

**Florida Gold Coast Area 2 Developmental Meet
February 24-26 2012**

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. FGA2022412SUN-B-6

Sponsored By: Sunrise Swimming, City of Sunrise, and the Sunrise Swimming Booster Club

Location: 10610 W Oakland Park Blvd.
Sunrise, FL 33351

Dates & Time:

Session I	Timed Finals	Friday	February 24	Warm-up – 3:00PM	Start – 4:30PM
Session II	Prelims	Saturday	February 25	Warm-up – 7:00AM	Start – 8:30AM
Session III	Prelims	Saturday	February 25	Warm-up – 11:00AM	Start – 12:30PM
Session IV	Finals	Saturday	February 25	Warm-up – 4:30PM	Start – 6:00PM
Session V	Prelims	Sunday	February 26	Warm-up – 7:00AM	Start – 8:30AM
Session VI	Prelims	Sunday	February 26	Warm-up – 11:00AM	Start – 12:30PM
Session VII	Finals	Sunday	February 26	Warm-up – 4:30PM	Start – 6:00PM

Note: The Start times for this meet may be adjusted following receipt of all entries with approval of the Age Group Chairman

Pool / Timing: 8 lanes X 25 yards. Hy-Tek Meet Management software will be used. Fly-over starts will be used. The pool depth at the starting end varies from 6 ft to 8 ft. The competition course has been certified in accordance with 104.2.2 (C). Certification is on file with USA Swimming.

Camera Free: The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

Eligibility:

- Open to all 18 & under, 2012 USA Swimming FGC registered athletes in Area 2 and foreign athletes with proper travel credential that have been invited by USA swimming. Athletes who wish to join USA Swimming may do so by follow the standard FGC Deck Entry procedure (available at www.fgcswwim.org) that is also available for any eligible swimmer.
- **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 Championship qualifying time in the event entered and must have a minimum "B" time standard in any event 200 meters or longer.**
- Any swimmer entered in the meet must be certified by a USA Swimming member Coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement - USA Swimming Rule 202.3.3
- Swimmers may not enter any event in which they have achieved a Qualifying time in the course in which this event is being held.
- Teams entering and swimming athletes who have achieved qualifying times will be subject to a \$50 fine per swim.

- Swimmers who age up between the first day of this meet and the start of the FGC Junior Olympics may choose to swim up an age group in this meet to earn a Junior Olympic standard in any event they are not yet qualified. Coaches must enter these athletes on the team roster and contact the Meet Manager to place them specifically in any such event.

Rules: *2012 USA Swimming and FGC 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. It is the swimmers or coach's responsibility to notify the Meet Director and Meet Referee of any accommodations required.

Entry Deadline: Entries Close - **Wednesday – February 15, 2012**

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

Entry Procedure: **Hy-Tek electronic entry system is required.** Please email entry to: **coachsun1@aol.com**
Submission of entry certifies that all entered swimmers are current year USA Swimming registered. Non-electronic entries are not accepted

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 **SUNRISE SWIMMING BOOSTER CLUB** with a single team check, cash, or money order

Seeding: Standard Championship seeding will be used for Prelim/Final events. Entries will be seeded with conforming and non-conforming times – SCY, SCM, and LCM.

Relays: A & B relays are permitted. Any swimmer who is legally entered in this meet can swim any leg on any relay.

Finals: A single Championship Final will be swum in all Prelim/Final events.

Distance Events: All events 500 yards and longer will be **positive check-in** and completed in the morning sessions. These events will be swum fastest to slowest – alternating girls than boys with the exception of the 10 & Under 500 free. We will swim the fast heat of girls & boys first and then continue on with the alternating format. Awards will be distributed and results posted in the following age groups: 10 & under, 11-12, 13 & 14 and 15 – 18. In addition, the 200 stroke events of butterfly, backstroke and breaststroke are timed final events where all competitors compete in the morning sessions.

Awards: Individual Events: Medals 1st - 3rd and Ribbons 4th – (number of lanes swum in finals)
Relays Events: Ribbons 1st – 3rd

Scoring: This competition is not scored.

Admission: \$3.00 per person per session. Heat Sheets - \$2.00 each session

Concessions: Concession stand will be open for all sessions.

Hospitality: Refreshments and hospitality for coaches / officials / volunteers will be available.

Referee: Ed Henderson

Meet Marshall: Hailey Hernandez

Meet Director: Dave Wathen 954 747-4635 coachsun1@aol.com

Directions: From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after Safety Complex.

Order Of Events

**** = Timed Final Events – Swum in Prelims**

All Time Standards are “Slower Than”

Session I - Timed Finals- Friday – February 24 Warm-up: 3:00pm Meet Starts: 4:30pm

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
1a			5:42.59	12 & Under	400IM**	5:42.59			2a
1b	6:03.19	5:53.79	5:20.19	13-14	400IM**	5:02.89	5:34.69	5:46.79	2b
1c	5:57.59	5:47.09	5:14.09	15-18	400IM**	4:49.09	5:19.49	5:29.99	2c
3a			22:17.09	12 & Under	1650FR**	22:17.09			4a
3b	19:48.09	19:14.89	19:21.69	13-14	1650FR**	19:14.89	19:14.89	19:48.09	4b
3c	19:37.29	19:02.29	19:08.99	15-18	1650FR**	18:47.99	18:41.39	19:22.99	4c

Order Of Events

**** = Timed Final Events – Swum in Prelims**

All Time Standards are “Slower Than”

Session II - Prelims- Saturday – February 25 Warm-up: 7:00am Meet Starts: 8:00am

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
5	1:37.29	1:32.89	1:26.49	10 & Under	100BK	1:27.09	1:36.19	1:39.89	6
11	1:18.69	1:15.29	1:08.09	15-18	100BK	1:01.79	1:08.29	1:11.99	12
13	NT	NT	NT	10 & Under	200 Free Relay**	NT	NT	NT	14
19	NT	NT	NT	15-18	200 Free Relay**	NT	NT	NT	20
21	43.09	42.19	37.99	10 & Under	50FL	39.39	43.49	43.99	22
27	37.49	36.89	32.09	15-18	50FL	29.59	33.99	34.59	28
29	1:49.49	1:45.19	1:35.39	10 & Under	100BR	1:38.89	1:49.19	1:52.89	30
35	1:27.79	1:24.79	1:16.79	15-18	100BR	1:09.19	1:16.49	1:20.59	36
37	37.49	36.79	33.39	10 & Under	50FR	33.79	37.29	38.29	38
43	30.99	29.99	27.19	15-18	50FR	24.49	26.99	28.09	44
45	3:01.89	2:54.79	2:38.39	10 & Under	200FR	2:41.39	2:58.79	3:03.19	46
51	2:23.19	2:20.29	2:06.99	15-18	200FR	1:55.79	2:07.89	2:13.39	52
53		1:33.89	1:25.19	10 & Under	100IM	1:26.39	1:34.39		54
57	2:44.69	2:42.79	2:27.29	15-18	200FL**	2:14.59	2:28.69	2:32.19	58
59a	6:25.69	6:12.29	7:05.89	10 & Under	500FR**	7:09.89	6:16.29	6:29.69	60a
59b	4:59.79	4:53.49	5:35.39	15-18	500FR**	5:11.69	4:32.79	4:41.09	60b

Order Of Events

**** = Timed Final Events – Swum in Prelims**

All Time Standards are “Slower Than”

Session III – Prelims - Saturday February 25 - Warm-up: 11:00am Meet Starts: 12:30pm

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
7	1:28.29	1:24.79	1:15.29	11-12	100BK	1:15.29	1:24.49	1:26.19	8
9	1:20.49	1:17.09	1:09.79	13-14	100BK	1:04.89	1:11.69	1:15.59	10
15	NT	NT	NT	11-12	200 Free Relay**	NT	NT	NT	16
17	NT	NT	NT	13-14	200 Free Relay**	NT	NT	NT	18
23	37.79	37.19	32.69	11-12	50FL	32.69	37.49	37.99	24
25	36.59	35.59	32.39	13-14	50FL	30.09	33.79	34.69	26
31	1:37.39	1:32.79	1:24.19	11-12	100BR	1:24.29	1:33.89	1:38.09	32
33	1:29.09	1:26.19	1:17.99	13-14	100BR	1:12.29	1:19.89	1:23.59	34
39	34.69	33.99	30.89	11-12	50FR	29.89	32.99	34.49	40
41	31.49	30.39	27.59	13-14	50FR	26.59	29.39	30.69	42
47	2:41.69	2:36.89	2:22.19	11-12	200FR	2:22.59	2:37.49	2:42.79	48
49	2:26.19	2:22.09	2:08.59	13-14	200FR	2:06.69	2:19.99	2:24.99	50
55		1:24.19	1:13.29	11-12	100IM	1:13.79	1:23.79		56
61a	3:04.59	2:58.49	2:41.69	11-12	200FL**	2:44.89	3:02.19	3:08.39	62a
61b	2:49.59	2:44.19	2:28.59	13-14	200FL**	2:22.29	2:37.19	2:41.59	62b
					5 Minute Break				

63a	5:36.39	5:27.19	6:14.29	11-12	500FR**	6:21.29	5:33.69	5:44.69	64a
63b	5:03.49	4:55.99	5:38.29	13-14	500FR**	5:40.09	4:57.69	5:05.59	64b

Session IV – Finals - Saturday February 25 - Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
5-6	100 Back	10 & Under	35-36	100 Breast	15-18
7-8	100 Back	11-12	37-38	50 Free	10 & Under
9-10	100 Back	13-14	39-40	50 Free	11-12
11-12	100 Back	15-18	41-42	50 Free	13-14
21-22	50 Fly	10 & Under	43-44	50 Free	15-18
23-24	50Fly	11-12	45-46	200 Free	10 & Under
25-26	50 Fly	13-14	47-48	200 Free	11-12
27-28	50 Fly	15-18	49-50	200 Free	13-14
29-30	100 Breast	10 & Under	51-52	200 Free	15-18
31-32	100 Breast	11-12	53-54	100 IM	10 & Under
33-34	100 Breast	13-14	55-56	100 IM	11-12

Order Of Events

**** = Timed Final Events – Swum in Prelims
All Time Standards are “Slower Than”**

Session V – Prelims - Sunday – February 26 Warm-up: 7:00am Meet Starts: 8:00am

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
65	1:23.89	1:21.99	1:14.39	10 & Under	100FR	1:15.39	1:23.29	1:25.89	66
71	1:07.19	1:05.09	58.19	15-18	100FR	53.09	58.69	1:01.39	72
73	NT	NT	NT	10 & Under	200 Medley Relay **	NT	NT	NT	74
79	NT	NT	NT	15-18	200 Medley Relay **	NT	NT	NT	80
81	3:29.89	3:24.39	3:04.69	10 & Under	200IM	3:06.69	3:26.39	3:31.89	82
87	2:41.09	2:37.29	2:22.39	15-18	200IM	2:09.99	2:23.69	2:30.69	88
89	44.69	43.19	39.19	10 & Under	50BK	39.59	45.59	44.89	90
95	37.49	36.89	32.09	15-18	50BK	29.59	33.99	34.59	96
97	1:44.69	1:37.79	1:33.29	10 & Under	100FL	1:33.19	1:42.89	1:45.59	98
103	1:16.09	1:14.29	1:07.27	15-18	100FL	1:00.79	1:07.19	1:09.09	104
105	49.29	47.49	43.49	10 & Under	50BR	45.39	50.09	51.79	106
111	41.79	40.79	36.09	15-18	50BR	33.29	36.49	37.49	112
5 Minute Break									
113	2:47.59	2:41.99	2:26.59	15-18	200BK**	2:12.69	2:26.59	2:34.89	114
115	3:08.49	3:05.59	2:45.29	15-18	200 BR**	2:30.09	2:45.89	2:54.29	116

Order Of Events

**** = Timed Final Events – Swum in Prelims
All Time Standards are “Slower Than”**

Session VI – Prelims - Sunday – February 26 - Warm-up: 11:00am Meet Start: 12:30pm

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
67	1:16.19	1:13.99	1:07.19	11-12	100FR	1:05.59	1:12.49	1:14.59	68
69	1:08.39	1:06.29	59.99	13-14	100FR	58.09	1:04.19	1:06.59	70
75	NT	NT	NT	11-12	200 Medley Relay **	NT	NT	NT	76
77	NT	NT	NT	13-14	200 Medley Relay **	NT	NT	NT	78
83	3:02.19	2:57.59	2:35.89	11-12	200IM	2:38.69	3:00.69	3:03.29	84
85	2:45.19	2:40.39	2:25.19	13-14	200IM	2:22.49	2:37.49	2:44.59	86
91	40.19	38.89	34.79	11-12	50BK	34.59	39.29	39.99	92
93	38.49	36.09	32.79	13-14	50BK	30.89	33.69	35.59	94
99	1:26.09	1:23.89	1:16.09	11-12	100FL	1:16.09	1:24.09	1:26.69	100
101	1:17.59	1:15.59	1:08.39	13-14	100FL	1:04.09	1:10.79	1:12.69	102
107	44.89	42.99	38.99	11-12	50BR	39.39	43.39	45.29	108
109	42.09	41.19	36.99	13-14	50BR	34.29	38.09	39.59	110
5 Minute Break									
117a	3:02.69	2:55.59	2:39.09	11-12	200BK**	2:40.19	2:57.09	3:07.79	118a

117b	2:51.99	2:45.39	2:29.69	13-14	200BK**	2:19.49	2:34.19	2:42.09	118b
119a	3:25.69	3:18.29	2:59.69	11-12	200 BR**	3:00.19	3:19.09	3:29.59	120a
119b	3:11.99	3:05.69	2:47.99	13-14	200 BR**	2:36.29	2:52.69	3:02.39	120b

Session VII – Finals – Sunday – February 26 Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
65-66	100 Free	10 & Under	93-94	50 Back	13-14
67-68	100 Free	11-12	95-96	50 Back	15-18
69-70	100 Free	13-14	97-98	100 Fly	10 & Under
79-80	100 Free	15-18	99-100	100 Fly	11-12
81-82	200 IM	10 & Under	101-102	100 Fly	13-14
83-84	200 IM	11-12	103-104	100 Fly	15-18
85-86	200 IM	13-14	105-106	50 Breast	10 & Under
87-88	200 IM	15-18	107-108	50 Breast	11-12
89-90	50 Back	10 & Under	109-110	50 Breast	13-14
91-92	50 Back	11-12	111-112	50 Breast	15-18

**Florida Gold Coast Central Division Long Course Time Trial
February 25 and 26**

Sanctioned by: This Time Trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction #

Sponsored by: Sunrise Swimming, City of Sunrise, Sunrise Swimming Booster Club

Dates and Time: Saturday – February 25 - 15 minutes after the conclusion of prelims.
Sunday - February 26 - 15 minutes after the conclusion of prelims.

Pool / Timing: 8 Lanes X 25yards. Daktronics timing system.) Hy-Tek Meet Management software will be used. Fly-over starts will be used. The pool depth at the starting end varies from 6' to 8'. The competition course has been certified in accordance with 104.2.2 (C). Certification is on file with USA Swimming.

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Division Swim Meet. Swimmers not in the 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.

Awards: None (other than fast times and satisfaction).

Location: 10610 W. Oakland Park Blvd.
Sunrise, FL. 33351

Referee: Carlos Hernandez

Information: Dave Wathen 954 747-4635 coachsun1@aol.com

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	800/1500 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	200 IM
31-32	400 IM
33-34	200 Free Relay
35-36	400 Free Relay
37-39	800 Free Relay
40-41	200 Medley Relay
42-43	400 Medley Relay
5-10 Minute Break as needed	

The order of events will be run through twice a day on Saturday and Sunday. All swimmers who are in the Division II 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.