



## Area 2 Developmental Championships

### July 14-16, 2017

AZFL; BKSC; BEST; HWST; CCPR; CSSC; HAFL; HAT; PST; POMP; SUN; SF; SFTL; TSA; TNSW; WASC; YSF

**Sanctioned By:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.  
Sanction # **FGA071417SUN-B-17**  
"In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event"

**Sponsored By:** Sunrise Swimming, Sunrise Swimming Booster Club, City of Sunrise

**Location:** Sunrise Civic Center, 10610 West Oakland Park Blvd, Sunrise, FL 33351

**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 the Safety Complex.

**Dates & Time:**

|             |             |     |         |                  |                |
|-------------|-------------|-----|---------|------------------|----------------|
| Session I   | Finals-LCM  | Fri | July 14 | Warm-up – 3:30PM | Start – 5:00PM |
| Session II  | Prelims-LCM | Sat | July 15 | Warm-up – 7:00AM | Start – 8:30AM |
| Session III | Finals-LCM  | Sat | July 15 | Warm-up – 5:00PM | Start – 6:00PM |
| Session IV  | Prelims-LCM | Sun | July 16 | Warm-up – 7:00AM | Start – 8:30AM |
| Session V   | Finals-LCM  | Sun | July 16 | Warm-up – 5:00PM | Start – 6:00PM |

***The meet director reserves the right to change meet warm-up and start time in order to hold an efficient meet within USA Swimming / FGC guidelines and with FGC Age Group Chairperson approval.***

**Pool / Timing:** 50 meters x 25 yard heated outdoor pool: 7 lanes for prelims (and Friday night), 8 lanes for finals. There will be a separate warm-up and swim-down lane during prelims; **10 minute breaks after each 15-18 yo event in finals.** DaktronicsTiming System® will be used. Fly-over starts will possibly be used.  
The competition course has been certified in accordance with 104.2.2 ©.  
Water depth at the start is 4'6" in accordance with 202.3.7 ©.

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Format:</b>              | These championships will be conducted in LCM. Events 200M and longer and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 8 swimmers from preliminaries advancing to finals. Breaks between events in finals sessions will be inserted to allow for warm-up/warm down.                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Rules:</b>               | <p>2017 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.</p> <p>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.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.</p> |
| <b>Deck Changing:</b>       | Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Camera Free Zone:</b>    | The Florida Gold Coast Swimming <b>CAMERA FREE ZONE</b> 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.                                                                                                                                                                                                                                                                                                                 |
| <b>Image Authorization:</b> | All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Closed Deck:</b>         | <p>Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet.</p> <p>Coaches will be permitted inside of the roped off areas of the pool deck provided they have shown proper credentials to the meet host and do not interfere with those conducting the event. Coaches are requested to wear their coaching credentials at all times.</p>                                                                                                                                                                                                          |
| <b>Warm-up:</b>             | Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet. More detailed warm up procedures will be distributed to registered coaches prior to the competition.                                                                                                                                                                                                                                                                                                                                                     |

Depending upon the number of swimmers entered, teams may be assigned to specific warm-up times and lanes Saturday and Sunday morning. Teams assigned to an early warm-up on one day will be assigned to a late warm-up period on the other day. More detailed warm up procedures will be distributed to registered coaches prior to the competition.

**Eligibility:**

Open to 7-18 year old 2017 USA Swimming FGC registered athletes in AREA 2

- 7-14 year old swimmers must not have achieved an FGC Junior Olympic time and 15-18 year old swimmers must not have achieved a Senior Championship qualifying time in the event in which he/she is entered.
- Qualifying time standards are USA Swimming National Age Group Motivational "B" times for events 200M and longer. There is no qualifying time standard for events less than 200M and these events may be entered with no time.
- The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.
- If a swimmer ages up between this Area 2 meet and Junior Olympics on July 15-17, they are **ONLY** eligible to swim time trials.

**Disability:**

All swimmers are welcome at this meet. Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the pool office ahead of time to allow for preparations – Christi Wathen 954-747-4635

**Entry Deadline:**

Entries Close - **Wednesday – July 5, 2017 11:59 PM**

**Entry Limit:**

No more than three (3) individual events per day (unlimited relays)

**Entry Procedure:**

**Hy-Tek electronic entry system is required.**

Email entries to: coachsun1@aol.com

Submission of entry certifies that all entered swimmers are current year USA Swimming registered. Non-electronic entries are not accepted.

**\*\*Submission of electronic entries signifies that all swimmers are USA registered.**

**Entry Fees:**

\$5.00 per Individual event entry

\$8.00 per Relay event entry

\$8.00 per swimmer surcharge

**Entry fees are made payable to Sunrise Swimming Booster Club (note: one check per team). Bring check to meet or mail to PO BOX 450205, Sunrise, FL 33345**

**Deck Entries:**

THE FGC DECK SEED POLICY WILL BE IN EFFECT. Policy can be seen at [www.fgcswim.org](http://www.fgcswim.org). Deck entries permitted into open lanes only on a first-come-first-serve basis from 12:01pm on Thursday, July 13, 2017 until 30 minutes prior to the start of the session for the event in question. Deck entry requests may be made by email or in person at the meet - COACHES ONLY PLEASE, at the meet. Email deck entry requests to coachchristiw@aol.com. All deck entered swimmers must present current USA Swimming Card in order to be entered.

**Deck entry fees are DOUBLE the entry fees, CASH ONLY:  
\$16 swimmer surcharge; \$10.00 per individual event.**

**Responsibility  
Clause:**

The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered and furthermore that best achieved times are not 2017 FGC Junior Olympic or 2017 Senior Championship qualifying times. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

**Refunds:**

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

**Seeding:**

All events will be seeded in order of LCM then SCY, and will be seeded slow to fast unless otherwise noted in this announcement. Timed final events 200M and longer will be swum with all age groups combined. 7 lanes will be used for preliminaries; 8 lanes for finals.

**Distance Events:**

- ***400 IM and 400 free are positive check in events by 4:300pm Friday, July 14, 2017.*** They will be swum combined, scored separately, seeded fast to slow, alternating heat of girls, then boys.
- ***Friday's 200 free and 200IM*** will be swum combined, scored separately, seeded fast to slow, alternating heat of girls, then boys. Positive check-in is NOT required.
- 200 of strokes will be swum in the AM sessions ONLY as timed finals.
- 1500 free will be combined and scored separately. This event will be swum fastest to slowest – alternating girls/boys in prelims. **Positive check in for 1500 ends at 9am Sunday, July 16, 2017.**
- All 1500 swimmers must provide their own timers and counters.

**Relays:**

A & B relays are permitted. Any swimmer who is legally entered, i.e., attached to a team, in this meet can swim any leg on any relay.

**Finals:**

A single Championship Final for will be swum as prelim/ final events. All 7-10 year old events will be swum as timed final events during the prelim session. Finals will consist of one heat of girls and one heat of boys (Top 8 swimmers) for the 11-12, 13-14 and 15-18 age groups. All 7-10 year old events will be swum as timed final events during the prelim session. There will be a 10 minute break after each 15-18yo event in finals to allow for warm-up/warm-down.

**Scratches:** Any swimmer who competes in preliminary heats and qualifies for the finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing on the preliminary results maintained at the announcers table.

***NOTE: "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet. Swimmers may not compete in further individual events or relays until all fines are paid.***

First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

I. Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call the alternates.

II. Scratches must be done individually; *"team scratches are not accepted."*

III. In addition to swimmers required to scratch if they are not going to swim finals, all swimmers who do not plan to swim finals are strongly urged to scratch, especially swimmers who finish the preliminary events 9th – 20th.

IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

**Awards:** Individual Events: Medals 1<sup>st</sup> - 3<sup>rd</sup> and Ribbons 4<sup>th</sup> – 8<sup>th</sup>  
Relays Events: Ribbons 1<sup>st</sup> – 3<sup>rd</sup>

**Scoring:** This competition is not scored.

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

**Concessions:** Concession stand will be open for all sessions.

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

**Referee:** **Harold Avellaneda**

**Admin Official:** **Amy Trodick**

**Meet Directors:** Dave/Christi Wathen

**Officials:** If you know that you will be attending this meet and will be available, please email the meet referee, Harold Avellaneda ([havellaneda10@gmail.com](mailto:havellaneda10@gmail.com)), and let him know your level of certification and team. This is for pre-meet planning purposes only. All officials are welcome to work. Check in at the Starter's tent 60 minutes before the start of the session.

**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.

# Order of Events

**Session I – Timed Finals LCM - Friday July14**  
**Warm-up: 3:30pm      Meet Starts: 5:00pm**

| Women Qualifying Times |         |         |         |                            | Men Qualifying Times |         |         |         |
|------------------------|---------|---------|---------|----------------------------|----------------------|---------|---------|---------|
| SCY                    | SCM     | LCM     | Event # |                            | Event #              | LCM     | SCM     | SCY     |
| 3:19.19                | 3:40.09 | 3:45.79 | 1A      | <b>7-10 200 Freestyle</b>  | 2A                   | 3:33.49 | 3:26.29 | 3:06.69 |
| 2:41.19                | 2:58.09 | 3:03.49 | 1B      | <b>11-12 200 Freestyle</b> | 2B                   | 2:57.89 | 2:52.09 | 2:35.69 |
| 2:33.19                | 2:49.29 | 2:55.09 | 1C      | <b>13-14 200 Freestyle</b> | 2C                   | 2:44.09 | 2:37.99 | 2:22.99 |
| 2:29.89                | 2:45.59 | 2:50.89 | 1D      | <b>15-18 200 Freestyle</b> | 2D                   | 2:37.39 | 2:31.79 | 2:17.29 |
| 3:38.49                | 4:01.49 | 4:09.39 | 3A      | <b>7-10 200 IM</b>         | 4A                   | 4:06.19 | 3:58.09 | 3:35.49 |
| 3:00.69                | 3:19.69 | 3:26.29 | 3B      | <b>11-12 200 IM</b>        | 4B                   | 3:24.69 | 3:16.19 | 2:57.59 |
| 2:51.49                | 3:09.49 | 3:17.39 | 3C      | <b>13-14 200 IM</b>        | 4C                   | 3:05.29 | 2:56.79 | 2:39.99 |
| 2:48.19                | 3:05.79 | 3:13.49 | 3D      | <b>15-18 200 IM</b>        | 4D                   | 2:56.59 | 2:48.79 | 2:32.69 |
| 8:26.09                | 7:22.89 | 7:36.79 | 5A      | <b>7-10 400 Freestyle</b>  | 6A                   | 7:29.49 | 7:14.69 | 8:16.69 |
| 7:09.09                | 6:15.49 | 6:23.89 | 5B      | <b>11-12 400 Freestyle</b> | 6B                   | 6:15.49 | 6:05.19 | 6:57.29 |
| 6:49.39                | 5:58.29 | 6:07.19 | 5C      | <b>13-14 400 Freestyle</b> | 6C                   | 5:49.09 | 5:38.29 | 6:26.59 |
| 6:40.69                | 5:50.69 | 5:58.49 | 5D      | <b>15-18 400 Freestyle</b> | 6D                   | 5:33.69 | 5:26.09 | 6:12.59 |
| 6:24.19                | 7:04.49 | 7:19.69 | 7A      | <b>11-12 400 IM</b>        | 8A                   | 7:10.19 | 6:52.29 | 6:13.09 |
| 6:05.79                | 6:44.19 | 6:57.39 | 7B      | <b>13-14 400 IM</b>        | 8B                   | 6:32.69 | 6:17.69 | 5:41.79 |
| 5:57.59                | 6:35.09 | 6:47.89 | 7C      | <b>15-18 400 IM</b>        | 8C                   | 6:14.09 | 6:03.59 | 5:29.09 |

**Session II: Prelims LCM – Saturday, July 15 , 2017: Warm up: 7am Meet Starts: 8:30am**

| Women Qualifying Times |         |         |         | Men Qualifying Times      |         |         |         |         |
|------------------------|---------|---------|---------|---------------------------|---------|---------|---------|---------|
| SCY                    | SCM     | LCM     | Event # |                           | Event # | LCM     | SCM     | SCY     |
|                        |         |         | 9       | 7-10 100 Backstroke       | 10      |         |         |         |
|                        |         |         | 11      | 11-12 100 Backstroke      | 12      |         |         |         |
|                        |         |         | 13      | 13-14 100 Backstroke      | 14      |         |         |         |
|                        |         |         | 15      | 15-18 100 Backstroke      | 16      |         |         |         |
|                        |         |         | 17      | 7-10 50 Butterfly         | 18      |         |         |         |
|                        |         |         | 19      | 11-12 50 Butterfly        | 20      |         |         |         |
|                        |         |         | 21      | 13-14 50 Butterfly        | 22      |         |         |         |
|                        |         |         | 23      | 15-18 50 Butterfly        | 24      |         |         |         |
|                        |         |         | 25      | 7-10 100 Breaststroke     | 26      |         |         |         |
|                        |         |         | 27      | 11-12 100 Breaststroke    | 28      |         |         |         |
|                        |         |         | 29      | 13-14 100 Breaststroke    | 30      |         |         |         |
|                        |         |         | 31      | 15-18 100 Breaststroke    | 32      |         |         |         |
|                        |         |         | 33      | 7-10 50 Freestyle         | 34      |         |         |         |
|                        |         |         | 35      | 11-12 50 Freestyle        | 36      |         |         |         |
|                        |         |         | 37      | 13-14 50 Freestyle        | 38      |         |         |         |
|                        |         |         | 39      | 15-18 50 Freestyle        | 40      |         |         |         |
| 3:00.89                | 3:19.79 | 3:24.89 | 41A     | 11-12 200 Butterfly       | 42A     | 3:22.09 | 3:15.19 | 2:56.59 |
| 2:50.09                | 3:07.89 | 3:13.29 | 41B     | 13-14 200 Butterfly       | 42B     | 3:02.19 | 2:54.99 | 2:38.29 |
| 2:46.79                | 3:04.29 | 3:08.19 | 41C     | 15-18 200 Butterfly       | 42C     | 2:52.69 | 2:47.29 | 2:31.39 |
|                        |         |         | 43      | 7-10 200 Freestyle Relay  | 44      |         |         |         |
|                        |         |         | 45      | 11-12 200 Freestyle Relay | 46      |         |         |         |
|                        |         |         | 47      | 13-14 200 Freestyle Relay | 48      |         |         |         |
|                        |         |         | 49      | 15-18 200 Freestyle Relay | 50      |         |         |         |

**Session III – Finals LCM – Saturday July 15: Warm-up: 5:00pm Meet Starts: 6:00pm**

| Girls Event # | Age Group | Event             | Boys Event # |
|---------------|-----------|-------------------|--------------|
| 11            | 11-12     | 100BK             | 12           |
| 13            | 13-14     | 100BK             | 14           |
| 15            | 15-18     | 100 BK            | 16           |
|               | 10 minute | Warm up/warm down |              |
| 19            | 11-12     | 50FL              | 20           |
| 21            | 13-14     | 50FL              | 22           |
| 23            | 15-18     | 50 FL             | 24           |
|               | 10 minute | Warm up/warm down |              |
| 27            | 11-12     | 100BR             | 28           |
| 29            | 13-14     | 100BR             | 30           |
| 31            | 15-18     | 100 BR            | 32           |
|               | 10 minute | Warm up/warm down |              |
| 35            | 11-12     | 50FR              | 36           |
| 37            | 13-14     | 50FR              | 38           |
| 39            | 15-18     | 50 FR             | 40           |

**Session IV – Prelims LCM – Sunday, July 16, 2017: Warm up: 7am    Meet Starts: 8:30am**

| Women Qualifying Times |          |          |         |                               | Men Qualifying Times |          |          |          |
|------------------------|----------|----------|---------|-------------------------------|----------------------|----------|----------|----------|
| SCY                    | SCM      | LCM      | Event # |                               | Event #              | LCM      | SCM      | SCY      |
| 3:23.09                | 3:44.49  | 3:52.69  | 51A     | <b>11-12 200 Breaststroke</b> | 52A                  | 3:44.69  | 3:35.39  | 3:14.89  |
| 3:11.99                | 3:32.19  | 3:41.39  | 51B     | <b>13-14 200 Breaststroke</b> | 52B                  | 3:26.29  | 3:17.09  | 2:58.39  |
| 3:08.19                | 3:27.89  | 3:36.29  | 51C     | <b>15-18 200 Breaststroke</b> | 52C                  | 3:16.49  | 3:06.39  | 2:48.69  |
|                        |          |          | 53      | <b>7-10 100 Freestyle</b>     | 54                   |          |          |          |
|                        |          |          | 55      | <b>11-12 100 Freestyle</b>    | 56                   |          |          |          |
|                        |          |          | 57      | <b>13-14 100 Freestyle</b>    | 58                   |          |          |          |
|                        |          |          | 59      | <b>15-18 100 Freestyle</b>    | 60                   |          |          |          |
|                        |          |          | 61      | <b>7-10 50 Backstroke</b>     | 62                   |          |          |          |
|                        |          |          | 63      | <b>11-12 50 Backstroke</b>    | 64                   |          |          |          |
|                        |          |          | 65      | <b>13-14 50 Backstroke</b>    | 66                   |          |          |          |
|                        |          |          | 67      | <b>15-18 50 Backstroke</b>    | 68                   |          |          |          |
|                        |          |          | 69      | <b>7-10 100 Butterfly</b>     | 70                   |          |          |          |
|                        |          |          | 71      | <b>11-12 100 Butterfly</b>    | 72                   |          |          |          |
|                        |          |          | 73      | <b>13-14 100 Butterfly</b>    | 74                   |          |          |          |
|                        |          |          | 75      | <b>15-18 100 Butterfly</b>    | 76                   |          |          |          |
|                        |          |          | 77      | <b>7-10 50 Breaststroke</b>   | 78                   |          |          |          |
|                        |          |          | 79      | <b>11-12 50 Breaststroke</b>  | 80                   |          |          |          |
|                        |          |          | 81      | <b>13-14 50 Breaststroke</b>  | 82                   |          |          |          |
|                        |          |          | 83      | <b>15-18 50 Breaststroke</b>  | 84                   |          |          |          |
| 2:56.59                | 3:15.19  | 3:24.79  | 85A     | <b>11-12 200 Backstroke</b>   | 86A                  | 3:20.79  | 3:10.79  | 2:52.69  |
| 2:47.29                | 3:04.89  | 3:13.19  | 85B     | <b>13-14 200 Backstroke</b>   | 86B                  | 3:02.69  | 2:53.59  | 2:37.09  |
| 2:44.09                | 3:01.39  | 3:09.09  | 85C     | <b>15-18 200 Backstroke</b>   | 86C                  | 2:53.79  | 2:45.59  | 2:29.89  |
|                        |          |          | 87      | <b>7-10 200 Medley Relay</b>  | 88                   |          |          |          |
|                        |          |          | 89      | <b>11-12 200 Medley Relay</b> | 90                   |          |          |          |
|                        |          |          | 91      | <b>13-14 200 Medley Relay</b> | 92                   |          |          |          |
|                        |          |          | 93      | <b>15-18 200 Medley Relay</b> | 94                   |          |          |          |
| 24:53.99               | 24:45.29 | 25:45.79 | 95A     | <b>11-12 1500 Freestyle</b>   | 96A                  | 25:13.59 | 24:13.39 | 24:21.89 |
| 23:23.49               | 23:15.29 | 24:06.39 | 95B     | <b>13-14 1500 Freestyle</b>   | 96B                  | 23:06.49 | 22:11.09 | 22:18.89 |
| 23:05.19               | 22:57.09 | 23:43.89 | 95C     | <b>15-18 1500 Freestyle</b>   | 96C                  | 22:08.99 | 21:27.89 | 21:35.39 |

**Session V – Finals LCM – Sunday July 16: Warm-up: 5:00pm Meet Starts: 6:00pm**

| <b>Girls Event #</b> | <b>Age Group</b> | <b>Event</b>             | <b>Boys Event #</b> |
|----------------------|------------------|--------------------------|---------------------|
| 55                   | 11-12            | 100FR                    | 56                  |
| 57                   | 13-14            | 100FR                    | 58                  |
| 59                   | 15-18            | 100 FR                   | 60                  |
|                      | <b>10 minute</b> | <b>Warm up/warm down</b> |                     |
| 63                   | 11-12            | 50BK                     | 64                  |
| 65                   | 13-14            | 50BK                     | 66                  |
| 67                   | 15-18            | 50BK                     | 68                  |
|                      | <b>10 minute</b> | <b>Warm up/warm down</b> |                     |
| 71                   | 11-12            | 100FL                    | 72                  |
| 73                   | 13-14            | 100FL                    | 74                  |
| 75                   | 15-18            | 100FL                    | 76                  |
|                      | <b>10 minute</b> | <b>Warm up/warm down</b> |                     |
| 79                   | 11-12            | 50BR                     | 80                  |
| 81                   | 13-14            | 50BR                     | 82                  |
| 83                   | 15-18            | 50BR                     | 84                  |

## Florida Gold Coast Area 2 Championships Long Course Time Trial

**Sanctioned by:** USA Swimming and Florida Gold Coast Swimming.  
**Sponsored by:** Sunrise Swimming Booster Club, Sunrise Swimming, City of Sunrise  
**Location:** City of Sunrise Civic Center Pool, 10610 West Oakland Park Blvd, Sunrise, 33351  
**Dates and Time:** July 15, 2017 – 15mins after the conclusion of prelims  
 July 16, 2017 – Directly at conclusion of 1500 free  
**Pool / Timing:** **7 lane** 50 meters x 25 yard heated outdoor pool, 1 for warm up/warm down during competition. (Daktronics ®) will be used. Fly-over starts will possibly be used.  
 The competition course has been certified in accordance with 104.2.2 ©.  
 Water depth at the start is 4'6" in accordance with 202.3.7 ©.  
**Entry Limit:** **Swimmers are limited to no more than 3 events per day including the events they participated in at the Area Championships Meet.** Swimmers not in the Area Championships Meet can swim 3 events per day.  
**Entry Fees:** \$10.00 per Individual Event; \$16.00 per Relay  
**Entry Deadline:** **Entries are due by 11am each day.**  
**Entries:** Entry cards will be filled out on deck.  
**Eligibility:** Open to all currently registered USA Swimming athletes  
**Referee:** **Harold Avellaneda**

### Order of events

|                              | Saturday July 15 |           | Sunday July 16 |           |
|------------------------------|------------------|-----------|----------------|-----------|
|                              | Event Numbers    |           | Event Numbers  |           |
|                              | 1st Pass         | 2nd Pass  | 1st Pass       | 2nd Pass  |
| <b>50 Freestyle</b>          | 201 - 202        | 251 - 252 | 301 - 302      | 351 - 352 |
| <b>100 Freestyle</b>         | 203 - 204        | 253 - 254 | 303 - 304      | 353 - 354 |
| <b>200 Freestyle</b>         | 205 - 206        | 255 - 256 | 305 - 306      | 355 - 356 |
| <b>400 Freestyle</b>         | 207 - 208        | 257 - 258 | 307 - 308      | 357 - 358 |
| <b>1500 Freestyle</b>        | 209 - 210        | 259 - 260 | 309 - 310      | 359 - 360 |
| <b>50 Backstroke</b>         | 211 - 212        | 261 - 262 | 311 - 312      | 361 - 362 |
| <b>100 Backstroke</b>        | 213 - 214        | 263 - 264 | 313 - 314      | 363 - 364 |
| <b>200 Backstroke</b>        | 215 - 216        | 265 - 266 | 315 - 316      | 365 - 366 |
| <b>50 Breaststroke</b>       | 217 - 218        | 267 - 268 | 317 - 318      | 367 - 368 |
| <b>100 Breaststroke</b>      | 219 - 220        | 269 - 270 | 319 - 320      | 369 - 370 |
| <b>200 Breaststroke</b>      | 221 - 222        | 271 - 272 | 321 - 322      | 371 - 372 |
| <b>50 Butterfly</b>          | 223 - 224        | 273 - 274 | 323 - 324      | 373 - 374 |
| <b>100 Butterfly</b>         | 225 - 226        | 275 - 276 | 325 - 326      | 375 - 376 |
| <b>200 Butterfly</b>         | 227 - 228        | 277 - 278 | 327 - 328      | 377 - 378 |
| <b>200 Individual Medley</b> | 229 - 230        | 279 - 280 | 329 - 330      | 379 - 380 |
| <b>400 Individual Medley</b> | 231 - 232        | 281 - 282 | 331 - 332      | 381 - 382 |
| <b>200 Free Relay</b>        | 233 - 234        | 283 - 284 | 333 - 334      | 383 - 384 |
| <b>400 Free Relay</b>        | 235 - 236        | 285 - 286 | 335 - 336      | 385 - 386 |
| <b>800 Free Relay</b>        | 237 - 238        | 287 - 288 | 337 - 338      | 387 - 388 |
| <b>200 Medley Relay</b>      | 239 - 240        | 289 - 290 | 339 - 340      | 389 - 390 |
| <b>400 Medley Relay</b>      | 241 - 242        | 291 - 292 | 341 - 342      | 391 - 392 |

Women – odd numbered events; Men – even numbered events. The order of events will be run through twice a day.