



Area 1 Short Course Developmental Championship Meet



hosted by

Area teams: BRST, ECAC, JDST, LLL, MART, NPB, PAQ, SAS, WOW, YSPB, FAST, PCS, BMSC, **ESC**

March 3-5, 2017

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction ##FGA030317LLL-P-5
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.

Sponsored By: Lake Lytal Lightning Swim Team

Location: 3645 Gun Club Rd. West Palm Beach 33406

Directions: <https://goo.gl/maps/qBmuzHsC3w12>

Dates & Time:

Session I	Finals-SCY	Friday	March 3	Warm-up -3PM	Start – 4:30PM
Session II	Prelims-SCY	Saturday	March 4	Warm-up – 7AM	Start – 8:30AM
Session III	Finals-SCY	Saturday	March 4	Warm-up – 4:00PM	Start – 5:30PM
Session IV	Prelims-SCY	Sunday	March 5	Warm-up – 7AM	Start – 8:30AM
Session V	Finals-SCY	Sunday	March 5	Warm-up – 4:00PM	Start – 5:30PM

Start times for this meet may be adjusted following receipt of all entries with approval of the Age Group Chair

Pool / Timing: **10 lane** 50 meters x 25 yard heated outdoor pool, Prelims: 10 lanes for competition and 8 for warm up warm down during competition. Finals: 8 lanes for competition and 10 for warm up warm down during competition. (Colorado/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 ©.
Water depth at the start varies from 4'0" to 12'0" depending on lane assignment accordance with 104.2.2(4-6) ©.

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.
- Rules:** 2017 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.
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.”
- 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.
- Eligibility:**
- Open to 7-18 year old 2017 USA Swimming FGC registered athletes in AREA 1
 - 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 conforming time to this championship short course for the event in which he/she is entered in.
 - 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 202.4.9.D
 - Teams entering and swimming athletes who have achieved qualifying times will be subject to a \$50 fine per swim.
 - Swimmers may enter any event 100 and shorter with a time that is anything slower than a JO cut. Swimmers must have between a “B” time and a JO cut in order to participate in any event 200 and longer. Swimmers entered in 200's and longer events with NT will automatically be removed.
 - When determining the minimum B time standard for 15-18 YO swimmers, the slower of the 15-16/17-18 standards will be used.
 - Swimmers who age up between Div Champs and JO/Senior Champs may only enter time trials in this meet and are not eligible for prelim/finals.
 - 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. Please contact the pool office ahead of time to allow for preparations – Gordon Andrews 561-310-4924 gmand688@bellsouth.net.
- Entry Deadline:** Entries Close - **Wednesday –Feb. 22, 2017 11:59 PM**
- 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: gmand688@bellsouth.net
Submission of entry certifies that all entered swimmers are current year USA Swimming registered. Non-electronic entries are not accepted.
Swimmers not affiliated with a team must pay double fees and surcharges
- Entry Fees:** \$5.00 per Individual event entry
\$8.00 per Relay event entry
\$8.00 per swimmer surcharge

Entry fees are made payable to Lake Lytal Lightning (note: one check per team)

- Refunds:** Once a team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i-v applies.
- Seeding:** Standard Championship seeding will be used for Prelim/Final events. 10 and Under events will be seeded as timed final events.
Entries will be seeded with non-conforming times last – YLS.
Prelims and timed final swims will be slow to fast for all distances 500 and shorter.
- Relays:** A & B relays are permitted. Any swimmer who is legally entered in this meet can swim any leg on any relay.
- Deck Entries:** Deck entries will be accepted into open lanes only. Fees for deck entries are: \$16.00 swimmer surcharge if not already entered in the meet, \$10.00 per individual event, and \$16.00 relay entries.
Entries for 200 events and longer must be proven at the time of entry.
Deadline for deck entries is 30 minutes prior to the start of the meet.
- 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 10 swimmers) for the 11- 12, 13- 14 and 15-18 age groups.
- Scratches:** 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 announcer's 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.
- Distance Events:**
- **200 free, 200 IM, 400 IM and 400/500 free are positive check in events by 5:00pm Friday, March 3, 2017**
 - 200 of strokes will be swum in the AM sessions ONLY as timed finals.
 - 200s and longer events will be combined and swum multi-age and scored separately.
 - 1650 will be swum fastest to slowest – MIX GENDER. **Positive check in for 1650 ends at 10:15am Sunday, March 5, 2017**
 - Swimmers must provide their own timers for Friday evening distance events and the 1650 on Sunday.
- Awards:** Individual Events: Medals 1st - 3rd and Ribbons 4th -10th
Relays Events: Ribbons 1st – 3rd
- Scoring:** This competition is not scored.
- Admission:** \$3.00 per person per session. Heat Sheets - \$3.00 each session
- Concessions:** Concession stand will be open for all sessions.

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

Referee: Dee Herfurth

Admin Official: Gordon Andrews

Meet Director: Gordon Andrews

Meet Marshall: Joe DiMatteo

Warm-up Procedures: NO Equipment Permitted. Swimmers Must Enter The Water Feet First.

7 a.m. – 8 a.m. General Warm Up swimming and pulling only, push off

No Racing Starts, No Sprinting or Pace Work

8 a.m. – 8:25 a.m. Controlled Warm Up

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 25 yards One Length.

Lane 3 Swimming and Pulling, Push Off

Lane 4 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 25 yards One Length

Lane 8 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 40 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.

2. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.

3. General Lanes - Circle swimming only (counter clockwise only).

Session I – Timed Finals SCY - Friday March 3, 2017

Warm-up: 3:00pm Meet Starts: 4:30pm

Girls Event #	LCM	SCY	Age Group Event	SCY	LCM	Boys Event #
200FR**						
1A	2:56.29 (3:45.79)^	2:35.59 (3:19.19)^	7-10	2:33.39 (3:06.69)^	2:54.79 (3:33.49)^	2A
1B	2:34.09 (3:03.49)^	2:15.29 (2:41.19)^	11-12	2:13.49 (2:35.69)^	2:32.49 (2:57.89)^	2B
1C	2:23.89 (2:55.09)^	2:05.79 (2:33.19)^	13-14	1:57.49 (2:22.09)^	2:14.79 (2:44.09)^	2C
1D	2:22.49 (2:50.89)^	2:07.29 (2:29.89)^	15-18	1:54.79 (2:17.29)^	2:11.50 (2:37.39)^	2D
200IM**						
3A	3:17.09 (4:09.39)^	2:52.69 (3:38.49)^	7-10	2:54.99 (3:35.49)^	3:19.39 (4:06.19)^	4A
3B	2:53.09 (3:26.29)^	2:31.69 (3:00.69)^	11-12	2:30.89 (2:57.59)^	2:53.89 (3:24.69)^	4B
3C	2:42.09 (3:17.39)^	2:20.89 (2:51.49)^	13-14	2:17.19 (2:39.99)^	2:38.79 (3:05.29)^	4C
3D	2:41.89 (3:13.49)^	2:22.49 (2:48.19)^	15-18	2:10.79 (2:32.69)^	2:28.19 (2:56.59)^	4D
500 FR**						
5A	6:05.39 (7:36.79)^	6:44.89 (8:26.09)^	7-10	6:45.39 (8:16.69)^	6:07.59 (7:29.49)^	6A
5B	5:22.29 (6:23.89)^	6:00.19 (7:09.09)^	11-12	5:57.69 (6:57.29)^	5:21.89 (6:15.49)^	6B
5C	5:01.59 (6:07.19)^	5:36.29 (6:49.39)^	13-14	5:17.59 (6:26.59)^	4:46.69 (5:49.09)^	6C
5D	4:55.29 (5:58.49)^	5:31.59 (6:40.69)^	15-18	5:09.89 (6:12.59)^	4:38.39 (5:33.69)^	6D
400IM**						
7A	6:09.09 (7:19.69)^	5:22.49 (6:24.19)^	11-12	5:19.79 (6:13.09)^	6:08.69 (7:10.19)^	8A
7B	6:42.89 (6:57.39)^	5:00.49 (6:05.79)^	13-14	4:40.79 (5:41.79)^	5:22.59 (6:32.69)^	8B
7C	5:42.39 (6:47.89)^	5:02.29 (5:57.59)^	15-18	4:44.79 (5:29.09)^	5:17.49 (6:14.09)^	8C

**** Timed Final Events –Swum in Prelims All Time Standards are “Slower Than” ^must have “B” cut**
Session II – Prelims SCY - Saturday March 4 Warm-up: 7:00am Meet Starts: 8:30am

Girls	LCM	SCY	Age Group Event	SCY	LCM	Boys
9	1:34.69	1:21.29	7-10 100BK**	1:23.19	1:35.49	10
11	1:25.29	1:13.79	11-12 100BK	1:13.29	1:25.49	12
13	1:17.09	1:06.19	13-14 100BK	1:01.79	1:12.29	14
15	1:18.49	1:08.89	15-18 100 BK	1:00.59	1:10.29	16
17	41.99	37.19	7-10 50FL**	37.39	42.19	18
19	36.39	32.49	11-12 50FL	33.19	37.29	20
21	33.89	30.19	13-14 50FL	28.19	31.99	22
23	35.39	31.09	15-18 50 FL	28.09	30.89	24
25	1:48.29	1:33.89	7-10 100BR**	1:34.19	1:50.19	26
27	1:35.39	1:22.39	11-12 100BR	1:22.39	1:34.39	28
29	1:27.69	1:15.99	13-14 100BR	1:09.79	1:21.29	30
31	1:28.79	1:16.89	15-18 100 BR	1:09.09	1:18.49	32
33	36.59	32.39	7-10 50FR**	31.99	37.49	34
35	33.19	29.09	11-12 50FR	27.89	32.09	36
37	30.69	26.79	13-14 50FR	24.69	28.29	38
39	31.39	27.89	15-18 50 FR	24.79	28.19	40
41	NA	1:22.79	7-10 100 IM**	1:23.39	NA	42
43	NA	1:10.79	11-12 100IM	1:09.09	NA	44
45	NA	1:09.29	13-14 100IM	1:03.29	NA	46
47	NA	1:07.99	15-18 100IM	1:01.99	NA	48
200FL**						
49A	2:59.59 (3:24.89)^	2:38.99(3:00.89)^	11-12	2:39.39(2:56.59)^	3:01.19 (3:22.09)^	50A
49B	2:45.69 (3:13.29)^	2:25.79 (2:50.09)^	13-14	2:15.69(2:38.29)^	2:36.19 (3:02.19)^	50B
49C	2:40.39 (3:08.19)^	2:23.49 (2:46.79)^	15-18	2:11.59(2:31.39)^	2:29.99 (2:52.69)^	50C
51	NT	NT	7-10 200FRR **	NT	NT	52
53	NT	NT	11-12200FRR**	NT	NT	54
55	NT	NT	13-14200FRR**	NT	NT	56
57	NT	NT	15-18 200FRR**	NT	NT	58

**** Timed Final Events – Swum in Prelims All Time Standards are “Slower Than” ^must have “B” cut**

Session III – Finals SCY Saturday, March 4, 2017 Warm-up: 4:00pm Meet Starts: 5:30pm

Girls Event #	Age Group Event	Boys Event #
11	11-12 100BK	12
13	13-14 100BK	14
15	15-18 100 BK	16
19	11-12 50FL	20
21	13-14 50FL	22
23	15-18 50 FL	24
27	11-12 100BR	28
29	13-14 100BR	30
31	15-18 100 BR	32
35	11-12 50FR	36
37	13-14 50FR	38
39	15-18 50 FR	40
43	11-12 100IM	44
45	13-14 100IM	46
47	15-18 100IM	48

Session IV- Prelims SCY - Sunday March 5, 2017 Warm-up: 7:00am Meet Starts: 8:30am

Girls	LCM	SCY	Age Group Event	SCY	LCM	Boys
200 BR**						
59A	3:23.49 (3:52.69)^	2:58.09(3:23.09)^	11-12	2:55.09(3:14.89)^	3:20.59 (3:44.69)^	60A
59B	3:09.79 (3:41.39)^	2:44.59(3:11.99)^	13-14	2:32.89(2:58.39)^	2:56.79 (3:26.29)^	60B
59C	3:11.39(3:36.29)	2:47.69(3:08.19)	15-18	2:33.09(2:48.69)	2:55.79(3:16.49)	60C
61	1:20.59	1:10.49	7-10 100FR**	1:11.69	1:21.89	62
63	1:10.99	1:01.79	11-12 100FR	1:00.89	1:09.89	64
65	1:06.69	58.19	13-14 100FR	53.89	1:01.99	66
67	1:07.19	59.79	15-18 100 FR	53.79	1:00.99	68
69	43.89	37.69	7-10 50BK**	39.09	44.99	70
71	38.99	33.89	11-12 50BK	34.29	39.49	72
73	36.39	31.49	13-14 50BK	29.39	34.09	74
75	36.99	31.59	15-18 50 BK	29.09	34.09	76
77	1:37.99	1:26.09	7-10 100FL**	1:27.29	1:38.99	78
79	1:22.79	1:13.49	11-12 100FL	1:13.59	1:22.59	80
81	1:14.79	1:05.99	13-14 100FL	1:01.29	1:09.69	82
83	1:12.89	1:04.59	15-18 100FL	58.59	1:05.39	84
85	48.49	42.79	7-10 50BR**	42.99	49.99	86
87	42.99	37.89	11-12 50BR	38.19	43.59	88
89	40.19	35.39	13-14 50BR	32.79	37.69	90
91	41.29	35.59	15-18 50 BR	32.79	36.99	92
200BK**						
93A	2:59.59 (3:24.79)^	2:35.39 (2:56.59)^	11-12	2:35.99(2:52.69)^	3:00.19 (3:20.79)^	94A
93B	2:45.59 (3:13.19)^	2:23.39 (2:47.29)^	13-14	2:14.69(2:37.09)^	2:36.59 (3:02.69)^	94B
93C	2:46.99(3:09.09)	2:27.19(2:44.09)^	15-18	2:13.59(2:29.89)^	2:30.99(2:53.79)^	94C
95	NT	NT	7-10 200 Med Relay**	NT	NT	96
97	NT	NT	11-12 200 Med Relay**	NT	NT	98
99	NT	NT	13-14 200 Med Relay**	NT	NT	100
100	NT	NT	15-18 200 Med Relay**	NT	NT	102
MIXED 1650 Free**						
103A	21:37.39(25:45.79)^	20:53.89(24:53.99)^	11-12	20:52.99(24:21.89)^	21:37.39(25:13.59)^	104A
103B	19:48.09(24:06.39)^	19:12.89(23:23.49)^	13-14	18:19.79(22:18.89)^	18:58.89(23:06.49)^	104B
103C	19:43.09 (23:43.89)^	19:21.79(23:05.19)^	15-18	18:10.99(21:35.39)^	18:29.99 (22:08.99)^	104C

**** Timed Final Events –Swum in Prelims**

All Time Standards are “Slower Than”

^must have “B” cut

Session V – Finals SCY Sunday, March 5, 2017 Warm-up: 4:00pm Meet Starts: 5:30pm

Girls Event #	Age Group Event	Boys Event #
63	11-12 100FR	64
65	13-14 100FR	66
67	15-18 100 FR	68
71	11-12 50BK	72
73	13-14 50BK	74
75	15-18 50 BK	76
79	11-12 100FL	80
81	13-14 100FL	82
83	15-18 100FL	84
87	11-12 50BR	88
89	13-14 50BR	90

**Florida Gold Coast Area 1
Short Course Time Trial**

Sanctioned by: USA Swimming and Florida Gold Coast Swimming. No Sanction needed as will be submitted with meet invite and use same sanction.

Sponsored By: Lake Lytal Lightning

Location: 3645 Gun Club Rd. West Palm Beach 33406

Dates and Time: March 4, 2017 – 15-30 mins after the conclusion of prelims
March 5, 2017 - 15-30 mins after the conclusion of prelims

Pool / Timing: **20 lane** 50 meters x 25 yard heated outdoor pool, 10 lanes for time trials and 8 for warm up warm down during competition.
The competition course has been certified in accordance with 104.2.2 ©.
Water depth at the start varies from 4' to 12' depending on lane assignment
accordance with 202.3.7 ©

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.

Entry Fees: \$10.00 per Individual Event, \$16.00 per Relay

Entries: Entry cards will be filled out on deck. Entry deadline is 30 minutes prior the the scheduled end of prelims.

Eligibility: Open to all currently registered USA Swimming athletes

Referee: Dee Herfurth

Girls Event #	Event	Boys Event #
201	50 Free	202
203	100 Free	204
205	200 Free	206
207	400 Free	208
209	800/1500Free	210
211	50 Back	212
213	100 Back	214
215	200 Back	216
217	50 Breast	218
219	100 Breast	220
221	200 Breast	222
223	50 Fly	224
225	100 Fly	226
227	200 Fly	228
229	200 IM	230
231	400 IM	232
233	200 Free Relay	234
235	400 Free Relay	236
237	800 Free Relay	238
239	200 Medley Relay	240
241	400 Medley Relay	242

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