

Dade Developmental Swim Meet SEPTEMBER 11-12, 2010

Sanctioned By: This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, Sanction # 091110-DC1

Sponsored By: The Miami Dade County Aquatic Club.

Location: Miami Springs Swimming Pool. 1401 Westward Drive. Miami Springs, FL 33166-5005 (305) 805-5078

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.

Pool: 22 Yard by 50 Meter heated outdoor pool, 7 short-course racing lanes, with separate warm-up and swim down space available. Colorado Timing will be used.

Dates & Times: Session I – Timed Finals -- Saturday, September 11, 2010. Warm-up 7:00 a.m. Meet starts @ 8:30 a.m.
Session II – Timed Finals- Saturday, September, 11, 2010 Warm-up 10:00 a.m. Meet Starts @ 11:30 a.m.
Session III – Timed Finals- Sunday, September 12, 2010. Warm-up 7:30 a.m. Meet Starts @ 9:00 am

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

Eligibility Open to all 2010 USA Swimming registered athletes in Miami-Dade and Monroe Counties and foreign athletes with proper travel credential that have been invited by USA swimming, who have not achieved a Junior Olympic time in the event in which he/she is entered in. Also note that according to FGC Policy **All 8 & under swimmers are eligible to compete in this meet.**

Entry Deadline: Wednesday, September 1st, 2010

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 the entry is submitted.

Entry Limit: **Individual Events:** Four (4) individual events per day.
Relays: Unlimited amount of team relays

Entry Procedure: **ELECTRONIC ENTRIES ARE STRONGLY ENCOURAGED.** Entries should be sent via email to: **CHADL15@aol.com**. Mailed and hand delivered disks will be accepted. Corrupt, unreadable, or incorrectly formatted files must be retransmitted within 24 hours of the entry deadline. Errors in entries submitted electronically is the responsibility of the applicant. **Submission of electronic entries certifies that all entered swimmers are USA Registered. Entry fees for non-electronic entries are double the regular fees.**

NON Electronic Entries – must be submitted with Valid USA Swimming numbers, Swimmer's name, age, sex, Event numbers and times.

Suggested Express Mail Address: Miami Dade County Aquatic Club
10015 SW 2nd Terrace
Miami, FL 33174

Entry Fees: \$2.50 – Individual Event \$5.00 – Relay Event \$4.00 – per swimmer surcharge

Payable To: **Miami Dade County Aquatic Club**
Entry fees for non-electronic entries are double the regular fees.

Seeding: Yards times will be used for seeding. All events are Timed Finals.

Awards: Individual Events: Ribbons 1st – 8th
Relay Events: Ribbons 1st –3rd

Admission: \$2.00 each session. Heat Sheet -\$2.00 each session

Concessions: Concession stand will be open for all sessions.

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

Meet Info: David Rodriguez (786) 515-4992

Referee: TBA

Meet Director: David Rodriguez

Directions: Palmetto Expressway (826). Take the FL-934 E/NW 74th Street/Hialeah Exwy Exit. Turn right at FL 934 E/Hialeah Expy. Turn right at W 8th Ave. Turn left at S Okeechobee Rd. Turn right at Curtiss Pkwy. At the traffic circle, take the 2nd exit onto Westward Drive. Continue on Westward Drive. Destination will be on the right.

I-95: Take exit 4 for FL-112 W toward Miami International Airport. Follow signs for FL-112 W/Airport and merge onto FL-112W. Exit onto FL-25 N/US-27 N/NW North River Dr toward Okeechobee Rd. Turn left at Curtiss Pkwy/Hialeah Drive. At the traffic circle, take the 2nd exit onto Westward Drive. Continue on Westward Drive. Destination will be on the right.

Hotel Information:

Sleep Inn Airport
105 Fairway Drive, Miami Springs, FL - (305) 871-7553

Parkway Inn-Airport
777 Curtiss Parkway, Miami Springs, FL - (305) 887-2621

Comfort Inn & Suites Miami Airport
5301 Northwest 36th Street, Miami Springs, FL - (305) 871-6000

Dade Developmental Meet Order of Events

Session I- Timed Finals Saturday, September 11, 2010

Warm-up:7:00 a.m. Meet Starts: 8:30 a.m.

Event Number	Event	Age Group
1--2	100 Freestyle Relay	8 & under
3--4	25 Free	6 & under
5--6	25 Free	7--8
7--8	25 Breast	6 & under
9--10	25 Breast	7--8
11--12	25 Back	6 & under
13--14	25 Back	7--8
15--16	25 Fly	6 & under
17--18	25 Fly	7--8
19--20	100 Medley Relay	8 & under

Session II- Timed Finals- Saturday, September 11, 2010 Warm-up: 10:00 a.m. Meet Starts: 11:30 a.m.

Event Number	Event	Age Group
21--22	200 Butterfly	OPEN*#
23--24	100 Backstroke	10 & under
25--26	100 Backstroke	11--12

27--28	100 Backstroke	13 & Over*#
29--30	50 Breaststroke	10 & under
31--32	50 Breaststroke	11—12
33-34	50 Breaststroke	13 & Over*#
35--36	200 Freestyle	10 & under
37--38	200 Freestyle	11—12
39--40	200 Freestyle	13 & Over*#
41--42	100 Butterfly	10 & under
43--44	100 Butterfly	11—12
45--46	100 Butterfly	13 & Over*#
47--48	50 Backstroke	10 & under
49--50	50 Backstroke	11—12
51--52	50 Backstroke	13 & Over*#
53--54	200 Breaststroke	OPEN*#
55--56	500 Freestyle	OPEN*#

***Event awarded separately** (10&under, 11-12, 13-14, 15&over)

#13 & Over swimmers achieving ribbons must indicate with the awards desk their desire to receive their ribbons, otherwise, meet management will not be required to issue these ribbons.

Session III- Timed Finals – Sunday, September 12, 2010. Warm-up: 7:30 am Meet Start: 9:00am

Event Number	Event	Age Group
57--58	200 Individual Medley	10 & under
59--60	200 Individual Medley	11—12
61--62	200 Individual Medley	13 & Over*#
63--64	100 Freestyle	10 & under
65--66	100 Freestyle	11—12
67--68	100 Freestyle	13 & Over*#
69--70	50 Butterfly	10 & under
71--72	50 Butterfly	11—12
73--74	50 Butterfly	13 & Over*#
75--76	200 Backstroke	OPEN*#
77--78	100 Breaststroke	10 & under
79--80	100 Breaststroke	11—12
81--82	100 Breaststroke	13 & Over*#
83--84	50 Freestyle	10 & under
85--86	50 Freestyle	11—12
87--88	50 Freestyle	13 & Over*#
89--90	100 Individual Medley	10 & under
91--92	100 Individual Medley	11—12
93--94	100 Individual Medley	13 & Over*#
95--96	400 Individual Medley	OPEN*#

***Event awarded separately** (10&under, 11-12, 13-14, 15&over)

#13 & Over swimmers achieving ribbons must indicate with the awards desk their desire to receive their ribbons, otherwise, meet management will not be required to issue these ribbons.

2009-2012 Florida Gold Coast Junior Olympic Times Standards

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

LCM	SCM	SCY	11 & 12	SCY	SCM	LCM
34.69	33.99	30.89	50 Free	29.89	32.99	34.49
1:16.19	1:13.99	1:07.19	100 Free	1:05.39	1:12.49	1:14.39
2:41.69	2:36.89	2:22.19	200 Free	2:22.39	2:37.49	2:42.79
5:36.39	5:27.19	6:14.29	400/500 Free	6:21.29	5:33.69	5:44.69
40.19	38.89	34.79	50 Back	34.39	39.29	39.99
1:28.29	1:24.79	1:15.29	100 Back	1:15.29	1:24.49	1:26.19
3:02.69	2:55.39	2:39.09	200 Back	2:40.19	2:57.09	3:07.79
44.89	42.99	38.99	50 Breast	39.39	43.39	45.29
1:37.39	1:32.79	1:24.19	100 Breast	1:24.29	1:33.89	1:38.09
3:25.69	3:18.29	2:59.69	200 Breast	3:00.19	3:19.09	3:29.59
37.79	37.19	32.69	50 Fly	32.69	37.49	37.99
1:26.09	1:23.89	1:16.09	100 Fly	1:16.09	1:24.09	1:26.69
3:04.39	2:58.49	2:41.69	200 Fly	2:44.89	3:02.19	3:08.39
-	1:24.19	1:13.29	100 IM	1:13.79	1:23.79	-
3:02.19	2:57.39	2:35.89	200 IM	2:38.69	3:00.69	3:03.29

LCM	SCM	SCY	13 & 14	SCY	SCM	LCM
31.49	30.39	27.39	50 Free	26.39	29.39	30.69
1:08.39	1:06.29	99.99	100 Free	98.09	1:04.19	1:06.59
2:26.19	2:22.09	2:08.39	200 Free	2:06.69	2:19.99	2:24.99
5:03.49	4:55.99	5:38.29	400/500 Free	5:40.09	4:57.69	5:05.39
10:20.99	10:10.29	11:37.29	800/1000 Free	11:37.29	10:10.29	10:20.99
19:48.09	19:14.89	19:21.69	1500/1650 Free	19:21.69	19:14.89	19:48.09
1:20.49	1:17.09	1:09.79	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:45.39	2:29.69	200 Back	2:19.49	2:34.19	2:42.09
1:29.09	1:26.19	1:17.99	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.39	1:15.39	1:08.39	100 Fly	1:04.09	1:10.79	1:12.69
2:49.39	2:44.19	2:28.39	200 Fly	2:22.29	2:37.19	2:41.59
2:45.19	2:40.39	2:25.19	200 IM	2:22.49	2:37.49	2:44.59
6:03.19	5:53.79	5:20.19	400 IM	5:02.89	5:34.69	5:46.79

LCM	SCM	SCY	15 & 16 / OPEN	SCY	SCM	LCM
30.99	29.99	27.19	50 Free	24.49	26.99	28.09
1:07.19	1:05.09	98.89	100 Free	93.09	98.69	1:01.39
2:23.19	2:20.29	2:06.99	200 Free	1:55.79	2:07.89	2:13.39
4:59.79	4:53.49	5:33.39	400/500 Free	5:11.69	4:32.79	4:41.09
10:15.19	10:00.39	11:23.99	800/1000 Free	11:12.19	9:48.29	10:04.39
19:37.29	19:02.29	19:08.99	1500/1650 Free	18:47.99	18:41.39	19:22.99
1:18.69	1:15.29	1:08.09	100 Back	1:01.79	1:08.29	1:11.99
2:47.39	2:41.99	2:26.39	200 Back	2:12.69	2:26.39	2:34.89
1:27.79	1:24.79	1:16.79	100 Breast	1:09.19	1:16.49	1:20.59
3:08.49	3:05.39	2:45.29	200 Breast	2:30.09	2:45.89	2:54.29
1:16.09	1:14.29	1:07.29	100 Fly	1:00.79	1:07.19	1:09.09
2:44.69	2:42.79	2:27.29	200 Fly	2:14.39	2:28.69	2:32.19
2:41.09	2:37.29	2:22.39	200 IM	2:09.99	2:23.69	2:30.69
5:57.39	5:47.09	5:14.09	400 IM	4:49.09	5:19.49	5:29.99