



FLA International Cup

June 22-25, 2017

Plantation Aquatic Complex
presented by D & J Sports



Sponsored by: FLA Aquatics.

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

Condition of Sanction: The completion course has been certified in accordance with 104.2.2(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Rules: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and FLA Aquatics shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect, 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.

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.

Image Authorization: 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.

Drones: 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. Exceptions may be granted with prior approval of the Vice President of Program Operations.

Eligibility: Open to all current 2017 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming.

The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming Registrations at the meet. All USA Swimming Registrations must be done prior to the start of competition.

Disability Athletes: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. Please contact Duffy Dillon ahead of time to allow for preparations - 954-593-8552 - DDillon@FLAswim.com |

Deck Change: Changing, in part or whole, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room, or other space designated for changing purposes while at practice, competition, or other pool-related activity is PROHIBITED.

Location: **Plantation Aquatic Complex**
9151 NW 2nd Street • Plantation, Florida 33324 |

Directions: **Plantation Aquatic Complex:**
Plantation Aquatic Complex is located in Central Park Drive.
From I-95 go west on 595. Exit north on Pine Island Blvd. to Broward Blvd.
On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park Drive. (1st Stop light) On Central Park Drive make a right. Park entrance is located on the right hand side.

Pool/Timing: **Plantation Aquatic Complex:**
Competition Course – One, 8-lane, 50-meter course. Continuous warm-up and warm-down area will be available in second 50-meter x 25-yard pool. Water depth at the competition starting end is 11'6 and turn end is 4'. Colorado Timing System with full VIVILED video scoreboard will be utilized.

Date & Time:

Date – Day	Sess #	SESSION	WARM UP	START
Thur, June 22	1	1500 FR and 800 FR	3:00PM	4:00PM
Fri, June 23	2a	400 FR	3:00PM	4:00PM
	2b	400 IM / Mixed Relays	Warmup pool	6:00PM
Sat, June 24 Sun, Jun 25	3 & 4	A session (non-Top 8 – 13 & Over)	7:00AM	8:00AM
		B session (ALL 12 & Under)	30 min in main pool	30 min after end of A
		C session (TOP 8 – 13 & Over)	4:30PM	5:30PM

ALL SESSIONS ARE TIMED FINALS

Thursday and Friday Distance Events will be positive check-in.

Saturday and Sunday sessions will be pre-seeded.

A Session: Ages 13 & Over – all but the Top 8 in each event.

C Session: Ages 13 & Over – the Top 8 in each event + relays.

B Session: ALL 12 & Unders. This is to comply with the full letter and intent of the USA Swimming “4-hour rule.”

****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. Chase starts may be used to run a more efficient meet.*** |

Entry: All entries must be received by **Wednesday, June 14th, 2017**
PLEASE enter electronically, NO MAILED entries.
For electronic entries (TeamUnify or HyTek Team Manager format only!!)
E-mail to: Meets@FLAswim.com

Confirmation for electronic entries will be sent via e-mail.

****Submission of electronic entries signifies that all swimmers are USA registered (or are International swimmers who have received the proper USA Swimming invitation.**
International teams are encouraged to provide their complete team roster long in advance so this request can be made on your behalf. Questions, please contact office at 954-593-8552.

NOTE: Swimmers without registration numbers or birth dates will not be entered.

***** Entry Fees will be Double if not entered electronically. *****

Meet Limit: The FLA International Invitational is one of the most popular meets in the country and fills up fast. The Team whose entry reservation causes the swimmer count to exceed 800 will be accepted in its entirety. At this point, the host clubs, FLA and PST, will be accepted. Swimmers not accepted into the meet may enter on the day of the meet using the FGC Deck Entry Policy.

Seeding: **Conforming and Non-Conforming Times** – Enter in LONG COURSE METERS, then SHORT COURSE METERS, then SHORT COURSE YARDS times only. No converted times permitted. Swimmers wishing to be guaranteed seeding into their morning (A or B) sessions on Saturday and Sunday **MUST** enter with NT to be entered in that session. The top 8 entries with a time will be seeded in the C session for those events. Chase starts with odd / even heats may be used to ensure efficient operation of the meet.

Entry Fees: \$7.00 per individual event **Facility Surcharge:** \$20.00 per swimmer
\$7.00 per relay event **Heat Sheets:** **FREE online** |
***Entry fees are made payable to “FLA” (note: one payment per team) |**

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

Entry Limit: Swimmers can swim 5 individual events per day, plus relays. |

Awards: **Individuals: Medals: 1st-3rd**
Ribbons: 4th-8th
***** High Point Awards in each Age Group**

Relays: Ribbons 1st-3rd

Teams: USA Cup – Top 5 USA Teams
International Cup – Top 5 International Teams

Scoring: **Individual events: 14-10-7-5-4-3-2-1**
Relay events: 28-20-14-10-8-6-4-2 |

Deck Entries: THE FGC DECK SEED POLICY WILL BE IN EFFECT. Deck entries permitted into open lanes only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswim.org. All deck entered swimmers must present current USA Swimming Card in order to be entered. |

Head Referee: Nelson Gonzalez nelsonhorses1@aol.com
Meet Director: Duffy Dillon ddillon@flaswim.com
Admin Official: Cindy Jones |

Officials: Teams entering 20 or more swimmers are asked to bring one USA Swimming Certified Official. Each Official will be afforded free parking and hospitality. Uniform for officials will be white shirt and KHAKI shorts, slack or skirt (as appropriate).

Please email Meet Director Duffy Dillon at DDillon@FLAswim.com with names of attending officials; copy nelsonhorses1@aol.com. Thank you.

International FINA-certified officials, please, email DDillon@FLAswim.com at your earliest convenience your desire to officiate so that we may work with USA Swimming to have you properly invited.

National Officials Certification: This meet has approved N3 OQM in the USA Swimming NOC program. Our evaluator will be Ms. Gloria Schuldt.

Officials wishing to be evaluated should notify the referee, Sr. Gonzalez at nelsonhorses1@aol.com.

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. |

Admission: \$5 / Session (All sessions pass will be offered). Heat Sheets – **FREE online.** |

Information: (954) 593-8552. www.FLAswim.com

Timing: All teams will be asked to provide lane timers in accordance with the size of their entry

Hotels Reservations: Hampton Inn Plantation

7801 SW 6th St.
Plantation, FL 33324

To make a reservation call (954) 382-4500, give the dates & hotel name, and ask for the “FLA International” group rate or click on the link below:

Booking Link:

https://secure3.hilton.com/en_US/hp/reservation/book.htm?inputModule=HOTEL&ctyhocn=FLLPTHX&specplan=CHHFL6&arrival=20170622&departure=20170625&cid=OM,VW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT

Rates: (Include comp. internet, comp. breakfast, & comp. parking)
Queen/Queen Room \$125/night

***These rates are valid as long as you book on or before: 6/2/17 |**

SPECIAL NOTES:

- **ALL EVENTS ARE TIMED FINALS**
- **Positive check-in for all Thursday and Friday events is required:**
1500 FR, 800 FR, 400 FR, 400 IM, and Mixed 200 Medley & Free Relays.
Check-in will close 45 minutes prior to that event.
****Swimmers in distance events must provide his/her own Timer AND Counter****
- **1500 FR and 800 FR (THUR)**
All ages swim together. Male and Female Swum together; chase starts as needed.
Age groups, Male and Female, awarded separately. **Swim fastest to slowest.**
Heats of the 1500 FR not completed by 6pm will be swum at the conclusion of the 800 FR or 8pm; whichever comes first. Heats of the 800 FR not completed by 8pm will be swum after the conclusion of the 1500 FR. 12 & Unders will be accommodated to be completed within a 4 hour session.
- **400 FREE & 400 IM (FRI)**
Swim fastest to slowest.
Alternating girls & boys; or chase starts.
All ages swim together. Scored separately by age group.
Any heats not completed by 6pm will be completed after all other events on this day.
12 & Unders will be accommodated (as needed) to be completed within a 4-hour session.
- **Mixed 200 Medley and 200 Free Relays (FRI) –**
Must have at least one female and at least one male swimmer per team.
Unlimited entries.
- **Saturday and Sunday, all other events will be swim as follows:**
 - A session. Ages 13 & Over – ALL except top 8 seeds.
 - B session. Ages 12 & Under Individual events and Relays
 - C session. Ages 13 & Over – TOP 8 SEEDS plus relays**Athletes seeded in the top 8 will be asked to check-in prior to their morning session to allow for any morning athletes to fill scratched lanes. No athlete will swim the same event twice.**
- **RELAYS (SAT and SUN)**
Ages Open and 14 & Under will swim in the evening C sessions.
Ages 12 & Under will swim in the daily B sessions.

POSITIVE CHECK-IN / DISTANCE EVENTS

Thursday – June 22, 2017 – Session 1		
Event #	Age	Event
Timed Finals – 4:00pm		
1	17 & Over	Mixed 1500 FR
	15-16	
	13-14	
	12 & Under	
Timed Finals – @ 6:00pm		
2	17 & Over	Mixed 800 FR
	15-16	
	13-14	
	12 & Under	

Friday – June 23, 2017		
Event #	Age	Event
Session 2a - Timed Finals – 4:00pm		
3-4	17 & Over	400 FR
	15-16	
	13-14	
	11-12	
	10 & Under	
- Session 2b - Timed Finals – 6:00pm		
5-6	17 & Over	400 IM
	15-16	
	13-14	
	12 & Under	
5 - Minute Break		
7	Open	Mix 200 MED Rel **
8	14 & Under	Mix 200 MED Rel **
5 - Minute Break		
9	Open	Mix 200 FR Rel **
10	14 & Und	Mix 200 FR Rel **

SATURDAY – JUNE 24, 2017

Session 3A – 8:00am (Non-Top 8 for 13 & Over)		
Event #	Age	Event
13-14	13-14	200 FL
	15-16	
	17 & Over	
17-18	13-14	200 IM
	15-16	
	17 & Over	
21-22	13-14	50 BA
	15-16	
	17 & Over	
25-26	13-14	100 BR
	15-16	
	17 & Over	
29-30	13-14	50 FL
	15-16	
	17 & Over	
33-34	13-14	200 BA
	15-16	
	17 & Over	
37-38	13-14	100 FR
	15-16	
	17 & Over	

Session 3B – 30 minutes after morning (ALL 12 & Under)		
Event #	Age	Event
11-12	12 & Und	200 FL
15-16	10 & U	200 IM
	11-12	
19-20	10 & U	50 BA
	11-12	
23-24	10 & U	100 BR
	11-12	
27-28	10 & U	50 FL
	11-12	
31-32	12 & Und	200 BA
35-36	10 & U	100 FR
	11-12	
5 Minute Break		
39-40	12 & U	200 FR Rel

Session 3C – 5:30pm (Top 8 for 13 & Over)		
Event #	Age	Event
13-14	13-14	200 FL
	15-16	
	17 & Over	
17-18	13-14	200 IM
	15-16	
	17 & Over	
21-22	13-14	50 BA
	15-16	
	17 & Over	
25-26	13-14	100 BR
	15-16	
	17 & Over	
29-30	13-14	50 FL
	15-16	
	17 & Over	
33-34	13-14	200 BA
	15-16	
	17 & Over	
37-38	13-14	100 FR
	15-16	
	17 & Over	
5 Minute Break		
41-42	14 & Und	200 FR Rel
43-44	Open	200 FR Rel

SUNDAY – JUNE 25, 2017

Session 4A – 8:00am (Non-Top 8 for 13 & Over)		
Event #	Age	Event
53-54	13-14	200 FR
	15-16	
	17 & Over	
57-58	13-14	50 BR
	15-16	
	17 & Over	
61-62	13-14	100 BA
	15-16	
	17 & Over	
65-66	13-14	100 FL
	15-16	
	17 & Over	
69-70	13-14	200 BR
	15-16	
	17 & Over	
73-74	13-14	50 FR
	15-16	
	17 & Over	

Session 4B – 30 minutes after morning (ALL 12 & Under)		
Event #	Age	Event
51-52	10 & U	200 FR
	11-12	
55-56	10 & U	50 BR
	11-12	
59-60	10 & U	100 BA
	11-12	
63-64	10 & U	100 FL
	11-12	
67-68	12 & Und	200 BR
71-72	10 & U	50 FR
	11-12	
5 Minute Break		
75-76	12 & U	200 MED Rel

Session 4C – 5:30pm (Top 8 for 13 & Over)		
Event #	Age	Event
53-54	13-14	200 FR
	15-16	
	17 & Over	
57-58	13-14	50 BR
	15-16	
	17 & Over	
61-62	13-14	100 BA
	15-16	
	17 & Over	
65-66	13-14	100 FL
	15-16	
	17 & Over	
69-70	14 & Un	200 BR
	15-16	
	17 & Over	
73-74	13-14	50 FR
	15-16	
	17 & Over	
5 Minute Break		
77-78	14 & Und	200 MED Rel
79-80	Open	200 MED Rel



2017 FLA International Cup - Entry Reservation Process

The FLA International Cup has established itself as one of the most popular age group invitational meets in the United States. The meet has become so popular that it fills to capacity well before the entry deadline.

In order to ensure fairness to the entry process the following procedure will be in effect regarding entries to the meet:

1. Entry reservations will be split into two groups:
 - a. Reservations from **PREVIOUS attendees ONLY** will be given preference through April 2, 2017.
 - b. Reservations from **NEW (and Previous) attendees** will be accepted at any time.
NEW Teams Reservations will be confirmed and charged **beginning April 3, 2017.**
2. An entry reservation will only be accepted upon receipt of a **NON-REFUNDABLE** deposit of \$40.00 per athlete. Payment date establishes the order of entry reservation. Payment may be in the form of a team Check, Money Order and Cashier's Check, Bank Wire Transfer, OR visa Visa, Mastercard, Discover, and American Express.
 - a. **Example** – Starfish Swim Club notifies the host via email on February 26th that they intend to bring 20 swimmers to the meet. Starfish Swim Club pays a deposit for \$800.00 to the host that arrives March 18. Effective March 18 – Starfish Swim Club is guaranteed 20 swimmers participating in the meet provided entry limit has not been exceeded. Starfish has established no priority.
 - b. **Example** – STUD Swim Club emails intent to bring 10 swimmers on March 5. STUD does not pay its deposit for \$400.00 until May April 22. On April 14, the meet entry limit was reached. STUD is NOT accepted into the meet due to late payment.
3. Confirmation of acceptance in the meet will be confirmed by email.
4. Any differential in payment made and actual entry fees due will be settled upon arrival at the meet.
5. **IMPORTANT** – Once an initial entry reservation has been made and accepted, it is only necessary to send a single entry file PRIOR to the deadline – Wednesday June 15th. Please do not send multiple updated files. A single file is sufficient.

ENTRY LIMIT – The team whose entry reservation causes the swimmer count to exceed 800 will be accepted in its entirety. At that point the host clubs', FLA and PST, swimmers entries will be accepted. Swimmers not accepted in the meet may enter on the day of the meet utilizing the FGC Deck Entry Policy.

TEAM NAME: _____

Authorization/Release Statement: By submitting this application, applicant hereby affirms that it is expressly understood and agreed that Host (FLA and PST) extend no guarantees or warranties regarding the entry process. Applicant hereby waives any claim or action against Hosts stemming from the application process. Applicant agrees to assume all risks related to the application process, and certifies that they have read this document in its entirety and completely understand and agree with its contents.

Name

Position

Signature

Date

Email



2017 METHOD OF PAYMENT FORM

For your convenience, we gladly accept the following forms of payment:

Team Check, Money Order, and Cashier's Check
and Visa, MasterCard, Discover, or American Express.

Please complete the necessary information below and circle one of the payment options. You may:

Scan/E-mail this form to: Meets@FLAswim.com (preferred)

Mail to: FLA AQUATICS, 289 SE 3RD TERR, POMPANO BEACH, FL 33060

TEAM NAME: _____

_____ X \$40.00/swimmer = _____
of swimmers Total Due Today's Date

- I have enclosed a **Team Check, cashier's check or money order** payable to **FLA** in the amount of:

\$_____.

- I would like to **charge my credit card** the total amount due: \$_____.

VISA_____ MasterCard_____ Discover_____ American Express_____

Card # _____

Expiration Date: _____ Vcode: _____

Name on card (Please Print) _____

Signature _____

- I would like to **wire funds** from my bank to your bank in the amount of \$_____.

Please, contact us for current wire instructions:

(954) 593-8552 or DDillon@FLAswim.com