

Gulliver Long Course Invitational
May 20th – 22nd, 2016
Gulliver Swim Club
6575 North Kendall Drive
Pinecrest, FL 33156

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGI052016GRSC-D-04**

Sponsored by: Gulliver Swim Club and Gulliver Schools

Rules: 2016 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.

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.

Eligibility: Open to all current 2016 USA swimming registered athletes and foreign athletes (with proper travel credentials who have been invited by USA Swimming) that have achieved the Florida Senior Circuit standards included in this meet information. 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 - USA Swimming Rule 202.3.3 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 Athletes: All swimmers are welcome at this meet. Any athlete with a disability will be accommodated. It is the swimmer's and/or coach's responsibility to notify the Meet Director or Meet Referee of any accommodations required.

Pool/ Timing: Ten lane 50 meters heated outdoor competition pool. Eight competitive lanes will be utilized with one 50M barrier lane and one 50M lane for warm up, warm down purposes. SST Timing-System® will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start varies from 6'9" to 8'6" depending on lane assignment accordance with 202.3.7 (C).

Date & Time:

Friday, May 20th, 2016

Session I - Timed Finals - Warm-up 3:30pm. Meet starts at 4:30pm

Saturday, May 21st, 2016

Session II - Timed Finals - Warm-up 8:00am. Meet starts at 9:00am.

Saturday, May 21st, 2016

Session III - Timed Finals - Warm-up 1:00pm. Meet starts at 2:00pm

Sunday, May 22nd, 2016

Session IV - Timed Finals - Warm-up 8:30am. Meet starts at 9:30am

Sunday, May 22nd, 2016

Session V - Timed Finals – Warm-up 1:30pm Meet starts at 2:30pm

***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.**

Location:

Gulliver Preparatory School
6575 North Kendall Dr.
Pinecrest, FL 33156

Seeding:

Will be seeded in LCM. All sessions will be held as Timed Finals.

Entry:

All entries must be received by Friday, May 13th, 2016. Please enter electronically via Hy-Tek in CL or SDIF format only. Non-electronic entries will not be accepted. Please email entries to gelbd@gulliverschools.org. Confirmation for electronic entries will be sent via e-mail. Submission of electronic entries signifies that all swimmers are USA registered.

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.

Entry Limit:

Nine (9) individual events for the meet with no more than four (4) individual events per session.

Distance Events:	The 400 Free, 400 IM, and 800/1500 Free will be swum alternating women then men, fastest to slowest. All distance events are positive check in and swimmers must provide their own timer and counters as needed. The 400 IM, 400, 800, and 1500 Free will be limited to the top 40 swimmers of each gender. <u>*There will be a 10 minute break prior to the start of the 400 Free & the 400 IM.</u>
Event Entry Fees:	\$ 3.50 per individual event \$ 5.00 per swimmer facility surcharge Entry Fees should be made payable to <u>“Gulliver Swim Club”</u> . Please note only one check per team.
Refunds:	Once a team or individual entry has been received and processed, there will be no refunds in full or in part.
Awards:	Individual Events: Medals 1 st -3 rd , Ribbons 4 th – 8 th
Scoring:	This competition will not be scored.
Heat Sheets:	\$2.00 per session
Admission:	\$3.00 per session
Concessions:	Concessions will be provided.
Hospitality:	Refreshments and hospitality for coaches, officials and volunteers will be available.
Head Referee:	Kathy Fish
Admin Official:	Teresa Garcia
Meet Director:	Derek J. Gelber (305) 666-7937 ext. 1465 or email: gelbd@gulliverschools.org
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.
Information:	Derek J. Gelber (305) 666-7937 ext. 1465 or email: gelbd@gulliverschools.org
Directions:	1) Take I-95 South 2) Continue onto U.S. 1 S 3) Turn left onto SW 67th Ave/Ludlam Rd 4) Turn left onto N Kendall Dr 5) Destination will be on the left 6575 North Kendall Dr. Miami, FL 33156

Hotels:

Hampton Inn Dadeland
8200 SW 70th Ave, Miami, FL 33143
Telephone: (305) 269-0072

Hotel Indigo Miami Dadeland
7600 North Kendall Drive
Miami, Florida 33156 USA
Reservations: (877) 846-3446
Telephone: (305) 595-6000

Miami Marriott Dadeland
9090 S. Dadeland Boulevard
Miami, Florida 33156
Telephone: (305) 670-1035

Gulliver Warm Up Procedures**All Sessions:****40 minutes - General Warm up**

*Swimming and Pulling Only, Push off, No racing starts

*No sprinting or pace work

15 minutes - Competition Pool

Lane 1 – Pace Lane

Lane 2 – Racing Starts, One Way Sprints

Lane 3 – General Warm up

Lane 4 – Racing Starts, One Way Sprints

Lane 5 – General Warm up

Lane 6 – General Warm up

Lane 7 – General Warm up

Lane 8 – Racing Starts, One Way Sprints

Lane 9 – General Warm up

Lane 10 – Pace Lane

*****Warm Down Lane During the Meet is for General Warm Up*****

*****Swimming only, push off, no racing starts, feet first entry*****

**Gulliver Swim Club
Long Course Senior Invitational (50M)**

ORDER OF EVENTS

WOMEN Event	EVENT	MEN Event
Session I		
Friday May 20th, 2016		
<u>Warm-up: 3:30pm, Meet start: 4:30pm</u>		
1	Open 800 (W)/1500 (M)	2
Session II		
Saturday May 21st, 2016		
<u>Warm-up: 8:00am, Meet start: 9:00am</u>		
3	Open 200 Free	4
5	Open 100 Breast	6
7	Open 200 Fly	8
9	Open 50 Free	10
11	Open 200 Back	12
10 minute break		
13	Open 400 IM	14
Session III		
Saturday May 21st, 2016		
<u>Warm-up: 1:00pm, Meet start: 2:30pm</u>		
15	10 and Under 200 Free	16
17	11 - 12 200 Free	18
19	10 and Under 50 Breast	20
21	11 - 12 50 Breast	22
23	10 and Under 100 Fly	24
25	11 - 12 50 100 Fly	26
27	10 and Under 50 Free	28
29	11 - 12 50 Free	30
31	10 and Under 100 Back	32
33	11 - 12 100 Back	34
10 minute break		
35	12 and Under 400 Free	36

Session IV
Sunday May 22nd, 2016
Warm-up: 8:30am, Meet start: 9:30am

37	Open 200 IM	38
39	Open 100 Back	40
41	Open 100 Free	42
43	Open 200 Breast	44
45	Open 100 Fly	46
	10 minute break	
47	Open 400 Free	48

Session V
Sunday May 22nd, 2016
Warm-up: 1:30pm, Meet start: 3:00pm

49	10 and Under 200 IM	50
51	11 - 12 200 IM	52
53	10 and Under 50 Back	54
55	11 - 12 50 Back	56
57	10 and Under 100 Free	58
59	11 - 12 100 Free	60
61	10 and Under 100 Breast	62
63	11 - 12 100 Breast	64
65	10 and Under 50 Fly	66
67	11 - 12 50 Fly	68