

Florida Gold Coast Area 1
LONG COURSE Developmental Championship Meet
At Boca Raton High School hosted by **Boca Raton Swim Team**
BM, BKSC, BRST, ECAC, ESC, FLA, JDST, LLL, MCA, NPB, OAC, PAQ, PCS, SAS,
WOW, YSPB
July 14-16, 2017

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction # /FGA071417BRST-P-16

"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: Boca Raton Aquatics - Boca Raton Swim Team

Location: Boca Raton High School Aquatic Center
1501 NW 15th Court Boca Raton FL 33486

Directions: From I-95 or Turnpike exit onto Glades Road. Head east on Glades Road then turn south on to 15th Court the High School is on right use first or second entrance. Pool is located next to Stadium and track.

Dates & Time:

Session I	Finals-LCM	Fri	July 14	Warm-up – 4:00PM	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 – 4:00PM	Start – 5:00PM
Session IV	Prelims-LCM	Sun	July 16	Warm-up – 7:00AM	Start – 8:30AM
Session V	Finals-LCM	Sun	July 16	Warm-up – 3:00PM	Start – 4:00PM

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 with 10 long-course lanes, 8 racing lanes for competition and 1 for warm up warm down during competition. (Colorado Timing 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 varies from 5'6" to 13'0" depending on lane assignment accordance with 202.3.7 ©.

Format: 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 may be inserted at Meet Director and

Meet Referee discretion.

Rules: 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.

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.

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.

Deck Changing: 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 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 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.

Closed Deck: 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. 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.

Warm-up: 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.

Eligibility:

- Open to 7-18 year old 2017 USA Swimming FGC registered athletes in AREA 1
- 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 in.
- 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.

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 – Eric Hill at 561-756-2044

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: meetentries@brswim.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 Boca Raton Aquatics (note: one check per team)

Responsibility The coach, swimmer or swimmer representative who enters these **Clause:** 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.

Distance Events:

- **400 IM and 400 free are positive check in events by 5:00pm Friday, July 14, 2017**
- *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 8:15am Sunday, July 16, 2017***

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 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. 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.

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 1st - 3rd and Ribbons 4th – 8th
Relays Events: Ribbons 1st – 3rd

Scoring: This competition is not scored.

Admission: \$5.00 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: **Scott Boggs**

Admin Official: Allan Williams

Meet Director: Eric Hill

Officials: If you know that you will be attending this meet and will be available, please email the meet referee, Scott Boggs (sboggs303@aol.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.

Session I – Timed Finals LCM - Friday July14

Warm-up: 4:00pm Meet Starts:5:00pm **Timed Final Event

Girls Event #	Meet Qualifying Times	Age Group	Event	Meet Qualifying Times	Boys Event #
1A	3:45.79	7-10	200FR**	3:33.49	2A
1B	3:03.49	11-12	200FR**	2:57.89	2B
1C	2:55.09	13-14	200FR**	2:44.09	2C
1D	2:50.89	15-18	200FR**	2:37.39	2D
3A	4:09.39	7-10	200IM**	4:06.19	4A
3B	3:26.29	11-12	200IM**	3:24.69	4B
3C	3:17.39	13-14	200IM**	3:05.29	4C
3D	3:13.49	15-18	200 IM**	2:56.59	4D
5A	7:36.79	7-10	400FR**	7:29.49	6A
5B	6:23.89	11-12	400FR**	6:15.49	6B
5C	6:07.19	13-14	400FR**	5:49.09	6C
5D	5:58.49	15-18	400FR**	5:33.69	6D
7A	7:19.69	11-12	400IM**	7:10.19	8A
7B	6:57.39	13-14	400IM**	6:32.69	8B
7C	6:47.89	15-18	400 IM**	6:14.09	8C

Session II – Prelims LCM - Saturday July 15 Warm-up: 7:00am Meet Starts: 8:30am
****Timed Final Event**

Girls	Meet Qualifying Times	Age Group	Event	Meet Qualifying Times	Boys
9		7-10	100BK**		10
11		11-12	100BK		12
13		13-14	100BK		14
15		15-18	100 BK		16
17		7-10	50FL**		18
19		11-12	50FL		20
21		13-14	50FL		22
23		15-18	50 FL		24
25		7-10	100BR**		26
27		11-12	100BR		28
29		13-14	100BR		30
31		15-18	100 BR		32
33		7-10	50FR**		34
35		11-12	50FR		36
37		13-14	50FR		38
39		15-18	50 FR		40
41A	3:24.89	11-12	200FL**	3:22.09	42A
41B	3:13.29	13-14	200FL**	3:02.19	42B
41C	3:08.19	15-18	200 FL**	2:52.69	42C
43		7-10	200 Fr Relay**		44

45		11-12	200 Fr Relay**		46
47		13-14	200 Fr Relay**		48
49		15-18	200 Fr 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
19	11-12	50FL	20
21	13-14	50FL	22
23	15-18	50 FL	24
27	11-12	100BR	28
29	13-14	100BR	30
31	15-18	100 BR	31
35	11-12	50FR	36
37	13-14	50FR	38
39	15-18	50 FR	40

Session IV- Prelims LCM - Sunday July 16 Warm-up: 7:00am Meet Starts: 8:30am **Timed
Final Event

Girls	Meet Qualifying Times	Age Group	Event	Meet Qualifying Times	Boys
51A	3:52.69	11-12	200 BR**	3:44.69	52A
51B	3:41.39	13-14	200 BR**	3:26.29	52B
51C	3:36.29	15-18	200 BR**	3:16.49	52C
53		7-10	100FR**		54
55		11-12	100FR		56
57		13-14	100FR		58
59		15-18	100 FR		60
61		7-10	50BK**		62
63		11-12	50BK		64
65		13-14	50BK		66
67		15-18	50 BK		68
69		7-10	100FL **		70
71		11-12	100FL		72
73		13-14	100FL		74
75		15-18	100FL		76
77		7-10	50BR**		78
79		11-12	50BR		80
81		13-14	50BR		82
83		15-18	50 BR		84
85A	3:24.79	11-12	200BK**	3:20.79	86A
85B	3:13.19	13-14	200BK**	3:02.69	86B
85C	3:09.09	15-18	200 BK**	2:53.79	86C
87		7-10	200 Med Relay**		88

89		11-12	200 Med Relay**		90
91		13-14	200 Med Relay**		92
93		15-18	200 Med Relay**		94
95A	25:45.79	11-12	1500**	25:13.59	96A
95B	24:06.39	13-14	1500**	23:06.49	96B
95C	23:43.89	15-18	1500**	22:08.99	96C

Session V – Finals LCM Sunday July 16 Warm-up: 3:00pm Meet Starts: 4:00pm

Girls Event #	Age Group	Event	Boys Event #
55	11-12	100FR	56
57	13-14	100FR	58
59	15-18	100 FR	60
63	11-12	50BK	64
65	13-14	50BK	66
67	15-18	50BK	68
71	11-12	100FL	72
73	13-14	100FL	74
75	15-18	100FL	76
79	11-12	50BR	80
81	13-14	50BR	82
83	15-18	50BR	84

FGC Senior Championship Time Standards

Updated 11/17

LCM	SCM	SCY	15-16/Open	SCY	SCM	LCM
31.39	30.39	27.89	50 Free	24.79	27.19	28.19
1:07.19	1:05.19	59.79	100 Free	53.79	58.99	1:00.99
2:22.49	2:18.49	2:07.29	200 Free	1:54.79	2:07.59	2:11.59
4:55.29	4:47.29	5:31.59	400 Free	5:09.89	4:30.39	4:38.39
10:13.39	10:00.59	11:22.49	800 Free	10:46.39	9:31.19	9:41.89
19:43.09	19:13.09	19:21.79	1500 Free	18:10.99	17:59.99	18:29.99
36.99	36.39	31.59	50 Back	29.09	33.49	34.09
1:18.49	1:16.49	1:08.89	100 Back	1:00.59	1:08.29	1:10.29
2:46.19	2:42.19	2:27.19	200 Back	2:13.59	2:26.99	2:30.99
41.29	40.29	35.59	50 Breast	32.79	35.99	36.99
1:28.79	1:26.79	1:16.89	100 Breast	1:09.09	1:16.49	1:18.49
3:11.39	3:07.39	2:47.69	200 Breast	2:33.09	2:51.79	2:55.79
35.39	34.69	31.09	50 Fly	28.09	30.19	30.89
1:12.89	1:10.89	1:04.59	100 Fly	58.59	1:03.39	1:05.39
2:40.39	2:36.39	2:23.49	200 Fly	2:11.59	2:25.99	2:29.99
	1:15.69	1:07.99	100 IM	1:01.99	1:09.09	

2:41.89	2:37.89	2:22.49	200 IM	2:10.79	2:24.19	2:28.19
5:42.39	5:34.39	5:02.29	400 IM	4:44.79	5:09.49	5:17.49

Florida Gold Coast Swimming 14 and Under Junior Olympic Time Standards

Florida Gold Coast Area 1
LONG COURSE Long Course Time Trial
At Boca Raton High School hosted by Boca Raton Swim Team
BM, BKSC, BRST, ECAC, FLA, JDST, LLL, MCA, NPB, OAC, PAQ, PCS, SAS, WOW, YSPB
July 15-16, 2017

Sanctioned by: USA Swimming and Florida Gold Coast Swimming.
Sanction #

Sponsored by: Boca Raton Aquatics - Boca Raton Swim Team

Location: Boca Raton High School Aquatic Center
Dates and Time: July 15, 2017 – 30mins after the conclusion of prelims
July 16, 2017 - 30mins after the conclusion of prelims

Pool / Timing: **10 lane** 50 meters x 25 yard heated outdoor pool, 8 lanes for competition and 1 for warm up warm down during competition. (Colorado ®) 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 varies from 7'0" to 7'0" depending on lane assignment
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.

Rules: 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.

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.

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.

Deck Changing: 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 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 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 All participants agree to be filmed and photographed by the official
Authorization: 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.

Closed Deck: 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. 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.

Warm-up: 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.

Entry Fees: \$10.00 per Individual Event \$16.00 per Relay \$16.00 facility surcharge for all swimmers not entered in Area 1 Championship

Entries: Entry forms will be available at the clerk of course table. Entries will close at 11:00 am each day. Proof of USA Swimming registration will be required for swimmers not entered in the Area 1 Developmental Championships Meet.

Eligibility: Open to all currently registered USA Swimming athletes on a team in Area 1

Referee: Scott Boggs

Saturday Event # First Pass	Saturday Event # Second Pass	Sunday Event # First Pass	Sunday Event # Second Pass	Event
201 - 202	301 - 302	301 - 302	351 - 352	50 Free
203 - 204	303 - 304	303 - 304	353 - 354	100 Free
205 - 206	305 - 306	305 - 306	355 - 356	200 Free
207 - 208	307 - 308	307 - 308	357 - 358	400 Free
209 - 210	309 - 310	309 - 310	359 - 360	800/1500Free
211 - 212	311 - 312	311 - 312	361 - 362	50 Back
213 - 214	313 - 314	313 - 314	363 - 364	100 Back
215 - 216	315 - 316	315 - 316	365 - 366	200 Back
217 - 218	317 - 318	317 - 318	367 - 368	50 Breast
219 - 220	319 - 320	319 - 320	369 - 370	100 Breast
221 - 222	321 - 322	321 - 322	371 - 372	200 Breast
223 - 224	323 - 324	323 - 324	373 - 374	50 Fly
225 - 226	325 - 326	325 - 326	375 - 376	100 Fly
227 - 228	327 - 328	327 - 328	377 - 378	200 Fly
229 - 230	329 - 330	329 - 330	379 - 380	200 IM
231 - 232	331 - 332	331 - 332	381 - 382	400 IM
233 - 234	333 - 334	333 - 334	383 - 384	200 Free Relay
235 - 236	335 - 336	335 - 336	385 - 386	400 Free Relay
237 - 238	337 - 338	337 - 338	387 - 388	800 Free Relay
239 - 240	339 - 340	339 - 340	389 - 390	200 Medley Relay
241 - 242	341 - 342	341 - 342	391 - 392	400 Medley Relay

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