



Florida Gold Coast AREA 1 Developmental Championships

February 27-28, 2016

Sanctioned By: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No.

Sponsored By: *Lake Lytal Lightning Swim Team*

Location: 3645 Gun Club Rd., West Palm Beach, FL 33406

Dates & Time:

Session I	Prelims	Saturday	February 27, 2016	Warm-up – 7:00AM	Start – 8:30AM
Session II	Finals	Saturday	February 27, 2016	Warm-up – 4:00PM	Start – 5:00PM
Session III	Prelims	Sunday	February 28, 2016	Warm-up – 7:00AM	Start – 8:30AM
Session IV	Finals	Sunday	February 28, 2016	Warm-up – 4:00PM	Start – 5:00PM

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

Pool / Timing: 25 yards x 50 meters heated outdoor pool, 10 short-course racing lanes with separate warm-up and swim-down lanes available. Colorado 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 4'1" to 12'0" 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.

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.

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.

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 561-310-4924 gmand688@bellsouth.net

Eligibility:	Open to all 7-18 year old 2016 USA Swimming FGC registered athletes in <i>BRST, ECAC, FLA, JDST, LLL, MCA, NPB, OAC, PAQ, SAS, WOW, YSPB, FAST, PCS, Black Marlin Swim Club</i> and foreign athletes with proper travel credential that have been invited by USA swimming. Athletes who wish to join USA Swimming may do so by follow the standard FGC Deck Entry procedure (available at www.fgcswim.org) that is also available for any eligible swimmer. ▪ <u>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 event in which he/she is entered in.</u> ▪ 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 ▪ Teams entering and swimming athletes who have achieved qualifying times will be subject to a \$50 fine per swim. ▪ The Meet Host <u>WILL NOT</u> be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.
Entry Deadline:	Entries Close - Wednesday – February 17, 2016. Final Seeding Wed., Feb. 24 8pm.
Entry Limit:	Three (3) individual events per day (unlimited relays)
Entry Procedure:	Hy-Tek electronic entry system is required. Please email entry to: gmand688@bellsouth.net. Submission of entry certifies that all entered swimmers are current year USA Swimming registered. Non-electronic entries are not accepted
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 “<u>Lake Lytal Lightning</u>” (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.
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 SCY.
Relays:	A & B relays are permitted. Any swimmer who is legally entered in this meet can swim any leg on any relay.
Finals:	A single Championship Final will be swum in Prelim/Final events. <u>All 7-10 yr old events will be swum as timed finals during the prelim sessions.</u>

Distance Events: All events 400 and longer will be positive check-in.

- 200 of strokes (back, breast, and fly) and 500 free will be swum as timed finals during the prelims, beginning 10 mins after the relays. All age groups will be combined and swum together, but awarded separately. These events will be swum fastest to slowest – alternating a heat of girls then a heat of boys.
- 400 IM and 1650 free are swum as timed finals, beginning 10 mins after the evening finals. All age group will be combined and swum together, but awarded separately. These events are swum fastest to slowest –

Awards: Individual Events: Medals 1st - 3rd Ribbons 4th – (number of lanes swum in finals)
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 Marshalls: Tom Rahrig/Joe DiMatteo

Meet Director: Gordon Andrews, 561-310-4924, gmand688@bellsouth.net

Directions: From I-95 Exit Southern Blvd. West to Congress Ave. Ramp. Take a left onto Congress. Turn right at the 1st light. The aquatic center is on your left. [Google Maps Link Click Here](#)

Order Of Events

* = Timed Final Events – Swum in Finals

** = Timed Final Events – Swum in Prelims

% Separate Age Groups for Results & Awards: 11-12/13-14/15-18

Separate Age Groups for Results & Awards: 7-10/11-12/13-14/15-18

Session I - Prelims- Saturday February 27, 2016

Warm-up: 7:00am Meet Starts: 8:30am

Girls Event #	SLOWER THAN SCY	FASTER THAN	AGE GROUP	EVENT	SLOWER THAN SCY	FASTER THAN	Boys Event #
1	1:23.79	1:45.09	7-10	100BK**	1:24.09	1:41.39	2
3	1:14.69	1:26.29	11-12	100BK	1:14.79	1:24.09	4
5	1:07.09	1:18.29	13-14	100BK	1:03.09	1:13.59	6
7	1:08.89	1:16.29	15-18	100BK	1:00.59	1:09.69	8
9	37.69	NA	7-10	50FL**	38.19	NA	10
11	32.89	NA	11-12	50FL	33.69	NA	12
13	31.39	NA	13-14	50FL	28.89	NA	14
15	31.09	NA	15-18	50FL	28.09	NA	16
17	1:34.39	1:58.79	7-10	100BR**	1:36.19	1:53.69	18
19	1:23.69	1:35.79	11-12	100BR	1:23.29	1:33.59	20
21	1:16.59	1:29.39	13-14	100BR	1:10.79	1:22.59	22
23	1:16.89	1:28.29	15-18	100BR	1:09.09	1:19.19	24
25	32.89	NA	7-10	50FR**	33.39	NA	26
27	30.39	NA	11-12	50FR	29.39	NA	28
29	26.99	NA	13-14	50FR	25.99	NA	30
31	27.89	NA	15-18	50 FR	24.79	NA	32
33	2:40.39	3:20.19	7-10	200FR**	2:39.39	3:09.09	34
35	2:22.19	2:41.19	11-12	200FR	2:18.79	2:37.19	36
37	2:06.49	2:33.89	13-14	200FR	2:03.89	2:24.49	38
39	2:07.29	2:30.79	15-18	200 FR	1:54.79	2:18.29	40
41	1:23.39	1:43.39	7-10	100IM**	1:24.39	1:40.39	42
43	1:15.09	1:25.29	11-12	100IM	1:13.09	1:23.19	44
45	1:10.19	NA	13-14	100 IM	1:05.39	NA	46
47	1:07.99	NA	15-18	100 IM	1:01.99	NA	48
49	NT		7-10	200 Free Relay**	NT		50
51	NT		11-12	200 Free Relay**	NT		52
53	NT		13-14	200 Free Relay**	NT		54
55	NT		15-18	200 Free Relay**	NT		56
			10 Min	Break			
57	2:40.39	3:02.39	11-12	200FL**%	2:40.69	2:58.09	58
	2:27.79	2:52.39	13-14		2:17.49	2:40.39	
	2:23.49	2:48.89	15-18		2:11.50	2:33.29	
			10 Min	Break			
59	6:58.39	8:30.49	7-10	500FR**#	7:02.29	8:22.79	60
	6:17.99	7:09.29	11-12	500FR**#	6:12.59	7:02.99	
	5:38.29	6:51.79	13-14	500FR**#	5:33.89	6:29.49	
	5:31.59	6:41.29	15-18	500FR**#	5:09.80	6:14.69	

% Separate Age Groups for Results & Awards: 11-12/13-14/15-18

Separate Age Groups for Results & Awards: 7-10/11-12/13-14/15-18

Event Number	Event	Age Group	Event Number	Event	Age Group
3-4	100 Back	11-12	27-28	50 Free	11-12
5-6	100 Back	13-14	29-30	50 Free	13-14
7-8	100 Back	15-18	31-32	50 Free	15-18
11-12	50Fly	11-12	35-36	200 Free	11-12
13-14	50 Fly	13-14	37-38	200 Free	13-14
15-16	50 Fly	15-16	39-40	200 free	15-18
19-20	100 Breast	11-12	43-44	100 IM	11-12
21-22	100 Breast	13-14	45-46	100 IM	13-14
23-24	100 Breast	15-18	47-48	100 IM	15-18

Finals

Saturday, February 27, 2016 – 10 minutes after last Final event

Girls Event #	SCY	FASTER THAN	Age Group	Event	SCY	FASTER THAN	Boys Event #
61	5:41.09	6:28.59	11-12	400IM*%	5:41.79	6:20.09	62
	5:15.89	6:08.49	13-14	400IM*%	4:55.69	5:44.99	
	5:02.29	5:58.49	15-18	400IM*%	4:44.79	5:31.39	

% Separate Age Groups for Results & Awards: 11-12/13-14/15-18

Order Of Events

* = Timed Final Events – Swum in Finals

** = Timed Final Events – Swum in Prelims All Time

Standards are “Slower Than”

% Separate Age Groups for Results & Awards: 11-12/13-14/15-18

Session III – Prelims - Sunday – February 28, 2016 Warm-up: 7:00am Meet Starts: 8:30am

Girls Event #	SLOWER THAN SCY	FASTER THAN	Age Group	Event	SLOWER THAN SCY	FASTER THAN	Boys Event #
63	1:13.39	1:30.69	7-10	100FR	1:14.19	1:28.49	64
65	1:05.09	1:13.59	11-12	100FR	1:03.89	1:12.19	66
67	58.69	1:11.39	13-14	100FR	56.89	1:06.29	68
69	59.79	1:09.99	15-18	100 FR	53.79	1:03.29	70
71	2:58.19	3:40.39	7-10	200IM	3:01.69	3:38.89	72
73	2:40.39	3:02.49	11-12	200IM	2:37.79	3:00.99	74
75	2:28.49	2:53.19	13-14	200IM	2:18.79	2:41.89	76
77	2:22.49	2:48.89	15-18	200 IM	2:10.79	2:34.29	78
79	38.99	NA	7-10	50BK	39.79	NA	80
81	34.29	NA	11-12	50BK	35.09	NA	82
83	31.49	NA	13-14	50BK	29.49	NA	84
85	31.59	NA	15-18	50 BK	29.09	NA	86
87	1:27.29	1:55.49	7-10	100FL	1:28.79	1:54.09	88
89	1:14.49	1:26.29	11-12	100FL	1:14.59	1:24.49	90
91	1:06.59	1:17.69	13-14	100FL	1:01.89	1:12.19	92
93	1:04.59	1:16.19	15-18	100 FL	58.59	1:08.79	94
95	42.99	NA	7-10	50BR	44.89	NA	96
97	38.49	NA	11-12	50BR	38.89	NA	98
99	36.29	NA	13-14	50BR	33.39	NA	100
101	35.59	NA	15-18	50BR	32.79	NA	102
103	NT		7-10	200 Medley Relay **	NT		104
105	NT		11-12	200 Medley Relay **	NT		106
107	NT		13-14	200 Medley Relay **	NT		108
109	NT		15-18	200 Medley Relay**	NT		110
			10 min	Break			
111	2:37.79	2:59.49	11-12	200BK**%	2:38.29	2:55.29	112
	2:24.29	2:48.39	13-14	200BK**%	2:15.79	2:38.39	
	2:27.19	2:44.79	15-18	200BK**%	2:27.19	2:31.59	
			10 min	Break			
113	3:00.39	3:25.79	11-12	200 BR**%	2:57.39	3:17.69	114
	2:46.29	3:13.99	13-14	200 BR**%	2:34.69	3:00.49	
	2:47.69	3:09.19	15-18	200 BR**%	2:33.09	2:52.79	

Session IV – Finals – Sunday – February 28, 2016 - Warm-up: 4:00pm

Meet Starts: 5:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
63-64	100 Free	11-12	79-80	50 Back	15-18
65-66	100 Free	13-14	81-82	100 Fly	11-12
67-68	100 Free	15-18	83-84	100 Fly	13-14
69-70	200 IM	11-12	85-86	100 Fly	15-18
71-72	200 IM	13-14	87-88	50 Breast	11-12
73-74	200 IM	15-18	89-90	50 Breast	13-14
75-76	50 Back	11-12	91-92	50 Breast	15-18
77-78	50 Back	13-14			

Finals Sunday February 28, 2016 – 10 minutes after last Final event

% Separate Age Groups for Results & Awards: 11-12/13-14/15-18

Girls Event #	SLOWER SCY	FASTER THAN	Age Group	Event	SLOWER SCY	FASTER THAN	Boys Event #
115	21:59.99	25:01.49	11-12	1650 Free*%	21:44.79	24:43.79	
	19:21.69	23:34.19	13-14	1650 Free*%	19:15.69	22:28.29	
	19:21.79	23:06.29	15-18	1650 Free*%	18:10.99	21:46.69	

Florida Gold Coast Area 1 Short Course Time Trial

Sanctioned by:	USA Swimming and Florida Gold Coast Swimming.
Sponsored by:	Lake Lytal Lightning Swim Team
Dates and Time:	Saturday – Feb. 27, 2016 - 15 minutes after the conclusion of prelims. Sunday – Feb. 28, 2016- 15 minutes after the conclusion of prelims.
Course/Timing:	10 Racing Lanes. Colorado/Daktronics Timing Systems
Entry Limit:	Swimmers are limited to no more than 3 events per day including the events they participated in at the Area Developmental Championships. Swimmers not in the Area Developmental Championships can swim 3 events per day.
Entry Fees:	\$8.00 per Individual Event \$12.00 per Relay
Entries:	Entry cards will be filled out on deck.
Eligibility:	Open to all currently registered USA Swimming athletes.
Awards:	None (other than fast times and satisfaction).
Location:	3645 Gunclub Rd. West Palm Beach, FL 33460
Referee:	Dee Herfurth
Information:	Gordon Andrews, 561-310-4924, gmand688@bellsouth.net

Event # (odd women/even men)	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	800/1500 Free
11-12	50 Back
13-14	100 Back
15-16	200 Back
17-18	50 Breast
19-20	100 Breast
21-22	200 Breast
23-24	50 Fly
25-26	100 Fly
27-28	200 Fly
29-30	200 IM
31-32	400 IM
33-34	200 Free Relay
35-36	400 Free Relay
37-38	800 Free Relay
39-40	200 Medley Relay
41-42	400 Medley Relay
5-10 Minute Break as needed	

The order of events will be run through twice a day on Saturday and Sunday. All swimmers who are in the Developmental 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 per day