



2010 FGC Senior Championships March 26,27,28, 2010

Sanctioned By:	Florida Gold Coast and USA Swimming, Sanction # 052610FGSR-41
Sponsored By:	The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.
Location:	Plantation Aquatic Complex 9151 NW 2 nd Street Plantation, Florida 33324
Type of Meet:	Short Course Yards: Timed Finals, Preliminary/Finals. Championship Final and Consolation Final for all preliminary/finals events. One or two courses may be used for preliminary and timed final events.
Pool:	POOL: Competition will be Short Course Yards. 1 – 25Y x 50M pools for competition. East pool 10 lanes, West pool will be used for continuous warm-up and Warm down or a second course as stated above. Finals will be held in one 10 lane course. Colorado Timing System will be used. “Both competition courses have 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 March 26, 2007 and March 26, 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 “ Plantation Swim Team ” Foreign teams contact the meet host for entry instructions.
Entry Deadline:	OME Entries Open: March 3, 2010 – 6PM OME Entries Close: March 17, 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 **Plantation Swim Team.**
(One check only per Team.)

Seeding: Eligible entries shall be seeded in the following order – Short Course Yards, followed by Long Course Meters. Foreign teams who do not have Yards entries times will have their times converted by the meet host – enter at Long Course Meters Times.

Finals: Relays will be swum Slow to Fast. All Finals will be competed in 10 lanes. The Championship Final will follow the Consolation Final.

Distance: Friday's 500 free and Saturday's 400 IM are swum in prelims and finals.

1650 Freestyles Top 10 Women & Men checked in swim in Finals. Positive check-in is required to be seeded in the 1650 Free. Any swimmer who is ranked in the top 10 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 1650 Freestyle is Sunday, 9:30 a.m. The 1650 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. (1650 Freestyles will start 10 minutes following the 200 IM.) 1650 will be swum together and scored separately.

***Note:** 1650 swimmers must supply their own counters and timers.

***Note:** 1650 Freestyle - Two pools may be used during this event.

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. 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 must be made in order to compete in future FGC Senior Championships meets.

A swimmer not in the originally announced or posted in the Consolation Final or Championship Finals 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: 500 freestyles, 400 IM's, and 1650 freestyles. "Failure to Swim" a positive check-in event will result in the swimmer being fined \$25.00. 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 - 23,21,20,19,18,17,16,15,14,13,
Consolation Finals - 11,9,8,7,6,5,4,3,2,1

Relays: 46,42,40,38,36,34,32,30,28,26,22,18,16,14,12,10,8,6,4,2

Awards: **Individuals Events & Relays:** Ind. 1st – 3rd Relays 1st place team
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.swimpst.com .

Referee: **Pending**

Meet Marshall: Howard Bilger and the City of Plantation Life Guard Staff

Meet Director: Jimmy Parmenter – JimmyPPST@aol.com - (954)-452-2526

Assistant Meet Director: Terrell Woods – 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: **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.

Friday, March 26, 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	2:1359	2:42.39	2:31.99
13-14	Open 200 Fly	2:25.49	2:1359	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	15-16 500 Free	5:35.39	5:11.69	4:59.29	4:42.39
21-22	Open 500 Free	5:35.39	5:11.69	4:59.29	4:42.39
Friday, March 26, 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	2:1359	2:42.39	2:31.99
13-14	Open 200 Fly	2:25.49	2:1359	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	15-16 500 Free	5:35.34	5:16.40	4:59.29	4:42.39
21-22	Open 500 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
Saturday, March 27, 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	1:5679	2:24.49	2:13.59

27-28	Open 200 Free	2:09.29	1:5679	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	1:0059	1:14.89	1:07.39
39-40	Open 100 Fly	1:06.59	1:0059	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, March 27, 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	1:5679	2:24.49	2:13.59
27-28	Open 200 Free	2:09.29	1:5679	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	1:0059	1:14.89	1:07.39
39-40	Open 100 Fly	1:06.59	1:0059	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

Sunday, March 28, 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	30.89	28.19	34.99	31.99

	50 Fly				
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-1650 Free	19:38.29	X	19:58.09	X
69	Open W-1650 Free	19:38.29	X	19:58.09	X
70	15-16 M-1650 Free	X	18:27.49	X	18:44.99
70	Open M-1650 Free	X	18:27.49	X	18:44.99

Sunday, March 28, 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	1650 Free Top 10	19:38.29	18:27.49	19:58.09	18:44.99
53-54	15-16	30.89	28.19	34.99	31.99

	50 Fly				
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	1650 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

HOTELS:

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

Senior Champs – Time Trials

SANCTIONED BY:	Florida Gold Coast Swimming – Sanction # 052610FGSR-TT42
SPONSORED BY:	The City of Plantation, The Plantation Swim Team & The Plantation Swim Team Booster Club.
LOCATION:	Plantation Swim Team 9151 NW 2 nd Street Plantation, Florida 33324
TIME:	15 MINUTES after the conclusion of PRELIMS on Friday and Saturday only .
POOL:	Competition will be Short Course Yards. 1 – 25Y x 50M pools for competition. East pool 10 lanes.
ELIGIBILITY:	Open to all 2010 USA swimming registered athletes and foreign athletes that have been invited by USA Swimming, that have been properly entered in the 2009 Winter Champs.

ENTRY LIMIT: 3 individual events per day, including events swum in the 2009 Winter 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: 25 – yards short 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: Howard Bilger and the City of Plantation 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 500 Free	Event # 207 –208	Event 500 Free	Event # 307 –308
Event 1000 Free	Event # 209 – 210	Event 1650 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.