

**Florida Gold Coast Junior Olympic
2012 Short Course Championships
March 9-11, 2012**

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. FGJO031412CSSC-B-11

Sponsored By: Coral Springs Swim Club

Location: Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065, Tel 954-345-2121

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.

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.

Pool: Two 25 yard pools will be used for competition and plenty of warm-up/warm-down lanes will be provided. Competition – Short Course Yards. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring. Pools will be assigned based on number of entries received per gender. All finals will be swum in the west pool – 10 lanes. Fly-over starts will possibly be used. The competition course has been certified in accordance with article 104.2.2C(4) of the USA Swimming Rule Book . A copy of such certification is on file with USA Swimming. Water depth varies from 4.5 feet to 7 feet (west pool) and 6.6 feet across (east pool) accordance with 202.3.7 (C).

Dates & Times: Session I – Prelims - Friday – March 9, 2012. Warm-up 7:30 am. Meet starts 9:00 am. West/East Pool
Session II –Finals – Friday – March 9, 2012. Warm-up 3:30 pm. Finals Start 5:00 pm. – West pool

Session III - Prelims- Saturday – March 10, 2012. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session IV - Prelims- Saturday – March 10, 2012. Warm-up 3:30 pm. Meet starts 5:00 pm. West pool

Session V - Prelims- Sunday – March 11, 2012. Warm-up 7:30 am. Meet starts 9:00 am. West/East pool
Session VI–Finals – Sunday – March 11, 2012. Warm-up 3:30 pm. Finals Start 5:00 pm. – West pool

NOTE: **Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.*

Eligibility: Open to all 14 & under, 2012 Florida Gold Coast registered athletes that have achieved the Qualifying times. All swimmers must be members in good standing with USA Swimming. On deck USA Swimming registration is permitted with the Registration Chair. 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 will qualify for the meet by attaining the Junior Olympic Qualifying times during the period 3/05/10 - 3/05/12. The time must be in the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded. All swimmers must have achieved the qualifying time to be eligible for the meet with the following disability exception:

Disability: Please contact the pool office ahead of time to allow for preparations – 954-340-5032
Email - csscswimentries@gmail.com - All swimmers are welcome at this meet. Any athlete with a disability will be accommodated.

Entry Deadline: Entries Open- 6:00PM EST – Saturday, February, 15, 2012
Entries Close- 5:00PM EST – Saturday, March 5, 2012

Entry Limit: **Individual Events:** Seven (7) individual events for the meet but and no more than three (3) individual events per day.

Relays: Two (2) per team per event. All Relays on Friday and Saturday will take place in the Finals sessions. All Sunday relays will compete in the preliminary session.

On-Line Meet Entry:

Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY.

Access this entry system from the USA Swimming web site at the address

<http://www.usaswimming.org/ome>. Log in and select “Enter Team”. Only one account may be used to enter a team. Paper, FAX, and Email entries **will not be accepted**.

OME HELP: Jay Thomas FG Swimming 954-873-3370 – jayfthomas@comcast.net

Individual Entries: All times that have been achieved during the qualifying date range will be displayed in OME. Any of the times displayed may be selected for entry. Swimmers who have achieved a time not displayed in OME may enter an “Override Time”. Override times must include the meet name and date the time was achieved. Override times must be proven in order to be seeded. Unproven Override Times will be annotated with an asterisk (*) on the meet psych sheet (Entry List). Proof of asterisk (*) submitted times must be provided to the National Times Coordinator by 5:00pm – March 6th in order to be seeded. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. **CONVERTED TIMES ARE NOT PERMITTED.**

Relay Entries: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.

Teams are encouraged to enter a “Team” time from OME (one that is displayed) or an “Override Time”. It is not necessary to build aggregate relays. If using an override time, in the meet name put the word “ENTRY”, and in the date field, put the current date.

ATTENTION TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the entry deadline to the FG Registration Chairman.

ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”

Late Entries: Late entries will be accepted for this meet for swimmers / relays which otherwise meet all eligibility and entry requirements. Qualifying times must have been achieved by the entry deadline. Late entries will only be accepted on-site beginning at the start of warm-up the first day of the meet. Swimmers not previously entered in the meet must provide proof of USA Swimming Membership. **Swimmers must be prepared to provide proof of submitted time for all late entries.** Entry fees for late entries will be double entry fee and double the athlete surcharge. Adding a relay-only swimmer to your entry after the entry deadline will double swimmer surcharge fee to \$15.00. Coaches and swimmers are strongly encouraged to process late entries as early as possible in the registration process. The deadline for any late entry is 30 minutes before the session. **CASH ONLY ALL LATE ENTRIES.**

Refunds: Once a team or individual entry has been received and processed, there will be no refunds in full or in part.

Entry Fees: **Entry Fees:** \$4.00 – Individual Event \$8.00 – Relay Event \$7.50 – per swimmer surcharge
The preferred method of payment for the Meet Entry is a check payable to: **Coral Springs Swim Club**. Teams that will be paying via check or cash must contact Jay Thomas- Entry Coordinator by phone 954-873-3370 or email jayfthomas@comcast.net in order for the entries to be accepted.

Seeding: Entries shall be seeded in the following order- Short Course Yards, Short Course Meters, and Long Course meters. We will follow the 2012 USA Swimming Rules for seeding except as noted below.

- Friday's 500 Free, Saturday's 400 IM and Sunday's 1650 Freestyle are timed final events, swum together and scored separately.
- The 500 Freestyle and the 400IM the top 10 swimmers in the following age groups (10 & under, 11-12, 13-14 for the 500 Free); (11-12, 13-14 for the 400IM) will swim at night, all others with the preliminaries. The swimmer has the right to swim in the preliminaries but he/she must enter at the qualifying time when entered in the event. **IN OME – ENTER AN OVERRIDE TIME – IN THE MEET FIELD – PUT “PRELIM SWIM”, IN THE DATE FIELD – PUT THE DATE OF ENTRY.** The top 10 swimmers checked-in will swim in finals.
- The 1650 freestyles are swum as timed finals following preliminaries on Sunday. All age groups will be swum together, scored separately, swum fastest to slowest alternating girls, boys. Swimmers who have achieved the JO time standard in the 1000 Free may enter the 1650 with that at the 1650 cut time using the OVERRIDE TIME feature. Put the meet date and meet name where the 1000 time was achieved.
NOTE: 1650 swimmers must supply their own counters and timers. There will not be a fast heat with finals.
- Any swimmer that is checked-in and does not show up to the finals or prelims timed-finals, that swimmer will be barred from their next individual event and fined \$25.

Check In: Positive check in for the 500 Freestyle, 400 IM and 1650 will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

<u>Event</u>	<u>Age Group</u>	<u>Day</u>	<u>Check-In Closing Time</u>
500 Free	10 & Under/11-12/13-14	Friday	10:00 AM
400 IM	11-12/13-14	Saturday	10:00 AM
1650 Free	11-12/13-14	Sunday	10:00 AM

Finals: Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event.

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

Awards: Individual Events: Medals 1st – 10th
Relay Events: Medals 1st
Team Awards: Overall Team Championship 1st – 3rd
Age Group Team awards: 1st place for each age group and sex
Individual High Point Awards: Top 3 in each age group & sex

Admission: \$3.00 each session. Heat Sheet -\$3.00 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: Updates to meet information as well as Time Lines and Psych Sheets and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at www.csscswim.com

Referee: **Beth Wilkerson** **Meet Marshall:** Todd Krajewski **Meet Director:** Bruno Darzi

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.

Information: Call team's office at 954-340-5032

Directions: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 Mile)

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Order of Events

KEY – P – Positive Check-in
S – Special Seeding–All ages seeded and swum together - scored separately
SS–Super Seeded – All ages swum together, scored separately, fastest 10 in each age group swimming in finals.
T – Timed Final –
F – Swum Fastest to Slowest alternating women and men.
F1 – Same as F plus fastest 10 in each age group swimming in finals.
 *All Relays on Friday and Saturday will take place in Finals / All Relays Sunday are in Preliminaries

DAY ONE - Friday, March 9, 2012

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
1	NT	NT	NT	13-14	200 Free Relay-T*	NT	NT	NT	2
3	3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79	4
5	2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09	6
7	37.49	36.79	33.39	10 & Under	50 Free	33.79	37.29	38.29	8
9	34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49	10
11	31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69	12
13	1:49.49	1:45.19	1:35.39	10 & Under	100 Breast	1:38.89	1:49.19	1:52.89	14
15	1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09	16
17	1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59	18
19	1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59	20
21	1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69	22
23	1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69	24
25	-	1:33.89	1:25.19	10 & Under	100 IM	1:26.39	1:34.39	-	26
27	-	1:24.19	1:13.29	11-12	100 IM	1:13.79	1:23.79	-	28
29	6:25.69	6:12.29	7:05.89	10 & Under	500 Free P/SS/T/F1	7:09.89	6:16.29	6:29.69	30
31	5:36.39	5:27.19	6:14.29	11-12	500 Free P/SS/T/F1	6:21.29	5:33.69	5:44.69	32
33	5:03.49	4:55.99	5:38.29	13-14	500 Free P/SS/T/F1	5:40.09	4:57.69	5:05.59	34
35	NT	NT	NT	11-12	400 Free Relay-T*	NT	NT	NT	36
37	NT	NT	NT	13-14	800 Free Relay-T*	NT	NT	NT	38

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T – Timed Final –
F – Swum Fastest to Slowest alternating women and men.
F1 – Same as F plus fastest 10 in each age group swimming in finals.
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DAY TWO - Saturday, March 10, 2012

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
39	NT	NT	NT	10 & Under	200 Medley Relay-T*	NT	NT	NT	40
41	NT	NT	NT	11-12	200 Medley Relay-T*	NT	NT	NT	42
43	NT	NT	NT	13-14	200 Medley Relay-T*	NT	NT	NT	44
45	NT	NT	NT	10 & Under	200 Free Relay-T*	NT	NT	NT	46
47	3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59	48
49	3:11.99	3:05.69	2:47.99	13-14	200 Breast	2:36.29	2:52.69	3:02.39	50
51	3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19	52
53	2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79	54
55	2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99	56
57	43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99	58
59	37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99	60
61	36.59	35.59	32.39	13-14	50 Fly	30.09	33.79	34.69	62
63	1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89	64
65	1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19	66
67	1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59	68
69	6:35.99	6:23.49	5:42.59	11-12	400 IM P/SS/T/F1	5:42.59	6:23.49	6:35.99	70
71	6:03.19	5:53.79	5:20.49	13-14	400 IM P/SS/T/F1	5:02.89	5:34.69	5:46.79	72
73	NT	NT	NT	11-12	400 Medley Relay	NT	NT	NT	74
75	NT	NT	NT	13-14	400 Medley Relay	NT	NT	NT	76

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Order of Events

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DAY THREE - Sunday, March 11, 2012

Girls #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys #
77	3:29.89	3:24.39	3:04.69	10 & Under	200 IM	3:06.69	3:26.39	3:31.89	78
79	3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29	80
81	2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59	82
83	44.69	43.19	39.19	10 & Under	50 Back	39.59	45.59	44.89	84
85	40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99	86
87	38.49	36.09	32.79	13-14	50 Back	30.89	33.69	35.59	88
89	49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79	90
91	44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29	92
93	42.09	41.19	36.99	13-14	50 Breast	34.29	38.09	39.59	94
95	3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39	96
97	2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59	98
99	1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89	100
101	1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59	102
103	1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59	104
				5 Minute Break					
105	NT	NT	NT	11-12	200 Free Relay T	NT	NT	NT	106
107	NT	NT	NT	13-14	400 Free Relay T	NT	NT	NT	108
				10 Minute Break					
109	23:09.79	22:18.09	22:17.09	11-12	1650 Free P/S/T/F	22:17.09	22:18.09	23:09.79	110
111	19:48.09	19:14.89	19:21.69	13-14	1650 Free P/S/T/F	19:21.69	19:14.89	19:48.09	112

NOTE: Swimmers may qualify to swim the 1650 Free by achieving the qualifying time in the 1000 Free. Swimmers entering events 109-112 under this provision will enter at the 1650 cut time using the OVERRIDE TIME feature of OME. Enter the meet date and meet name where the 1000 Free qualifying time was achieved. Swimmers entering with 1000 Free times will be seeded below the lowest non-conforming time.

THE QUALIFYING TIME FOR THE 1650 FREE USING THE 1000 TIME IS:

11-12- 13:14.69 - GIRLS AND BOYS

13-14- 11:37.29 – GIRLS AND BOYS

Sunday Finals Order of Events: Event order number 73 – 104. Note: Events 105-112 swum in prelims.

2012 - Florida Gold Coast Junior Olympic Time Trials

Short Course

Sanction #

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No.

Sponsored by: Coral Springs Swim Club

Dates and Time:

Saturday - March 10, 2012 - 15 minutes after the conclusion of prelims.

Sunday - March 11, 2012 - 15 minutes after the conclusion of prelims.

Course/Timing: One 25y x 50m, the west pool will be used for competition. Competition course 10 lanes 25 yards. The second 25y x 25m may be used for warm-up/warm-down lanes. Daktronics timing System will be used and Hy-Tek Meet Manager software will be used for scoring.

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Junior Olympic Championship. Swimmers not in the Junior Olympic Championships 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 current registered USA Swimming athletes. (And swimmers entered in the Junior Olympic Championships who do not exceed the event entry limit for the day).

Distance Events: The 1650/1000 Free will be offered only on Saturday Time Trial Session

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

Location: Coral Springs Swim Club

Directions: Coral Springs Aquatic Complex: If taking 1-95, take Copans Road exit and go west approx. 10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road East. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right hand side (1/2 Mile)

Referee: Beth Wilkerson

Information: Bruno Darzi

2012
Florida Gold Coast Junior Olympic Time Trials
Short Course
Sanction#
ORDER OF EVENTS

Day 1 Events – 200 Series Event Numbers
Day 2 Events – 300 Series Event Numbers

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	1000/1650 Free (Saturday Only)
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

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