



FGC 2019 LCM Silvers Championships North

[BMSC, BPSA, BRST, ECAC, ESC, FAST, JDST, LLL, MART, NPB, PAQ, SAS, WOW, YSPB, BEST, HWST, CSSC, HAFL, HAT, PCS, PST, POMP, SFTL, TSA, WASC]

Jul 12-14, 2019

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. **Sanction Number #FGD071219POMP-B-20**

It is understood and agreed that USA Swimming, the facility and the host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Hosted by: Pompano Beach Piranhas

Location: Pompano Beach Aquatic Center, 820 NE 18th Ave, Pompano Beach FL 33061

Directions: Take I-95 towards Pompano Beach and take Atlantic Blvd and go East to NE 18th Avenue. Turn Left onto NE 18th Avenue and continue to NE 8th Street. Turn Right onto to NE 8th Street and follow the 2 road to the Aquatic Center.

Date & Time:

Date	Session	Warm-up	Meet Start
Friday, Jul 12	I	4:30 pm	5:30 pm
Saturday, Jul 13	II	7:00 am	8:30 am
Saturday, Jul 13	III	4:30 pm	5:30 pm
Sunday, Jul 14	IV	7:00 am	8:30 am

Sunday, Jul 14	V	4:30 pm	5:30 pm
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The meet director reserves the right to change meet warm-up and start time in order to hold an efficient meet within USA Swimming / FGC guidelines and with FGC Age Group Chairperson approval.

Pool/Timing:

50 meters x 25 yards/meters heated outdoor pool. Eight long course racing lanes with separate warm-up and swim-down pool available. Colorado Timing System® will be used. Water depth at the start is 5'0" in accordance with 202.4.10(C) and 103.2.3.

The competition course has been certified in accordance with 104.2.2(C). A copy of such certification is on file with USA Swimming.

Format:

These championships will be conducted in LCM. Events 200M and longer, all 7-10 events, and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 8 swimmers in each of the following age groups: 11-12, 13-14, 15-18 advancing to finals.

Breaks between events may be inserted at Meet Director and Meet Referee discretion.

Rules:

Current USA Swimming Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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.

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.

Deck Changing:

Deck changes are prohibited.

Camera Free Zone: 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 vicinity 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.

Closed Deck: Spectators will only be permitted in designated areas of the pool deck unless they are currently registered and in good standing with USA Swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet.

Coaches: You will be permitted inside the restricted areas of the deck provided you are wearing your coaching credentials, and do not interfere with those conducting the meet.

Warm-up: Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

Depending upon the number of swimmers entered, teams may be assigned to specific warm-up times and lanes Saturday and Sunday morning. Teams assigned to an early warm-up on one day will be assigned to a late warm-up period on the other day. More detailed warm-up procedures will be distributed to registered coaches prior to the competition.

Eligibility: Open to all 7-18 year old 2019 USA Swimming registered athletes affiliated with teams assigned to FGC North - [BMSC, BPSA, BRST, ECAC, ESC, FAST, JDST, LLL, MART, NPB, PAQ, SAS, WOW, YSPB, BEST, HWST, CSSC, HAFL, HAT, PCS, PST, POMP, SFTL, TSA, WASC] who have achieved the published time standard in one or more events during the qualifying period.

Qualifying time standards are USA Swimming National Age Group Motivational "BB" times for all individual events. There is no qualifying time standard for relays and these events may be entered with no time. Athletes who have achieved a qualifying time for the 2019 Summer FGC Junior Olympics (7-14 year old athletes) or 2019 Summer FGC Senior Championships (15-18 year old athletes) within the qualifying period may not enter that event in these championships.

The qualifying period is Jul 12, 2017 through the entry deadline.

No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.

The Meet Host **WILL NOT** be accepting New or Renewing USA Swimming registrations at the meet.

Disability Athletes: Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the pool office ahead of time to allow for preparations – Meet@pompanopiranhas.com or (954) 401-0045 or (787) 315-1529

Entry: All entries must be finalized by **3:59pm Monday Jul 8, 2019.**

Enter through USA Swimming Online Meet Entry (OME) at www.usaswimming.org/ome. The name of the meet in OME is "FGC 2019 LCM Silvers Championship".

Unregistered swimmers and relay-only swimmers cannot be added to a team's roster.

If a valid time does not exist in the SWIMS database, enter an override time. Valid times shall be those achieved in competition sanctioned, approved or observed by USA Swimming or competition sanctioned by another FINA member. All override times must be proven by the OME closing time/date. Override times that are not proven by OME closing will be considered false times and will be scratched.

Send proof of override times from USA Swimming sanctioned, approved or observed competition to David Hammond (fgntv@gmail.com) so the time can be entered into the SWIMS database and/or to Allan Golding (allan.c.golding@comcast.net).

Send proof of times from competition sanctioned by other FINA members to Allan Golding (allan.c.golding@comcast.net).

OME Help: Allan Golding (allan.c.golding@comcast.net)

Paper, Fax Email and Hytek entries will not be accepted.

OME Opens: 12:01am Monday Jun 3, 2019

OME Closes: 3:59pm Monday Jul 8, 2019

Entry Fees: \$6.00 per individual event

Relay Fees: \$10.00 per relay

Facility Surcharge: \$10.00 per swimmer

***Entry fees are made payable to: Pompano Piranhas**

(note: one check per team) If meet fees are paid by credit card there will be a 2% surcharge

Late Entries: Late entries will not be accepted.

Deck Entries: **THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.**

All entries must be checked-out through OME by the deadline specified above. No entries will be accepted other than through OME.

Responsibility Clause: The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered and furthermore that best achieved times are not 2019 FGC Junior Olympic or 2019 Senior Championship qualifying times. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

Refunds: Once a team or individual entry has been received and processed, there will be no refunds in full or in part.

Entry Limit: Swimmers may swim a maximum of three (3) individual events per day.

Seeding: All events will be seeded in order of LCM then SCM then SCY. All events will be seeded fast to slow. Timed final events and preliminary heats for 11-12, 13-14

and 15-18 age groups may be swum combined. If so, they will be resulted and scored separately. Finals events will be swum in the following order: 11-12, 13-14, 15-18 girls, then 11-12, 13-14, 15-18 boys.

Friday evening's 400 freestyle and 400 IM will be seeded in event order without alternating heats. Positive check-in is NOT required.

Relays: Teams are limited to no more than two entries per relay event. All relays will swim in the preliminary sessions.

Relay only swimmers are not permitted in these championships. All relay team members must be properly entered in at least one individual event.

1500 Freestyle: The top eight entries in the women's and men's 1500 Freestyle will be seeded to swim in Sunday's finals session. Additional heats, if any, will be swum following the relays at the end of the preliminaries session and will be seeded fast to slow, alternating heats of women, then men. Positive check-in is required in order to be seeded. The positive check-in deadline is 6:00pm on Saturday, Jul 13. An option to swim in the preliminary session regardless of seed time shall not be offered.

Scratches: Scratches from timed final events and preliminaries will be accepted until the deadlines listed below.

Friday Jul 12 events	6:00pm Thursday Jul 11
Saturday Jul 13 events	6:00pm Friday Jul 12
Sunday Jul 14 events	6:00pm Saturday Jul 13

Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event.

Scratches must be done individually. Team scratches will not be accepted.

Failure to compete in finals will result in the swimmer being fined \$25.00 cash. Swimmers may not compete in further individual events or relays until all fines are paid.

First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

Awards:	Individual Events:	Medals: 1 st – 3 rd	Ribbons: 4 th – 8 th
	Relay Events:	Ribbons: 1 st – 3 rd	
	Teams:	Top 3 Girls, Top 3 Boys, Top 3 Combined	
Scoring:	Individual events: 11-9-8-7-6-5-4-3-2-1		
	Relays: 22-18-16-14-12-10-8-6-4-2		
Meet Director:	Jesse Vassallo		
Head Referee:	Dee Hurferth (cha63chi@bellsouth.net)		
Officials:	If you know that you will be attending this meet and will be available, please email the meet referee ([Meet Referee Contact Info]), and let him/her know your level of certification and team. This is for pre-meet planning purposes only. All officials are welcome to work. Check in at the Starter’s tent 60 minutes before the start of the session.		
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:	\$5.00 per person per session.		
	Heat Sheets will be available free of charge online and on Meet Mobile. Printed Heat sheets will be available for coaches in the swim office.		
Information:	Meet@pompanopiranhas.com or (954) 401-0045 or (787) 315-1529		

Order of Events

Friday Timed Finals

[Warm up 4:30pm – Meet start 5:30pm]

Girls			Event	Description	Event	Boys		
SCY	SCM	LCM				LCM	SCM	SCY
≤ 2:57.39 > 2:35.59	≤ 3:15.99 > 2:51.99	≤ 3:20.99 > 2:56.29	1	7-10 200 Free	2	≤ 3:12.09 > 2:54.79	≤ 3:05.69 > 2:48.99	≤ 2:47.99 > 2:33.39
≤ 2:29.69 > 2:15.29	≤ 2:45.39 > 2:29.49	≤ 2:50.39 > 2:34.09	3	11-12 200 Free	4	≤ 2:45.19 > 2:32.49	≤ 2:39.79 > 2:27.49	≤ 2:24.59 > 2:13.49
≤ 2:22.19 > 2:05.79	≤ 2:37.19 > 2:18.99	≤ 2:42.59 > 2:23.89	5	13-14 200 Free	6	≤ 2:32.29 > 2:14.79	≤ 2:26.69 > 2:09.79	≤ 2:12.79 > 1:57.49
≤ 2:19.19 > 2:05.59	≤ 2:33.79 > 2:18.49	≤ 2:38.69 > 2:22.49	7	15-18 200 Free	8	≤ 2:26.09 > 2:11.59	≤ 2:20.89 > 2:07.59	≤ 2:07.49 > 1:54.79
≤ 3:15.59 > 2:52.69	≤ 3:36.19 > 3:10.79	≤ 3:43.19 > 3:17.09	9	7-10 200 IM	10	≤ 3:40.79 > 3:19.39	≤ 3:33.49 > 3:12.89	≤ 3:13.19 > 2:54.99
≤ 2:47.79 > 2:31.69	≤ 3:05.39 > 2:47.59	≤ 3:11.49 > 2:53.09	11	11-12 200 IM	12	≤ 3:09.29 > 2:53.89	≤ 3:01.49 > 2:46.69	≤ 2:44.19 > 2:30.89
≤ 2:39.19 > 2:20.89	≤ 2:55.89 > 2:35.59	≤ 3:03.39 > 2:42.19	13	13-14 200 IM	14	≤ 2:51.99 > 2:38.79	≤ 2:44.19 > 2:31.59	≤ 2:28.59 > 2:17.19
≤ 2:36.19 > 2:20.69	≤ 2:52.59 > 2:35.39	≤ 2:59.69 > 2:41.89	15	15-18 200 IM	16	≤ 2:43.99 > 2:28.19	≤ 2:36.69 > 2:24.19	≤ 2:21.79 > 2:10.79
≤ 7:35.49 > 6:44.89	≤ 6:38.59 > 5:54.29	≤ 6:51.09 > 6:05.39	17	7-10 400 Free	18	≤ 6:44.59 > 6:07.59	≤ 6:31.19 > 5:55.79	≤ 7:26.99 > 6:45.39
≤ 6:38.39 > 6:00.19	≤ 5:48.69 > 5:15.19	≤ 5:56.49 > 5:22.29	19	11-12 400 Free	20	≤ 5:48.69 > 5:21.89	≤ 5:39.09 > 5:12.99	≤ 6:27.49 > 5:57.69
≤ 6:20.09 > 5:36.29	≤ 5:32.69 > 4:54.29	≤ 5:40.89 > 5:01.59	21	13-14 400 Free	22	≤ 5:24.09 > 4:46.69	≤ 5:41.19 > 4:37.89	≤ 5:58.99 > 5:17.59
≤ 6:12.09 > 5:31.59	≤ 5:25.59 > 4:47.29	≤ 5:32.89 > 4:55.29	23	15-18 400 Free	24	≤ 5:09.89 > 4:38.39	≤ 5:02.79 > 4:30.39	≤ 5:45.99 > 5:09.89
≤ 5:56.79 > 5:22.49	≤ 6:34.19 > 5:56.29	≤ 6:48.29 > 6:09.09	25	11-12 400 IM	26	≤ 6:39.39 > 6:08.69	≤ 6:22.79 > 5:53.39	≤ 5:46.39 > 5:19.79
≤ 5:39.69 > 5:00.49	≤ 6:15.39 > 5:31.99	≤ 6:27.59 > 5:42.89	27	13-14 400 IM	28	≤ 6:04.69 > 5:22.59	≤ 5:50.69 > 5:10.29	≤ 5:17.39 > 4:40.79
≤ 5:31.99 > 5:00.29	≤ 6:06.89 > 5:31.79	≤ 6:18.79 > 5:42.39	29	15-18 400 IM	30	≤ 5:47.29 > 5:17.49	≤ 5:37.69 > 5:09.49	≤ 5:05.59 > 4:40.59

Saturday Prelims

[Warm up 7:00am – Meet start 8:30am]

Girls			Event	Description	Event	Boys		
SCY	SCM	LCM				LCM	SCM	SCY
≤ 2:47.89 > 2:38.99	≤ 3:05.59 > 2:55.29	≤ 3:10.19 > 2:59.59	31	11-12 200 Fly	32	≤ 3:07.69 > 3:01.19	≤ 3:01.19 > 2:55.29	≤ 2:43.99 > 2:39.39
≤ 2:37.89 > 2:25.79	≤ 2:54.49 > 2:41.09	≤ 2:59.49 > 2:45.69	33	13-14 200 Fly	34	≤ 2:49.19 > 2:36.19	≤ 2:42.49 > 2:29.99	≤ 2:26.99 > 2:15.69
≤ 2:34.89 > 2:23.49	≤ 2:51.09 > 2:36.39	≤ 2:54.79 > 2:40.39	35	15-18 200 Fly	36	≤ 2:40.39 > 2:29.99	≤ 2:35.39 > 2:25.99	≤ 2:20.59 > 2:11.59
≤ 1:30.69 > 1:21.29	≤ 1:40.19 > 1:29.69	≤ 1:45.99 > 1:34.69	37	7-10 100 Back	38	≤ 1:43.59 > 1:35.49	≤ 1:39.09 > 1:31.49	≤ 1:29.69 > 1:23.19
≤ 1:18.49 > 1:13.79	≤ 1:26.69 > 1:21.29	≤ 1:31.09 > 1:25.29	39	11-12 100 Back	40	≤ 1:29.09 > 1:25.49	≤ 1:23.69 > 1:20.59	≤ 1:15.79 > 1:13.29
≤ 1:11.69 > 1:06.19	≤ 1:19.19 > 1:13.09	≤ 1:23.59 > 1:17.09	41	13-14 100 Back	42	≤ 1:18.29 > 1:12.29	≤ 1:13.89 > 1:08.19	≤ 1:06.89 > 1:01.79
≤ 1:10.09 > 1:05.99	≤ 1:17.39 > 1:12.89	≤ 1:21.99 > 1:16.89	43	15-18 100 Back	44	≤ 1:14.69 > 1:10.29	≤ 1:10.19 > 1:07.99	≤ 1:03.49 > 1:00.59
≤ 41.79 > 37.19	≤ 46.19 > 40.99	≤ 47.29 > 41.99	45	7-10 50 Fly	46	≤ 45.99 > 42.19	≤ 44.79 > 41.09	≤ 40.49 > 37.39
≤ 34.09 > 32.49	≤ 37.69 > 35.79	≤ 38.29 > 36.39	47	11-12 50 Fly	48	≤ 38.69 > 37.29	≤ 37.79 > 36.49	≤ 34.19 > 33.19
≤ 32.69 > 30.19	≤ 36.19 > 33.39	≤ 36.79 > 33.89	49	13-14 50 Fly	50	≤ 34.69 > 31.99	≤ 33.79 > 31.19	≤ 30.59 > 28.19
≤ 32.49 > 29.99	≤ 36.19 > 33.19	≤ 36.79 > 33.69	51	15-18 50 Fly	52	≤ 33.99 > 30.89	≤ 33.39 > 30.19	≤ 30.29 > 27.99
≤ 1:44.99 > 1:33.89	≤ 1:55.99 > 1:43.49	≤ 2:01.49 > 1:48.29	53	7-10 100 Breast	54	≤ 1:57.69 > 1:48.19	≤ 1:52.59 > 1:43.59	≤ 1:41.89 > 1:34.19
≤ 1:27.39 > 1:22.39	≤ 1:36.59 > 1:30.89	≤ 1:41.39 > 1:35.39	55	11-12 100 Breast	56	≤ 1:38.49 > 1:34.39	≤ 1:34.39 > 1:30.59	≤ 1:25.49 > 1:22.39
≤ 1:22.39 > 1:15.99	≤ 1:30.99 > 1:23.99	≤ 1:34.99 > 1:27.69	57	13-14 100 Breast	58	≤ 1:28.09 > 1:21.29	≤ 1:23.49 > 1:17.09	≤ 1:15.59 > 1:09.79
≤ 1:20.69 > 1:15.79	≤ 1:29.19 > 1:23.79	≤ 1:32.49 > 1:27.49	59	15-18 100 Breast	60	≤ 1:23.49 > 1:18.49	≤ 1:19.59 > 1:16.49	≤ 1:12.09 > 1:09.09
≤ 35.19 > 32.39	≤ 38.89 > 35.69	≤ 39.89 > 36.59	61	7-10 50 Free	62	≤ 39.49 > 36.49	≤ 38.09 > 35.19	≤ 34.49 > 31.99
≤ 31.49 > 29.09	≤ 34.69 > 32.19	≤ 35.79 > 33.19	63	11-12 50 Free	64	≤ 34.69 > 32.09	≤ 33.39 > 30.89	≤ 30.29 > 27.89
≤ 30.29 > 26.79	≤ 33.49 > 29.59	≤ 34.59 > 30.69	65	13-14 50 Free	66	≤ 31.99 > 28.29	≤ 30.79 > 27.29	≤ 27.89 > 24.69
≤ 29.79 > 26.59	≤ 32.89 > 29.39	≤ 33.79 > 30.49	67	15-18 50 Free	68	≤ 30.19 > 28.09	≤ 29.59 > 27.09	≤ 26.79 > 24.49

Girls			Boys					
SCY	SCM	LCM	Event	Description	Event	LCM	SCM	SCY
≤ 2:43.99 > 2:35.39	≤ 3:01.29 > 2:51.29	≤ 3:10.19 > 2:59.59	69	11-12 200 Back	70	≤ 3:06.49 > 3:00.19	≤ 2:57.19 > 2:51.49	≤ 2:40.29 > 2:35.99
≤ 2:35.39 > 2:23.39	≤ 2:51.69 > 2:38.49	≤ 2:59.39 > 2:45.59	71	13-14 200 Back	72	≤ 2:49.69 > 2:36.59	≤ 2:41.19 > 2:28.79	≤ 2:25.89 > 2:14.69
≤ 2:32.39 > 2:23.19	≤ 2:48.39 > 2:38.29	≤ 2:55.59 > 2:45.39	73	15-18 200 Back	74	≤ 2:41.39 > 2:30.99	≤ 2:33.79 > 2:26.99	≤ 2:19.19 > 2:13.59
			75	7-10 200 Free Relay	76			
			77	11-12 200 Free Relay	78			
			79	13-14 200 Free Relay	80			
			81	15-18 200 Free Relay	82			

Saturday Finals

[Warm up 4:30pm – Meet start 5:30pm]

100 Back
50 Fly
100 Breast
50 Free

Sunday Prelims

[Warm up 7:00am – Meet start 8:30am]

SCY	Girls SCM	LCM	Event	Description	Event	LCM	Boys SCM	SCY
≤ 3:08.59 > 2:58.09	≤ 3:28.39 > 3:16.39	≤ 3:36.09 > 3:23.49	83	11-12 200 Breast	84	≤ 3:28.69 > 3:20.59	≤ 3:19.99 > 3:12.59	≤ 3:00.99 > 2:55.09
≤ 2:58.29 > 2:44.59	≤ 3:16.99 > 3:01.89	≤ 3:25.59 > 3:09.79	85	13-14 200 Breast	86	≤ 3:11.59 > 2:56.79	≤ 3:02.99 > 2:48.89	≤ 2:45.59 > 2:32.89
≤ 2:54.69 > 2:44.39	≤ 3:13.09 > 3:01.69	≤ 3:20.79 > 3:09.59	87	15-18 200 Breast	88	≤ 3:02.49 > 2:55.79	≤ 2:53.09 > 2:48.69	≤ 2:36.59 > 2:32.69
≤ 1:19.99 > 1:10.49	≤ 1:28.39 > 1:17.89	≤ 1:31.49 > 1:20.59	89	7-10 100 Free	90	≤ 1:30.29 > 1:21.89	≤ 1:26.99 > 1:18.99	≤ 1:18.79 > 1:11.69
≤ 1:08.29 > 1:01.79	≤ 1:15.49 > 1:08.29	≤ 1:18.49 > 1:10.99	91	11-12 100 Free	92	≤ 1:15.69 > 1:09.89	≤ 1:12.89 > 1:07.29	≤ 1:05.89 > 1:00.89
≤ 1:05.79 > 58.19	≤ 1:12.69 > 1:04.29	≤ 1:15.39 > 1:06.69	93	13-14 100 Free	94	≤ 1:09.99 > 1:01.99	≤ 1:07.29 > 59.59	≤ 1:00.89 > 53.89
≤ 1:04.59 > 57.99	≤ 1:11.39 > 1:04.09	≤ 1:13.59 > 1:06.49	95	15-18 100 Free	96	≤ 1:07.09 > 1:00.99	≤ 1:04.49 > 58.99	≤ 58.39 > 53.69
≤ 41.89 > 37.69	≤ 46.29 > 41.59	≤ 48.89 > 43.89	97	7-10 50 Back	98	≤ 49.19 > 44.99	≤ 46.79 > 42.99	≤ 42.39 > 39.09
≤ 35.59 > 33.89	≤ 39.29 > 37.29	≤ 41.19 > 38.99	99	11-12 50 Back	100	≤ 40.89 > 39.49	≤ 38.99 > 37.69	≤ 35.29 > 34.29
≤ 34.19 > 31.49	≤ 37.69 > 34.79	≤ 39.49 > 36.39	101	13-14 50 Back	102	≤ 36.99 > 34.09	≤ 35.29 > 32.49	≤ 31.89 > 29.39
≤ 33.29 > 31.29	≤ 36.79 > 34.59	≤ 38.59 > 36.19	103	15-18 50 Back	104	≤ 36.09 > 33.89	≤ 33.39 > 32.29	≤ 30.49 > 29.09
≤ 1:39.09 > 1:26.09	≤ 1:49.49 > 1:34.99	≤ 1:52.99 > 1:37.99	105	7-10 100 Fly	106	≤ 1:51.39 > 1:38.99	≤ 1:48.29 > 1:36.29	≤ 1:37.99 > 1:27.29
≤ 1:18.29 > 1:13.49	≤ 1:26.49 > 1:20.99	≤ 1:28.49 > 1:22.79	107	11-12 100 Fly	108	≤ 1:26.29 > 1:22.59	≤ 1:24.49 > 1:20.89	≤ 1:16.49 > 1:13.59
≤ 1:11.39 > 1:05.99	≤ 1:18.89 > 1:12.89	≤ 1:21.09 > 1:14.79	109	13-14 100 Fly	110	≤ 1:15.49 > 1:09.69	≤ 1:13.29 > 1:07.69	≤ 1:06.39 > 1:01.29
≤ 1:09.99 > 1:04.59	≤ 1:17.29 > 1:10.89	≤ 1:19.49 > 1:12.89	111	15-18 100 Fly	112	≤ 1:11.79 > 1:05.39	≤ 1:10.09 > 1:03.39	≤ 1:03.39 > 58.59
≤ 47.49 > 42.79	≤ 52.49 > 47.19	≤ 53.99 > 48.49	113	7-10 50 Breast	114	≤ 53.29 > 48.99	≤ 51.39 > 47.29	≤ 46.59 > 42.99
≤ 39.99 > 37.89	≤ 44.19 > 41.79	≤ 45.49 > 42.99	115	11-12 50 Breast	116	≤ 45.39 > 43.59	≤ 43.69 > 41.99	≤ 39.59 > 38.19
≤ 38.39 > 35.39	≤ 42.39 > 39.09	≤ 43.59 > 40.19	117	13-14 50 Breast	118	≤ 40.89 > 37.69	≤ 39.19 > 36.19	≤ 35.59 > 32.79
≤ 37.49 > 35.19	≤ 41.39 > 38.89	≤ 42.29 > 39.99	119	15-18 50 Breast	120	≤ 39.39 > 36.99	≤ 37.49 > 35.99	≤ 34.09 > 32.59

Girls			Boys					
SCY	SCM	LCM	Event	Description	Event	LCM	SCM	SCY
			121	7-10 200 Medley Relay	122			
			123	11-12 200 Medley Relay	124			
			125	13-14 200 Medley Relay	126			
			127	15-18 200 Medley Relay	128			
≤ 23:07.29 > 20:53.89	≤ 22:59.19 > 20:46.59	≤ 23:55.39 > 21:37.39	129	11-12 1500 Free	130	≤ 23:25.49 > 21:37.39	≤ 22:29.59 > 20:45.69	≤ 23:37.49 > 20:52.99
≤ 21:43.19 > 19:12.89	≤ 21:35.69 > 19:06.19	≤ 22:23.09 > 19:48.09	131	13-14 1500 Free	132	≤ 21:27.39 > 18:58.89	≤ 20:35.99 > 18:13.39	≤ 20:43.19 > 18:19.79
≤ 21:26.19 > 19:12.69	≤ 21:18.69 > 19:05.99	≤ 22:02.19 > 19:43.09	133	15-18 1500 Free	134	≤ 20:33.99 > 18:29.99	≤ 19:55.89 > 17:59.99	≤ 20:02.89 > 18:10.99

Sunday Finals

[Warm up 4:30pm – Meet start 5:30pm]

Fastest Heat of Girls 1500 Free
100 Free
50 Back
Fastest Heat of Boys 1500 Free
100 Fly
50 Breast

**FGC LCM Silvers Championships
Long Course Time Trial**

Sanctioned by:	USA Swimming and Florida Gold Coast Swimming Sanction Number [Sanction]
Sponsored by:	Pompano Beach Piranhas
Location: Beach FL 33061	Pompano Beach Aquatic Center, 820 NE 18th Ave, Pompano
Dates and Time:	Jul 13, 2019 – Immediately following the conclusion of the preliminaries session, time permitting. Jul 14, 2019 – Immediately following the conclusion of the preliminaries session, time permitting. Sunday's 1500 Freestyle time trial may be swum combined with event 133 or 134 and entries into this event may be limited to available open lanes in event 133 and 134.
Pool / Timing:	50 meters x 25 yards/meters heated outdoor pool. Eight long course racing lanes with separate warm-up and swim-down pool available. Colorado Timing System® will be used. Water depth at the start is 5'0" in accordance with 202.4.10(C) and 103.2.3. The competition course has been certified in accordance with 104.2.2(C). A copy of such certification is on file with USA Swimming.
Eligibility:	Open to all currently registered USA Swimming athletes.
Entries:	Entry forms will be available at the clerk of course table. Entries will close at 10:00 am each day. Proof of USA Swimming registration will be required for swimmers not entered in the FGC LCM Silvers Championships Meet.
Entry Limit:	Swimmers are limited to no more than 3 events per day including events they participated in at the FGC LCM Silvers Championships Meet.
Entry Fees:	\$10.00 per individual event; \$15.00 athlete surcharge for all swimmers not entered in the FGC LCM Silvers Championships Meet.

Referee: TBA

	Saturday Jul 13		Sunday Jul 14	
	Event Numbers		Event Numbers	
	1st Pass	2nd Pass	1st Pass	2nd Pass
50 Butterfly	201	251	301	351
50 Backstroke	202	252	302	352
50 Breaststroke	203	253	303	353
50 Freestyle	204	254	304	354
100 Butterfly	205	255	305	355
100 Backstroke	206	256	306	356
100 Breaststroke	207	257	307	357
100 Freestyle	208	258	308	358
200 Butterfly	209	259	309	359
200 Backstroke	210	260	310	360
200 Breaststroke	211	261	311	361
200 Freestyle	212	262	312	362
200 Individual Medley	213	263	313	363
400 Freestyle	214	264	314	364
400 Individual Medley	215	265	315	365
1500 Freestyle	-	-	316	-

All time trial events are mixed gender. Events will be run through twice a day and may be swum in an order different than listed above. Event 316 may be combined with events 133 and 134 and entries may be restricted to available open lanes in events 133 and 134.