

2016 – Florida Gold Coast vs Florida Swimming
Dual Meet
Indian River State College, Ft. Pierce, FL
Saturday, April 2-Sunday, April 3, 2016

Sanctioned By: Florida Swimming Member of USA Swimming Sanction # 3636-2

In granting this sanction it is understood and agreed that USA Swimming and Florida Swimming 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.

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.

Use of audio or visual recording devices, including a cell phone is permitted only in designated areas.

Condition of Sanction:

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Changing into or out of swimsuits other than the locker room or other designated areas is not appropriate and is strongly discouraged.

Sponsored By: Florida Swimming, Inc. and Florida Gold Coast.

Hosted By: Indian River Aquatics

Type of Meet: 25-Yard Short Course;
10 & U, 11 & 12, and 13 & 14. All events are Timed Finals.

Date & Time:	Travel Day Warm Up	Friday, April 1	5:00-7:00 PM	FS & FGC
	Session I	Saturday, April 2, 2016	9:00 AM	(Warm-up 7:45 AM)
	Session II	Saturday, April 2, 2016	5:00 PM	(Warm-up 4:00 PM)
	Session III	Sunday, April 3, 2016	9:00 AM	(Warm-up 7:45 AM)

Location: Indian River State College, 3209 Virginia Avenue, Fort Pierce, FL 34981

Pool Specs: Eight (8) lane certified 25-yard course with non-turbulent lane lines.
Warm-up/down is available during competition.

Timing
Equipment: The pool depth at the competition starting end of the pool is 5 ft and 8 inches & turn end 5 ft..
Colorado 5000 timing system with 8-lane scoreboard readout.

Warm-up: One hour fifteen minutes (1:15) before each morning session/One hour (60') for Saturday pm session.
Warm up schedule is attached.

Eligibility: Open to 2016 USA Swimming registered swimmers of FGC and Florida Swimming Committees' Dual Meet teams as selected by their respective LSC's. There is no time standard limitation on eligibility. **On deck registration with USA/Florida/Florida Gold Coast Swimming will not be allowed.**

Entry Limit: Six (6) individual events for the meet. No more than three (3) individual events per session or five (5) per day. Swimmers over entered will be considered as entered in their first events for that session and/or first six (6) individual events for the meet. In the 400 IM and 500 Free, each LSC is limited to 12 swimmers. Each LSC is limited to 4 swimmers in the 1650 Free.

Relay Entries: Each team will be limited to four (4) relays per event indicated as A, B, C and D. The Mixed Gender relays will be limited to eight (8) relays per event indicated as A, B, C, D, E, F, G and H.
All relay swimmers must be listed on the entry form.

Entry Forms: Entries must be submitted on the enclosed entry form or in the SDIF or CL2 format. Swimmers current USA Swimming registration number must be listed on the entry form and a current USA Swimming Non-Athlete Member must sign the form. The Master Entry Form must accompany the proof of entries.

Entry Fee: \$10.0 facility fee
\$4.00 per individual event
\$5.00 per relay

Seeding: Use short course yard times. Swimmers from any heat are eligible to score.

Entry Deadline: All entries must be received by Wednesday, March 23, 2016 by 5:00 PM.

Mail Entries to:
Scott Kimmelman
3209 Virginia Avenue
Ft. Pierce, FL 34981

Make check payable to:
IRSC Foundation

Scratches: No penalty for scratching on the blocks. An LSC's empty lane in the "A" heat may be filled with one of their swimmers from the "B" or "C" heats.

Awards: Top 8 Individual awards and Top 3 Relay awards.

Scoring: Each Team may only score 2 places.

Individual Events: 7-4-3-1.
Relay Events: 8-6-2.

Rules: Current USA Swimming Technical rules will govern this meet.

Team Representative: Other than the coach, only the LSC Executive Director or General Chairman will check with the referee about any matter pertaining to the meet. For each team, the coach and only those people will be recognized.

Officials: Head Referee: Stephen Plapp Starter: T.B.A.
Administrative Referee: David Nesper Stroke/Turn: T.B.A.
Chief Judge: Debbie Landis Meet Manager: Scott Kimmelman
Administrative Official: Joe Massimino Head Marshall: T.B.A.

For Information: Scott Kimmelman (772) 462-7760

Identification: Coaches and Officials shall wear their current USA Swimming registration card in a conspicuous manner on their person at all times while on the deck during the meet.

Deck Restriction: USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area.

Camera Zone: Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end." Etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at each end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

Warm-up Schedule

NO EQUIPMENT PERMITTED

***EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND
TOUCHING THE DECK OF THE POOL***

The Head Marshall may vary the scheduled warm-up as it fits the needs of the competitors

Saturday, April 2 and Sunday, April 3, 2016

First 40 minutes: General Warm Up

Session 1: Florida Gold Coast in the competition end

Session 2: Florida Swimming in the competition end

Session 3: Florida Gold Coast in lanes 1-4

Florida Swimming in lanes 5-8

Last 20 minutes Open Warm-up

Lane 1 Pace, 50 & 100 Circle swim. Push Off

Lane 2 Racing Starts (One length from start end only)

Lane 3 Racing Starts (One length from start end only)

Lane 4 Swimming & Pulling, Push Off

Lane 5 Swimming & Pulling, Push Off

Lane 6 Racing Starts (One length from start end only)

Lane 7 Racing Starts (One length from start end only)

Lane 8 Pace, 50 & 100 Circle swim. Push Off

ORDER OF EVENTS

SESSION I

Sat.-9:00 AM

1 - 2	10 & Under	50 Backstroke
3 - 4	11 & 12	50 Backstroke
<u>5 - 6</u>	<u>13 & 14</u>	<u>100 Backstroke</u>
7 - 8	10 & Under	100 Freestyle
9 - 10	11 & 12	100 Freestyle
<u>11 - 12</u>	<u>13 & 14</u>	<u>200 Freestyle</u>
13 - 14	10 & Under	100 Breaststroke
15 - 16	11 & 12	100 Breaststroke
<u>17 - 18</u>	<u>13 & 14</u>	<u>100 Breaststroke</u>
19 - 20	10 & Under	200 Ind. Medley
21 - 22	11 & 12	200 Ind. Medley
23 - 24 **	13 & 14	400 Ind. Medley
25 - 26	10 & Under	200 Medley Relay
27 - 28	11 & 12	200 Medley Relay
29 - 30	13 & 14	200 Medley Relay

**** Event 23 & 24 will be limited to three heats, maximum of 12 swimmers from each team.**

SESSION II

Sat.-5:00 PM

31 - 32	13 & 14	200 Ind. Medley
33 - 34	11 & 12	100 Ind. Medley
<u>35 - 36</u>	<u>10 & Under</u>	<u>100 Ind. Medley</u>
37 - 38	13 & 14	50 Freestyle
39 - 40	11 & 12	50 Freestyle
<u>41 - 42</u>	<u>10 & Under</u>	<u>50 Freestyle</u>
43 - 44	13 & 14	100 Butterfly
45 - 46	11 & 12	100 Butterfly
<u>47 - 48</u>	<u>10 & Under</u>	<u>100 Butterfly</u>
49 - 50 **	13 & 14	500 Freestyle
51 - 52	11 & 12	200 Freestyle
<u>53 - 54</u>	<u>10 & Under</u>	<u>200 Freestyle</u>
55 - 56	13 & 14	200 Free Relay
57 - 58	11 & 12	200 Free Relay
59 - 60	10 & Under	200 Free Relay

**** Events 49 & 50 will be limited to three heats, maximum of 12 swimmers from each team.**

SESSION III

Sun.-9:00 AM

61 - 62	13 & 14	200 Backstroke
63 - 64	11 & 12	100 Backstroke
<u>65 - 66</u>	<u>10 & Under</u>	<u>100 Backstroke</u>
67 - 68	13 & 14	100 Freestyle
69 - 70 **	11 & 12	500 Freestyle
<u>71 - 72 *</u>	<u>13 & 14</u>	<u>1650 Freestyle</u>
73 - 74	11 & 12	50 Breaststroke
75 - 76	10 & Under	50 Breaststroke
<u>77 - 78</u>	<u>13 & 14</u>	<u>200 Breaststroke</u>
79 - 80	11 & 12	50 Butterfly
81 - 82	10 & Under	50 Butterfly
<u>83 - 84</u>	<u>13 & 14</u>	<u>200 Butterfly</u>
85	11 & 12	200 Free Relay, Mixed Gender
86	10 & Under	200 Free Relay, Mixed Gender
87	13 & 14	200 Free Relay, Mixed Gender

**** Events 69 & 70 will be limited to three heats, maximum of 12 swimmers from each team.**

* Events 71 & 72 are limited to one heat of girls & one heat of boys, four swimmers from each team.

MASTER ENTRY FORM

Name of Meet: Florida Gold Coast Vs Florida Swimming Dual Meet
Course: 25 Yard Short Course
Date of Meet: April 2-3, 2016

Team Name _____ Call Letters _____

Address _____

Coach _____ LSC _____

Home Phone # (____) _____ Office Phone# (____) _____

E-mail _____

Swimmer/Coach Registration

I certify that all individuals listed on the attached entry forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on-deck supervising the activities of these individuals during all warm-up and competitive sessions at the meet.

Name of Coach	Team
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA Swimming Coach Members, and that I am a Current USA Swimming non-athlete member.

Signature (must be USA Swimming Member)

Date

Entry Deadline

Entries must be received by Wednesday, March 23, 2016 at 5:00PM

Mail to: Scott Kimmelman, IRCC Foundation
3209 Virginia Avenue
Ft. Pierce, FL 34981

Financial Recap

We have the following:

Individual Swimmers	_____ at \$10.0	= _____	Facility Surcharge
Women's Ind. Events	_____ at \$4.00 per event	= _____	
Men's Ind. Events	_____ at \$4.00 per event	= _____	
Women's Relays	_____ at \$5.00 per relay	= _____	
Men's Relays	_____ at \$5.00 per relay	= _____	
Total Entry Fees paid		= _____	