

## Dade County Sub-JO February 6 - 7, 2010

**Sanctioned By:** This meet is sanctioned by USA Swimming and Florida Gold Coast Swimming, Sanction # **020610-DC1**

**Sponsored By:** Hialeah Swim Club and the City of Hialeah Parks and Recreation.

**Location:** Milander Aquatic Center @ Milander Park. 4800 Palm Avenue, Hialeah, FL 33013.

**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.

**Pool:** 25 Yard by 50 Meter heated outdoor pool, 10 short-course racing lanes, with separate warm-up and swim down space available. Colorado Timing will be used. **"The competition course has not been certified in accordance with section 104.2.2C(4) of the USA Swimming Rule Book.**

**Dates & Times:** Session I – Timed Finals -- Saturday, February 2, 2008. Warm-up 7:00 a.m. Meet starts @ 8:30 a.m.  
Session II – Timed Finals- Saturday, February 2, 2008. Warm-up 10:00 a.m. Meet Starts @ 11:30 a.m.  
Session III – Timed Finals- Sunday, February 3, 2008. Warm-up 7:00 a.m. Meet Starts @ 8:30 am

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

**Eligibility** Open to all 2010 USA Swimming registered athletes in Miami-Dade and Monroe Counties and foreign athletes with proper travel credential that have been invited by USA swimming, who have not achieved a Junior Olympic time in the event in which he/she is entered in. Also note that according to FGC Policy **All 8 & under swimmers are eligible to compete in this meet.**

**Entry Deadline:** Wednesday January 27, 2010

**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:** Four (4) individual events per day.  
**Relays:** Unlimited amount of team relays

**Entry Procedure:** **ELECTRONIC ENTRIES ARE STRONGLY ENCOURAGED.** Entries should be sent via email to:

**Cheo3361@aol.com**. Mailed and hand delivered disks will be accepted. Corrupt, unreadable, or incorrectly formatted files must be retransmitted within 24 hours of the entry deadline. Errors in entries submitted electronically is the responsibility of the applicant. **Submission of electronic entries certifies that all entered swimmers are USA Registered. Entry fees for non-electronic entries are double the regular fees.**

**NON Electronic Entries** – must be submitted with Valid USA Swimming numbers, Swimmer's name, age, sex, Event numbers and times.

Suggested Express Mail Address: Hialeah Swim Club  
P.O. Box 127046  
Hialeah, FL 33012

**Entry Fees:** \$2.00 – Individual Event \$4.00 – Relay Event \$2.00 – per swimmer surcharge

**Payable To:** **City of Hialeah Parks and Recreation**  
**Entry fees for non-electronic entries are double the regular fees.**

**Seeding:** Yards times will be used for seeding. All events are Timed Finals.

**Awards:** Individual Events: Ribbons 1<sup>st</sup> – 10th  
Relay Events: Ribbons 1<sup>st</sup> –3rd

**Admission:** \$2.00 each session. Heat Sheet -\$2.00 each session

**Concessions:** Concession stand will be open for all sessions.

**Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available during the entire meet

**Meet Info:** Jose "Cheo" Fernandez @ 305-439-2520

**Referee:** Adam Zeichner

**Meet Director:** Jose "Cheo" Fernandez

**Directions:** Palmetto Expressway (826) exit @ 103st.Go East on 103 street to Palm Avenue. Turn right on Palm Avenue and another right on the entrance before the Milander Park Sign. The facility is located at the northwest end of the parking lot.

I-95 exit @ 103 street. Go West on 103 street to Palm Avenue. Turn left on Palm Avenue and make a right on the entrance before the Milander Park Sign. The facility is located at the northwest end of the parking lot.

**Hotel Information:**

Howard Johnson Plaza Hotel  
7707 NW 103rd Street, Hialeah Gardens, FL 33016 (305) 825-1000

Ramada Miami/Hialeah-W. 49Th Street  
1950 West 49th Street, Hialeah, FL 33012 - (305) 823-2000

Days Inn Miami Westland Mall -  
1950 West 49th Street, Hialeah, FL 33012 - (305) 823-2121

## **Dade County Sub-JO Order of Events**

**Session I- Timed Finals Saturday February 6, 2010**

**Warm-up:7:00 a.m. Meet Starts: 8:30 a.m.**

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
1--2	100 Freestyle Relay	8 & under
3--4	25 Free	6 & under
5--6	25 Free	7--8
7--8	25 Breast	6 & under
9--10	25 Breast	7--8
11--12	25 Back	6 & under
13--14	25 Back	7--8
15--16	25 Fly	6 & under
17--18	25 Fly	7--8
19--20	100 Medley Relay	8 & under

**Session II- Timed Finals- Saturday February 6, 2010. Warm-up: 10:00 a.m. Meet Starts: 11:30 a.m.**

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
21--22	200 Butterfly	OPEN*#

23--24	100 Backstroke	10 & under
25--26	100 Backstroke	11--12
27--28	100 Backstroke	13 & Over*#
29--30	50 Breaststroke	10 & under
31--32	50 Breaststroke	11--12
33-34	50 Breaststroke	13 & Over*#
35--36	200 Freestyle	10 & under
37--38	200 Freestyle	11--12
39--40	200 Freestyle	13 & Over*#
41--42	100 Butterfly	10 & under
43--44	100 Butterfly	11--12
45--46	100 Butterfly	13 & Over*#
47--48	50 Backstroke	10 & under
49--50	50 Backstroke	11--12
51--52	50 Backstroke	13 & Over*#
53--54	200 Breaststroke	OPEN*#
55--56	500 Freestyle	OPEN*#

**\*Event scored separately** #13 & Over swimmers achieving ribbons must indicate with the awards desk their desire to receive their ribbons, otherwise, meet management will not be required to issue these ribbons.

**Session III- Timed Finals - Sunday February 7, 2010. Warm-up: 7:00 am Meet Start: 8:30am**

<b>Event Number</b>	<b>Event</b>	<b>Age Group</b>
57--58	200 Individual Medley	10 & under
59--60	200 Individual Medley	11--12
61--62	200 Individual Medley	13 & Over*#
63--64	100 Freestyle	10 & under
65--66	100 Freestyle	11--12
67--68	100 Freestyle	13 & Over*#
69--70	50 Butterfly	10 & under
71--72	50 Butterfly	11--12
73--74	50 Butterfly	13 & Over*#
75--76	200 Backstroke	OPEN*#
77--78	100 Breaststroke	10 & under
79--80	100 Breaststroke	11--12
81--82	100 Breaststroke	13 & Over*#
83--84	50 Freestyle	10 & under
85--86	50 Freestyle	11--12
87--88	50 Freestyle	13 & Over*#
89--90	100 Individual Medley	10 & under
91--92	100 Individual Medley	11--12
93--94	100 Individual Medley	13 & Over*#
95--96	400 Individual Medley	OPEN*#

**\*Event scored separately** #13 & Over swimmers achieving ribbons must indicate with the awards desk their desire to receive their ribbons, otherwise, meet management will not be required to issue these ribbons.

## 2009-2012 Florida Gold Coast Junior Olympic Times Standards

GIRLS			10 & UNDER	BOYS		
LCM	SCM	SCY	Event	SCY	SCM	LCM
37.49	36.79	33.39	50 Free	33.79	37.29	38.29
1:23.89	1:21.99	1:14.39	100 Free	1:15.39	1:23.29	1:25.89
3:01.89	2:54.79	2:38.39	200 Free	2:41.39	2:58.79	3:03.19
6:25.69	6:12.29	7:05.89	400/500 Free	7:09.89	6:16.29	6:29.69
44.69	43.19	39.19	50 Back	39.39	45.39	44.89
1:37.29	1:32.89	1:26.49	100 Back	1:27.09	1:36.19	1:39.89
49.29	47.49	43.49	50 Breast	45.39	50.09	51.79
1:49.49	1:45.19	1:35.39	100 Breast	1:38.89	1:49.19	1:52.89
43.09	42.19	37.99	50 Fly	39.39	43.49	43.99
1:44.69	1:37.79	1:33.29	100 Fly	1:33.19	1:42.89	1:45.39
-	1:33.89	1:25.19	100 IM	1:26.39	1:34.39	-
3:29.89	3:24.39	3:04.69	200 IM	3:06.69	3:26.39	3:31.89

LCM	SCM	SCY	11 & 12	SCY	SCM	LCM
34.69	33.99	30.89	50 Free	29.89	32.99	34.49
1:16.19	1:13.99	1:07.19	100 Free	1:05.39	1:12.49	1:14.39
2:41.69	2:36.89	2:22.19	200 Free	2:22.39	2:37.49	2:42.79
5:36.39	5:27.19	6:14.29	400/500 Free	6:21.29	5:33.69	5:44.69
40.19	38.89	34.79	50 Back	34.39	39.29	39.99
1:28.29	1:24.79	1:15.29	100 Back	1:15.29	1:24.49	1:26.19
3:02.69	2:55.39	2:39.09	200 Back	2:40.19	2:57.09	3:07.79
44.89	42.99	38.99	50 Breast	39.39	43.39	45.29
1:37.39	1:32.79	1:24.19	100 Breast	1:24.29	1:33.89	1:38.09
3:25.69	3:18.29	2:59.69	200 Breast	3:00.19	3:19.09	3:29.39
37.79	37.19	32.69	50 Fly	32.69	37.49	37.99
1:28.09	1:23.89	1:16.09	100 Fly	1:16.09	1:24.09	1:26.69
3:04.39	2:58.49	2:41.69	200 Fly	2:44.89	3:02.19	3:08.39
-	1:24.19	1:13.29	100 IM	1:13.79	1:23.79	-
3:02.19	2:57.39	2:35.89	200 IM	2:38.69	3:00.69	3:03.29

LCM	SCM	SCY	13 & 14	SCY	SCM	LCM
31.49	30.39	27.39	50 Free	26.39	29.39	30.69
1:08.39	1:06.29	59.99	100 Free	58.09	1:04.19	1:06.39
2:26.19	2:22.09	2:06.39	200 Free	2:06.69	2:19.99	2:24.99
5:03.49	4:55.99	5:38.29	400/500 Free	5:40.09	4:57.69	5:05.39
10:20.99	10:10.29	11:37.29	800/1000 Free	11:37.29	10:10.29	10:20.99
19:48.09	19:14.89	19:21.69	1500/1650 Free	19:21.69	19:14.89	19:48.09
1:20.49	1:17.09	1:09.79	100 Back	1:04.89	1:11.69	1:15.39
2:51.99	2:45.39	2:29.69	200 Back	2:19.49	2:34.19	2:42.09
1:29.09	1:26.19	1:17.99	100 Breast	1:12.29	1:19.89	1:23.39
3:11.99	3:05.69	2:47.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.39	1:15.39	1:08.39	100 Fly	1:04.09	1:10.79	1:12.69
2:49.39	2:44.19	2:28.39	200 Fly	2:22.29	2:37.19	2:41.39
2:45.19	2:40.39	2:25.19	200 IM	2:22.49	2:37.49	2:44.39
6:03.19	5:53.79	5:20.19	400 IM	5:02.89	5:34.69	5:46.79

LCM	SCM	SCY	15 & 16 / OPEN	SCY	SCM	LCM
30.99	29.99	27.19	50 Free	24.49	26.99	28.09
1:07.19	1:05.09	58.89	100 Free	53.09	58.69	1:01.39
2:23.19	2:20.29	2:06.99	200 Free	1:53.79	2:07.89	2:13.39
4:59.79	4:53.49	5:35.39	400/500 Free	5:11.69	4:32.79	4:41.09
10:13.19	10:00.39	11:25.99	800/1000 Free	11:12.19	9:48.29	10:04.39
19:37.29	19:02.29	19:08.99	1500/1650 Free	18:47.99	18:41.39	19:22.99
1:18.69	1:15.29	1:08.09	100 Back	1:01.79	1:08.29	1:11.99
2:47.39	2:41.99	2:26.39	200 Back	2:12.69	2:26.39	2:34.89
1:27.79	1:24.79	1:16.79	100 Breast	1:09.19	1:16.49	1:20.39
3:08.49	3:03.39	2:45.29	200 Breast	2:30.09	2:45.89	2:54.29
1:16.09	1:14.29	1:07.29	100 Fly	1:00.79	1:07.19	1:09.09
2:44.69	2:42.79	2:27.29	200 Fly	2:14.39	2:28.69	2:32.19
2:41.09	2:37.29	2:22.39	200 IM	2:09.99	2:23.69	2:30.69
5:57.39	5:47.09	5:14.09	400 IM	4:49.09	5:19.49	5:29.99