

# MCA FGC Invitational

## September 25-26, 2010

- SANCTIONED BY:** Florida Gold Coast Swimming, Inc.  
United States Swimming, Inc.  
Sanction #092510-FG1
- SPONSORED BY:** MCA-Martin County Aquatics 2801 S Kanner Hwy, Stuart FL 34994
- RULES:** Current USA Swimming rules 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. The rules and policies can be found at [www.fgcswim.org](http://www.fgcswim.org)
- ELIGIBILITY:** Open to all 2010 USA Swimming FGC registered athletes and any teams receiving invitations from the host club & foreign athletes with proper travel credentials that have been invited by USA Swimming.
- DIRECTIONS :** Take 95 north to exit 101. Go right after exit towards Stuart on 76. Go about 4.2 miles and the Martin County High school is on right. Turn in pool is on left. See our web site. [www.martincountyswimming.org](http://www.martincountyswimming.org)
- 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 of entry is submitted.
- ENTRY LIMIT:** Limit of four (4) events per swimmer per day
- ENTRY DEADLINE:** Entry deadline will be Sept. 20, 2010
- ENTRY FEE:** Individual events \$3.25 Relays events \$6.50 Surcharge \$5.00 per swimmer  
***If entries are done by hand and not electronically, all entry fees are double***  
Make check payable to **Martin County Aquatics**
- DATES & TIMES:**  
**Sat. Sept 25**  
Warm-up-10 & under- 8:00am, Starts 9:00am  
11 & over, Warm-up approx 12:00pm, Start 1:00pm  
**Sun. Sept 26**  
Warm-up 9:00am, Starts 10:00am
- POOL SPECS:** 8 lane - 25yd by 25 meter outdoor - heated. Warm-up and warm-down area will be available. Coaches must be on deck for warm-up. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.
- SEEDING:** Short Course Yard times will be used for entry and seeding. All events are Timed Finals, All events swam together but scored by their age groups. (8&U,9-10,11-12, 13-14, 15& over.
- MEET MGMT.** Meet management reserves the right to adjust start time & session times to ensure an efficient meet.
- DISTANCE:** The 500, and 400IM will be swum fastest to slowest alt. Women and Men. All events are Positive check in.
- AWARDS:** Individual Events: Medals 1 - 3 place, Ribbons 4-6  
Relays Events: Ribbons 1 - 3 place.
- ADMISSION:** Admission \$2.00 per session, Heat sheets \$2.00 per session
- CONCESSION:** Hospitality will be provided for coaches.  
Concession stand will be open for both sessions.  
**Total Team Wares** will be on the deck
- MEET RESULTS:** Official results will e-mailed and posted at [www.martincountyswimming.org](http://www.martincountyswimming.org)
- MEET DIRECTOR:** Jim McCombs mccombj@martin.k12.fl.us, (772) 219-1814
- MEET REFEREE:** Stu Goldstein

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### Order of Events

	<b>Session 1</b> W/U 8:00am Start 9:00am		<b>Session 2</b> W/U 12:00pm Start 1:00pm		<b>Session 3</b> W/U 9:00am Start 10:00am
1-2	10&U 200 Medley R	27-28	Open 200 Medley R	63-64	12&U 200 Free R
3-4	8&U 50 Free	29-30	11-12 50 Free	65-66	13&O 200 Free R
5-6	9-10 50 Free	31-32	13-14 50 Free	67-68	10&U 100 Free*
7-8	8&U 50 Back	33-34	15&O 50 Free	69-70	11-12 100 Free
9-10	9-10 50 Back	35-36	11-12 50 Back	71-72	13&O 100 Free*
11-12	8&U 100 IM	37-38	13-14 100 Back	73-74	10&U 100 Back*
13-14	9-10 100 IM	39-40	15&O 100 Back	75-76	11-12 100 Back
15-16	8&U 50 Breast	41-42	11-12 100 IM	77-78	Open 200 Back*
17-18	9-10 50 Breast	43-44	11-12 100 Breast	79-80	10&U 200 IM*
19-20	8&U 50 Fly	45-46	13-14 200 Breast	81-82	11-12 200 IM
21-22	9-10 50 Fly	47-48	Open 200 Breast*	83-84	13&O 200 IM*
23-24	10&U 200 Free*	49-50	11-12 50 Fly	85-86	10&U 100 Breast*
	10 min break	51-52	13-14 100 Fly	87-88	11-12 50 Breast
25-26	10&U 200 Free R	53-54	15&O 100 Fly	89-90	13&O 100 Breast*
		55-56	11-12 200 Free	91-92	10&U 100 Fly*
		57-58	13-14 200 Free	93-94	11-12 100 Fly
		59-60	15&O 200 Free	95-96	Open 200 Fly*
			10 min break		10 min break
		61-62	Open 400 IM* <sub>p</sub>	97-98	Open 500 Free* <sub>p</sub>

P = Positive check in alt. women & men fastest to slowest

\* = Swum together and scored separately