



Florida Gold Coast Area 1
LONG COURSE Developmental Championship Meet
At Boca Raton High School hosted by **Boca Raton Swim Team**



BMSC, BKSC, BRST, ECAC, FAST, JDST, LLL, MART, NPB, PAQ, PCS, POMP, SAS, WOW, YSPB

July 13-15, 2018

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction #FGA071318BRST-P-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"

Held 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 13	Warm-up – 4:00PM	Start – 5:00PM
Session II	Prelims-LCM	Sat	July 14	Warm-up – 7:30AM	Start – 8:30AM
Session III	Finals-LCM	Sat	July 14	Warm-up – 4:00PM	Start – 5:00PM
Session IV	Prelims-LCM	Sun	July 15	Warm-up – 7:30AM	Start – 8:30AM
Session V	Finals-LCM	Sun	July 15	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 for the following age groups: 11-12;13-14;15-18. Breaks between events in finals sessions may be inserted at Meet Director and Meet Referee discretion.
- Rules:** 2018 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 2018 USA Swimming FGC registered athletes in AREA 1 (*BMSC, BKSC, BRST, ECAC, FAST, JDST, LLL, MART, NPB, PAQ, PCS, POMP, SAS, WOW, YSPB*)
- 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.
- Qualifying period is July 13, 2016 through the entry deadline
- No swimmers will be permitted to compete unless the swimmer is a member of USA-Swimming as provided in Article 302. Swimmers not registered will be removed from the meet.
- 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 – Allan Williams 561.251.3724

Entry Deadline:

Entries Close - **Thursday – July 5, 2017 11:59 PM**
DECK ENTRIES will not be permitted

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: allan@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:

\$6.00 per Individual event entry

\$10.00 per Relay event entry

\$10.00 per swimmer surcharge

Entry fees are made payable to Boca Raton Aquatics (note: one check per team)

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 2018 FGC Junior Olympic or 2018 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 SCM then SCY and will be seeded fast to slow. Timed final events and all preliminary heats will be swum with all age groups combined but will be resulted separately. Seven lanes may be used in the preliminary sessions. Chase starts may be used at Meet Director and Meet Referee discretion.

- Distance Events:** Friday evening's 400 freestyle and 400 IM will be seeded fast to slow, alternating heats of women, then men. Positive check-in is NOT required.
- 200 of strokes will be swum in the AM sessions ONLY as timed finals and will be combined and scored separately.*
- 1500 free will be combined and scored separately. This event will be swum fastest to slowest – alternating girls/boys in prelims session only. **Positive check in for 1500 ends at 8:15am Sunday, July 15, 2018**
- 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 - online
- Concessions:** Concession stand will be open for all sessions.

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

Referee: Tom Ward

Admin Official: Allan Williams

Meet Director: Vanessa Bonebrake

Officials: If you know that you will be attending this meet and will be available, please email the meet referee, Tom Ward (tpward1500@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

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

Order of Events

Women Qualifying Times				Saturday July 14	Men Qualifying Times			
SCY	SCM	LCM	Event #		Event #	LCM	SCM	SCY
3:00.89	3:19.79	3:24.89	9A	11-12 200 Butterfly	10A	3:22.09	3:15.19	2:56.59
2:50.09	3:07.89	3:13.29	9B	13-14 200 Butterfly	10B	3:02.19	2:54.99	2:38.29
2:46.79	3:04.29	3:08.19	9C	15-18 200 Butterfly	10C	2:52.69	2:47.29	2:31.39
			11	7-10 100 Backstroke	12			
			13A	11-12 100 Backstroke	14A			
			13B	13-14 100 Backstroke	14B			
			13C	15-18 100 Backstroke	14C			
			15	7-10 50 Butterfly	16			
			17A	11-12 50 Butterfly	18A			
			17B	13-14 50 Butterfly	18B			
			17C	15-18 50 Butterfly	18C			
			19	7-10 100 Breaststroke	20			
			21A	11-12 100 Breaststroke	22A			
			21B	13-14 100 Breaststroke	22B			
			21C	15-18 100 Breaststroke	22C			
			23	7-10 50 Freestyle	24			
			25A	11-12 50 Freestyle	26A			
			25B	13-14 50 Freestyle	26B			
			25C	15-18 50 Freestyle	26C			
2:56.59	3:15.19	3:24.79	27A	11-12 200 Backstroke	28A	3:20.79	3:10.79	2:52.69
2:47.29	3:04.89	3:13.19	27B	13-14 200 Backstroke	28B	3:02.69	2:53.59	2:37.09
2:44.09	3:01.39	3:09.09	27C	15-18 200 Backstroke	28C	2:53.79	2:45.59	2:29.89
			29	7-18 200 Freestyle Relay	30			

Order of Events

Women Qualifying Times				Sunday July 15	Men Qualifying Times			
SCY	SCM	LCM	Event #		Event #	LCM	SCM	SCY
3:23.09	3:44.49	3:52.69	31A	11-12 200 Breaststroke	32A	03:44.69	3:35.39	03:14.89
3:11.99	3:32.19	3:41.39	31B	13-14 200 Breaststroke	32B	03:26.29	3:17.09	02:58.39
3:08.19	3:27.89	3:36.29	31C	15-18 200 Breaststroke	32C	03:16.49	3:06.39	02:48.69
			34	7-10 100 Freestyle	35			
			36A	11-12 100 Freestyle	37A			
			36B	13-14 100 Freestyle	37B			
			36C	15-18 100 Freestyle	37C			
			38	7-10 50 Backstroke	39			
			40A	11-12 50 Backstroke	41A			
			40B	13-14 50 Backstroke	41B			
			40C	15-18 50 Backstroke	41C			
			43	7-10 100 Butterfly	44			
			45A	11-12 100 Butterfly	46A			
			45B	13-14 100 Butterfly	46B			
			45C	15-18 100 Butterfly	46C			
			47	7-10 50 Breaststroke	48			
			49A	11-12 50 Breaststroke	50A			
			49B	13-14 50 Breaststroke	50B			
			49C	15-18 50 Breaststroke	50C			
			51	7-18 200 Medley Relay	52			
24:53.99	24:45.29	25:45.79	33A	11-12 1500 Freestyle	42A	25:13.59	24:13.39	24:21.89
23:23.49	23:15.29	24:06.39	33B	13-14 1500 Freestyle	42B	23:06.49	22:11.09	22:18.89
23:05.19	22:57.09	23:43.89	33C	15-18 1500 Freestyle	42C	22:08.99	21:27.89	21:35.39

Sunday prelims will swim in the order listed above. Sunday finals will swim in event order.



**Florida Gold Coast Area 1
LONG COURSE Long Course Time Trial
At Boca Raton High School hosted by Boca Raton Swim Team**



BMSC, BKSC, BRST, ECAC, FAST, JDST, LLL, MART, NPB, PAQ, PCS, POMP, SAS, WOW, YSPB

July 14-15, 2018

- Sanctioned by:** USA Swimming and Florida Gold Coast Swimming.
Sanction #
- Hosted by:** Boca Raton Aquatics - Boca Raton Swim Team
- Location:** Boca Raton High School Aquatic Center
- Dates and Time:** July 14, 2018 – 30mins after the conclusion of prelims
July 15, 2018 - 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 ©.
- Entries:** Entry forms will be available at the clerk of course table. Entries will close at 11am each day. Proof of USA Swimming membership will be required for all swimmers not entered in the Area 1 Championship Meet.
- 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:** 2018 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.

Entry Fees:

\$15.00 per Individual Event \$20.00 per Relay

Entries:

Entry cards will be filled out on deck.

Eligibility:

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

Referee:

Tom Ward

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	400 Free
9-10	800/1500Free
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	200 IM
31-32	400 IM
33-34	200 Free Relay
35-36	400 Free Relay
37-39	800 Free Relay
40-41	200 Medley Relay
42-43	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