Coral Springs Swim Club

2010 FGC Senior Championships
July 23,24,25, 2010

Sanctioned By: Florida Gold Coast and USA Swimming, Sanction # 072310-FGSR-50

Sponsored By: The Coral Springs Aquatic Complex and the Coral Springs Swim Club

Location: Coral Springs Aquatic Complex
12441 Royal Palm Blvd
Coral Springs, Florida 33065

Type of Meet: Long Course Meters: Timed Finals, Preliminary/Finals. Championship Final and Consolation Final for all preliminary/finals events.

Pool: **POOL:** Competition will be Long Course Meters. 50M x 25Y pool for competition. West pool 8 lanes, East pool will be used for continuous warm-up and warm down. Daktronics 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; that have achieved the listed qualifying times between July 23, 2008 and July 23, 2010.

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.

Entries: The USA Swimming On-Line Meet Entry System (OME) will be used for entry.
http://www.usaswimming.org/ome

NOTE: There is no proof of time requirement for relays. Teams are encouraged to "OVERRIDE" the entry times for relays should they not find a suitable team time. To override a relay entry, enter the time – in the meet name put the word "ENTRY" and in the date field put in the current date.

On-Line payment is not permitted for this meet. Bring a single check to the meet payable to the **"Coral Springs Swim Club"**

Foreign teams contact the meet host for entry instructions.

Entry Deadline: OME Entries Open: June 30, 2010 – 6PM
OME Entries Close: July 14, 2010 – 6PM

Deck Entries: FGC Deck Seed Policy will be in effect. **NOTE:** A hard copy of meet results with "proof of time "or a copy of times from USA Swimming database must be present with deck entry. **Coaches will not be permitted to use the meet host computers for proof of times.** Please come prepared with your deck seeds. Coaches must pay for deck seeds prior to being deck seeded.

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 (3) individual events per day.
Relay Events: Teams may enter A, B, relays.

Entry Fees: $4.00 per individual event
$8.00 per relay team
$7.50 per athlete meet surcharge
Deck Entries – Double all fees.
RELAY ONLY: Adding a relay-only swimmer to your entry after the entry deadline will double swimmer surcharge fee to $15.00.

NOTE: Please make checks payable to **Coral Springs Swim Club.**
(One check only per Team.)

Seeding: Eligible entries shall be seeded in the following order – Long Course Meters, followed by Short Course Yards.

Finals: Relays will be swum Slow to Fast. All Finals will be competed in 8 lanes. The Championship Final will follow the Consolation Final.

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Distance:	Friday's 400 free and Saturday's 400 IM are swum as prelims and finals. 1500 Freestyles Top 8 Women & Men checked in swim in Finals. Positive check-in is required to be seeded in the 1500 Free. Any swimmer who is ranked in the top 8 for seeding purposes who desires to swim in preliminary session must declare their desire for preliminary session swim by the check-in deadline. Scratch deadline for 1500 Freestyle is Sunday, 9:30 a.m. The 1500 Freestyle are swum as timed finals, swum fastest to slowest alternating women and men. Any swimmer that is checked-in and does not show up will fined $25.00. (1500 Freestyles will start 10 minutes following the 200 IM.) 1500 will be swum together and scored separately. ***Note:** 1500 swimmers must supply their own counters and timers. **Finals:** Any swimmer who competes in preliminary heat and qualifies as one of the Consolation Final or Championship Final; must declare his/her possible intention to scratch within thirty (30) minutes of announcement or posting of the preliminary results of that event and further declare their final intentions within 30 minutes of their last individual preliminary event. **Scratches will be declared by drawing a single line and initialing on the preliminary results maintained by the Clerk of Course.** "Failure to Swim" Consolation Final or Championship Finals or Positive check-in event will result in the swimmer being fined **$25.00 cash only**. Upon payment of fine, the swimmer will be eligible to continue competing in the meet. In the case of missing a Sunday night final, payment of **$25.00 cash only**, must be made in order to compete in future FGC Senior Championships meets. A swimmer not originally announced or posted in the Consolation Final or Championship Finals who is moved into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final. Swimmers within the top 40 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. **Note:** Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, 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:** Scratches must be done individually; "team" scratches are not accepted. **Note:** In addition to the swimmers required to scratch if they are not going to swim in the finals, all swimmers who do not plan to swim in finals are strongly urged to scratch, especially swimmers who finished the preliminary events in places 21 – 40.
Positive Check-in:	Positive check-in is required to be seeded in the following events: 400 freestyles, 400 IM's, and 1500 freestyles. "Failure to Swim" a positive check-in event will result in the swimmer being fined **$25.00 cash only**. Upon payment of fine, the swimmer will be eligible to continue competing in the meet. **Deadline for check-in is 9:30 a.m.** **Relays:** Positive check-in for 400 Free, 400 Medley Relays, and 800 Free Relays. No Penalties for these events. **Deadline for check-in is 5:30 p.m.**
Scoring:	**Individual:** Championship Finals - 20,17,16,15,14,13,12,11, Consolation Finals - 9,7,6,5,4,3,2,1 **Relays:** 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
Awards:	**Individuals Events & Relays:** Medals **for i**nd. 1st – 3rd places and relays 1st place **Individual High Point:** 15-16 Women & Men High Point / Open Women & Men High Point **Team High Point:** Combined 1st
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.coralspringsswimclub.com .
Referee:	**Beth Wilkerson**
Meet Marshall:	Charlie Gumula and the City of Coral Springs Life Guard Staff

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Meet Director:	Charlie Alexander
Assistant Meet Director:	Bruno Darzi
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).
Warm up Procedures:	**NO Equipment Permitted. Swimmers Must Enter The Water Feet First.** **Friday, Saturday and Sunday Preliminaries**
7:30 a.m. – 8:15 a.m.	General Warm Up Swimming and Pulling Only, Push Off No Racing Starts No Sprinting or Pace Work
8:15 a.m. – 8:55 a.m.	**Controlled Warm Up**

Lane 1	Pace, 50 and 100 Circle Swim, Push Off
Lane 2	Pace, 50 and 100 Circle Swim, Push Off
Lane 3	Racing Starts, 25 yards One Length.
Lane 4	Swimming and Pulling, Push Off
Lane 5	Swimming and Pulling, Push Off
Lane 6	Swimming and Pulling, Push Off
Lane 7	Swimming and Pulling, Push Off
Lane 8	Pace, 50 and 100 Circle Swim, Push Off
Lane 9	Racing Starts, 25 yards One Length.
Lane 10	Racing Starts, 25 yards One Length.

Finals, Warm up: 3:30 pm – 4:15 pm / General Warm-up - See Above.
4:15 pm – 4:55 pm / Controlled Warm-up – See Above.

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

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Friday, July 23, 2010 Prelims: Warm up 7:30 a.m. – Meet Starts at 9:00 a.m.

Event #	Event	Women Conforming Times Yards	Men Conforming Times Yards	Women Non Conforming Times Meters	Men Non Conforming Times Meters
3-4	15-16 200 Back	2:29.19	2:15.59	2:48.19	2:32.99
5-6	Open 200 Back	2:29.19	2:15.59	2:48.19	2:32.99
7-8	15-16 100 Free	1:00.79	54.79	1:08.19	1:01.99
9-10	Open 100 Free	1:00.79	54.79	1:08.19	1:01.99
11-12	15-16 200 Fly	2:25.49	2:13.59	2:42.39	2:31.99
13-14	Open 200 Fly	2:25.49	2:13.59	2:42.39	2:31.99
15-16	15-16 50 Breast	35.19	31.99	39.99	35.99
17-18	Open 50 Breast	35.19	31.99	39.99	35.99
19-20	15-16 400 Free	5:35.39	5:16.49	4:59.29	4:42.39
21-22	Open 400 Free	5:35.39	5:16.49	4:59.29	4:42.39

Friday, July 23, 2010 Finals: Warm up 3:30 pm. – Meet Starts at 5:00 p.m.

Event #	Event	Women Conforming Times Yards	Men Conforming Times Yards	Women Non Conforming Times Meters	Men Non Conforming Times Meters
1-2	Open 200 Free Relay	NT	NT	NT	NT
3-4	15-16 200 Back	2:29.19	2:15.59	2:48.19	2:32.99
5-6	Open 200 Back	2:29.19	2:15.59	2:48.19	2:32.99
7-8	15-16 100 Free	1:00.79	54.79	1:08.19	1:01.99
9-10	Open 100 Free	1:00.79	54.79	1:08.19	1:01.99
11-12	15-16 200 Fly	2:25.49	2:13.59	2:42.39	2:31.99
13-14	Open 200 Fly	2:25.49	2:13.59	2:42.39	2:31.99
15-16	15-16 50 Breast	35.19	31.99	39.99	35.99
17-18	Open 50 Breast	35.19	31.99	39.99	35.99
19-20	15-16 400 Free	5:35.34	5:16.40	4:59.29	4:42.39
21-22	Open 400 Free	5:35.34	5:16.40	4:59.29	4:42.39
5 Minute Break	5 Minute Break if Necessary	X	X	X	X
23-24	Open 400 Free Relay	NT	NT	NT	NT

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Saturday, July 24, 2010 Prelims: Warm up 7:30 a.m. – Meet Starts at 9:00 a.m.

Event #	Event	Women Conforming Times Yards	Men Conforming Times Yards	Women Non Conforming Times Meters	Men Non Conforming Times Meters
25-26	15-16 200 Free	2:09.29	1:56.79	2:24.49	2:13.59
27-28	Open 200 Free	2:09.29	1:56.79	2:24.49	2:13.59
29-30	15-16 50 Back	30.99	29.19	34.99	32.99
31-32	Open 50 Back	30.99	29.19	34.99	32.99
33-34	15-16 200 Breast	2:49.69	2:49.69	3:13.39	2:57.79
35-36	Open 200 Breast	2:49.69	2:49.69	3:13.39	2:57.79
37-38	15-16 100 Fly	1:06.59	1:00.59	1:14.89	1:07.39
39-40	Open 100 Fly	1:06.59	1:00.59	1:14.89	1:07.39
41-42	15-16 400 IM	5:06.29	4:48.79	5:46.39	5:21.49
43-44	Open 400 IM	5:06.29	4:48.79	5:46.39	5:21.49

Saturday, July 24, 2010 Finals: Warm up 3:30 pm. – Meet Starts at 5:00 p.m.

Event #	Event	Women Conforming Times Yards	Men Conforming Times Yards	Women Non Conforming Times Meters	Men Non Conforming Times Meters
25-26	15-16 200 Free	2:09.29	1:56.79	2:24.49	2:13.59
27-28	Open 200 Free	2:09.29	1:56.79	2:24.49	2:13.59
29-30	15-16 50 Back	30.99	29.19	34.99	32.99
31-32	Open 50 Back	30.99	29.19	34.99	32.99
33-34	15-16 200 Breast	2:49.69	2:49.69	3:13.39	2:57.79
35-36	Open 200 Breast	2:49.69	2:49.69	3:13.39	2:57.79
37-38	15-16 100 Fly	1:06.59	1:00.59	1:14.89	1:07.39
39-40	Open 100 Fly	1:06.59	1:00.59	1:14.89	1:07.39
41-42	15-16 400 IM	5:06.29	4:48.79	5:46.39	5:21.49
43-44	Open 400 IM	5:06.29	4:48.79	5:46.39	5:21.49
5 Minute Break	5 Minute Break	X	X	X	X
45-46	Open 800 Free Relay	NT	NT	NT	NT

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Sunday, July 25, 2010 Prelims: Warm up 7:30 a.m. – Meet Starts at 9:00 a.m.					
Event #	Event	Women Conforming Times Yards	Men Conforming Times Yards	Women Non Conforming Times Meters	Men Non Conforming Times Meters
49-50	15-16 100 Back	1:09.89	1:01.59	1:19.49	1:11.29
51-52	Open 100 Back	1:09.89	1:01.59	1:19.49	1:11.29
53-54	15-16 50 Fly	30.89	28.19	34.99	31.99
55-56	Open 50 Fly	30.89	28.19	34.99	31.99
57-58	15-16 100 Breast	1:18.89	1:11.09	1:30.79	1:20.49
59-60	Open 100 Breast	1:18.89	1:11.09	1:30.79	1:20.49
61-62	15-16 50 Free	28.39	25.29	31.89	28.69
63-64	Open 50 Free	28.39	25.29	31.89	28.69
65-66	15-16 200 IM	2:24.49	2:12.79	2:43.89	2:30.19
67-68	Open 200 IM	2:24.49	2:12.79	2:43.89	2:30.19
10 Minute Break	10 Minute Break	X	X	X	X
69	15-16 W-1500 Free	19:38.29	X	19:58.09	X
69	Open W-1500 Free	19:38.29	X	19:58.09	X
70	15-16 M-1500 Free	X	18:27.49	X	18:44.99
70	Open M-1500 Free	X	18:27.49	X	18:44.99

Sunday, July 25, 2010 Finals: Warm up 3:30 pm. – Meet Starts at 5:00 p.m.					
Event #	Event	Women Conforming Times Yards	Men Conforming Times Yards	Women Non Conforming Times Meters	Men Non Conforming Times Meters
47-48	Open 200 Medley Relay	NT	NT	NT	NT
49-50	15-16 100 back	1:09.89	1:01.59	1:19.49	1:11.29
51-52	Open 100 back	1:09.89	1:01.59	1:19.49	1:11.29
69	1500 Free Top 10	19:38.29	18:27.49	19:58.09	18:44.99
53-54	15-16 50 Fly	30.89	28.19	34.99	31.99
55-56	Open 50 Fly	30.89	28.19	34.99	31.99
57-58	15-16 100 Breast	1:18.89	1:11.09	1:30.79	1:20.49
59-60	Open 100 Breast	1:18.89	1:11.09	1:30.79	1:20.49
70	1500 Free Top 10	19:38.29	18:27.49	19:58.09	18:44.99
61-62	15-16 50 Free	28.39	25.29	31.89	28.69
63-64	Open 50 Free	28.39	25.29	31.89	28.69
65-66	15-16 200 IM	2:24.49	2:12.79	2:43.89	2:30.19
67-68	Open 200 IM	2:24.49	2:12.79	2:43.89	2:30.19
71-72	Open 400 Medley Relay	NT	NT	NT	NT

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HOTELS:		
La Quinta Inns and Suites (two hotels) 3100 N. University, Coral Springs, Fl. 33065 954-344-2200 3701 N. University, Coral Springs, FL. 33065 954-753-9000 Contact: Lourdes Robitaille – 954-344-2200 lq0925dos@laquinta.com	**Quality Inn Plantation** 1711 N. University Drive, Plantation, Fl 33322 Contact: Norma Alcahae – 954-556-8200 Email:sales@plantationhotelcc.com	**Studio 6 – Coral Springs** 5645 University Drive, Coral Springs, Fl. 33065 Contact: Yann Le Bohec – 954-796-0011 Email: 6027b@staystudio6.com
Marriott Coral Springs *Jennifer McGuinness - 954-227-4121* *www.marriottcoralsprings.com*	**Courtyard by Marriott -**Coral Springs Contact number: 954-227-1300	**Hilton** Deerfield Beach/Boca Raton Dimitri Bakoulis - 954 -42-1780 E-mail: bimitri_bakoulis@hilton.com www.deerfieldbeach.hilton.com

2010 FGC Senior Champs – Time Trials

SANCTIONED BY: Florida Gold Coast Swimming – Sanction #

SPONSORED BY: The City of Coral Springs, The Coral Springs Swim Club & CSSC Booster Club.

LOCATION: **Coral Springs Swim Club**
12441 Royal Palm Blvd
Coral Springs, Florida, 33065

TIME: **15 MINUTES** after the conclusion of PRELIMS on **Friday** and **Saturday only**.

POOL: Competition will be 8 lane Long Course Meters. 50M x 25Y pool for competition.

ELIGIBILITY: Open to all 2010 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming.

ENTRY LIMIT: **3** individual events per day, including events swum in the 2010 2010 Senior Champs. **We will go through the order of events only one time.**

ENTRY FEE: $10.00 per event. Cash only will be accepted.

ENTRIES: Will be at the Clerk of course and will close **at 10:30 a.m. on Friday and Saturday.**

SEEDING: 50 – meters long course.

SCRATCHES: No penalty for scratching at the block.

RULES: Current USA Swimming rules will apply.

OFFICIALS:

Meet Referee:	**TBA**
Starter:	**TBA**
Stroke & Turn:	**TBA**
Meet Marshall:	**Charlie Gumula and the City of Coral Springs Life Guard Staff.**

ORDER OF EVENTS:

Friday	**Friday Events**	**Saturday**	
Event 50 Free	**Event # 201 – 202**	**Event 50 Free**	**Event # 301 – 302**
Event 100 Free	**Event # 203 –204**	**Event 100 Free**	**Event # 303 –304**
Event 200 Free	**Event # 205 –206**	**Event 200 Free**	**Event # 305 –306**
Event 400 Free	**Event # 207 –208**	**Event 400 Free**	**Event # 307 –308**
Event 800 Free	**Event # 209 – 210**	**Event 1500 Free**	**Event # 309 - 310**
Event 50 Back	**Event # 211 – 212**	**Event 50 Back**	**Event # 311 - 312**
Event 100 Back	**Event # 213 - 214**	**Event 100 Back**	**Event # 313 - 314**
Event 200 Back	**Event # 215 – 216**	**Event 200 Back**	**Event # 315 - 316**
Event 50 Breast	**Event # 217 – 218**	**Event 50 Breast**	**Event # 317 - 318**
Event 100 Breast	**Event # 219 – 220**	**Event 100 Breast**	**Event # 319 - 320**
Event 200 Breast	**Event # 221 – 222**	**Event 200 Breast**	**Event # 321 - 322**
Event 50 Fly	**Event # 223 – 224**	**Event 50 Fly**	**Event # 323 - 324**
Event 100 Fly	**Event # 225 – 226**	**Event 100 Fly**	**Event # 325 - 326**
Event 200 Fly	**Event # 227 – 228**	**Event 200 Fly**	**Event # 327 - 328**
Event 100 IM	**Event # 229 – 230**	**Event 100 IM**	**Event # 329 - 330**
Event 200 IM	**Event # 231 – 232**	**Event 200 IM**	**Event # 331 - 332**
Event 400 IM	**Event # 233 – 234**	**Event 400 IM**	**Event # 333 - 334**

NOTE: Swimmers not entered in meet may swim a total of 3 events per day