



FGC Senior Meet / Short Course Last Chance March 30-1, 2012

- Sanctioned By:** Held under the sanction of USA Swimming & Florida Gold Coast,
Sanction # FG053012-SR-47
- Sponsored By:** The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.
- Location:** Plantation Aquatic Complex
9151 NW 2nd Street
Plantation, Florida 33324
- Type of Meet:** 25 Yard Short Course: Senior Meet - Timed Finals. Two pools may be used during sessions.
- Pool:** **POOL:** Competition will be Short Course Yards. 1 – 25Y x 50M pools for competition. East pool 10 lanes, West pool will be used for continuous warm-up and Warm down. Colorado Timing System will be used. **“Both competition courses have been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.”**
Rule 202.3.7 Water Depth at start end varies from 4’6 to 10’0 depending on lane assignment.
- Eligibility:** Open to all 2012 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming; that have achieved the listed qualifying times. The Meet Host WILL NOT be accepting New or Renewing USA Registrations at the meet. All USA Registrations must be done prior to the start of competition.
- 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. **“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 swimmer’s legal guardian to ensure compliance with this requirement.**
- Camera Free Zone:** 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 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 sanctioned event.
- Entries:** Entries will be accepted via electronic attachment by Jimmy Parmenter at JimmyPPST@aol.com. Entries must be in “Zipped COMLINK” or USA Swimming SDIF format. Free text entries will not be accepted. RELAY ONLY swimmers must be pre-loaded into relays. List all attending coaches and contact phone numbers in the body of the email. Corrupted, unreadable or incorrectly formatted files must be corrected with in 24 hours of entry deadline. Errors in entries submitted electronically are the responsibility of the applicant. Electronic mail confirmation will be sent within 48 hours after receipt of file. All entry fees must be paid before the start of the first event.
NOTE: Swimmers without registration numbers and birth dates will not be entered.

Entry Deadline:	All entries must be received by Friday, March 23, 2012. 12 noon EST. Email entries to JimmyPPST@aol.com – (No Faxed Entries)				
Deck Entries:	FGC Deck Seed Policy will be in effect. NOTE: A hard copy of meet results with “proof of time “or a copy of times from USA Swimming database must be present with deck entry. Coaches will not be permitted to use the meet host computers for proof of times. Please come prepared with your deck seeds. Coaches must pay for deck seeds prior to being deck seeded. NOTE: CASH ONLY will be accepted for deck seeds. Deadline for Deck Seeds is 30 minutes before the start of the meet. All deck entered swimmers must present current USA Swimming Card in order to enter.				
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: Three (3) individual events per day. Qualify for 3 events, you may swim Max event limit for meet.				
Entry Fees:	<table> <tr> <td>\$4.00 per individual event</td> <td>Deck Entry \$8.00 per individual event</td> </tr> <tr> <td>\$7.50 per athlete meet surcharge</td> <td>Deck Entry \$15.00 per athlete meet surcharge</td> </tr> </table> <p>NOTE: Please make checks payable to Plantation Swim Team. (One check only per Team.)</p>	\$4.00 per individual event	Deck Entry \$8.00 per individual event	\$7.50 per athlete meet surcharge	Deck Entry \$15.00 per athlete meet surcharge
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Refunds:	Once a team or individual entry has been received and processed, there will be no refunds in full or part.				
Seeding:	Eligible entries shall be seeded in the following order – Short Course Yards, followed by Short Course Meters, followed by Long Course Meters.				
Distance:	<p>Friday’s 500 free and Saturday’s 400 IM is a positive check-in event. Check-in Deadline for 500 free is 4:30 p.m. the day of the race and 400 IM Check-in Deadline for 400 IM is 9:30 a.m. the day of the race. The 500 Free & 400 IM is swum fastest to slowest alternating women and men.</p> <p>1650 Freestyles Top 30 Women & Top 30 Men checked in will swim. Positive check-in is required to be seeded in the 1650 Free. Scratch deadline for 1650 Freestyle is Sunday, 8:00 a.m. the day of the race. The 1650 Freestyle is swum fastest to slowest alternating women and men.</p> <p>*Note: 1650 swimmers must supply their own counters and timers.</p> <p>*Note: 1650 Freestyle - Two pools may be used during this event.</p>				
Awards:	No Awards				
Admission:	\$3.00 per session / Heat Sheets \$3.00 each session.				
Concessions:	Concession stand will be available.				
Hospitality:	Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.				
Identification:	Coaches and Officials shall wear their 2012 USA registration card in a visible location at the meet at all times during this meet. (This will also be your pass for hospitality.)				
Meet Information:	Updates to meet information as well as time lines, psyche sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at www.swimpst.com .				
Referee:	Carlos Hernandez				
Meet Marshall:	Howard Bilger and the City of Plantation Life Guard Staff				
Meet Director:	Terrell Woods – TerrellWPST@aim.com - (954)-452-2526				

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.

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on to 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately ¾ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

Warm up Procedures: **NO Equipment Permitted. Swimmers Must Enter The Water Feet First. Friday, Saturday and Sunday Preliminaries**

7:30 a.m. – 8:15 a.m. General Warm Up
Swimming and Pulling Only, Push Off
No Racing Starts
No Sprinting or Pace Work

8:15 a.m. – 8:55 a.m. **Controlled Warm Up**
Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Pace, 50 and 100 Circle Swim, Push Off
Lane 3 Racing Starts, 25 yards One Length.
Lane 4 Swimming and Pulling, Push Off
Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Swimming and Pulling, Push Off
Lane 8 Pace, 50 and 100 Circle Swim, Push Off
Lane 9 Racing Starts, 25 yards One Length.
Lane 10 Racing Starts, 25 yards One Length.

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

Friday, March 30, 2012 Warm-up 3:30 p.m. – Meet Starts at 5:00 p.m.

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
1-2	50 Free	31.89	30.89	28.39		25.29	27.69	28.69
3-4	200 IM	2:43.89	2:39.89	2:24.49		2:12.79	2:26.19	2:30.19
5-6	500 Free	4:59.29	4:51.29	5:36.59		5:14.89	4:34.39	4:42.39

Saturday, March 31, 2012 Warm-up 7:30 a.m. – Meet Starts at 9:00 a.m.

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
7-8	50 Breast	41.79	40.79	36.09		33.29	36.49	37.49
9-10	100 Fly	1:14.89	1:12.89	1:06.59		1:00.59	1:05.39	1:07.39
11-12	200 Free	2:24.49	2:20.49	2:09.29		1:56.79	2:09.59	2:13.59
13-14	100 Breast	1:30.79	1:28.79	1:18.89		1:11.09	1:18.49	1:20.49
15-16	200 Back	2:48.19	2:44.19	2:29.19		2:15.59	2:28.99	2:32.99
17-18	400 IM	5:46.39	5:38.39	5:06.29		4:48.79	5:13.49	5:21.49

Sunday, April 1, 2012 Warm-up 7:00 a.m. – 1650 Freestyles Start at 8:30 a.m.

Event #	Event	Women LCM	Women SCM	Women SCY		Men SCY	Men SCM	Men LCM
19-20	1650 Free	19:58.09	19:28.09	19:38.29		18:27.49	18:14.99	18:44.99
21-22	50 Back	37.49	36.89	32.09		29.59	33.99	34.59
23-24	200 Fly	2:42.39	2:38.39	2:25.49		2:13.59	2:27.99	2:31.99
25-26	100 Free	1:08.19	1:06.19	1:00.79		54.79	59.99	1:01.99
27-28	200 Breast	3:13.39	3:09.39	2:49.69		2:35.09	2:53.79	2:57.79
29-30	100 Back	1:19.49	1:17.49	1:09.89		1:01.59	1:09.29	1:11.29
31-32	50 Fly	35.89	35.19	31.59		28.59	30.69	31.39

HOTELS:

Staybridge Suites 410 N. Pine Island Road Plantation, Fl. 33324 954-577-9696 1/3 mile from pool.	La Quinta 8101 Peters Road Plantation, Fl. 33324 800-687-6667 2.5 miles from pool.	Sheraton Suites Plantation 311 N. University Drive Plantation, Fl. 33324 954-424-3300 1 ½ miles from pool.
Plantation Hotel & Conference Center 1711 N. University Drive Plantation, Fl. 33322 954-566-8200 sales@plantationlcc.com www.plantationhotelcc.com	Marriot Courtyard 7780 SW 6 th Street Plantation, Fl. 33324 954-475-1100 2.3 miles from pool.	Marriott Residence Inn 130 N. University Drive Plantation, Fl 33324 954-723-0030 2.2 miles from pool.
Wellesley Inn 7901 SW 6 th Street Plantation, Fl. 33324 954-473-8257 2.1 miles from pool	Hampton Inn Plantation 7801 SW 6 th Street Plantation, Fl. 33324 954-382-4500 2.5 miles from pool	Renaissance Plantation 1230 South Pine Island Rd. Plantation, Fl. 33324 954-472-2252
Hyatt Place 8350 W. Broward Blvd. Plantation, Fl. 33324 954-370-2220		