

8 & Under Sizzler Meet

September 8, 2017

12200 W. Broward Blvd., Plantation, FL 33325
Heritage Aquatic Team

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: Sanction No. **FGS090817HAT-B-22**

Sponsored by: **Heritage Aquatic Team and American Heritage School**

Rules **2017 USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming and recommended by the referee, will be in effect. Session I is timed finals for all swimmers.**
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.

Eligibility: Open to all current 2017 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming.
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. Please contact the pool office ahead of time to allow for preparations – 954-325-0400-coachnobutakatan@gmail.com.

Pool/Timing: 25 yard x 25 meters heated outdoor pool, 6 short course racing lanes with separate warm up and swim down areas available. OMEGA Timing system will be used.

Date & Time: Session Date Friday, September 8, 2017
Session I Timed Finals – Warm up at 5:00pm. Meet Start at 5:30pm.
*** 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: American Heritage School - Plantation

Entry: All entries must be received by Sunday, September 3, 2017.
Please enter electronically, NO MAILED entries.
For electronic entries (CL or SDIF format only!)
Email to coachnobutakatan@gmail.com
Confirmation for electronic entries will be sent via email.
**Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 954-325-0400.

NOTE: Swimmers without registration numbers or birth dates will NOT be entered. ***Entry Fees will be DOUBLE if not entered electronically.

Entry Fees: \$ 10.00 per swimmer for Individual events and Relay

- Entry Fees are made payable to “Heritage Aquatic Team”
(note: 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.

Entry Limit: Up to 4 individual events

Awards:	Individual Events:	1 st – 3 rd	Medals
		4 th – 8 th	Ribbons
	Relay Events:	1 st – 3 rd	Medals

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 the 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: Kathleen Fish

Admin Referee: Hannah Fish

Meet Director: Nobutaka Tan

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: Admission \$2.00 / per session Heat Sheets \$1.00 per session

Information: Call the team office at (954) 325-0400

ORDER OF EVENTS

Girls	Events	Boys
1	6 & Under 25 Butterfly	2
3	7 & 8 25 Butterfly	4
5	6 & Under 25 Back	6
7	7 & 8 25 Back	8
9	6 & Under 25 Breaststroke	10
11	7 & 8 25 Breaststroke	12
13	6 & Under Freestyle	14
15	7 & 8 25 Freestyle	16
17	8 & Under 100 Free Relay	18