100 IM	12 & Under
25-26	100 Fly	10 & Under	45-46	200 Fly	14 & Under
27-28	100 Fly	12 & Under	47-48	200 Fly	18 & Under

Florida Gold Coast South Division Short Course Championships

**March 5-7, 2010**  
**Sanction # 030510-FGC1**

Order of Events

Session V: (Prelims)- Sunday March 7, 2010 Warm-up: 6:30am Meet Start: 8:00am

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
57-58	200 IM	18 & Under
63-64	200 IM	10 & Under
65-66	100 Free	10 & Under
71-72	100 Free	18 & Under
73-74	50 Back	10 & Under
79-80	200 Breast	18 & Under
81-82	50 Fly	10 & Under
87-88	100 Back	18 & Under
89-90	100 Breast	10 & Under
95-96	100 Fly	18 & Under
97-98	500 Free	10 & Under
103-104	500 Free	18 & Under
105-106	200 Medley Relay	10 & Under
111-112	200 Medley Relay	15-18

Session VI: (Prelims)- Sunday March 7, 2010 Warm-up: 11:00am Meet Starts: 12:30pm

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
59-60	200 IM	12 & Under
61-62	200 IM	14 & Under
67-68	100 Free	12 & Under
69-70	100 Free	14 & Under
75-76	50 Back	12 & Under
77-78	200 Breast	14 & Under
83-84	50 Fly	12 & Under
85-86	100 Back	14 & Under
91-92	100 Breast	12 & Under
93-94	100 Fly	14 & Under
99-100	500 Free	12 & Under
101-102	500 Free	14 & Under
107-108	200 Medley Relay	11-12
109-110	200 Medley Relay	13-14

Session VII: (Finals)- Sunday March 7, 2010 Warm-up: 4:30pm Meet Starts: 6:00pm

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>	<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
57-58	200 IM	10 & Under	81-82	50 Fly	10 & Under
59-60	200 IM	12 & Under	83-84	50 Fly	12 & Under
61-62	200 IM	14 & Under	85-86	100 Back	14 & Under
63-64	200 IM	18 & Under	87-88	100 Back	18 & Under
65-66	100 Free	10 & Under	89-90	100 Breast	10 & Under
67-68	100 Free	12 & Under	91-92	100 Breast	12 & Under
69-70	100 Free	14 & Under	93-94	100 Fly	14 & Under
71-72	100 Free	18 & Under	95-96	100 Fly	18 & Under
73-74	50 Back	10 & Under	97-98	500 Free	10 & Under
75-76	50 Back	12 & Under	99-100	500 Free	12 & Under
77-78	200 Breast	14 & Under	101-102	500 Free	14 & Under
79-80	200 Breast	18 & Under	103-104	500 Free	18 & Under

**Florida Gold Coast South Division Short Course Championships**

**March 6-7, 2010**

**Sanction #030510-FGC1**

- Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming.  
Sanction #
- Sponsored by: Comets Swim Team
- Dates and Time: Saturday March 6, 2010- 15 minutes after the conclusion of prelims.  
Sunday March 7, 2010- 15 minutes after the conclusion of prelims.
- Course/Timing: 25 Yard by 50 Meter outdoor pool, ten lanes short-course racing course. Colorado Timing will be used.
- Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the South Division Swim Meet. Swimmers not in the South 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 for 2010 who are in the South Division Swim Meet. Swimmers not in the meet may still swim at the Time Trials.
- Awards: None (other than fast times and satisfaction).
- Location: Academic Village Pool, 17189 Sheridan Street, Pembroke Pines, FL 33331
- Referee: TBD
- Directions: **Coming from the North:** Take I-595 West to I-75 South. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172<sup>nd</sup> Ave. Academic Village is on the RIGHT.
- Coming from the South:** Take SR-826 South to I-75 North. Take the Sheridan Street WEST Exit 11B. Drive about 1 mile, and make a right at 172<sup>nd</sup> Ave. Academic Village is on the RIGHT hand side second drive.
- Information: Christopher Anderson – questions, call pool office 954-538-3721, Email: info@swim4comets.com

**Florida Gold Coast South Division Short Course Championships**

**March 6-7, 2010**

Sanction #

**ORDER OF EVENTS**

<b>Event #</b>	<b>Event</b>
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	1000/1650 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	100 IM
31-32	200 IM
33-34	400 IM
35-36	200 Free Relay
37-38	400 Free Relay
39-40	800 Free Relay
41-42	200 Medley Relay
43-44	400 Medley Relay
<b>5-10 Minute Break as needed</b>	

**We will run through the order of events twice a day on Saturday and Sunday. As a reminder, all swimmers who are in the South Division 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.**

## 2009-2012 Florida Gold Coast Junior Olympic Times Standards

Girls				Boys			
LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
37.49	36.79	33.39	10 & Under	50 Free	33.79	37.29	38.29
1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89
3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19
6:25.69	6:12.29	7:05.89	10 & Under	400/500 Free	7:09.89	6:16.29	6:29.69
44.69	43.19	39.19	10 & Under	50 Back	39.59	45.59	44.89
1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89
49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79
1:49.49	1:45.19	1:35.39	10 & Under	100 Breast	1:38.89	1:49.19	1:52.89
43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99
1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59
-	1:33.89	1:25.19	10 & Under	100 IM	1:26.39	1:34.39	-
3:29.89	3:24.39	3:04.69	10 & Under	200 IM	3:06.69	3:26.39	3:31.89

Girls				Boys			
LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49
1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59
2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79
5:36.39	5:27.19	6:14.29	11-12	400/500 Free	6:21.29	5:33.69	5:44.69
11:59.39	11:35.29	13:14.69	11-12	800/1000 Free	13:14.69	11:35.29	11:59.39
23:09.79	22:18.09	22:17.09	11-12	1500/1650 Free	22:17.09	22:18.09	23:09.79
40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99
1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19
3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79
44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29
1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09
3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59
37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99
1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69
3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39
-	1:24.19	1:13.29	11-12	100 IM	1:13.79	1:23.79	-
3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29
6:35.99	6:23.49	5:42.59	11-12	400 IM	5:42.59	6:23.49	6:35.99

Girls				Boys			
LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69
1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59
2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99
5:03.49	4:55.99	5:38.29	13-14	400/500 Free	5:40.09	4:57.69	5:05.59
10:20.99	10:10.29	11:37.29	13-14	800/1000 Free	11:37.29	10:10.29	10:20.99
19:48.09	19:14.89	19:21.69	13-14	1500/1650 Free	19:21.69	19:14.89	19:48.09
1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09
1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	13-14	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59
2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59
6:03.19	5:53.79	5:20.19	13-14	400 IM	5:02.89	5:34.69	5:46.79

### Senior Circuit Qualifying Times

LCM	SCY	Event	SCY	LCM
31.89	28.39	50 Free	25.29	28.69
1:08.19	1:00.79	100 Free	54.79	1:01.99
2:24.49	2:09.29	200 Free	1:56.79	2:13.59
4:59.29	5:36.59	400/500 Free	5:14.89	4:42.39
10:21.39	11:32.49	800/1000 Free	10:56.39	9:51.89
19:58.09	19:38.29	1500/1650 Free	18:27.49	18:44.99
39.69	34.89	50 Back	31.79	35.39
1:19.49	1:09.89	100 Back	1:01.59	1:11.29
2:48.19	2:29.19	200 Back	2:15.59	2:32.99
45.29	39.39	50 Breast	35.49	40.19
1:30.79	1:18.89	100 Breast	1:11.09	1:20.49
3:13.39	2:49.69	200 Breast	2:35.09	2:57.79
37.39	33.29	50 Fly	30.29	33.69
1:14.89	1:06.59	100 Fly	1:00.59	1:07.39
2:42.39	2:25.49	200 Fly	2:13.59	2:31.99
2:43.89	2:24.49	200 IM	2:12.79	2:30.19
5:46.39	5:06.29	400 IM	4:48.79	5:21.49

W  
O  
M  
E  
N

M  
E  
N