



**2017 Senior Long Course Sectional Qualifier
February 11, 2017
Plantation Aquatic Complex**

Sanctioned by: Florida Gold Coast Swimming, Inc. **Sanction #FGSR021117PST1**

**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.
- In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and Plantation Swim Team and 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.
- 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 swimmer's legal guardian to ensure compliance with this requirement.
- Use of audio or visual recording devices, including cell phone is permitted only in designated areas.

Hosted by: The City of Plantation, Plantation Swim Team and PST Booster Club.

Location: **Plantation Aquatic Complex**
9151 NW 2nd Street • Plantation, Florida 33324

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go west on I-595. Exit north on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately $\frac{3}{4}$ of a mile to Central Park Dr. (1st Stop light) On Central Park Dr. make a right. Park entrance is located on the right hand side.

All meet information will be posted on the Sectional Page of the Plantation Team website: www.swimpst.com

**Dates & Start
Times:**

Days	Session	Warm-up	Starts
Saturday, February 11, 2017	I.	8:00 a.m.	9:00 a.m.
Saturday, February 11, 2017	II.	3:00 p.m.	4:00 p.m.

General Meeting: Saturday, February 11, at 8:45 a.m. Any changes to the conduct of the meet will be announced at this meeting. It is the responsibility of each swimmer and coach to be aware of any changes made during this meet.

Pool Spec & Timing: Competition Course – One eight lane 50 meter course. Continuous warm-up and warm-down area will be available in second 50 meter course (6 lanes). Water depth at the competition starting end is 11'6 and turn end is 4'. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System with full VIVILED video scoreboard will be utilized.

Eligibility: Open to all 2017 USA Swimming registered athletes and foreign athletes with Proper travel credentials who have been invited by USA Swimming.

Deck Registration: No entrant will be permitted to compete unless the entrant is a member of USA Swimming (or a FINA federation) as provided in Article 302. On-deck registration will NOT be permitted.

Disability Athletes: PST is excited about the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmers with disabilities must abide by the definition of a disability as outlined in USA Swimming Rules and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities. Swimmers with disabilities may compete, earn awards and score points for their team in the same manner as able-bodied swimmers. Such swimmers need not have achieved the included qualifying times for this meet. Entries for swimmers with disabilities should enter on TM-file or by Team Unify and email Terrell Woods Terrellwpst@aim.com prior to submitting entry. The coach or athletes are responsible for notifying the Referee of any Accommodations that are required in accordance with USA-S Rule 105.4.

Any athlete with a disability will be accommodated to the best of Meet Management's ability. **Please contact the pool office ahead of time (minimum of two-weeks prior to start of event),** to allow for preparation (954)-452-2526 or email Terrell Woods at TerrellWPST@aim.com

Entries: All teams must enter swimmers in the meet must submit their entries using the latest version of Hy-tek Team Manager or Team Unify software.

Email entries to Jimmy Parmenter, jimmyppst@aol.com . When you email the entries also attach a report of the entries by swimmer. Entries/email with only a zip file (i.e. without the entry report) will not be accepted. Electronic mail confirmation will be sent within 48 hour after receipt of file. All entry fees must be paid before the start of the first event. If you don't receive an email confirmation, your entries were not received.

Late Entries: Late entries which otherwise meet all eligibility and entry requirements will be accepted for this meet. Qualifying times must have been achieved by the entry deadline. Late entries will only be accepted on-site beginning Saturday, February 11, 7:45 a.m.. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. Swimmers should be prepared to provide proof of submitted time for all late entries. Entry fees for late entries will be double entry fee and double athlete/facility fee to be paid in "CASH ONLY".

Entry Limit: **Individual Events:** Swimmers may enter all events which they qualify, however they may only compete in five (5) individual events for the meet, and no more than three (3) individual events per session.

Relay Events: Teams may enter **A,B,C,D** relays only.

Entry Fees:

\$6.00 per individual event
\$2.00 per relay team
\$15.00 per swimmer meet surcharge

Entries Due Friday, February 3, 2017, at 12:00 noon. All teams will pay via check or cash to "Plantation Swim Team Booster Club" upon arrival to the meet. Payment will be accepted at the Clerk of Course before picking up Coaches Packets.

Seeding: Entries will be seeded in order of LCM, SCY, **ONLY**.
No Short Course Meter Times will be accepted.

Seeding: All events will be seeded fastest to slowest, unless stated otherwise in the meet information.

Positive Check-In: Positive check-in is required to be seeded in the Women's and Men's 800 Free, Women's and Men's 1500 Free, 400 IM and 400 Free Positive check-in will be available at the starters table.

Positive Check-In DEADLINE:

Saturday, February 11th **Session I.** 400 IM **8:45 a.m.** / 1500 Free **10:00 a.m.**
Saturday, February 11th **Session II.** 400 Free **3:45 p.m.**

1500 Free: Women's and Men's 1500 free – We will swim a total of five (5) heats of women and five (5) heats of men. The fastest 3 checked in heats of women and men athletes will compete in the morning session. The remaining two (2) heats of women and two heats of men will compete in the afternoon session. The 1500 will swim Fastest to Slowest Alternating women & men. Each athlete must supply their own counters and timers.

400 IM / 400 Free: Event # 5-6 , Women's & Men's 400 IM
Event # 27-28 , Women's & Men's 400 Free

Will be swum as follows:

1. We are only running the 5 Fastest Heats of Women and Men that check-in.
2. Running Fastest 5 heats of women, Fastest 5 heats of men fastest to slowest alternating women and men.

Relay Events: No positive check-in required. A, B, C, D, Relays Only.

Timelines: There will be a 5 minute break before the 1500's

Scoring: The top 16 places in each event will be scored.

Individual: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1
Relay: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

Awards: **Team High Point Awards:**
Combined Team Champions & Runner-up

Rules: Current USA Swimming rules will apply.

Officials: Meet Referee: Allan Golding
Computer Scoring: Cindy Jones
Assistant Meet Director: Terrell Woods email: terrellwpst@aim.com
Meet Director: Jimmy Parmenter email: jimmypst@aol.com
Note: Please direct all questions to Terrell Woods

Identification: Coaches and officials shall wear their 2017 USA Swimming registration card in a conspicuous location at all times during the meet.

Deck Restrictions: USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Gold Coast 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.

Changing In/Out Of Swimsuits: Except where venue facilities require otherwise, changing into, or out of swimsuits, other than locker room 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 other device capable of recording still or video images in the area behind the starting blocks, in 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.

Information: FG Senior Chairman: Sid Cassidy coachsid@gmail.com
Florida Gold Coast Swimming Office: Dick Cavanah – npbcoach4@aol.com
Facility: Terrell Woods: terrellwpst@aim.com

Admission: \$5.00 per person, per session. *All Sessions pass will be offered.*
\$3.00 heat sheets per session

WARM UP SCHEDULE:

POOL OPENS: Friday 3:30P.M. / Saturday 8:00 a.m. / Saturday 3:00 p.m.

Competition Course

LANE First hour (General Warm-up) Second ½ hour (Controlled Warm-up)

- 1 Push off 50's or 100's pace (circle swimming) Push off 50's pace (circle swimming)
- 2 Swimming and pulling only (push off) Racing start, one way only
- 3 Swimming and pulling only (push off) Swimming and pulling only (push off)
- 4 Swimming and pulling only (push off) Swimming and pulling only (push off)
- 5 Swimming and pulling only (push off) Swimming and pulling only (push off)
- 6 Swimming and pulling only (push off) Racing start, one way only
- 7 Swimming and pulling only (push off) Push off 50's pace (circle swimming)
- 8 Push off 50's pace (circle swimming) Swimming and pulling only (push off)

*No Equipment Allowed During Warm-Up In Competition Pool

*No Racing Starts In Warm-Up Or Warm-Down Lanes During The Meet

*Enter The Water Feet First With One Hand On The Deck When Entering The Pool At All Times
During Warm-Up

Including When Swimmers Are Not Doing A Racing Start

Prelims – 6:30 A.M. / Finals – 3:30 P.M. Continuous Warm-up & Warm Down

Pool 2 / 50 Meters ABSOLUTELY NO DIVING

LANE

- 1 PACE - Push off 50's or 100's pace (circle swimming)
- 2 Swimming and pulling only (push off)
- 3 Swimming and pulling only (push off)
- 4 Swimming and pulling only (push off)
- 5 Swimming and pulling only (push off)
- 6 Swimming and pulling only (push off)

7 PUBLIC LAP SWIM

8 PUBLIC LAP SWIM

*No Racing Starts In Warm-Up Or Warm-Down Lanes During The Meet

*Enter The Water Feet First With One Hand On The Deck When Entering The Pool At All Times
During Warm-Up Including When Swimmers Are Not Doing A Racing Start.

Session I. Saturday, February 13, 2016		Qualifying Times					
Order of Events		Conforming Times		Non-Conforming Times			
		Long Course Meters		Short Course Meters		Short Course Yards	
Event #	Event	Women	Men	Women	Men	Women	Men
1	200 Mixed Medley Relay	NT	NT	NA	NA	NT	NT
10 Minute Break							
3-4	200 Free	2:24.49	2:13.59	NA	NA	2:09.29	1:56.79
5-6	400 IM*	5:46.39	5:21.49	NA	NA	5:06.29	4:48.79
7-8	200 Fly	2:42.39	2:31.99	NA	NA	2:25.49	2:13.59
9-10	50 Free	31.89	28.69	NA	NA	28.39	25.29
11-12	200 Back	2:48.19	2:32.99	NA	NA	2:29.19	2:15.59
13-14	100 Breast	1:30.79	1:20.49	NA	NA	1:18.89	1:11.09
15-16	50 Fly	37.39	33.69	NA	NA	33.29	30.29
17-18	50 Back	39.69	35.39	NA	NA	34.89	31.79
5 Minute Break							
19-20	1500 Free*	19:58.09	18:44.99	NA	NA	19:38.29	18:27.49
Note: *400 IM & 1500 Free - Please review meet information.							

Session II. Saturday, February 13, 2016		Qualifying Times					
Order of Events		Conforming Times		Non-Conforming Times			
		Long Course Meters		Short Course Meters		Short Course Yards	
Event #	Event	Women	Men	Women	Men	Women	Men
2	200 Mixed Free Relay	NT	NT	NT	NT	NT	NT
10 Minute Break							
21-22	200 IM	2:43.89	2:30.19	NA	NA	2:24.49	2:12.79
23-24	100 Free	1:08.19	1:01.99	NA	NA	1:00.79	54.79
25-26	100 Fly	1:14.89	1:07.39	NA	NA	1:06.59	1:00.59
27-28	400 Free*	4:59.29	4:42.39	NA	NA	5:35.39	5:16.49
29-30	200 Breast	3:13.39	2:57.79	NA	NA	2:49.69	2:35.09
31-32	100 Back	1:19.49	1:11.29	NA	NA	1:09.89	1:01.59
33-34	50 Breast	45.29	40.19	NA	NA	39.39	35.49
19-20	1500 Free*	19:58.09	18:44.99	NA	NA	19:38.29	18:27.49
Note: *400 & 1500 Free Please review meet information.							

2017 Sectional Qualifier Hotel Information (February 11, 2017)

Reservations please feel free to contact Craig Rehak at (708)288-1673 for assistance