



HOLIDAY CHAMPS
December 14, 15, 16, 2018
Sunrise Civic Center Pool
10610 W. Oakland Park Blvd.
Sunrise, Fl. 33351

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.:
Sanction No. **FGI121418SUN-B-35**

In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., the City of Sunrise, Sunrise Swimming and Sunrise Swimming Booster Club 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.

**Conditions of
Sanction:**

The competition course has been certified in accordance with 104.2.2 (C). Water depth at the start is at least 4'6" in accordance with 202.3.7 (C). The copy of such certification is on file with 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.

Sponsored by: The City of Sunrise, Sunrise Swimming, and the Sunrise Swimming Booster Club.

Location: ***Sunrise Civic Center***
10610 West Oakland Park Blvd.
Sunrise, FL. 33351.

Directions: From the east, take Oakland Park Blvd. to just west of Nob Hill Rd. Turn left after Safety Complex. From the south, take Nob Hill north to Oakland Park Blvd. Turn left on Oakland Park, and left again after the Safety Complex.

Date & Time: **Friday, December 14, 2018**
Session I - Timed Finals - Warm-up at 4:00 pm. Meet starts at 5:00 pm.

Saturday, December 15, 2018
Session II – Preliminaries - Warm-up 7:30am. Meet starts at 9:00am
Session III – Finals – Warm-up 4:00pm. Meet starts at 5:00pm.

Sunday, December 16, 2018
Session IV – Preliminaries - Warm-up 7:30am. Meet starts at 9:00am
Session V – Finals – Warm-up 4:00pm. Meet starts at 5:00pm.

****The meet director reserves the right to change meet warm-up and start times in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.****

Pool/Timing: 25 yard x 50 meters heated outdoor pool, 8 **short-course** racing lanes with separate warm-up and swim-down lanes available. Daktronics 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 5'0" to 8'0" depending on lane assignment accordance with 202.3.7(C).

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.

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.

Conflict of Interest: Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

Rules: 2018 USA Swimming and FGC rules will govern this meet. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast Swimming, Inc., the City of Sunrise, Sunrise Swimming and Sunrise Swimming Booster Club 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.

Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. All sessions are 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.

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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

Eligibility: Open to all current 7 and older 2018 USA swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming and **who have achieved a 'B' time standard in the event.** For those events where there is not a 'B' time standard listed in the National Age Group Motivational Times for short course yards, time standards have been set. **NT will NOT be accepted for any individual event entries.**

Meet entry limit (cap at 450) will be the team that puts the Friday timed final session and preliminary sessions at the USA Swimming 4 hour rule.

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 – coachchristiw@aol.com Christi Wathen (954) 747-4635

Deck Change: Changing, in part or whole, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition or other pool-related activity is strictly prohibited.

Entry Deadline: All entries must be received by **Wednesday, December 5, 2018. 8pm EST.**

Entry Limit: Friday night: 2 events. Saturday: 3 events plus 1 relay. Sunday: 3 events plus 1 relay. Teams may enter 'A' relay only. **The meet entry limit (cap at 450) will be the team that puts the Friday session and Saturday & Sunday preliminary sessions at the USA Swimming 4 hour rule.**

Entry Procedure: PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only!!) E-mail to <mailto:coachchristiw@aol.com>. Electronic mail confirmation will be sent within 48 hours after receipt of file. Non-electronic entries are not accepted.

**Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at (954) 747-4635

Entry Fees: \$ 5 per individual event
\$ 8 per relay
\$ 8 per swimmer surcharge
***Entry fees are made payable to “Sunrise Swimming Booster Club” (note: one check per team). Bring check to meet or mail to PO BOX 450205, Sunrise, FL 33345**

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. **COACHES ONLY PLEASE.** Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswwim.org. All deck entered swimmers must present current USA Swimming Card in order to be entered.

**Deck entry fees are DOUBLE the entry fees, CASH ONLY:
\$16 swimmer surcharge; \$10.00 per individual event; \$16 per relay**

Refunds: Once a team or individual entry has been received and processed, there will be no refunds in full or in part unless FGC rule 1.17a.i-v applies

Seeding: Entries will be seeded short course yards only
Prelims: all events will be swum together as Open: combined and swum multi-age, but will be scored separately for finals in the following age groups: 10&under, 11-12, 13-14, and 15&over. Prelims swims will be slow to fast.
Finals: A single Championship final heat (top 8 swimmers) will be swum for all distances 200 and shorter for the following age groups: 10&under, 11-12, 13-14, and 15&over.

10&unders: will NOT swim the 200 fly, 200 back, 200 breast, 400 IM or 1650 free. All other 10&under events are prelims/finals.

Distance Events: The 400 IM and 500 FR are positive check in. These events are timed finals and will be swum together alternating girls/boys, fastest to slowest. Check-in closes at 4:30 pm Friday night.
The 1650 free is positive check in. It is a timed final event and will be swum together alternating girls/boys, fastest to slowest in Sunday's prelims. Check-in closes at 10:30am Sunday morning. 10&unders will NOT swim the 400 IM or 1650 free.

Swimmers must provide their own counters for the 500 and 1650 free. They must provide their own timers for the 1650 free.

If necessary, in order to comply with the 4-hour rule, the 11-12 1650s will be swum first.

Scoring: Individual events: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2

Awards: Individual events: Medals 1st thru 3rd place, ribbons: 4th thru 8th place
Relays: Medals 1st place team
Individual High Point: Top 3 in each age group and sex
Team Awards: Women, Men and Combined Top 3 teams

Admission: \$5.00 per person for preliminary session; \$3 for finals. Heat sheets will NOT be sold at the gate. Heat sheets will be available free of charge online at sunriseswimming.com and on Meet Mobile. Copies will also be posted around the deck. Printed copies will be available for coaches in the swim office.

Concessions: Concession stand will be open for all sessions.

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

Head Referee: Harold Avellaneda / Scott Shearer

Admin Referee: Amy Trodick

Meet Marshall: City of Sunrise Lifeguard Staff

Meet Director: Alec Wathen – alecfw1024@gmail.com– (954) 747-4635

Assistant

Meet Director: Christi Wathen (954) 747-4635

Meet Committee: A meet committee will 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: Call the Sunrise Swimming office (954) 747-4635.

Friday, December 14, 2018
Session 1
Warm-up: 4:00 pm. Start: 5:00 pm

Girls Event #	Qualifying Time	Age Group	Event	Qualifying Time	Boys Event #
1	8:26.09	10 & under	500 free	8:16.69	2
	7:09.09	11-12		6:57.29	
	6:49.39	13-14		6:26.59	
	6:40.69	15&over		6:12.59	
3	6:24.19	11-12	400 IM	6:13.09	4
	6:05.79	13-14		5:41.79	
	5:57.59	15&over		5:29.09	

Saturday, December 15, 2018
Session 2: Preliminaries
Warm up: 7:30am. Start 9am.

Girls Event #	Qualifying Time	Age Group	Event	Qualifying Time	Boys Event #
7	3:19.19	10 & under	200 free	3:06.69	8
	2:41.19	11-12		2:35.69	
	2:33.19	13-14		2:22.99	
	2:29.89	15&over		2:17.29	
9	1:41.99	10 & under	100 back	1:40.19	10
	1:25.19	11-12		1:22.19	
	1:17.19	13-14		1:12.09	
	1:15.39	15&over		1:08.39	
11	47.39	10 & under	50 fly	45.69	12
	36.69	11-12		37.09	
	34.69	13-14		33.09	
	33.69	15&over		32.09	
13	1:58.09	10 & under	100 breast	1:53.59	14
	1:34.39	11-12		1:32.49	
	1:28.69	13-14		1:21.39	
	1:26.89	15&over		1:17.59	
15	38.89	10 & under	50 free	38.09	16
	33.79	11-12		32.59	
	32.69	13-14		29.99	
	32.09	15&over		28.89	
17	3:00.89	11-12	200 fly	2:56.59	18
	2:50.09	13-14		2:38.29	
	2:46.79	15&over		2:31.39	
19	1:42.59	10 & under	100 IM	1:39.39	20
	1:24.39	11-12		1:20.89	
	1:22.39	13-14		1:15.89	
	1:20.39	15&over		1:11.89	

Saturday, December 15, 2018
Session 3: Finals
Warm up 4:00pm. Start 5:00pm

Girls Event #	Age Group / Event	Boys Event #
5	200 Medley Relay	6
	10 & under	
	11-12	
	13-14	
	15&over	
7	10 & under 200 free	8
	11-12 200 free	
	13-14 200 free	
	15&over 200 free	
9	10 & under 100 back	10
	11-12 100 back	
	13-14 100 back	
	15&over 100 back	
11	10 & under 50 fly	12
	11-12 50 fly	
	13-14 50 fly	
	15&over 50 fly	
13	10 & under 100 breast	14
	11-12 100 breast	
	13-14 100 breast	
	15&over 100 breast	
15	10 & under 50 free	16
	11-12 50 free	
	13-14 50 free	
	15&over 50 free	
17	11-12 200 fly	18
	13-14 200 fly	
	15&over 200 fly	
19	10 & under 100 IM	20
	11-12 100 IM	
	13-14 100 IM	
	15&over 100 IM	

Sunday, December 16, 2018
Session 4: Preliminaries
Warm up 7:30am. Start 9am.

Girls Event #	Qualifying Time	Age Group	Event	Qualifying Time	Boys Event #
23	3:38.49	10 & under	200 IM	3:35.49	24
	3:00.69	11-12		2:57.59	
	2:51.49	13-14		2:39.99	
	2:48.19	15&over		2:32.69	
25	1:29.59	10 & under	100 free	1:27.79	26
	1:13.59	11-12		1:10.99	
	1:10.79	13-14		1:05.59	
	1:09.59	15&over		1:02.89	
27	46.99	10 & under	50 back	47.69	28
	38.29	11-12		38.19	
	36.29	13-14		34.19	
	34.29	15&over		32.19	
29	3:23.09	11-12	200 breast	3:14.89	30
	3:11.99	13-14		2:58.39	
	3:08.19	15&over		2:48.69	
31	1:53.99	10 & under	100 fly	1:52.39	32
	1:25.09	11-12		1:23.29	
	1:16.89	13-14		1:11.49	
	1:15.39	15&over		1:08.29	
33	53.29	10 & under	50 breast	52.09	34
	43.09	11-12		42.89	
	41.09	13-14		39.89	
	39.09	15&over		36.89	
35	2:56.59	11-12	200 back	2:52.69	36
	2:47.29	13-14		2:37.09	
	2:44.09	15&over		2:29.89	
37	24:53.99	11-12	1650 free	24:21.89	38
	23:23.49	13-14		22:18.89	
	23:05.19	15&over		21:35.39	

Sunday, December 16, 2018
Session 5: Finals
Warm up 4:00pm. Start 5:00pm

Girls Event #	Age Group / Event	Boys Event #
21	200 Free Relay	22
	10 & under	
	11-12	
	13-14	
	15&over	
23	10 & under 200 IM	24
	11-12 200 IM	
	13-14 200 IM	
	15&over 200 IM	
25	10 & under 100 free	26
	11-12 100 free	
	13-14 100 free	
	15&over 100 free	
27	10 & under 50 back	28
	11-12 50 back	
	13-14 50 back	
	15&over 50 back	
29	11-12 200 breast	30
	13-14 200 breast	
	15&over 200 breast	
31	10 & under 100 fly	32
	11-12 100 fly	
	13-14 100 fly	
	15&over 100 fly	
33	10 & under 50 breast	34
	11-12 50 breast	
	13-14 50 breast	
	15&over 50 breast	
35	11-12 200 back	36
	13-14 200 back	
	15&over 200 back	