



2019 Michael Lohberg Invitational
Coral Springs, FL – June 14 - 16, 2019



SANCTIONED BY: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FGI061419CSSC-B-11**

"In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, City of Coral Springs, Coral Springs Swim Club and Coral Springs 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."

CONDITION OF SANCTION: The competition course has been certified in accordance with 104.2.2((4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

SPONSORED BY: Coral Springs Swim Club, Coral Springs Aquatic Complex

LOCATION: Coral Springs Aquatic Center, 12441 Royal Palm Blvd., Coral Springs, FL 33065 Tel 954-345-2121

DIRECTIONS: Coral Springs Aquatic Complex, 12441 Royal Palm Blvd. If taking I-95, take Copans Road exit and go west approx.10 miles. Copans turns into Royal Palm Blvd., after crossing 441. The Aquatic Complex will be on the right-hand side ½ mile after crossing Coral Ridge Drive. If taking Sawgrass Expressway, exit on Sample Road east. Continue East on Sample to first light, Coral Ridge Drive. Turn Right onto Coral Ridge, continue South to next light, Royal Palm Blvd. Turn right onto Royal Palm. The Aquatic Complex will be on the right-hand side (1/2 mile).

DATE TIME:

Friday, June 14, 2019.

Session I Prelims - Warm up: 7:00am Start of meet: 8:30am

Session II Finals - Warm up: 4:00pm Start of meet: 5:30pm

Saturday, June 15, 2019.

Session III Prelims - Warm up: 7:00am Start of meet: 8:30am

Session IV Finals - Warm up: 4:00pm Start of meet: 5:30pm

Sunday, June 16, 2019.

Session V Prelims - Warm up: 7:00am Start of meet: 8:30am

Session VI Finals - Warm up: 4:00pm Start of meet: 5:30pm

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

POOL/TIMING: 50 meters x 25 yards heated outdoor pool, 50 long-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 5'5 to 8'0 depending on lane assignment accordance with 202.3.7 (C).

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 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: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect. In granting this approval it is understood and agreed that USA Swimming, Florida Gold Coast, and Coral Springs Swim Club 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. 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.

All swimmers will swim prelims in the first session on Friday, Saturday, and Sunday, with exception of the 400 free, 400IM, women 800 free and men 1500 which will be swum in the morning only. For all other events, the top 8 swimmers will swim in finals in the evening session.

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 2019 USA swimming registered athletes and foreign athletes that have achieved the meet qualifying time standards and with proper travel credentials who have been invited by 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 CSSC **WILL** be accepting New or Renewing USA Swimming registrations at the meet. All USA swimming 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 – 954-340-5032 – csscswimentries@gmail.com

DECK CHANGE: Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

ENTRY: All entries must be received by Wednesday, June 5, 2019.
PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only) E-mail to csscswimentries@gmail.com fax: **NO faxed entries** Confirmation for electronic entries will be sent via e-mail.
** Submission of electronic entries signifies that all swimmers are USA registered. Questions, please contact office at 954-340-5032 **NOTE: Swimmers without registration number or birth dates will not be entered.**Entry Fees will be Doubled if not entered electronically.**

Non-registered or nonexistent teams must submit entries for swim meets by email with the information about the athlete (date of birth, name, USA-S ID#, events, and entry times). The entries are considered deck entries since they have to be entered manually and they will be charged accordingly, which currently is double the stated amount in the meet announcement.

MEET CAP: This meet is limited to the first 500 swimmers, on a first come first basis.

DECK ENTRIES: Late entries will be accepted for this meet for swimmers which otherwise meet all eligibility and entry requirements. Qualifying times must have been achieved by the entry deadline. Late entries will only be accepted on-site beginning at the start of registration and through the scratch deadline for the event (s) in question. Swimmers not previously entered in the meet must provide proof of USA Swimming membership. **Swimmers must be prepared to provide proof of submitted time for all late entries.** Entry fees for late entries will be double entry fee and double the athlete surcharge. Coaches and swimmers are strongly encouraged to process late entries as early as possible in the registration process. The deadline for any late entry is 30 minutes before the session. CASH ONLY ALL LATE ENTRIES

ENTRY LIMIT: Seven (7) individual events for the meet but and no more than three (3) individual events per day.

ENTRY FEES: \$4.50 per individual event. Deck entry: \$9.00 per individual event.

FACILITY SURCHARGE: \$7.00 per swimmer; Deck entry: \$14.00 per swimmer.
*Entry fees are made payable to "CSSC" (note: one check per team)

REFUNDS: Once the team or individual entry has been received and processed, there will be no refunds unless FGC rule 1.17a.i.v applies.

SEEDING: Entries will be seeded in order of LCM, SCM, and then SCY. All events will be seeded fastest to slowest.
Chase start may be used at this meet.

SCRATCHES: FINALS: Any swimmer who competes and qualifies as one of the fastest eight (8) swimmers in prelims must swim finals, or 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 intentions within 30 minutes of their last individual preliminary event. Scratching from Finals will be declared by drawing a single line and initialing on preliminary results maintained by the Clerk of Course / Administrative Referee. "Failure to Swim" will result in the swimmer being fined \$10.00. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet.
A swimmer not in the originally announced or posted in the fastest eight (8) swimmers, who is seeded in a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final. Swimmers finishing within the top twenty (20) are encouraged to declare their intention not to compete if they do not intend to swim, so that the Administrative Referee will be able to properly seed the meet for finals. All fines must be paid prior to any swimmer competing in any future individual event, at which time the swimmer will be reinstated in the meet.
Note 1: Alternates wishing to swim in an open lane in finals must be at the Starting Area 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 for the alternate.
Note 2: Scratches must be done individually; "team" scratches are not acceptable.

POSITIVE CHECK IN: Positive check in for the 400 Freestyle, 400 IM, Women 800 Free and Men 1500 Free will be closed at the times listed below. Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat on a first come first served basis.

Deadline: 400 Free – Friday, June 14th at 9:30am
400 IM – Saturday, June 15th at 9:30am
800 Free/ 1500 free – Sunday, June 16th at 9:30am

DISTANCE EVENTS: The 400 Free, 400 IM, Women 800 Free and Men 1500 Free are timed finals and will be swum in the morning, alternating women then men. For the women 800 and men 1500 Free in Session 5, swimmers must provide their own times and counters. All distance events will be swum in the morning. The event number 105 (Girls 800 Free) will alternate with event number 106 (Boys 1500 Free).
For events numbered 29 & 30 (12 and under - 400 Free): Age groups will swim together but will be awarded separately (10 & under, 11-12)
For events numbered 31 & 32 (13 and over - 400 Free): Age groups will swim together but will be awarded separately (13-14 and 15 & over)
For events numbered 103 (Women 800 Free) and 104 (Men 1500 Free): All age groups will swim together but awarded separately (13-14, 15 & Over).

AWARDS: **Individuals Events:** Ind. medals 1st – 3rd, ribbons 4th-8th for the following age groups: 10 & under, 11-12 and 13 & 14, 15 & over age groups.

SCORING: This competition is not scored.

ADMISSION: Prelims: \$5.00 Heat Sheet –FREE. Heat sheets will be available online at www.swimcssc.com
Finals: \$3.00

CONCESSION: Concession stand will be available.

HOSPITALITY: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.
No parents or swimmers allowed.

IDENTIFICATION: Coaches and officials shall wear their 2019 USA Swimming registration card in a visible location at the meet at all times during this meet.

MEET INFORMATION: Updates to meet information as well as timeline, psych sheets, real time results and TM result file for the meet will be posted on the internet after entries are processed. Look for the information as www.csscswim.com

HEAD REFEREE: Mike Nagy

NATIONAL EVALUATOR: Robert Griffiths

MEET DIRECTOR: Marc Aran

ADMINISTRATIVE OFFICIAL: Danica Schimansky

OQM: This meet is approved as a National Certification Qualifying Meet for the below positions under the National Officials Certification Program. The qualified candidates may be evaluated as follows:

	S&T		Chief Judge				Starter				Deck Ref				Admin Ref			
	N2	N3	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F
Meet Evaluations		X	X	X	X	X	X	X	X	X	X	X	X	X				
Evaluators (with evaluation authority – may only be applied to positions and levels approved for the meet)																		
Robert Griffiths	X	X	X	X	X	X	X	X	X	X	X	X	X	X				
Kathy Fish	X		X				X				X				X			
Steven Goldman	X		X				X				X							

Evaluation Legend: N2 – Initial and Recert N3 – Initial and Recert for S&T N3I – Initial for N3 N3R – Recert for N3 N3F – Final for N3

P = Granted provisionally on evaluator's opinion the meet is capable of supporting this level of evaluation.

(Evaluators may only evaluate to the levels approved for the meet or to their approved level, whichever is lower. If evaluators are not satisfied that the meet, as run, will support evaluations at the levels approved, they are not obligated to evaluate to those levels.)

Any official interested in being evaluated should submit an Application to Officiate to Mike Nagy at m_nagy@bellsouth.net noting the request for evaluation. Details of the certification program can be found on the USA Swimming Website.

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.

INFORMATION: Bruno Darzi at 954-340-5032

WARM-UP PROCEDURES: **NO Equipment Permitted. Swimmers Must Enter The Water Feet First. Friday, Saturday and Sunday Preliminaries**

7:00 a.m. – 7:45 a.m. General Warm Up

Swimming and Pulling Only, Push Off

Racing Starts - 7:55-8:25a.m

Sprinting or Pace Work - 7:45 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).

NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

ORDER OF EVENTS

FRIDAY, June 14 – Session 1 – PRELIMS

Warm up – 7:00am

Start of Meet – 8:30am

Event #	Event	Age Group
1-2	200 Backstroke	11-12
3-4	200 Backstroke	13-14
5-6	200 Backstroke	15 & Over
7-8	100 Freestyle	10 & under
9-10	100 Freestyle	11-12
11-12	100 Freestyle	13-14
13-14	100 Freestyle	15 & Over
15-16	200 Butterfly	11-12
17-18	200 Butterfly	13-14
19-20	200 Butterfly	15 & Over
21-22	50 Breaststroke	10 & under
23-24	50 Breaststroke	11-12
25-26	50 Breaststroke	13-14
27-28	50 Breaststroke	15 & Over
29-30	400 Freestyle	12 and under
31-32	400 Freestyle	13 & Over

FRIDAY, June 14 – Session 2 – FINALS

Warm up- 4:00pm

Start of Meet – 5:30pm

Event #	Event	Age Group
1-2	200 Backstroke	11-12
3-4	200 Backstroke	13-14
5-6	200 Backstroke	15 & Over
7-8	100 Freestyle	10 & under
9-10	100 Freestyle	11-12
11-12	100 Freestyle	13-14
13-14	100 Freestyle	15 & Over
15-16	200 Butterfly	11-12
17-18	200 Butterfly	13-14
19-20	200 Butterfly	15 & Over
21-22	50 Breaststroke	10 & under
23-24	50 Breaststroke	11-12
25-26	50 Breaststroke	13-14
27-28	50 Breaststroke	15 & Over

SATURDAY, June 15 – Session 3 - PRELIMS**Warm-up – 7:00am****Start of Meet – 8:30am**

Event #	Event	Age Group
33-34	200 Freestyle	10 & Under
35-36	200 Freestyle	11-12
37-38	200 Freestyle	13-14
39-40	200 Freestyle	15 & Over
41-42	100 Butterfly	10 & Under
43-44	100 Butterfly	11-12
45-46	100 Butterfly	13-14
47-48	100 Butterfly	15 & Over
49-50	200 Breaststroke	11-12
51-52	200 Breaststroke	13-14
53-54	200 Breaststroke	15 & Over
55-56	50 Backstroke	10 & Under
57-58	50 Backstroke	11-12
59-60	50 Backstroke	13-14
61-62	50 Backstroke	15 & Over
63-64	400 IM	13 & Over

SATURDAY, June 15 – Session 4 - FINALS**Warm-up – 4:00pm****Start of Meet – 5:30pm**

Event #	Event	Age Group
33-34	200 Freestyle	10 & Under
35-36	200 Freestyle	11-12
37-38	200 Freestyle	13-14
39-40	200 Freestyle	15 & Over
41-42	100 Butterfly	10 & Under
43-44	100 Butterfly	11-12
45-46	100 Butterfly	13-14
47-48	100 Butterfly	15 & Over
49-50	200 Breaststroke	11-12
51-52	200 Breaststroke	13-14
53-54	200 Breaststroke	15 & Over
55-56	50 Backstroke	10 & Under
57-58	50 Backstroke	11-12
59-60	50 Backstroke	13-14
61-62	50 Backstroke	15 & Over

SUNDAY, June 16 – Session 5 - PRELIMS**Warm-up – 7:00am****Start of Meet – 8:30am**

Event #	Event	Age Group
65-66	100 Backstroke	10 & Under
67-68	100 Backstroke	11-12
69-70	100 Backstroke	13-14
71-72	100 Backstroke	15 & Over
73-74	50 Butterfly	10 & Under
75-76	50 Butterfly	11-12
77-78	50 Butterfly	13-14
79-80	50 Butterfly	15 & Over
81-82	100 Breast	10 & Under
83-84	100 Breast	11-12
85-86	100 Breast	13-14
87-88	100 Breast	15 & Over
89-90	50 Freestyle	10 & Under
91-92	50 Freestyle	11-12
93-94	50 Freestyle	13-14
95-96	50 Freestyle	15 & Over
97-98	200IM	10 & Under
99-100	200IM	11-12
101-102	200IM	13-14
103-104	200IM	15 & Over
105	Women 800 Free	13 & Over
106	Men 1500 Free	13 & Over

Sunday, June 16 – Session 6 – FINALS**Warm-up – 4:00pm****Start of Meet – 5:30pm**

Event #	Event	Age Group
65-66	100 Backstroke	10 & Under
67-68	100 Backstroke	11-12
69-70	100 Backstroke	13-14
71-72	100 Backstroke	15 & Over
73-74	50 Butterfly	10 & Under
75-76	50 Butterfly	11-12
77-78	50 Butterfly	13-14
79-80	50 Butterfly	15 & Over
81-82	100 Breast	10 & Under
83-84	100 Breast	11-12
85-86	100 Breast	13-14
87-88	100 Breast	15 & Over
89-90	50 Freestyle	10 & Under
91-92	50 Freestyle	11-12
93-94	50 Freestyle	13-14
95-96	50 Freestyle	15 & Over
97-98	200IM	10 & Under
99-100	200IM	11-12
101-102	200IM	13-14
103-104	200IM	15 & Over

IMPORTANT NOTES:

- The events numbered 29, 30, 31 and 32 (400 Freestyle) will be swum fastest to slowest, alternating girls and boys.
- The events numbered 63 and 64 (400 IM) will be swum fastest to slowest, alternating girls and boys.
- The events numbered 105 (Girls 800 Freestyle – 13 & Over) & 106 (Boys 1500 Freestyle – 13 & Over) will be swum fastest to slowest, alternating girls and boys. It will be limited to the fastest 24 female (800 Free) and fastest 24 male (1500 Free) swimmers.

- For events numbered 29 & 30 (12 and under - 400 Free): Age groups will swim together, but will be awarded separately (10 & under, 11-12)
- For events numbered 31 & 32 (13 and over - 400 Free): Age groups will swim together, but will be awarded separately (13-14 and 15 & over)
- For events numbered 63 & 64 (400 IM): All age groups will swim together, but will be awarded separately (13-14, 15 & Over).
- For events numbered 105 (Women 13 and over - 800 Free) and 106 (Men 13 and over - 1500 Free): All age groups will swim together but, awarded separately (13-14, 15 & Over).
- Positive check in deadline:
 - 400 Free – Friday, June 14th at 9:30am
 - 400 IM – Saturday, June 15th at 9:30am
 - 800 Free/ 1500 free – Sunday, June 16th at 9:30am

GIRLS												
Events	10 & under			11-12			13-14			15 & over		
COURSE	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY
50 Fr	39.89	38.89	35.19	35.79	34.69	31.49	34.59	33.49	30.29	33.79	32.89	29.79
100 Fr	1:31.49	1:28.39	1:19.99	1:18.49	1:15.49	1:08.29	1:15.39	1:12.69	1:05.79	1:13.59	1:11.39	1:04.59
200 Fr	3:20.99	3:15.99	2:57.39	2:50.39	2:45.39	2:29.69	2:42.59	2:37.19	2:22.19	2:38.69	2:33.79	2:19.19
400 Fr	6:51.09	6:38.59	7:35.49	5:56.49	5:48.69	6:38.39	5:32.89	5:25.69	6:12.09	5:32.89	5:25.59	6:12.09
800 Fr							11:41.99	11:24.19	13:01.79	11:28.39	11:13.89	12:49.99
50 Bk	48.89	46.29	41.89	41.19	39.29	35.59	37.59	36.29	33.69	36.39	35.29	32.89
100 Bk	1:45.99	1:40.19	1:30.69	1:31.09	1:26.69	1:18.49	1:23.59	1:19.19	1:11.69	1:21.99	1:17.39	1:10.09
200 Bk				3:10.19	3:01.29	2:43.99	2:59.39	2:51.69	2:35.39	2:55.59	2:48.39	2:32.39
50 Br	53.99	52.49	47.49	45.49	44.19	39.99	40.09	42.29	37.89	38.19	41.29	37.29
100 Br	2:01.49	1:55.99	1:44.99	1:41.39	1:36.59	1:27.39	1:34.99	1:30.99	1:22.39	1:32.49	1:29.19	1:20.69
200 Br				3:36.09	3:28.39	3:08.59	3:25.59	3:16.99	2:58.29	3:20.79	3:13.09	2:54.69
50 Fl	47.29	46.19	41.79	38.29	37.69	34.09	35.69	34.69	31.79	34.89	33.69	31.29
100 Fl	1:52.99	1:49.49	1:39.09	1:28.49	1:26.49	1:18.29	1:21.09	1:18.89	1:11.39	1:19.49	1:17.29	1:09.99
200 Fl				3:10.19	3:05.59	2:47.89	2:59.49	2:54.49	2:37.89	2:54.79	2:51.09	2:34.89
200 IM	3:43.19	3:36.19	3:15.59	3:11.49	3:05.39	2:47.79	3:03.39	2:55.89	2:39.19	2:59.69	2:52.59	2:36.19
400 IM							6:27.59	6:15.39	5:39.69	6:18.79	6:06.89	5:31.99

BOYS												
Events	10 & under			11-12			13-14			15 & over		
COURSE	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY
50 Fr	39.49	38.09	34.49	34.69	33.39	30.29	31.99	30.79	27.89	30.19	29.59	26.79
100 Fr	1:30.29	1:26.99	1:18.79	1:15.69	1:12.89	1:05.89	1:09.99	1:07.29	1:00.89	1:02.59	1:00.99	54.99
200 Fr	3:12.09	3:05.69	2:47.99	2:45.19	2:39.79	2:24.59	2:32.29	2:26.69	2:12.79	2:14.59	2:11.39	1:58.39
400 Fr	6:44.59	6:31.19	7:26.99	5:48.69	5:39.09	6:27.49	5:09.89	5:02.79	5:45.99	5:09.89	5:02.79	5:45.99
1500 Fr							21:27.39	20:35.99	20:43.19	20:33.99	19:55.89	20:02.89
50 Bk	49.19	46.79	42.39	40.89	38.99	35.29	37.49	36.69	31.09	36.69	35.69	30.59
100 Bk	1:43.59	1:39.09	1:29.69	1:29.09	1:23.69	1:15.79	1:18.29	1:13.89	1:06.89	1:14.69	1:10.19	1:03.49
200 Bk				3:06.49	2:57.19	2:40.29	2:49.69	2:41.19	2:25.89	2:41.39	2:33.79	2:19.19
50 Br	53.29	51.39	46.59	45.39	43.69	39.59	42.99	41.49	36.29	39.99	40.49	35.79
100 Br	1:57.69	1:52.59	1:41.89	1:38.49	1:34.39	1:25.49	1:28.09	1:23.49	1:15.59	1:23.49	1:19.59	1:12.09
200 Br				3:28.69	3:19.99	3:00.99	3:11.59	3:02.99	2:45.59	3:02.49	2:53.09	2:36.59
50 Fl	45.99	44.79	40.49	38.69	37.79	34.19	35.49	34.79	30.99	34.39	33.79	30.49
100 Fl	1:51.39	1:48.29	1:37.99	1:26.29	1:24.49	1:16.49	1:15.49	1:13.29	1:06.39	1:11.79	1:10.09	1:03.39
200 Fl				3:07.69	3:01.19	2:43.99	2:49.19	2:42.49	2:26.99	2:40.39	2:35.39	2:20.59
200 IM	3:40.79	3:33.49	3:13.19	3:09.29	3:01.49	2:44.19	2:51.99	2:44.19	2:28.59	2:43.99	2:36.69	2:21.79
400 IM							6:04.69	5:50.69	5:17.39	5:47.29	5:37.69	5:05.59

HOTELS

CORAL SPRINGS

Coral Springs Marriott - Heron Bay - 11775 Heron Bay Boulevard, Coral Springs, FL 33076
Rachel Duewer - 954-227-4120

La Quinta Inn and Suites - 3701 North University Drive, Coral Springs, FL 33065
Lynne Lulfs – Area Director of Sales – 954-591-5353

La Quinta Inn and Suites - 3100 North University Drive, Coral Springs, FL 33065
Lynne Lulfs – Area Director of Sales – 954-591-5353

PLANTATION

Sheraton Suites Fort Lauderdale Plantation - 311 N. University Drive, Plantation, FL 33324
Sharena Powell -Sales Manager-954-424-3300

FORT LAUDERDALE

Holiday Inn Express & Suites – 1500 West Commercial Boulevard, Fort Lauderdale, FL 33309
Glenys Hanna – Director of Sales – 954-772-3032 ext. 200

POMPANO BEACH

Residence Inn Pompano Beach Oceanfront – 1350 North Ocean Boulevard, Pompano Beach, FL 33062
Thomas Miller – Director of Sales & Marketing – 954-590-1000

Marriot Resort Fort Lauderdale Pompano Beach – 1200 North Ocean Blvd, Pompano Beach, FL 33062
Janae Weldon – Sales Manager, Business Development – 954-782-0100

COCONUT CREEK

Hampton Inn & Suites Coconut Creek – 5740 N. State Rd 7, Coconut Creek, FL 33073
Cristina Pavloff – Director of Sales & Marketing – 954-363-3000