



## **SUNRISE SWIMMING BOOSTER CLUB**

FGC OPEN INVITATIONAL  
Hosted by the City of Plantation  
February 19-21, 2010

**Sanctioned By:** Florida Gold Coast and USA Swimming, Sanction #021910-FG1

### **VERY IMPORTANT NOTE!!**

**THIS MEET WILL BE HELD AT THE CITY OF PLANTATION CENTRAL PARK POOL. IT IS SPONSORED BY SUNRISE SWIMMING. ALL CHECKS SHOULD BE MADE TO:**

### **SUNRISE SWIMMING BOOSTERS!!**

**Sponsored By:** The Sunrise Booster Club, The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.

**Location:** Plantation Aquatic Complex  
9151 NW 2<sup>nd</sup> Street  
Plantation, Florida 33324

**Pool:** 10 lanes, 25 yard course, with separate warm up and warm down pool will be available. Colorado Timing System will be used. **The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.**

**Eligibility:** Open to all 2010 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming. (Meet Entry limit will be the team that puts the sessions at the USA swimming 4 hour rule.)

**Entries:**

**All entries must be received by Monday, February 8, 2010, 11:59pm**  
**All entries must be done at: [www.directathletics.com](http://www.directathletics.com)**  
**For username and password, contact Coach Bruno at:**  
**[Bruno@coralspringsswimclub.com](mailto: Bruno@coralspringsswimclub.com)**  
**For escrow account information, contact Tina Proctor at:**  
**[Treasurer@coralspringsswimclub.com](mailto: Treasurer@coralspringsswimclub.com)**

**Entry Deadline:**

The FGC deck seed policy will be in effect. Cash only for deck seeds.

**Disability:**

Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

**Entry Limit:**

**Individual Events:** Three events per day, seven total events for the meet.

**Entry Fees:**

\$3.25 Individual events

\$5.00 per athlete meet surcharge - \$5.00 coaching surcharge

**NOTE:** Please make checks payable to **Coral Springs Swim Club**

**Seeding:**

SCY, LCM, SCM

**Check-in:**

Positive check in for the 500 / 1000 Freestyle 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.

**500/1000 check in will close at 4:30 pm, Friday night.**

**13&Over400 IM/500 free check in will close at 2:00 pm Sat. and Sun.**

**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.

**Awards:**

**Medals 1-3, Ribbons 4-10**

**Admission:**

\$3.00 per session / Heat Sheets \$2.00 each session

**Concessions:**

Concession stand will be available.

**Hospitality:**

Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet.

**Identification:**

Coaches and Officials shall wear their 2010 USA registration card in a visible location at the meet at all times during this meet. **(This will also be your pass for hospitality.)**

**Meet Information:**

Updates to meet information as well as time lines, psyche sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the information at [www.sunriseswimming.com](http://www.sunriseswimming.com).

**Referee:**

Carlos Hernandez

**Meet Marshall:**

Howard Bilger and the City of Plantation Life Guard Staff

**Meet Director:**

Dave Wathen – [Coachsun1@aol.com](mailto: Coachsun1@aol.com) - (954)-452-2526

**Assistant Meet Director:**

Terrell Woods – [TerrellWPST@aim.com](mailto: TerrellWPST@aim.com) – (954)-452-2526

**Directions:** Plantation Aquatic Complex is located in Central Park. From I-95 go west on to 595. Exit north on Pine Island Blvd. Head North on Pine Island Blvd. to Broward Blvd. On Broward Blvd. head west approximately ¾ of a mile to Central Park. On Central Park make a right. Park entrance is located on right hand side.

**Warm-up Procedures:** Warm-up: East Main competition Course  
**Friday** – 4:00 pm. to 5:00 pm.  
**Saturday** – 8:00 a.m. to 9:00 a.m. / after morning session is completed.  
**Sunday** - 8:00 a.m. to 9:00 a.m. / after morning session is completed.  
 General Warm-Up  
 Swimming and Pulling Only, Push Off  
 No Racing Starts  
 No Sprinting or Pace Work

**West – Pool** Continuous during entire meet  
 Continuous General Warm-up **NO DIVING**  
 General Warm-Up  
 Swimming and Pulling Only, Push Off  
 No Racing Starts  
 No Sprinting or Pace Work

**Hotels:**

<b>Staybridge Suites</b> 410 N. Pine Island Road Plantation, Fl. 33324 954-577-9696 1/3 mile from pool.	<b>La Quinta</b> 8101 Peters Road Plantation, Fl. 33324 800-687-6667 2.5 miles from pool.	<b>Sheraton Suites Plantation</b> 311 N. University Drive Plantation, Fl. 33324 954-424-3300 1 ½ miles from pool.
<b>Plantation Hotel &amp; Conference Center</b> 1711 N. University Drive Plantation, Fl. 33322 954-566-8200 <a href="mailto:sales@plantationlcc.com">sales@plantationlcc.com</a> <a href="http://www.plantationhotelcc.com">www.plantationhotelcc.com</a>	<b>Marriot Courtyard</b> 7780 SW 6 <sup>th</sup> Street Plantation, Fl. 33324 954-475-1100 2.3 miles from pool.	<b>Marriott Residence Inn</b> 130 N. University Drive Plantation, Fl 33324 954-723-0030 2.2 miles from pool.
<b>Wellesley Inn</b> 7901 SW 6 <sup>th</sup> Street Plantation, Fl. 33324 954-473-8257 2.1 miles from pool	<b>Hampton Inn Plantation</b> 7801 SW 6 <sup>th</sup> Street Plantation, Fl. 33324 954-382-4500 2.5 miles from pool	<b>Renaissance Plantation</b> 1230 South Pine Island Rd. Plantation, Fl. 33324 954-472-2252
<b>Hyatt Place</b> 8350 W. Broward Blvd. Plantation, Fl. 33324 954-370-2220		

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

**GIRLS ODD #'S, BOYS EVEN #'S**

**ORDER OF EVENTS**

**FRIDAY, FEBRUARY 19, 2010**

**WARM UP 4:00 PM MEET STARTS 5:00PM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
<b>1-2</b>	<b>500 FREE</b>	<b>12 &amp; UNDER</b>
<b>3-4</b>	<b>1000 FREE</b>	<b>OPEN</b>

**\*\*EVENTS 1 AND 2 ARE CHECK IN EVENTS SWUM FASTEST TO SLOWEST  
ALTERNATING GIRLS AND BOYS  
BOTH EVENTS WILL BE SWUM TOGETHER BUT SCORED SEPARATELY**

**SATURDAY, FEBRUARY 20, 2010**

**ALL EVENTS ARE TIMED FINALS**

**WARM UP 8:00 AM MEET STARTS 9:00 AM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
<b>5-6</b>	<b>100 IM</b>	<b>11-12</b>
<b>7-8</b>	<b>100 IM</b>	<b>10 &amp; UNDER</b>
<b>9-10</b>	<b>100 BACK</b>	<b>11 &amp; 12</b>
<b>11-12</b>	<b>100 BACK</b>	<b>10 &amp; UNDER</b>
<b>13-14</b>	<b>50 BREAST</b>	<b>11 &amp; 12</b>
<b>15-16</b>	<b>50 BREAST</b>	<b>10 &amp; UNDER</b>
<b>17-18</b>	<b>100 FREE</b>	<b>11-12</b>
<b>19-20</b>	<b>100 FREE</b>	<b>10 &amp; UNDER</b>
<b>21-22</b>	<b>50 FLY</b>	<b>11-12</b>
<b>23-24</b>	<b>50 FLY</b>	<b>10 &amp; UNDER</b>
<b>25-26</b>	<b>200 FREE</b>	<b>11-12</b>
<b>27-28</b>	<b>200 FREE</b>	<b>10 &amp; UNDER</b>

**SATURDAY, FEBRUARY 20, 2010**

**WARM UP 12:00 PM MEET STARTS 1:00 PM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
<b>29-30</b>	<b>200 IM</b>	<b>13 &amp; OVER</b>
<b>31-32</b>	<b>50 FLY</b>	<b>13 &amp; OVER</b>
<b>33-34</b>	<b>100 FREE</b>	<b>13 &amp; OVER</b>
<b>35-36</b>	<b>50 BREAST</b>	<b>13 &amp; OVER</b>
<b>37-38</b>	<b>200 FLY</b>	<b>13 &amp; OVER</b>
<b>39-40</b>	<b>100 BACK</b>	<b>13 &amp; OVER</b>
<b>41-42</b>	<b>200 BREAST</b>	<b>13 &amp; OVER</b>
<b>43-44</b>	<b>500 FREE**</b>	<b>13 &amp; OVER</b>

**ALL EVENTS WILL BE SWUM TOGETHER BUT SCORED 13-14 AND OPEN**

**\*\*500 FREE WILL BE SWUM FASTEST TO SLOWEST ALTERNATING  
GIRLS AND BOYS**

**SUNDAY, FEBRUARY 21, 2009**

**WARM UP 8:00 AM MEET STARTS 9:00 AM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
<b>45-46</b>	<b>200 IM</b>	<b>11-12</b>
<b>47-48</b>	<b>200 IM</b>	<b>10 &amp; UNDER</b>
<b>49-50</b>	<b>100 FLY</b>	<b>11-12</b>
<b>51-52</b>	<b>100 FLY</b>	<b>10 &amp; UNDER</b>
<b>53-54</b>	<b>50 FREE</b>	<b>11-12</b>
<b>55-56</b>	<b>50 FREE</b>	<b>10 &amp; UNDER</b>
<b>57-58</b>	<b>100 BREAST</b>	<b>11-12</b>
<b>59-60</b>	<b>100 BREAST</b>	<b>10 &amp; UNDER</b>
<b>61-62</b>	<b>50 BACK</b>	<b>11-12</b>
<b>63-64</b>	<b>50 BACK</b>	<b>10 &amp; UNDER</b>

**SUNDAY, FEBRUARY 21, 2010**

**WARM UP 12:00 PM MEET STARTS 1:00 PM**

<b>EVENT #</b>	<b>EVENT</b>	<b>AGE GROUP</b>
<b>65-66</b>	<b>200 FREE</b>	<b>13 &amp; OVER</b>
<b>67-68</b>	<b>100 FLY</b>	<b>13 &amp; OVER</b>
<b>69-70</b>	<b>200 BACK</b>	<b>13 &amp; OVER</b>
<b>71-72</b>	<b>50 FREE</b>	<b>13 &amp; OVER</b>
<b>73-74</b>	<b>100 BREAST</b>	<b>13 &amp; OVER</b>
<b>75-76</b>	<b>50 BACK</b>	<b>13 &amp; OVER</b>
<b>77-78</b>	<b>400 IM**</b>	<b>13 &amp; OVER</b>

**ALL EVENTS WILL BE SWUM TOGETHER BUT SCORED 13-14 AND OPEN**

**\*\*400 I M WILL BE SWUM FASTEST TO SLOWEST ALTERNATING GIRLS  
AND BOYS**